

April 20, 2018

# Country Editor

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Volume 7  
Number 48



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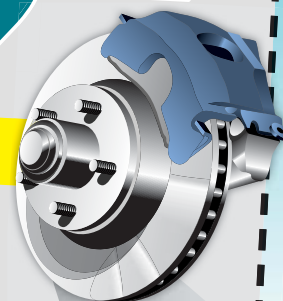
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## Stratford Volunteer Fire Company plans April 28 *RecruitNY* open house

STRATFORD — The Stratford Volunteer Fire Company will join firehouses across the state on the last weekend in April for the 8th annual *RecruitNY*, a major initiative of the Firemen's Association of the State of New York (FASNY), designed to increase membership in the volunteer fire service. The Stratford Volunteer Fire Company will be holding an open house on Saturday, April 28, from 10 a.m. until 2 p.m. at the firehouse at 199 County Hwy. 119, next to the Stratford Town Garage.

The event is designed so members of the public will be able to get a taste of what it means to be a volunteer firefighter. Across New York State, volunteer firefighters will be conducting firehouse tours, demonstrating firefighting techniques — and more, all to generate inter-

est and appreciation for what members of the fire service do on a regular basis.

Stratford residents are invited to stop by and get first-hand look at the apparatus and equipment the department has. Parents can bring their children and take photos of them sitting behind the steering wheel of a fire truck. Refreshments will be provided.

Anyone interested in the possibility of joining the fire service will have the opportunity to speak with active volunteers, who can discuss what being a member of the fire service entails.

The volunteer fire service has a long, proud heritage in New York, and is deeply integrated into the social fabric of the state. Volunteer fire departments not only answer emergency calls, but they often

serve as the backbones of local communities, hosting popular events such as parades and pancake breakfasts, and providing common space for people to gather. The volunteer fire service's economic impact is also substantial.

The Stratford Firehouse is set up to serve as an official Red Cross emergency shelter in the event of local disaster situation. It is equipped with kitchen facilities and emergency stand-by power.

In addition, volunteer firefighters save New Yorkers money. In 2016, FASNY released an economic impact report, which concluded that the annual cost of a replacement, all-paid fire service would be \$3.87 billion. Furthermore, property taxes in New York State would rise by an estimated average of 26.5 percent. These

figures do not factor in the costs of acquiring the necessary facilities and equipment needed to accommodate a paid fire service. The volunteer fire service, and efforts like *RecruitNY*, make the State not only safer, but also more affordable.

Established in 2011, *RecruitNY* is a joint undertaking by the Firemen's Association of the State of New York (FASNY), the New York State Association of Fire Chiefs (NYSAFC), Association of Fire Districts of New York State, Volunteer Fire Police Association of the State of New York, and County Fire Coordinators Association of the State of New York.

The Stratford Volunteer Fire Company was organized in 1959 and has been faithfully serving the community since then.

## Seward to be honored at Hyde Hall

The Trustees of Hyde Hall, the National Historic Landmark and State His-

toric Site located in Glimmerglass State Park, are pleased to announce that

New York State Senator James L. Seward will be honored for his service to the community at the Aug. 4 Hyde Hall summer Gala.

First elected to the state senate in 1986, Senator Seward serves as state senator for the 51st District, which is comprised of

all or part of nine counties. A long supporter of Hyde Hall, in 2016 Seward co-sponsored legislation that would extend for another 30 years the public/private partnership between the State of New York and Hyde Hall, Inc., a 501 c3 non-profit organization

dedicated to the preservation and restoration of Hyde Hall as a museum and cultural center.

Jonathan Maney, Hyde Hall, Inc. executive director and CEO, cites Senator Seward's advocacy for museums and education as the reason for this honor. He said, "Jim's work securing state aid for local school districts and special education initiatives makes him a friend to all who care about education and preserving history and our local heritage. The work he's done to improve education as well as his tireless commitment to giving back to the community make him an obvious choice to be this year's Hyde Hall Gala honoree."

"Jim Seward has done so much for our area and for Hyde Hall," said Gilbert T. Vincent, Hyde Hall, Inc. Board Chairperson. "The grants he

helped us get have made it possible for us to spring forward with major restorations. Tin Top, the original gatehouse that is now our Visitors' Center, the new pine floors inside the house, and repairs to the Portico would not have been completed without his support."

A native of Otsego County, Senator Seward attended Oneonta public schools and graduated from Hartwick College with a B.A. degree in political science. He also studied at the Nelson Rockefeller Institute of SUNY Albany. In 1999, Hartwick College honored Senator Seward with an honorary Doctor of Laws degree.

Please visit [www.hyde-hall.org](http://www.hyde-hall.org) for more information about special events such as the Aug. 4 Jane Austen-themed Gala. Tickets may be purchased by calling 607.547.5098 x8.

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## 5th Annual Walk for Wanda Event moves to Eastern Park, City of Little Falls

LITTLE FALLS, NY — Join Herkimer County HealthNet and volunteers for the 5th Annual Walk for Wanda event on Saturday, May 5, in Eastern Park (adjacent to Benton Hall Academy) in the City of Little Falls. The Walk will start at 10 a.m. in Eastern Park (registration begins at 9 a.m. at the Emmanuel Episcopal Church Parish Hall, 588 Albany Street).

The walk is in memory of Wanda Gifford, lifelong resident of Herkimer County, who passed away in 2014 from

complications due to diabetes. Proceeds from the Walk for Wanda Fundraiser will support Herkimer County HealthNet's type 2 diabetes prevention and 'living with diabetes' programs for Mohawk Valley residents.

Althea Noyes, Walk for Wanda Chairperson said, "Relocating the event has already brought additional enthusiasm by volunteers, city officials and community advocates. With the change in location we expect to attract more participants and donors for this important community event."

Herkimer County HealthNet's Executive Director, Thomas C. Curnow, Ed.D. said, "Preventing type-2 diabetes and living well with diabetes is an important focus of Herkimer County HealthNet. Our workshops help participants enhance skills to maintain active and fulfilling lifestyles. Our goal is to provide community education that supports development of the knowledge, skill and confidence to live well with diabetes and to learn new behaviors for diabetes prevention."

Herkimer County HealthNet is a 501(c)3 non-profit corporation, and its mission is to improve the health and well-being of individuals who live, work, play and learn in Herkimer County and the Mohawk Valley.

Register for the Walk for Wanda Fundrais-



Walk for Wanda Event Chair, Althea Noyes (L-R) and HCHN Executive Director Dr. Thomas Curnow.

Photo courtesy of Herkimer County HealthNet

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## Turkey for breakfast

by Susan Randazzo

On a cold winter morning, I cherish my first coffee as I sit at my desk in our home office. I face the east window, barely picking out the dark trees in the nearby woods. Down the slope is our lower pasture, closed now, off limits to our horses until May.

A faint orange glow emerges beyond on the horizon, outlined by distant hills overlooking the beautiful Mohawk Valley of Upstate New York. A light breeze waves the flag, proudly displayed on an old post by our pig enclosure. As I wait for the sunrise, anticipating the disappearance of the night stars and hoping the coffee will clear away the sleepiness, I do an hours' worth of paperwork and reading. I glance up to feel the brilliant sun piercing the horizon, sifting through our woods and bringing to life the winter landscape. I notice movement below and strain to make out the shapes plodding up from a trail near our berry patch. One by one, the dark, hunched figures climb the hill, in and out of bushy areas, around trees and gradually coming into full view only yards from where I sit.

Life preoccupied undertakers, the group of wild, American bronze turkeys peck their way past the pigs, their large feet gripping the icy patches as they examine every little morsel that could be a tasty tidbit. I know

where they're going and grab my coffee to walk to the other end of the house to our living room picture window. My husband still sleeps. I count 25 total birds eagerly pecking around where I have tossed birdseed the night before. I do not turn on any lights as I stand observing the turkeys at breakfast. One Tom is evident, his long, black beard hanging off the large breast as he enjoys seeds of all sizes in the company of his harem. Above, in the dormant Forsythia bush, are a few juncos, one red-bellied woodpecker and a pair of cardinals. They wait, knowing the group will move on shortly to the field next to our property. I am so close, the unique wing feathers, outlined in a contrasting beige, stand out on the shimmer of dark, black feathers. Their grey heads and small waddles add more color to this transient troop. It happens almost every morning at this time, I have my coffee as they enjoy breakfast, undisturbed, casual yet powerful. They retreat within 15 minutes and the next shift lands to clean up leftovers. Within a minute, three or four grey squirrels are in the mix as morning doves land to claim their share.

I hear my husband, it's time for the news and morning barn work. Always delightful here on the farm to have turkeys for breakfast.

## H.A.L.O. Indoor Flea Market set May 5

Start early on your Spring cleaning and make some money at H.A.L.O.'s upcoming "Indoor Flea Market" to be held on Saturday, May 5, from 10 a.m.-3 p.m., at the Mohawk American Legion. You can rent a table for \$20 or two tables for \$30. There will be basket raffles, a 50/50 raffle, bake sale, refreshments and even an

adoption clinic featuring some of our friendly kitties at H.A.L.O. House. All proceeds will benefit H.A.L.O. (Helping Animals Live Organization), an animal rescue group which operates a cat shelter based in Little Falls, NY. RSVP by April 23 to reserve your table by calling 315.520.3112.



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## Monthly program series begins April 26

The Herkimer County Historical Society will begin their monthly program series on Thursday, April 26, with a program by local historian Cheryl Pula on "Bizarre History: All American" at 7 p.m. in the Society's Eckler Building, 406 N. Main St., Herkimer. Learn lots of interesting facts about some of our most distinguished Americans, like who saved Robert Todd Lincoln from being run over by a train and what animals did Teddy Roosevelt have in the White House. The program is free and open to the public. For more information, call 315.866.6413.

## Country Editor

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

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V.P., General Manager **Bruce Button**  
V.P., Production **Janet Lee Stanley**

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## Kovels: Antiques and collecting

by Terry and Kim Kovel  
**Revere silver**

Paul Revere's name is known to every American school child because of his part in the Revolutionary War and Henry Wadsworth Longfellow's poem with the memorable words, "Listen, my children, and you shall hear of the midnight ride of Paul Revere." But few young students know that Revere was a mili-

tary man, silversmith, engraver and an entrepreneur who made and sold iron castings of bells and canons, forged copper bolts, and the first rolled copper sheets. He was married twice and had 16 children.

Eighteenth-century silversmiths were important, trusted citizens who turned silver coins into teapots and other objects for customers. Since

there were no banks, these identifiable objects were safer forms than coins. It would have been easy to steal some of the silver, and a few silversmiths were caught and jailed for the crime.

A porringer made by Paul Revere Jr. sold at a Skinner auction in 2016, for \$39,975. It was marked with the name Revere and engraved "P/DB over BP." It

matched another porringer, now in a Massachusetts museum, that originally belonged to David and Betiah Pearce. That one was engraved "MP" for Mary Pearce, probably a sister of "BP." The family history plus the fame of Revere led to the high price.

**G:** I inherited a small alarm clock stamped "LeCoultre 59" on the base. "LeCoultre 8" and "Swiss" are printed on the face. It has a gold dial with black Roman numerals and is set in a brass and rose-colored mirrored case. The clock has a music feature, but it's overwound. The clock is 3 inches high and 2 inches wide. What is it worth?

**A:** LeCoultre & Cie was founded in 1833 by Antoine LeCoultre, a watchmaker in Le Sentier, Switzerland. The company became Jaeger-LeCoultre in 1937 and is still in business. Your clock is an eight-day clock and only needs to be wound once every eight days. It was made about 1950 in both musical and non-musical versions. The musical version plays "The Blue Danube." The clock case could look black or red. Red is rarer. The value of your clock is reduced because the musical feature isn't working. In perfect condition the red clock is

worth about \$300, but your clock needs to have the musical parts repaired and is worth less.

### Current prices

- Board game, Batman, Milton Bradley, 1966, 10 x 19 inches, \$40.

- Hummel figurine, No. 217, Boy with Toothache, scarf tied around head, below chin, 1950s, 5 1/2 inches, \$110.

- Mailbox, cast iron, embossed, Pull Down, Letters, red, white and blue, side door opening, lock and key, 1908, 20 x 13 inches, \$725.

- Golf ball marker, stamping machine, cast iron and brass, dial with numbers and letters, press handle, Omnes, c. 1910, 8 x 11 inches, \$1,000.

**Tip:** Always keep firearms locked up, even antique ones. Old guns should have the barrels filled so it is impossible to accidentally discharge them.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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Paul Revere, Jr. made this silver porringer with a cut-out handle about 1770. It sold at a Skinner auction in Massachusetts for \$39,975.

## 49th Annual Mohawk Valley Machinery Consignment Sale

**Sat. April 28, 2018 • 9:30 AM**

at the corner of State Hwy 163 and Clinton Rd.

**Selling:** New 11L Imp Tires, 2 Sizes New Skid-steer Tires, 2 Case 1070 Tractors w/Cab, Allis Chalmers 175 Tractor (nice), AC 7000, Belarus 805 w/loader, Case-Int 475 20' Disc, Massey 7 Shank Chisel, 5', 6' & 8' Bush Hogs, Killbros 350 Fert Wagon, 12' Int Hyd Drive Haybine, 40' Hay Elevator, 28' Hay Elevator, 9' JD Haybine, Gehl Grinder-Mixer, Multiple Small Tools and Equipment, Much, Much More.

**Go to Auctionzip.com #35160 for pictures and more consignments**

**Refreshments Available**

**Terms: Cash or Check, Photo ID**

**Armitstead Auctions • 518-993-2290**

## Whatchamacallits



Despite recent trends, tin has been a great commodity and a valuable metal for thousands of years, being significant in the production of bronze and other metals. In fact, for many years, tin was an expensive metal and many things claimed as "tin" were actually only plated with tin. This week's Whatchamacallits are a pressed tin container and a plate.

The creation of these two items start out the same. The tin is layered on top of another metal, such as steel. The ratio is close to about 98 percent steel to two percent tin.

The metal would be made into a sheet. When creating a container, the sheet would be cut to the width of the container and then soldered into shape. The container pictured does have a pressed picture, and that requires another step.



To create a pressed image or pattern in the metal, cast iron molds would be made. The sheet of tin would be placed on top of the mold and a second, interlocking mold would be raised up by ropes and then dropped on to the other mold and the tin sheet. This drop would

cause the pattern to be permanently pressed into the tin.

The plate and the container shown were most likely created in this manner. The container needed a little more work, as the walls needed to be cut and soldered.

They were valuable pieces to have for use during the time of their creation.

**Do you have your own Whatchamacallit?**

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



# What you need to know about Lyme and Arthropod-borne diseases

LITTLE FALLS, NY — Think you know Lyme disease? You've probably heard Lyme disease, but if you're like most people, you don't really know what it is. You know that you don't want to contract it and that the infection can be long-term — but do you know the symptoms? Do you know what Arthropod-borne diseases are?

Diane Ward, RN, CHN, emergency preparedness coordinator, will be providing an educational session at Little Falls Hospital on Lyme and arthropod-borne diseases on April 26 at noon in conference room A. Ward will discuss what Lyme disease looks like, how it is treated and could you or a loved one have it.

Seats are limited; RSVP to the Community Relation Department at 315.823.5326.

# VHS invites high school seniors to apply for scholarship

## Scholarship for students pursuing higher education in healthcare field

HERKIMER, NY — Herkimer County high school students scheduled to graduate in June 2018 are eligible and encouraged to apply for the Valley Health Services Scholarship.

Applicants must be planning to pursue higher education in a field employable by a nursing home, such as nursing, accounting, healthcare administration, social work, dietetics and rehabilitation. Preference will be given to a senior who has worked or completed volunteer work in a nursing home.

In order to be eligible for selection, the student must submit an official school transcript showing a GPA of at least 85 and a typed essay of 500 words or less addressing:

- Specific educational plans and goals
- The reason for career choice
- Pertinent experiences in a nursing home
- Volunteer time or employment in a nursing home

The essays must be submitted by May 4, to Connie M. Castellano, director of community relations and fund development at Valley Health Services, 690 West German Street, Herkimer, NY 13350.

**HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

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

**Mon. April 9th** – Sold 253 head. Cull Ave. \$.49 Top Cow \$.56, Organic Cull ave. &.65 top cow \$.71, Bulls/Steers \$.62 - \$.72, Bull calves top \$1.15, heifer calf top \$.90.

**Sat. April 21st** – New Berlin, NY. **Annual Spring Consignment Spring Machinery Sale & Plant, Shrub & Tree Auction.** Special Line of Equipment all shed kept: JD 456 Silage Special Round Baler; NH HT154 Wheel Rake; JD 936 Moco Discbine; Knight 8114 Manure Spreader; Eby 8'x24' punch side cattle trailer; Tubeline 980 bale trailer-excellent condition. Also consigned: 104 White 2WD Tractor w/540 & 1000 RPM cab w/heat & air. 2003 3500 1 ton Dodge Dumptruck (35,000 miles) with Fisher snowplow. Bombardier 4-wheeler. Cub Cadet 54" lawn mower. Fern Hill Farm is selling the rest of barn equip. – 2-52" fans on wheels like new, Farm Dump wagon 5'x10', cedar fence posts, plastic fence posts, portable cement mixer, Portable Zimmerman hoof trimming chute, Zimmerman Heavy & Med. Duty gates & Corral panels, New Peifet creep feeder, mineral feeder, Roller Mill w/10HP Motor, 16" gutter grates with over 100' available. Selling for creditor: Complete line of Farm Equip. Load of new hand tools, shovels etc. Note that plants, shrubs will start at 9:30AM and we will move right along with the small tools we will have several Auctioneers and will do the large equip. at 12:30. Come early and stay late! Watch for pictures on Facebook & our website.

**Mon, April 23rd** – Normal Monday Sale & Monthly Organic Day

**Friday, April 27th** – 11:00 AM sale held on the farm **Cherry Valley, NY.** Van-Acres LLC, Complete Registered Holstein Dispersal GPS: 2750 Cty Rt. 31, Cherry, Valley, NY. Tremendous herd top to bottom well worth the trip!

**Mon. April 30th** – Normal Monday Sale

Sat. May 5th – sale held on the farm Norwich, NY. Roweview Farm Complete Cattle & Machinery Dispersal. 85 Tiestall cows. Full line of Machinery – Harvest, Tillage & Barn Equip. Watch future ads for complete details.

**Mon. May 7th** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale. **SPECIAL:** Belle Hill Farm, Poland, NY – Complete Herd Dispersal. 170 Head of Dairy Cattle – 84 milking age, balance bred heifers & youngstock. This grazing herd consists of Holsteins, Jersey, Jersey Cross, Guernseys, Ayrshires Linebacks, Brown Swiss, Dutchbelts. Cows are ave. 50#, SCC 150,000 strictly Hay & Grain.

**Friday, May 11th** – 11:00AM sale to be held on the farm Ilion, NY. Wedgenock Farm Complete Dairy Dispersal. 210 Outstanding Freestall Cows & heifers. All AI sired & Bred. Cows are ave. 75#/day on 2X. Watch for more complete details.

**Mon. May 14th** – Normal Monday Sale & Monthly Heifer Sale. Group of real nice open Holstein heifers ready to breed.

**Sat. July 14th** – sale held on the farm Cazenovia, NY. Meadows Farm Complete Registered Waygu Beef Dispersal. We will be selling over 100+ cattle – Cows, heifers, bulls & steers. Watch for more complete details.

\*\*Trucking Assistance – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC - 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

[www.hoskingsales.com](http://www.hoskingsales.com) Like us on facebook

**LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL**

Tom & Brenda Hosking & Family

607-847-8800

6096 St. Hwy. 8, New Berlin, NY 13411 cell: 607-972-1770 or 1771

**Craft Festival seeking applicants**

Applications are currently being accepted for the Friendship Craft Festival sponsored by the Church of Christ Uniting in Richfield Springs. It will take place on Saturday, June 9 from 9 a.m. to 3 p.m. in Spring Park on Scenic U.S. Route 20.

Crafter application deadline is "officially" May 1. For space availability after May 1 crafters can call Lani King at 315.858.9451. For event info email [friendshipcraftfestival@yahoo.com](mailto:friendshipcraftfestival@yahoo.com). For an application and festival details go to [www.rschurchofchristuniting.com](http://www.rschurchofchristuniting.com).

**Strange But True**

**by Samantha Weaver**

- I don't know who studies such things, but those who do say that over the course of a lifetime, you'll probably spend about three years in the restroom.
- Despite numerous arrests and trials, famed 19th-century outlaw Frank James was never convicted of anything and never went to prison. He died in 1915, at the age of 72, of natural causes.
- In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram's liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There's no mention in the record at hand of how a patient would go about redeeming the guarantee.
- When groups of shrimp end up with too few males to sustain the population, some of the females turn into males.
- If someone called you a "mumpsimus," would you be flattered or insulted? It seems that the appropriate reaction would be to take offense. According to the Merriam-Webster dictionary, a mumpsimus is "a stubborn person who insists on making an error in spite of being shown that it is wrong."

Thought for the Day: "Calamities are of two kinds: misfortunes to ourselves, and good fortune to others." — Ambrose Bierce

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**PUBLIC AUCTION**

**Antique Farm Equipment & Tools**

**Saturday, April 21st - 10:00 AM**

Location: 259 Buel Rd., Sharon Springs, NY 13459

**1984 BMW 131,063 miles w/good title; Antique Doctor's buggy.**

**FARM EQUIP:** Oliver self propelled combine; Fordson tractor on tracks, shed kept; **Worthington** mower; **LE-RO** diesel power unit w/clutch; **Jacobsen** golf ball machine; **Allis Chalmers U** tractor; wooden roller; **Allis Chalmers** trailer plow; antique **Allis Chalmers** round baler; side rakes; **John Deere 352** trailer plow; potato digger; **JD** side rake; ant. wooden **JD** manure spreader, nice; **John Deere** hay elevator; **JD** 2 row planter; lg. 4 wheeler; ant. corn sheller; **JD** grain drill; **John Deere** corn binder with loader; 2 row transplanter; **Oliver** grain drill; 2 way ant. **Wiard Plow Co.** Batavia, NY; wooden ant. kicker tedder; **JD** 2 way, 2 bottom plow; **JD** 2 bottom plow; **JD** 3 bottom plow; **JD** trailer disc.

**Threshers:** 1 Westinghouse #6576 thresher, nice; 1 **Clark** machine thresher, nice.

**Hand Plow Collection:** **Syracuse** hand plow; **Oliver** wooden beam hand plow; **W.E.P. Co.** hand plow and many more land plows, planters, and misc.

**Antiques:** Wooden copper lined bath tub, nice; wooden wheels; drop handle milk cans; ice packs; saws; hand tools; signs; chicken coop; parts for hops roller; cradles; **JD** corn shellers; apple polisher; wooden wheelbarrow; **Kohler** gen set; wooden barrel and much, much more.

**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.



Lic # AU005568

**518-921-2016**  
Auction Zip # 18971

Sale Held for Charlene Wren

**Hot Food All Day**  
**Auction Will Be Held Indoors in a Morton Building**



# 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 4 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

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

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

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

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

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

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

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

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

**CHRIST EPISCOPAL CHURCH**  
Rev. Jill Stellman  
300 N. Main St.  
Church Office (315) 866-0551  
Email: christchurchherkimer@gmail.com  
www.christchurchherkimer.org  
Sunday Services: 10:30 AM  
Bible Study: Fridays 7:00 PM (Parish Hall)  
Free Community Dinner: Next-to-last and Last  
Saturday of the month 5:00 PM (Parish Hall)  
Entrance to Parish Hall is on Mary Street

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

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

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

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

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

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

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

**FIRST BAPTIST CHURCH CONTINUED**  
Worship Service  
Sunday School Classes 9 AM  
(nursery through adult)  
Morning Worship Service 11 AM and is  
broadcast live over radio station WIZR,  
930 on the AM dial with a one week delay.  
Monday School Board Meeting 6:30 PM  
Tuesday Trustee Meeting 7 PM  
Wednesday Final Bible Study & Prayer  
Time at homes 7 PM  
Thursday Choir Practice 7 PM

**HOLY SPIRIT POLISH NATIONAL**  
**CATHOLIC CHURCH**  
Father Rafael Dadello  
615 E. Gansevoort St.  
Phone 823-0793  
Sunday Mass 11 AM

**ST. PAUL'S UNITARIAN**  
**UNIVERSALIST CHURCH**  
Minister Jeffrey J. Frank  
Mark Bunce, Organist  
565 Albany St.  
Phone 823-2284  
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE**  
**ROMAN CATHOLIC COMMUNITY OF**  
**LITTLE FALLS**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
763 E. Main St.  
Phone 823-3410  
Saturday Vigil Mass 4 PM  
Sunday Mass 10:30 AM

**EMMANUEL EPISCOPAL CHURCH**  
Father Steven A. Scarcia, D.Min, rector  
588-594 Albany St.  
Sunday Schedule:  
High Mass, Rite II 10 AM  
Nursery & Sunday School 9:45 AM  
(Sept.-May)  
Fellowship Coffee Hour 11:15 AM  
Choir Rehearsal 11:30 AM  
Holy Day Masses as announced  
Confessions by appointment

**FIRST ASSEMBLY OF GOD**  
Senior Pastor Timothy Parisi  
559 E. Jefferson St.  
Phone 823-4043 • firstaglf@gmail.com  
Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

**LITTLE FALLS**  
**HOLY TRINITY LUTHERAN CHURCH**  
512 E. Gansevoort St.  
Sunday Worship 9:30 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 Iffirstpres@gmail.com  
www.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

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

**MOHAWK**  
**GRACE EPISCOPAL CHURCH**  
Rev. Sally Heiligman  
7 E. Main St.  
Phone 315-866-4782  
or 315-520-4723  
Holy Eucharist 10 AM

**DENNISON CORNERS**  
**COMMUNITY CHURCH**  
Pastor Donald King  
219 Robinson Rd. • Phone 866-5215  
Sunday:  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

**MOHAWK REFORMED CHURCH**  
Rev. Brian Engel, Pastor  
20 S. Otsego St.  
Phone 866-4292  
Email mohawkpastor@verizon.net  
Follow us on Facebook  
Morning Worship:  
10:30 AM Sept. - June • 9:30 AM July - Aug.  
Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

**EMMANUEL BIBLE CHURCH**  
Pastor Gary Wilcox  
54 W. Main St. • Phone 717-3011  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Fellowship Lunch 12:30 PM  
Afternoon Bible Study 1:30 PM  
Wednesday Prayer & Bible Study 6 PM

**CHURCH OF THE BLESSED**  
**SACRAMENT**  
Sr. Mary Jo Tallman, CSJ,  
Parish Life Director  
Rev. Mark Cunningham,  
Sacramental Minister  
71 E. Main St.  
Phone 866-1752  
Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

**MOHAWK**  
**CHRISTIAN BIBLE CHURCH**  
H. Ed Reed, Pastor/Teacher  
167 Ward Rd.  
Phone 858-1282  
www.christianbiblechurch.us  
Sunday School 9 AM  
Sunday Worship 10 AM  
Wednesday Bible Study  
& Prayer Meeting 7 PM

**THE WORD CHRISTIAN CENTER**  
Pastor Gene Kipper  
27 E. Main St.  
Phone 868-1790  
Sunday Services at 10 AM  
Intercession - Tuesdays at 7 PM  
Free Community Dinner the last  
Thursday of the Month at 6 PM

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

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

**KUYAHOORA COMMUNITY CHURCH**  
Pastor Dwayne Durand  
West Canada Valley  
High School Auditorium  
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## Herkimer County 4-H Government Intern Program



Herkimer Legislator Peter Manno, Fern Bailey, Josh Huber, Ryan Johnston, Tyler Rudolph, Shawn Hansen, Rachel Smith, Dan Harter, Katie Fogerty, and Amelio Chabrier.

Photo courtesy of Herkimer County CCE

The 4-H Government Intern Program, sponsored by the Herkimer County Legislature and administered by Cornell Cooperative Extension 4-H Youth Development Program of Herkimer County, concluded another successful semester. Nine students from two Herkimer County

school districts participated by exploring current issues and learning more about the functions of their county government through the committee system. Students reviewed issues, toured county facilities, interviewed county legislators and attended a county legislature meeting.

Students included Amelio Chabrier, Katie Fogerty and Dan Harter from Central Valley Academy; Rachel Smith, Shawn Hansen, Josh Huber, Ryan Johnston, Tyler Rudolph, Fern Bailey from Town of Webb High School.

Key presenters involved in the success of this program included: Steve Dietz of the P.I.N.S. Unit; Herkimer County Sheriff Chris Farber; Kim Tranter and Tony Fumarola, from the Board of Elections; Linda Patten from the Department of Social Services; Herkimer County District Attorney Jeff Carpenter; Mike Scalise of Probation; Herkimer County Clerk Sylvia Rowan; and Family Court Judge John Brennan.

At the final session, the interns staged a simulated legislative mock meeting and provided presentations on current issues confronting county government. Topics discussed were Public transportation in Old Forge, Plastic bag fee and Youth voice in Village Infrastructure. Youth thanked

all of the participating Herkimer County Legislators for their visits and help in researching topics that made the program an engaging experience.

For questions on this or other 4-H programs, contact Cornell Cooperative Extension of Herkimer County at 315.866.7920.

### Multi-Family Indoor GARAGE SALE Saturday, April 28 9AM-5PM

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Thursday - Men (Golf & Beer) Series of 6 **\$99**

Friday - Couples (Golf & Drink) Series of 6 **\$149**

**Junior Clinic (starts in July)**

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# VRS' Senior Health & Wellness Fair: Boardwalk To Better Health

HERKIMER, NY — Valley Health Services & Valley Residential Services President, Lisa M. Betrus, and Valley Residential Services Administrator, Jennifer Miller, invite you to attend VRS' Senior Health & Wellness Fair: Boardwalk to Better Health, on Thursday, April 26, 2018 at Herkimer College's Thomas McLaughlin Center, from 10 a.m. to 3 p.m.

The event will be impactful, offering resources for senior citizens who wish to remain independent in their own home, may be contemplating downsizing, estate and gift planning, assisted and enriched housing, safety and security, Medicaid or Medicare, and

many other areas of interest.

Exhibitors, to date, will include:

- Adirondack Bank
- At Home Care
- Alzheimer's Association
- ARC Herkimer
- Bassett Healthcare/Community Health Navigation
- CABVI
- Catholic Charities
- Clarity Hearing Service
- Clear Captions

- Excellus BlueCross Blue Shield
- First Community Care of Bassett, LLC
- Fidelis Care
- Function Better Physical Therapy
- Harry and Kevin Enea Family Funeral Homes
- Herkimer County HealthNet, Inc.
- Little Falls Hospital
- The Medicine Shoppe
- Mohawk Valley Health Care Center
- MVP Healthcare
- Nascentia Health/VNA Homecare Options
- NYSARC Trust Services
- Radley & Rheinhardt, P.C.
- Remington Federal Credit Union
- RCIL
- Revelations Salon & Spa
- Seniors Helping Seniors
- Solutions Empire LLC
- Trusted Friends Home Care
- Valley Health Services
- Valley Residential Services

Screenings will include:

- CPR demos at 11:30 a.m. and 1:30 p.m.
- Blood Pressure
- Glucose
- Body Mass Index (BMI)
- Cholesterol
- Balance & Fall Risk Assessment

Speakers will include:

- 10:30 a.m. — Under Sheriff, Scott Scherer, Scams Against Seniors
- Noon — Lisa M. Betrus, president, Valley Health Services and Valley Residential Services, Should we stay or should we go: What housing options are right for you? (Attendees must register for this session; limited seating.)
- 2 p.m. — Panel Presentation, Your Health & Wellness Journey, speakers:
  - Jeffrey Rheinhardt, CELA, Radley & Rheinhardt, addressing how legal failures can contribute to healthcare failures in terms of the care we want.
  - Tim Seymour, Commissioner, Herkimer County Social Services, with Deb Smith, Director of Income Maintenance, addressing the ins and outs of Medicaid.
  - David Blanchard, RPh, The Medicine Shoppe, with Julie Zaykoski, MSM, LPN, TAS, leading the activity of Pharmacy Jeopardy.

The event is free and open to the public. For more information about the Health & Wellness Fair, contact the office of Community Relations and Fund Development at Valley Health Services at 315.866.3330 extension 2329.

## Calendar of events

### April 20, 21, 27 and 28

**Pierogi Sale.** Friday, April 20 & 27 from 11 a.m.: to 1 p.m. Saturday - April 21 & 28 from 9:30 a.m. to 2 p.m. St. Mary's Ukrainian Orthodox Church. 324 Moore Ave. Herkimer.

### April 21-22

**FUNTRAK Model Railroad Club annual model train show.** 10 a.m. - 5 p.m. April 21 and 10 a.m. - 4 p.m. April 22. Masonic Temple. 118 Morgan Street. Ilion.

### April 22

**Chicken and biscuit dinner.** 11:30 a.m. - 2:30 p.m. VFW Post 8728 Wood Lane Schuyler, NY. Wood Lane. Schuyler, NY. Adults \$10. Takeouts available.

### April 25

**2018 Rabies Clinic.** 5:30 - 7 p.m. Dolgeville Fire Department. 20 S. Helmer Ave. Dolgeville. NY. Pre-register by calling 315.867.1176.

### April 26

**Monthly Program Series starts.** 7 p.m. Herkimer County Historical Society. Eckler Building, 406 N. Main St. Herkimer. Program by local historian Cheryl Pula on "Bizarre History: All American". For more information, call 315.866.6413.

**What you Need to Know about Lyme and Arthropod Borne Diseases.** 12 p.m. Conference room A. Little Falls. Please RSVP to the Community Relation Department at 315.823.5326.

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

### April 28

**Is there a Fire in You? Volunteer With Us Open House.** 10 a.m - 2 p.m. Stratford Volunteer Fire Company. 119 County Hwy. 104. Stratford. An initiative of the Firemen's Association of the State of New York. Call 315.429.3607.

**Tulip Festival Mystery Dinner Theater.** 5 p.m. Ilion Morning Star United Methodist Church. Ilion. Reservations required by April 26. Call the Church Office at 315.894.4093.

### April 21

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

### May 5

**3rd Annual Intergenerational Clean Up.** 9 a.m. - 3 p.m. If you're interested volunteering, contact Jackie Murphy at 315.867.1195, Nora Stever at 315.867.1370, or Kathy Fox at 315.867.1125.

**Indoor Flea Market.** 10 a.m - 3 p.m. Mohawk American Legion. All proceeds will benefit H.A.L.O. (Helping Animals Live Organization), an animal rescue group who operates a cat shelter based in Little Falls, NY. Please RSVP by April 23 to reserve your table by calling 315-520-3112.

**Chicken BBQ.** May 5 18. 3:30 p.m. Stratford Methodist Church. Route 29A.

### May 6

**Welsh Festival of Song.** 3 p.m. New Hartford Presbyterian Church. 45 Genesee Street. New Hartford. More information can be found at [www.saintdavidssociety.org](http://www.saintdavidssociety.org).

### May 10

**2018 Rabies Clinic.** 5:30 - 7 p.m. Middleville Fire Department. 41 N.

Main St. Middleville. NY. Pre-register by calling 315.867.1176.

### May 10

**2018 Rabies Clinic.** 5:30 - 7 p.m.

### May 19

**2018 Rabies Clinic.** 10 a.m - 12 p.m. East Herkimer Fire Department. 193 Main Rd. East Herkimer. NY. Pre-register by calling 315.867.1176.

### May 19-20

**Fort Klock Opening Day.** 10 a.m. 4 p.m. Fort Klock. 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.fortklock-restoration.org](http://www.fortklock-restoration.org). St. Johnsville. New York. 518-568-7779.

### June 6

**2018 Rabies Clinic.** 5:30 - 7 p.m. Norway Community Center. 3114 Military Rd. Norway. NY. Pre-register by calling 315.867.1176.


### June 9

**39th Annual Craft Festival.** 9 a.m. 3 p.m. Spring Park. Crafter application deadline is "officially" May . For space availability after May 1, crafters can call Lani King at 315-858-9451. [www.rschurchofchristuniting.com](http://www.rschurchofchristuniting.com). U.S. Route 20. Richfield Springs. NY. 315.858.9451. [friendshipcraftfestival@yahoo.com](mailto:friendshipcraftfestival@yahoo.com)

### June 13

**2018 Rabies Clinic.** 5:30 - 7 p.m. Ilion-Frankfort VFW Pavilion. 4274 Acme Rd. Frankfort. NY. Pre-register by calling 315.867.1176.

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com)**



**PSYCHIC FAIR**  
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## To Your Good Health

by Keith Roach, M.D.

### How low is too-low blood pressure?

**Dear Dr. Roach:** You have written many articles about high blood pressure, but I want to know about low blood pressure. What is normal? What is low, and what is dangerously low? I have a heart issue for which I take medication. I want to know if my blood pressure is too low. — Anon.

**Answer:** Among young adults, only 5 percent of men will have a blood pressure below 110/60 or so, and for young women, it's 90/46. Blood pressure tends to go up with age, so low blood pressure numbers are higher for older adults.

For people with healthy hearts, the only time we worry about low blood pressure is if there are symptoms, and the most common symptoms are lightheadedness and fainting.

In people with congestive heart failure, low blood pressure usually is

not concerning in itself, but because it might indicate that the heart is getting weaker. However, many of the medications used for CHF reduce blood pressure, which can even limit the amount of medication that can be used. In people with blockages in their arteries, too low a blood pressure can cause inadequate blood flow to parts of the heart and cause angina symptoms.

The blood pressure is dangerously low when a disease process is causing the low blood pressure. In extreme cases, low blood pressure is one of the most dangerous signs of shock. But in general, for healthy people, low blood pressures are not worrisome.

**Dear Dr. Roach:** I would like to know about warts. I know they are common in both children and adults. I have one on my thumb. I am 50 years old. Where can the warts spread to? I heard you can find them only on your hands and feet. Is

that true? — J.S.

**Answer:** Warts are raised round or oval growths, caused by the human papilloma virus. Although they most commonly occur on the hands and feet, some strains of HPV are more likely to cause warts in the genital region. Warts can appear on any part of your body, and you can spread them from one

part of your body to another, as well as from person to person. Warts are more likely to occur in areas of skin that are irritated, such as cuts, scrapes and even areas that are shaved. For this reason, it's a good idea to treat the wart quickly, preferably before it gets bigger and harder to treat.

Over-the-counter wart

treatments are most commonly salicylic acid. A nail file or pumice stone to get rid of dead skin first increases effectiveness. Liquid medicine is used for thinner warts, and a plaster is more effective for thicker warts.

One home remedy is as follows: Apply silver duct tape to the wart and leave it on for six days. Follow up by soaking the

wart and removing any dead skin, then leave the tape off overnight. Repeat the process by applying duct tape for another six days. This is effective in some people. You should see your doctor if these home remedies don't work.

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### 112 Country Lane, Town of Johnson \$165,000

Custom 4BR/2BA with open concept living area 1 owner that has maintained this home well. Super kitchen with tons of counters and cabinets. Master suite!



### East Caroga Lake! \$72,000

Summer's coming! Buy this camp on a big double lot, 3BR. Big kitchen, living room, big front porch, walk to lake access!.



### 86 West Street, Gloversville \$49,900

2 Family, fully rented for easy investment! Big barn, tenants pay extra \$5 for use! Lots of updates. Come see!



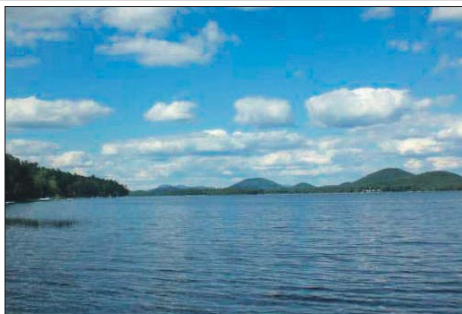
### INVESTORS! LOOK HERE! 31 NORTH ST GLOVERSVILLE \$48,900

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8+ Surveyed acres on W. River Road. Electric at the road. Small pond and access Lake Algonquin Public Beach!



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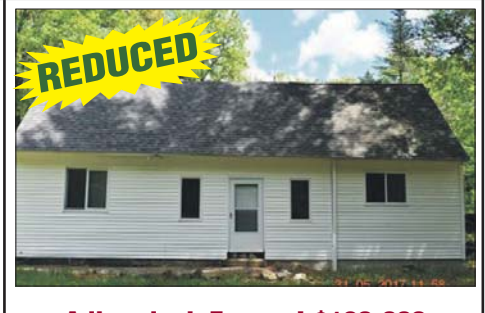
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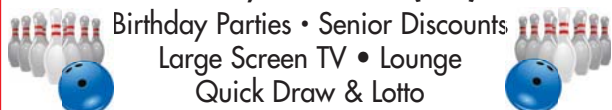
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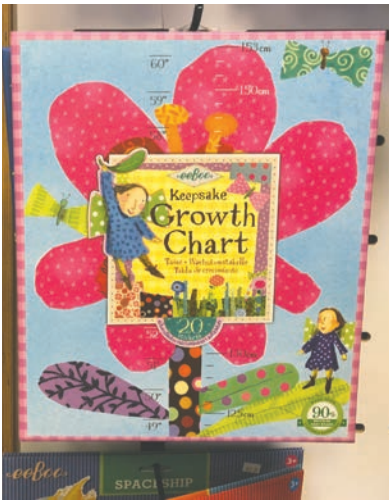
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# Grandpa's feed bag towels

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pa was a very saving person probably because it was a necessity during much of his life. After he was gone and my father lived alone he would say I'm wearing one of Bennie's feed bag aprons or using his feed bag towels. I have kept them also and one I still use. They have to be tough to last so long just like Grandpa. They are really absorbent as well as tough. They say a picture is worth a thousand words. You be the judge as you see this photo in this week's Country Editor. **Skip Barshied**  
**Stone Arabia**

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This feed bag was repurposed and hemmed into a towel.



This apron is one of the aprons made from repurposed feed bags, made by Skip's Grandpa Garlock.



## Preventing falls in older adults

Falls can affect older adults in many ways. If an older person falls and is injured, his or her ability to live independently decreases. Even a fall that does not cause an injury can limit confidence and the ability to feel comfortable living independently.

"In New York State, fall-related injuries are highest among persons aged 70 and older," said Diane Ward, CHN of Herkimer County Public Health. "Hip fractures and fall related deaths are also most common in this age group."

Older people are more likely to have health problems and to be taking multiple medications that can impair balance, reaction time, strength or vision. "The rise in falls and costly fall-related injuries can be attributed to a number of factors. However, many of them are preventable," Ms. Ward noted.

A lack of knowledge about risk factors and how to prevent them contributes to many falls. "Some people think that falls are a normal part of aging and are not preventable," said Ms. Ward.

The following are five key risk factors of falls among older adults:

- **Osteoporosis:** Osteoporosis is a condition where bones become less porous, less resistant to stress and more prone to fractures. Caused by hormonal changes, calcium and vitamin D deficiency, and decreased physical activity, it is a chief cause of fractures in older adults, especially women.

- **Lack of physical activity:** A lack of

regular physical activity results in poor muscle tone, decreased strength and loss of flexibility.

- **Impaired vision:** Age-related vision diseases such as cataracts and glaucoma can alter people's perception, visual acuity, peripheral vision and susceptibility to glare.

- **Medications:** Some medications can reduce mental alertness, affecting balance and gait, and causing drops in blood pressure while standing.

- **Environmental hazards.** At least one-third of all falls in older adults involve environmental hazards in the home. The most common hazard is tripping over objects on the floor. Other hazards include poor lighting, loose rugs, lack of grab bars or poorly mounted ones and unsturdy furniture.

While all of these factors increase the chance of falls, most of them are preventable. Some simple things you can do to decrease the risk of falls in and around your home are:

- Make sure all rooms are brightly lit and place night lights in each room.

- Reduce the clutter. Prevent people from tripping over objects by putting them away after each use.

- Get rid of all cords. Arrange your furniture so that all electrical and extension cords are out of the way.

- Get an eye exam each year and wear glasses as prescribed by your health care provider.

- Get regular physical activity. Engag-

ing in 30 minutes of physical activity on most days of the week can increase muscle strength and flexibility and improve balance.

- Install sturdy handrails in bathrooms and by all steps — and use them.

- Secure all rugs. Be sure all throw rugs and scatter rugs have non-skid backing.

- Wear shoes that have flat or low-heeled soles, whenever possible.

- Watch out for pets. Be aware of where your pet is and be careful when visiting others who have pets, as well.

- Avoid uneven walking surfaces. Be sure to avoid broken sidewalks and areas under construction, when possible.

Mother Nature presents her own haz-

ards when it comes to falls. "Snow is the greatest culprit," warned Ms. Ward. "Try to limit your driving to daylight hours and always park where it is clear of snow and ice. It's also a good idea to let someone know where you are or. Better yet, take a friend with you when you travel," she added.

For more information on how to prevent falls in older adults, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health at [www.health.ny.gov/prevention/injury\\_prevention/falls.htm](http://www.health.ny.gov/prevention/injury_prevention/falls.htm).

If you are interested in Falls Prevention Programs available in Herkimer County contact NY Connects/Office for the Aging at 315.867.1121.



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# Safety tips for grilling season

People have been cooking meals over open flames since the discovery of fire. Even today, when there are so many ways to cook a meal, many still insist there's nothing better than the taste of food cooked on the grill.

The Hearth, Patio & Barbecue Association, which tracks industry trends, points out that one-third of consumers plan to use their grill or smoker more often this year. Even though grilling is widely associated with summer, a growing number of people are embracing year-round grilling. HPBA's CEO Jack Goldman has said, "Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle."

Seven in 10 adults in the United States and eight out of 10 in Canada own a grill or smoker. With so many people firing up their grills, it's important to recognize the importance of grilling safety. Each year an average of 8,900 home fires are caused by grilling, and close to half of all injuries involving grills are due to thermal burns, advises the National Fire Protection Association. Here's how to stay safe.

- Only grill outside. Propane and charcoal barbecue grills should only be used outdoors. Grills should be placed well away from the home.



Safely cook outdoors by heeding safety guidelines.

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  - Always attend the grill. Grill distraction-free and keep an eye on the food being cooked. Simply stepping away for a few moments can lead to a fire or accident.
  - Start fires safely. Charcoal grills and gas grills may be lit using electronic starters that do not require fire. If using starter fluid, only do so on charcoal, and do not add more fluid or other flammable liquids after the fire has ignited.
  - Check for gas leaks. Whether the gas grill is hooked up to a propane tank or the natural gas supply of a home, ensure that the hoses or tanks are not leaking. Apply a light soap-and-water solution to hoses to see if they bubble from leaking gas.
  - Keep baking soda nearby. Baking soda can control grease fires, but it's also helpful to have a fire extinguisher or a bucket of sand on hand for other types of fires.
  - Watch children and pets. Keep children and pets at least three feet away from grilling areas.
  - Wait for the grill and coals to cool. Practice safety around the grill until all coals are cool and the grill is no longer hot to the touch. Only then should the grill be moved or relocated.

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## Pros and cons of connected cars

While smart cars that can communicate and dial into command centers, provide directions or even blast off back to 1985 were mere concepts 30 to 40 years ago, today automakers have made tech-savvy cars a reality. Cars have become computers on wheels, and there's seemingly no end to the features that many vehicles are sporting. However, are these connections truly a boon to drivers or a safety bust?

### Pros

Proponents of connected cars say safety features embedded in the vehicles, such as GM's On-Star platform and similar services for other brands, make a strong case for connected cars. These systems can immediately alert for emergency assistance if there is an accident or if a passenger is unresponsive. The future of other safety features includes vehicles that can sense obstacles in the environment and make modifications to GPS routes based on accidents or road blocks, passing that information on to other cars to create safer conditions.

Service centers can use connected cars to digitally diagnose problems and possibly reduce more invasive mechanical measures. Insurance companies can use data pulled from driving habits to determine rates based on safe driving behaviors. Manufacturers can track data such as how optimally a person has driven to develop more efficient vehicles.

Another benefit of smart cars is infotainment, which truly takes internet use mobile in every sense of the word. Apps learn drivers' preferences and can fine tune music, news and other entertainment options to make trips even more enjoyable.

### Cons

One of the biggest arguments against connected cars is the increased level of distraction. The National Highway Traffic Safety Administration says that, in 2015 alone, 3,477 people were killed and 391,000 were injured in motor vehicle crashes involving distracted drivers. During daylight hours, approximately 660,000 drivers are using cell phones while driving. A smart car is essentially a smartphone on wheels, which may prompt greater levels of distraction.

Another area of concern is security. As cars become more connected to the internet, they can become greater targets for hackers. Researchers have already shown how hackers can take control of the vehicle,

forcing them to brake or steer elsewhere. There's also the opportunity for people to be digitally spied on or for criminals to gain other personal information through driving habits.

It seems as though connected cars are here to stay, and drivers must weigh the pros and cons of having this technology at their fingertips when behind the wheel.



*Cars can now do many things, such as stop short of an accident or re-route around a road blockage.*



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Solution time: 21 mins.

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

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K O G U A J L R X L E W I V U  
T ( T U R N I P C A K E S ) R Q P  
S E L D O O N O M T H M L K I

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

Bakkwa	Jiaozi	Nián gáo	Taro cakes
Duck	Leek	Noodles	Turnip cakes
Fish	Lobster	Pork	Yusheng
Jau gok	Melon seed	Sweets	

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Book is missing. 2. Cap is reversed. 3. Skateboard is missing. 4. Airplane is missing. 5. Hair is shorter. 6. Pendant is missing.

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Just Like Cats & Dogs by Dave T. Phipps

STICKELERS [sic] by Terry Stickels

How many triangles of any size are in the figure below?

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LAFF-A-DAY

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Mega Maze

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# Country Editor

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

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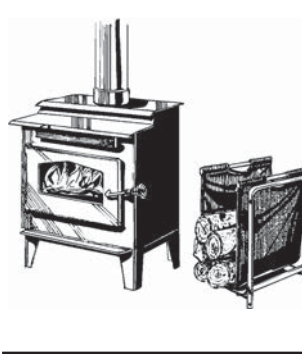
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## Good Housekeeping

**Corkscrew pasta with spring veggies**

*Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!*

- 1 bunch (about 1 pound) leeks
- 1 package (16 ounce) corkscrew or bow-tie pasta
- 1 tablespoon margarine or butter
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 package (4 ounces) soft goat cheese, cut into small pieces

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.
2. In large saucepot, prepare pasta in boiling salted water as label directs.
3. Meanwhile, in nonstick 12-inch

skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon

into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper. Serves 4.

\* Each serving: About 580 calories, 11g total fat (5g saturated), 23g protein, 96g carbohydrate, 6g fiber, 13mg cholesterol, 705mg sodium.

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## Senior News Line

by Matilda Charles

**Don't pay twice**

AARP, known as the American Association of Retired Persons, the organization set up to protect the interests of seniors, is coming under fire for sending us too many renewal notices.

And it's true. My own AARP membership expires every August. Yet, beginning in February, I start getting renewal notices every few weeks.

The big problem is that too many seniors see a bill in the mail and immediately write a check. In the face of continual renewal notices, it's possible that we can

send AARP (and others) multiple checks every year. Even worse, we can end up with multiple AARP accounts, and pay on all of them.

Here's an idea: In a small notebook that you keep handy (maybe in a kitchen drawer or where you sit down to write monthly checks), keep a list of expiration dates. Consult that list every month. If your credit card is due to expire in October, you'll know when to start watching the mail for its replacement. If your car inspection sticker expires in July (especially if you live in a state that doesn't mail notices), make a note to get it taken care of ahead of time. Check magazine mail-

ing labels. The expiration date will be right on them.

Because important things do get lost in the mail, here are a few more things to note on your list: property taxes (if you don't pay them with your mortgage), any quarterly payments, bank box fee, ending period for any discount you're getting on your Internet service or zero-interest credit card, furnace or HVAC inspection, last date to sign up for something important... and so much more. Once you start using a list like this, you'll wonder how you managed without it.

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## Good Housekeeping

**Sauteed Spinach and Garlic**

*In minutes, you'll have a satisfying side dish. To save time, use bags of prewashed baby spinach.*

- 1 tablespoon vegetable oil
- 2 clove garlic, crushed with side of chef's knife
- 2 bunches (12 ounces each) spinach, washed and dried very well, tough stems trimmed
- 1/4 teaspoon salt

1. In 5-quart saucepot, heat oil over medium-high heat. Add garlic and cook, stir-

ring, until golden.

2. Add spinach in batches; add salt. Cover and cook, stirring once, just until spinach wilts, about 4 minutes. Discard garlic, if you like. Serves 4.

\* Each serving: About 57 calories, 4g total fat, 232mg sodium, 4g total carbs, 3g protein.

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# The Kitchen Diva

by **Angela Shelf Medearis**  
**Aztec chili adds hint of cocoa**

I absolutely love all things chocolate! I particularly enjoy using cocoa in savory dishes from barbeque spice rubs and sauces to pots of fiery black-bean chili. The story of chocolate begins with cocoa trees that grew wild in the tropical rainforests of the Amazon basin and other areas in Central and South America.

The Maya Indians and the Aztecs recognized the value of cocoa beans hundreds of years before cocoa was brought to Europe. It was the Maya Indians, an ancient people whose descendants still live in Central America, who first discovered the delights of cocoa as long ago as 600 AD. The Mayan people lived on the Yucatan Peninsula, a tropical area in what is now southern Mexico, where wild cocoa trees grew. At first they harvested cocoa beans from the rainforest trees, then cleared areas of lowland forest to grow their own cocoa trees in the first known cocoa plantations.

A drink called “chocolatl” — made from roasted cocoa beans, water and a little spice — was their primary use, but cocoa beans also were valued as currency. An early explorer visiting Central America found that four cocoa beans could buy a pumpkin; 10 could buy a rabbit. Because cocoa beans were valuable, they were given as gifts at ceremonies such as a child’s coming of age and on religious occasions. Merchants often traded cocoa beans for commodities such as cloth, jade and ceremonial feathers.

Mayan farmers transported their cocoa beans to market by canoe or in large baskets strapped to their backs. Wealthy merchants traveled further, employing porters to carry their wares, as there were no horses, pack animals or wheeled carts in Central America at that time. Some ventured as far as Mexico, the land of the Aztecs — introducing them to the much-prized cocoa beans. The Aztecs were an ancient nomadic people who founded a great city in the Valley of Mexico in 1325 — Tenochtitlan. “Chocolatl” was con-

sumed in large quantities by the Aztecs as a luxury drink. The Aztec version of this much-prized drink was described as “finely ground, soft, foamy, reddish, bitter with chilli water, aromatic flowers, vanilla and wild bee honey.”

Because of the dry climate, the Aztecs were unable to grow cocoa themselves, so they obtained supplies of cocoa beans from trade or “tribute,” a form of taxation paid by provinces conquered by the Aztecs.

By the time the Spanish invaded Mexico in the 16th century, the Aztecs had created a powerful empire: Their armies were supreme in Mexico. Tributes in the form of food, cloth and luxury items such as cocoa beans flowed into Tenochtitlan. When the Spanish defeated the Aztecs, they destroyed much of Tenochtitlan and rebuilt it as Mexico City, the capital of modern-day Mexico. The legacy of the highly civilized and sophisticated Aztecs remains, however, in the form of their indigenous language, Nahuatl — which is still spoken by

more than 2 million people — their archaeological ruins and extraordinary temples and cities, skilled and sensitive art, an advanced calendar, and their inventive use of cocoa beans.

- Aztec Chili**
- 1 tablespoon olive oil
  - 1 1/2 pounds ground beef (80/20)
  - 2 medium-large yellow onions, chopped
  - 1 large green bell pepper, chopped
  - 6 large cloves garlic, minced
  - 1 (28-ounce) can crushed, fire-roasted tomatoes
  - 1 cup water
  - 1 1/2 tablespoons instant espresso powder
  - 1 tablespoon dark brown sugar
  - 1 tablespoon unsweetened cocoa powder
  - 2 tablespoons ancho or regular chili powder
  - 1 tablespoon dried oregano
  - 1 1/2 teaspoons Kosher salt
  - 1/4 teaspoon smoked sweet paprika
  - 1 teaspoon ground black pepper
  - 1/4 teaspoon cayenne pepper
  - 2 bay leaves



Aztec Chili

Photo by Depositphotos

2 (15.5 ounce) cans no-salt-added black beans, rinsed and drained

Optional garnishes: avocado, chopped parsley or cilantro, shredded or crumbled cheese, sour cream

1. Heat the oil in a 5-quart pot over high heat. Add the beef, onion, bell pepper and garlic. Cover the pot and cook until the

meat is browned, about 8 to 10 minutes, stirring occasionally.

2. Add the crushed tomatoes (with juices), water, espresso powder, brown sugar, cocoa powder, chili powder, oregano, salt, paprika, black pepper, cayenne pepper and bay leaves. Cover the pot and bring up to a boil, then turn the

heat down and simmer 10 minutes. Stir in the beans during the final 3 minutes of cooking. 3. Serve topped with garnishes. Makes 6 servings.

TIP: You can freeze this fabulous chili in an airtight container for up to 3 months.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis

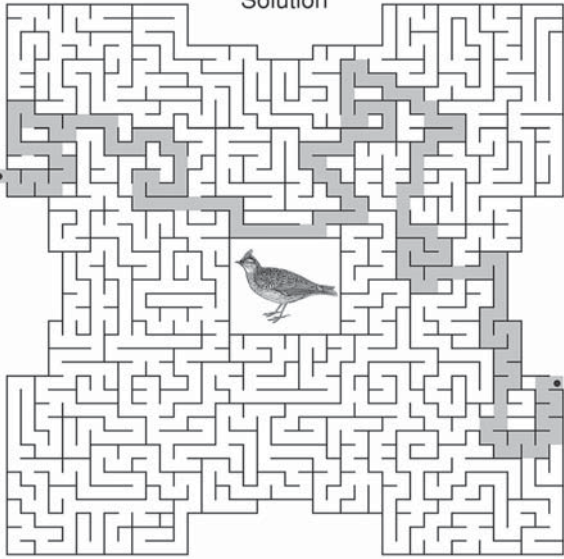
## Weekly SUDOKU

Answer

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

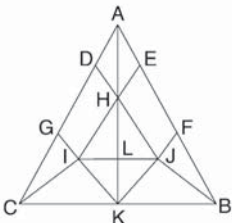
## Mega Maze

Solution



## Sticklers Answer

There are 21 triangles.



ABC	BJK	IJK
ABK	CGI	ILK
ACK	CGK	JKL
ADH	CIK	
AEH	HIJ	
AFK	HIK	
AGK	HIL	
BFJ	HJK	
BFK	HJL	

## King Crossword

ACROSS	1	2	3	4	5	6	7	8	9	10	11
1 Always	12	13	14	15	16	17	18	19	20	21	22
2 "See ya"	23	24	25	26	27	28	29	30	31	32	33
3 Took the bus	34	35	36	37	38	39	40	41	42	43	44
4 Anger	45	46	47	48	49	50	51	52	53	54	55
5 Legislation	56	57	58	59	60	61	62	63	64	65	66
6 Pyrite	67	68	69	70	71	72	73	74	75	76	77
7 Anger	78	79	80	81	82	83	84	85	86	87	88
8 Implement	89	90	91	92	93	94	95	96	97	98	99
9 Makes one's way	100	101	102	103	104	105	106	107	108	109	110
10 English composition	111	112	113	114	115	116	117	118	119	120	121
11 Behave	122	123	124	125	126	127	128	129	130	131	132
12 Cookware	133	134	135	136	137	138	139	140	141	142	143
13 Both ways	144	145	146	147	148	149	150	151	152	153	154
14 Equal (Prest)	155	156	157	158	159	160	161	162	163	164	165
15 Bichon — (dog breed)	166	167	168	169	170	171	172	173	174	175	176
16 The fields we go?	177	178	179	180	181	182	183	184	185	186	187
17 Black	188	189	190	191	192	193	194	195	196	197	198
18 Metal refuse	199	200	201	202	203	204	205	206	207	208	209
19 Actor	210	211	212	213	214	215	216	217	218	219	220
20 How one says "I"	221	222	223	224	225	226	227	228	229	230	231
21 Georgia city	232	233	234	235	236	237	238	239	240	241	242
22 Leaves	243	244	245	246	247	248	249	250	251	252	253
23 Past	254	255	256	257	258	259	260	261	262	263	264
24 Absolute dominance	265	266	267	268	269	270	271	272	273	274	275
25 Void address	276	277	278	279	280	281	282	283	284	285	286
26 Teeny bit	287	288	289	290	291	292	293	294	295	296	297
27 On in verse	298	299	300	301	302	303	304	305	306	307	308
28 Pop	309	310	311	312	313	314	315	316	317	318	319
29 Vacillate	320	321	322	323	324	325	326	327	328	329	330
DOWN	331	332	333	334	335	336	337	338	339	340	341
1 "Bow-wow!"	342	343	344	345	346	347	348	349	350	351	352
2 Bows	353	354	355	356	357	358	359	360	361	362	363
3 Tokyo's old name	364	365	366	367	368	369	370	371	372	373	374
4 Flower-mouth region	375	376	377	378	379	380	381	382	383	384	385
5 Threatens	386	387	388	389	390	391	392	393	394	395	396
6 String instrument	397	398	399	400	401	402	403	404	405	406	407
7 Right angle	408	409	410	411	412	413	414	415	416	417	418
8 Claret, for one?	419	420	421	422	423	424	425	426	427	428	429
9 Pin the tail	430	431	432	433	434	435	436	437	438	439	440
10 Play area	441	442	443	444	445	446	447	448	449	450	451
11 Rams fans?	452	453	454	455	456	457	458	459	460	461	462
12 Sauce source	463	464	465	466	467	468	469	470	471	472	473
13 Absolutely	474	475	476	477	478	479	480	481	482	483	484
14 Grand tale	485	486	487	488	489	490	491	492	493	494	495
15 Medicine	496	497	498	499	500	501	502	503	504	505	506
16 Church service	507	508	509	510	511	512	513	514	515	516	517
17 Absolutely	518	519	520	521	522	523	524	525	526	527	528
18 1992 movie with a 2010 sequel?	529	530	531	532	533	534	535	536	537	538	539
19 Rams fans?	540	541	542	543	544	545	546	547	548	549	550
20 Rams fans?	551	552	553	554	555	556	557	558	559	560	561
21 Rams fans?	562	563	564	565	566	567	568	569	570	571	572
22 Rams fans?	573	574	575	576	577	578	579	580	581	582	583
23 Rams fans?	584	585	586	587	588	589	590	591	592	593	594
24 Rams fans?	595	596	597	598	599	600	601	602	603	604	605
25 Rams fans?	606	607	608	609	610	611	612	613	614	615	616
26 Rams fans?	617	618	619	620	621	622	623	624	625	626	627
27 Rams fans?	628	629	630	631	632	633	634	635	636	637	638
28 Rams fans?	639	640	641	642	643	644	645	646	647	648	649
29 Rams fans?	650	651	652	653	654	655	656	657	658	659	660
30 Rams fans?	661	662	663	664	665	666	667	668	669	670	671
31 Rams fans?	672	673	674	675	676	677	678	679	680	681	682
32 Rams fans?	683	684	685	686	687	688	689	690	691	692	693
33 Rams fans?	694	695	696	697	698	699	700	701	702	703	704
34 Rams fans?	705	706	707	708	709	710	711	712	713	714	715
35 Rams fans?	716	717	718	719	720	721	722	723	724	725	726
36 Rams fans?	727	728	729	730	731	732	733	734	735	736	737
37 Rams fans?	738	739	740	741	742	743	744	745	746	747	748
38 Rams fans?	749	750	751	752	753	754	755	756	757	758	759
39 Rams fans?	760	761	762	763	764	765	766	767	768	769	770
40 Rams fans?	771	772	773	774	775	776	777	778	779	780	781
41 Rams fans?	782	783	784	785	786	787	788	789	790	791	792
42 Rams fans?	793	794	795	796	797	798	799	800	801	802	803
43 Rams fans?	804	805	806	807	808	809	810	811	812	813	814
44 Rams fans?	815	816	817	818	819	820	821	822	823	824	825
45 Rams fans?	826	827	828	829	830	831	832	833	834	835	836
46 Rams fans?	837	838	839	840	841	842	843	844	845	846	847
47 Rams fans?	848	849	850	851	852	853	854	855	856	857	858
48 Rams fans?	859	860	861	862	863	864	865	866	867	868	869
49 Rams fans?	870	871	872	873	874	875	876	877	878	879	880
50 Rams fans?	881	882	883	884	885	886	887	888	889	890	891
51 Rams fans?	892	893	894	895	896	897	898	899	900	901	902
52 Rams fans?	903	904	905	906	907	908	909	910	911	912	913
53 Rams fans?	914	915	916	917	918	919	920	921	922	923	924
54 Rams fans?	925	926	927	928	929	930	931	932	933	934	935
55 Rams fans?	936	937	938	939	940	941	942	943	944	945	946
56 Rams fans?	947	948	949	950	951	952	953	954	955	956	957
57 Rams fans?	958	959	960	961	962	963	964	965	966	967	968
58 Rams fans?	969	970	971	972	973	974	975	976	977	978	979
59 Rams fans?	980	981	982	983	984	985	986	987	988	989	990
60 Rams fans?	991	992	993	994	995	996	997	998	999	1000	1001
61 Rams fans?	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012
62 Rams fans?	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023
63 Rams fans?	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034
64 Rams fans?	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045
65 Rams fans?	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056
66 Rams fans?	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067
67 Rams fans?	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078
68 Rams fans?	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089
69 Rams fans?	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100
70 Rams fans?	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111
71 Rams fans?	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122
72 Rams fans?	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133
73 Rams fans?	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144
74 Rams fans?	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155
75 Rams fans?	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166
76 Rams fans?	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177
77 Rams fans?	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188
78 Rams fans?	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199
79 Rams fans?	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210
80 Rams fans?	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221
81 Rams fans?	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232
82 Rams fans?	1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243
83 Rams fans?	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254
84 Rams fans?	1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265
85 Rams fans?	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276
86 Rams fans?	1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287
87 Rams fans?	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298
88 Rams fans?	1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309
89 Rams fans?	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320
90 Rams fans?	1321	1322	1323								



## Now Here's a Tip

by JoAnn Derson

• Don't throw toads out of your garden! There's hardly a better pest-control method than these good old-fashioned bug eaters. Toads can eat hundreds of bugs a week, and they don't cost a dime. They are a gardener's good luck!

• "How to never have cloudy ice tea: Brew tea bags in hot water; steep for 4-5 minutes and remove bags to cool. Mix to taste with room temperature water

and let the whole business cool down before you put it in the fridge." — J.G. in Alabama

• To clean your car's cup holders, use this sneaky trick: "Find a large cup that just fits inside the holder. Slip it down inside a sock, and then spray the bottom of the sock with all-purpose cleaner. When you put the sock-covered cup in the cup holder, it can get down in there and scrub off the gunk." — R.E. in Texas

• "To get rid of mineral deposits or hard-water stains in your toilet, try dropping two Alka-Seltzer tablets in a flushed toilet and letting them bubble and sit overnight. In the morning, scrub with a toilet brush and flush until clear." — G.K. in Pennsylvania

• Peeling a boiled potato? Drop it quickly in an ice bath, and the skin may just slip right off! If you prep peeled potatoes, be sure to keep them submerged

in water and add a tablespoon of white vinegar to keep them from browning.

• It's hard to measure out sticky substances like honey or molasses when you're using a measuring cup. They cling to the inside, and you're never sure that you added the right amount. The next time you're cooking with something sticky, spray the inside of the measuring cup with cooking oil. It will slide right out.

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## Legal aspects of caregiving

Being a family caregiver often involves complex issues. This is especially true when the individual

receiving care is mentally impaired and/or facing end of life issues. Here are some legal issues to

consider as a caregiver

• **Find an attorney.** Look for an attorney who specializes in elder law and/or end of life issues.

Ask friends and family for recommendations.

• **Obtain legal forms and documents that pertain to the health of**

**the care recipient.** For example, a living will which states a person's wishes regarding his/her healthcare and a health care proxy, which appoints someone to make medical decisions for someone who can no longer make decisions on

their own.

• **Plan for the future.** Consider preparing a power of attorney and/or living trust while the care recipient has the ability to be involved in making such decisions and the capacity to understand the document. Estate planning should also be prepared while the care recipient is able to make decisions about how as-

sets and property should be distributed once they have passed away.

This information was provided by Care for the Family Caregiver: A Place to Start. Contact Herkimer County Office for the Aging or NY Connects for more information at 315.867.1124 or [www.herkimercounty.org](http://www.herkimercounty.org). Go to departments then Office for the Aging.



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## Donna's Day: Creative family fun

by Donna Erickson

**Remember spring travel  
with  
free souvenirs**

I've been doing a "just for fun" survey about freebie souvenirs that friends collect on trips (No, not hotel towels... legal!). Those of the "backpack through Europe" generation recalled with nostalgia bringing back varieties of sheets of TP! Whether waxy, stiff or sandpapery, each prompted a humorous adventure to tell.

Coasters, theater playbills, golf scorecards, fishing licenses, lift tickets and mini bottles of hotel shampoo are favorites today. Gone are days, it seems, of collecting postcards, matchbooks and paper airplane tickets.

Always on the hunt for the unique, I was committed to find a special something to bring home from my trip to Europe last spring. Happily, it landed unexpectedly in-flight on my KLM tray table. A mini, stylish cardboard snack box illustrated with classic Amsterdam-themed houses contained a tasty Dutch cake and cup of mineral water.

"This is it!" I thought. When home, I put soil in each empty box (I collected a few extras from those seated by me), sprinkled wheat berry seeds on the soil and spritzed with water. Within a few days, spring-green wheat grass sprouted and grew quickly. I inserted tulips (a nod to Holland) in water-filled floral tubes in the grass for spring-y arrangements to place in my windowsill and give to others.

Here's an idea for kids who want to start collecting freebie souvenirs on your spring break trip or weekend near home. Steer away from mass-produced trinkets, and think

"rocks" to begin "rock-a-state!" activities.

Here's how:

Whether in-state or traveling to another, start a collection of smooth, rounded rocks from each state you visit. Who knows, some day you might have one for all 50!

On a nature walk, look for that perfect smooth rock, about 2-3 inches across — smaller if in Connecticut or Rhode Island! When home, use a map as a reference, and draw the shape of the state with a dark marker on top. Use a thin paintbrush and acrylic paint in a contrasting color to fill in the shape. Let dry.

(If you use white paint, you might add thin blue squiggles going down or across to represent a river, like the mighty Mississippi.)

On the back, print the name of the state and date you found it with a marker.

Keep them in a bowl or jar, and use the growing collection



Steer away from mass-produced trinkets and start collecting freebie souvenirs.

as story starters of trips together. Take them out one by one and enjoy identifying them and telling a memory from your

trips. You also might challenge one another to arrange them geographically on a table — like chunky puzzle pieces of a U.S.

map.

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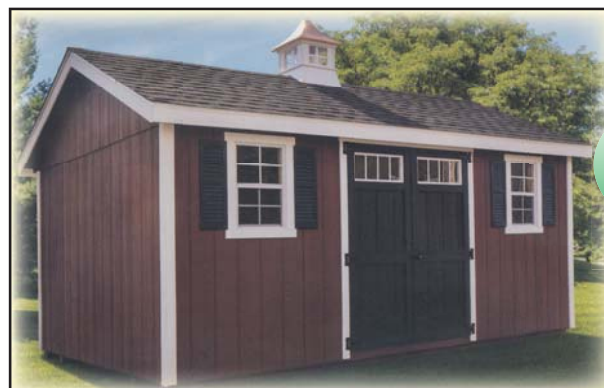


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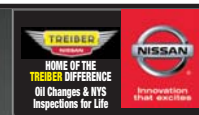


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**Rare**  
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Leather, loaded,  
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**\$21,995†**

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**'14 MURANO "SL"**  
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Cute Ute,  
35kmi,  
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**4 AVAILABLE**  
All well  
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**FROM \$22,995†**

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**AWD**  
**14 AVAILABLE**  
Some with  
leather, some  
with roofs, 29k  
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**FROM \$14,995†**

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**\$10,995†**  
*Cheap Enough*

**'10 ALTIMA**  
Very nice, only 50kmi, UC925  
**\$9,995†**  
*Cheap Enough*

**'16 FORD FOCUS SE**  
Ingot Silver, 40kmi, UC852  
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**ONLY 26,000 MI**  
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The Perfect Budget Priced Car, #UC811  
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Black, 101kmi, UC871  
**\$9,990†**  
*Cheap Enough*

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Lease for **\$219/mo** - 36 months  
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Lease for **\$329/mo** - 36 months  
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0% Down based on 10,500 miles per year. Security deposit waived. 1st payment down plus taxes/fees/dmv. \$395 disposition fee at lease end. Expires 4/30/2018

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Lease for **\$339/mo** - 36 months  
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0% Down based on 10,500 miles per year. Security deposit waived. 1st payment down plus taxes/fees/dmv. \$395 disposition fee at lease end. Expires 4/30/2018

**2018****Ford EcoSport 4x4 SE**

Stk #JN8468 • MSRP \$25,400

Lease for **\$239/mo** - 36 months  
Lease Price, \$21,800 -\$500 Lease Rebate

0% Down based on 10,500 miles per year. Security deposit waived. 1st payment down plus taxes/fees/dmv. \$395 disposition fee at lease end. Expires 4/30/2018

**2018****Ford Explorer XLT 4X4**

Stk #JN8489 • MSRP \$37,760

Lease for **\$349/mo** - 36 months  
Lease Price, \$32,495 -\$500 Lease Rebate

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