

April 27, 2018

# Country Editor

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Number 49

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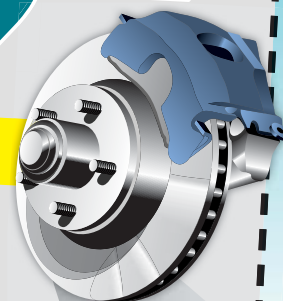
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# Former Major League player returns to his hometown of Little Falls

by Daniel Baldwin

Former New York Mets player Wally Backman attended the seventh annual Mohawk Valley Baseball Hall of Fame Dinner at the Little Falls Travelodge Inn on April 13. He signed autographs, talked to many local baseball players and fans, and congratulated the former players and coaches who were inducted into the 2018 Mohawk Valley Baseball Hall of Fame.

Backman made his Major League debut with the New York Mets in 1980 and helped the Mets win the World Series in 1986.

"I stole a couple of bases and led the team in runs scored during the World Series, so I feel that I did my job," Backman said. "Our job was to get on base and that's what we did. We did the job that we had to do to put ourselves in a position where we can succeed."

But before moving up to the Major Leagues, Backman started his baseball career in the city of Little Falls. He was assigned to the Little Falls Mets, which were the New York Mets minor league affiliate back then, and hit six home runs in his first

season with the team.

"Coming to Little Falls was more home-like because of the small community," Backman said. "That's what I grew up in. I had great memories up here and the playing field was by far the best. I had a great year when I was here in Little Falls. The people were very warming. It was like I never left home."

While some people were only here to get autographs and pictures of Wally Backman, other were here to congratulate the new Mohawk Valley Baseball Hall of Fame inductees James Aiello,

Larry Hughes, and all of the players on the 1980 Herkimer American Legion team. Each of these players and coaches showed a strong contribution to their local baseball team and the Mohawk Valley.

"This event started many years ago," Travis Heiser, the owner of the

Mohawk Valley Diamond Dawgs, said, "and the reason why we started this was to honor those individuals who have made contributions to the game of baseball and the Mohawk Valley and help keep the game going not only in the past, but to keep it moving towards the future."

Larry Hughes was a catcher on the Herkimer High School team and a captain during his senior year, according to the Mohawk Valley Diamond Dawgs' website (mydiamonddawgs.com). He played collegiate ball at Bowling Green University

FORMER 4



Larry Hughes and James Aiello were among the new inductees.



Wally Backman returned to his hometown of Little Falls to guest speak at the seventh annual Mohawk Valley Hall of Fame Dinner.

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The players on the 1980 Herkimer American Legion Baseball team were the new inductees into the 2018 Mohawk Valley Baseball Hall of Fame.

Photos by Daniel Baldwin

#### FORMER from 3

and was the graduate assistant coach for the Penn State freshman baseball team. After graduating from college, Hughes returned to the Herkimer High School to become a teacher, but he also coached the high school's basketball, football, volleyball and baseball teams. The high school received five league titles and two Section III championships under Hughes' command. He, along with the Herkimer High School baseball players, participated in the American Legion Baseball tournament where they won

several county titles and five district titles. Hughes finished his coaching career with a high school record of 199-123 and a league record of 209-129.

Aiello was a native of Herkimer, NY. He played football, track, basketball, and most notably, baseball. While on high school baseball team, he struck out 21 batters in seven innings, according to mydiamonddawgs.com. Aiello bounced from team-to-team during his minor league career going 25-21 in the 76 games he has pitched. He even signed with the New York Yankees in 1951. His time in the minor and major leagues was cut

short as he was drafted into the Army in 1956. After serving his time in the Army, Aiello received a lot of offers from Double-A and Triple-A teams. But he turned down those offers and returned to Herkimer instead. Aiello joined Hughes and became the pitching coach for both the Herkimer High School and Herkimer American Legion baseball teams.

With the successful hit-

ting core of Gerry Sakowski and Joe Casale (who each produced a .400 or better batting average at the plate), successful pitching performances by John Sarafin and Casale (who recorded a combined 17-2 pitching record in the 1980 season), and great coaching by Hughes and Aiello, the Herkimer American Legion team went on to win the 1980 New York State American Legion Championship.

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## Helping rescue a horse

When the first Amish families came to Stone Arabia in March 1986, the words 'horse power' came back from a generation before. Road horses and farm teams were again seen on our roads and in the fields.

Years ago, I drove into the farm dooryard and of a new Amish friend, Andy. I noticed several Amish men and boys running in back of the barn. I had no idea what was happening or if I should invade the scene. But I ran back also. A large work horse had broken through a wooden planked ramp that led to the upper barn floor. There was no question that if the horse fell into the narrow deep opening below it would be doomed. The overhanging roof that protected the

planks afforded a place to attach a pulley and rope to help raise the horse, if possible. A wide strap had been put around the horse and the rope attached.

The available man power was not enough. Andy asked if I thought my van would raise it. It was the horse's only chance so I decided to give it a try. The rope running over the pulley was high, making the rope run at a steep angle to where it was to be attached to the van. That would adversely affect the traction the van could have. The vehicle was light and at a disadvantage. Let's give it a try.

On the first pull the wheels spun and did nothing. Another try was necessary. For a moment, the van settled

on the ground and there was enough power to somewhat raise the horse. It was just enough to help the horse get out of its predicament and walk away. Andy said that the horse had just had its second brush with disaster. Before coming here, it had been in a burning barn and badly singed before it could be rescued.

Things have changed since that day. Andy has moved away and a new barn and house now occupy the site. The horse has doubtless gone to a just reward but the fateful day it got a second chance remains in the mind of an aged resident of Stone Arabia.

**Skip Barshied**  
**Stone Arabia**

## Country Preacher

by Pastor Dan West

**James chapter one, verses 26 and 27** address what the Apostle James refers to as "true religion." In **verse 26** **James** writes, under the guidance of the Holy Spirit, that if someone seems to be religious but is not careful in what he says, he is lying to himself and his religion is empty.

James goes on to describe examples of pure religion. In reverse order, he says keeping oneself unspotted from the world is an important part of true religion. This means not allowing anything in this world to pull us away from being

like the Lord Himself. Since the Lord is completely without sin, this is impossible to do without His intervention. He also says helping those in need such as widows and orphans is pure religion. These are important things to do, but we see clearly in Scripture that doing these things will not get anyone into Heaven!

Religion isn't the way to get your heart right with the Lord. Religion is one way to please God once we have come to Him for cleansing from sin, beginning an eternal relationship with Him.

In **Ephesians 2:8, 9** the apostle Paul writes that it is "by [God's] grace that we

are saved [from the penalty of sin] through faith; not of yourselves, it is a gift of God – not of works [anything we can do] lest anyone could boast." (Brackets added for clarification) In **verse 10** he writes that we are saved to do good things, not as a result of doing good things.

Do you want a relationship with the Creator of the universe? Paul says in **Romans 10:13** to call out to Him like a drowning person calls out to be saved by a lifeguard. If you haven't, you are drowning in sin and you need Him to save you.





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## Farming Your Future returns May 16

The second annual Farming Your Future has been scheduled for 9 a.m. to 1 p.m. on Wednesday, May 16, at the Herkimer County Fairgrounds.

Farming Your Future is an opportunity for students in grades 7-9 to explore careers in agriculture. Students will have hands-on access to exhibits in the agriculture field and interact with local professionals in the industry.

The Herkimer-Fulton-Hamilton-Ot-

sego BOCES School to Careers program — in collaboration with Oneida-Herkimer-Madison BOCES and Madison-Oneida BOCES — presents Farming Your Future each year.

Farming Your Future is for students — primarily in grades 7-9 — from school programs in the three-BOCES region. It is not open to the public. If you are interested in having students attend the event, contact your school

for information.

For the first Farming Your Future last year, about 1,000 students from 25 school programs attended the event, which featured more than 50 exhibitors.

Some examples of confirmed exhibitors so far for this year's event include the New York State Farm Bureau, the Mid-York Beekeeper Association, the Oneida County Soil and Water Con-

servation District and the State University of New York at Cobleskill.

If you are interested in being an exhibitor at Farming Your Future, contact the Herkimer BOCES School to Careers team at 315.867.2077 or mscott@herkimer-boces.org.

For updates on Farming Your Future, visit [www.herkimer-boces.org/FYF](http://www.herkimer-boces.org/FYF), [www.facebook.com/HerkimerBOCES](https://www.facebook.com/HerkimerBOCES) or [www.twitter.com/HerkimerBOCES](https://www.twitter.com/HerkimerBOCES).

## Enriched housing available now at Valley Residential Services

HERKIMER, NY — Valley Residential Services has availability within its Enriched Housing program at 323 Pine Grove Road.

Valley Residential Services offers carefree senior living for those 62 years of age or older in an environment conducive to their needs. The Enriched Housing program provides the ambiance of an Adirondack lodge within its efficiency apartments containing kitchenette, living room, bedroom and bathroom as well as three meals each day in the Community Foundation Dining Room.

Other amenities include the Adirondack Bank Café, library, game room, Adirondack-style porch, hair and nail salon, spacious courtyard, a classroom for educational programs and scheduled daily activities and outings to complement your living experience. VRS'

Enriched Housing experience allows residents to retain their independence within their community without the hassles of home ownership.

There will be an opportunity for the public to tour the independent living apartments and meet with staff during an Open House on Monday, May 7, from 2 to 4 p.m. Lisa M. Betrus, president, Valley Health Services and Valley Residential Services, says the vision for VRS remains to champion quality of life for all seniors ensuring a comfortable life-enriching atmosphere and assistance with daily needs while promoting dignity, privacy and independence.

Those interested in learning more or becoming a resident are invited to attend the Open House in May and/or contacting the Director of Community Life at 315.219.5700, extension 2329.

## Books and Blooms coming up soon

The Herkimer County Humane Society is holding its annual Books and Blooms on Friday, May 11 and Saturday, May 12 from 11 a.m. to 3 p.m. each day. The sale will be at the shelter located on Route 5S, between Mohawk and Little Falls.

We will have books

available for purchase and flowers from The Flower Barn in Ilion.

If you wish to donate books, you must contact the shelter at 315.866.3255. To volunteer, contact Jodi Flo at 315.271.3015.

We cannot take donations of encyclopedias,

school text books, magazines and the like.

The cost of the books will be \$1 for hardcover and \$.50 for paperbacks.

For further information, visit the shelter's website at [www.herkhumane.org](http://www.herkhumane.org) or their Facebook page.

All proceeds from this sale will be used to take

care of the animals housed at the shelter. If you have any questions, contact the shelter at the number listed above.

Come buy some new reading material and your flowers for Mother's Day and help us help the animals.



## AUCTION Building Material



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Visit the website to sign up for Auction updates  
607-865-6951

**Saturday, April 28, 2018 @ 10 am**

**Location:** Herkimer County Fair, 135 Cemetery Street, Frankfurt, NY 13340  
**Highlights:** 15 Kitchen Cabinet Sets (Multiple Floor Plans, Plywood Construction) ~ Flooring (Laminate, Hardwood, LVT, Engineered, Tile) ~ 8 Person Hot Tub Spas ~ Laminate & Linoleum ~ Treated, Composite, & PVC Decking ~ Nursery Stock ~ Dimensional Lumber: Pressure Treated, Doug Fir, SPF, Hemlock ~ Exterior & Interior Doors ~ Insulation (Rolled, Batts) ~ High End Kitchen & Bath ~ American Standard Toilets ~ Heat Radiators & Towel Dryers ~ Stainless Steel Sinks ~ Countertops ~ Shingles & Metal Roofing ~ Stone Veneer ~ Vinyl Siding ~ Pine T&G ~ Plywood & OSB Underlayment ~ T1-11 ~ Lighting ~ High-end Faucets ~ Mosaics ~ Mouldings  
**Preview:** Friday, April 27 from 4 pm - 6 pm!



**Pick Up:** Saturday, April 28th from noon to dark and Sunday, April 29th 9-11am  
**Auctioneer Note:** Auctions are a great way for Homeowners, and Real Estate Investors to Save a great deal of money  
Visit Website for Detailed Listing & Terms

[www.lambrechtauction.com](http://www.lambrechtauction.com)

## 49th Annual Mohawk Valley Machinery Consignment Auction

**Sat. April 28, 2018 • 9:30 AM**

1300 State Hwy 163, Fort Plain, NY

**Selling:** 2 Case 1070 Tractors, 1950 JD MT Tractor, AC 175 Tractor, AC 7000 Tractor, Belarus 805 w/ Loader, New Tires, ILL Imp, 10x16.5 Skid Steer 12x16.5 Skid Steer, Used Tractor and Car Tires, Case-Int 20' Disc, Massey 7 Shank Chisel, 5', 6', 8' Bush Hogs, Killbros 350 Fert Wagon, 12' Int Hyd Drive Haybine, Gehl Grinder Mixer, Hay Elevators, 48' JD, 40', 28', 24', 9' JD Haybine, NH256 Rake, Tedders, Wagons, Small Tools and 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**

## PUBLIC AUCTION

**Excavating Equipment • Truck • Trailers • Tools  
WEDNESDAY, MAY 16TH - 9:30 AM**

Location: 1201 St. Hwy. 163, Fort Plain, NY 13339  
Large selection of **Dewalt & Milwaukee tools**; **Truck.Trailers RTV: Kubota Excavator; Dozer; Skidsteer; Packer Roller;Log Forwarder Skidder; Welders; Tools, , Tile pipe trailer and much more.**

**WATCH NEXT WEEKS PAPER FOR COMPLETE LISTING AND SEE AUCTION ZIP**

SALE HELD FOR: E. STOLTZFUS EXCAVATING & MISC. CONSIGNMENT  
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All announcements day of auction take precedents over advertisements.



**518-993-2543 or 518-921-2016**  
NO BUYERS PREMIUM  
Auction Zip #18971

## HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

**Monday, April 16th** - Sold 319 head. Cull Ave. \$.53 Top Cow \$.86, Bulls/Steers \$.63 - \$.68, Bull calves top \$1.62, heifer calf top \$1.75, Dairy Feeders \$.39 - \$1.20, Feeder bulls \$.56 - \$1.34, Feeder Heifers \$.37 - \$1.31, Feeder Steers \$1.00 - \$1.37, Goats top \$165, Cull Sheep \$.80.

**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, East Springfield, NY. Tremendous herd top to bottom well worth the trip!

**Mon. April 30th** - Normal Monday Sale & Special: Buckvale Farm Complete Registered & Grade Holsteins Milking Herd Dispersal- 70 Head sell. Jefferson, NY. Watch for more info.

**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.

**May, 21st** - Normal Monday sale & Monthly Sheep, Lamb, Goat & Pig Sale  
**Sat. July 14th** - sale held on the farm Cazenovia, NY. Meadows Farm Complete Registered Waygu Beef Dispersal. We will be selling over 100+ Purebred cattle - Cows, Cow calf pairs, 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)

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& Family  
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# Celebrate the 10th Anniversary of Arc Herkimer Goods Store Sale

The Arc Herkimer Goods Store, located at 105 Caroline Street in Herkimer, is hosting a 10th Anniversary Sale weekend, Thursday, April 26 through Sunday, April 29.

Event highlights include 25 percent off storewide, merchandise and gift certificate drawings, and a chance to win a Samsung Smart 58-inch television with a purchase of \$30 or more.

On Saturday, April 28, from 10 a.m. to noon, Lite 98.7 will broadcast live from the event and bring the Plinko Board with prizes.

The Arc Herkimer Goods Store provides area residents an alternative for shopping — one that offers great values. Merchandise includes new and gently used brand-name items. Shop for family apparel, vintage and boutique clothing and shoes, baby items, jewelry and accessories, furniture, home electronics, housewares, linens, antiques and collectibles, sporting goods, seasonal items, toys and more.

Store retail hours are Monday through Saturday, 9 a.m. to 8 p.m. and Sunday, 10 a.m. to 7 p.m. Area residents can also donate to the store during store hours. Donations are tax-deductible and receipts are available. Contributions impact the community and provide people with an opportunity to participate and contribute in all aspects of a productive life. Each donation brings individuals one step closer to achieving their full potential.

Recovering the value of donated goods also allows Arc Herkimer to empower individuals through innovative services for employment, mental health, education, housing and other programs. Through donations, the store encourages efficient use of resources and diverts recoverable usable items from the local landfill. The focus is on re-purposing and recycling, which promotes environmental sustainability and provides green jobs.

For more information, call the store at 315.574.7777.

# Strange But True

by Samantha Weaver

It was Hungarian psychiatrist Thomas Stephen Szasz who made the following sage observation: “If you talk to God, you are praying. If God talks to you, you have schizophrenia.”

That iconic symbol of the Old West, the Pony Express, was based on the mail system used throughout the Mongol Empire in the 13th century. However, the Mongol riders often covered 125 miles in a single day, which was faster than the best record held by a Pony Express rider.

Someone with way too much spare time discovered that a quarter has 119 grooves on its edge.

What’s in a name? A great deal, it turns out, if you’re talking about housing prices. Those who study such things say that a house on a “boulevard” is valued at over one-third more than the same house that has “street” in its address.

Confectioner Milton Hershey suf-

fered through founding two candy companies that ended in failure, then succeeded on his third attempt, and finally sold that company and used the proceeds to found the Hershey Company. After all his hard work, though, he seemed to be less interested in enjoying the fruits of his labors than in helping others. In 1909 he established the Hershey Industrial School for Orphaned Boys, and 10 years later he donated control of the company to a trust for the school. Today the institution is called the Milton Hershey School and it continues to have a controlling interest in the candy company.

Southern California has more cars than India has cows. If cows are sacred in India, what does that say about how Californians feel about their automobiles?

Thought for the Day: “Men are not against you; they are merely for themselves.” — Gene Fowler

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## Mohawk Valley Produce Auction

840 Fords Bush Rd., Fort Plain, NY 13339 - 518-568-3579

Opening Tuesday, April 24th - 10:00 AM

Tuesday, May 8th - Special Flower Auction

Friday Night, May 11th - Flower Auction

Sat., May 12th - Annual Mother's Day Auction

Hay & Grocery Auction Every Friday

Sales Every Tues. & Fri. 10:00 AM

Fresh Strawberries Already Available

We Look Forward to your Participation this Upcoming Year

The Auction Committee

Benuel Fisher - Melvin Miller- Elam Kauffman - Mervin Byler - Eli Martin

## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Blueberry dumplings

You will not believe that your microwave can make a great dish like this. But it can. Give it a try.

3 cups frozen unsweetened blueberries, thawed and undrained

1/2 cup plus 2 tablespoons Splenda Granular

3 tablespoons all-purpose flour

1 1/3 cups Bisquick Heart Smart Baking Mix

1/2 cup fat-free milk

1 teaspoon lemon juice

1 teaspoon ground

cinnamon

1. In an 8-by-8-inch microwave-safe dish, combine blueberries, 1/2 cup Splenda and flour. Microwave on HIGH (100 percent power) for 5 to 6 minutes or until mixture is thickened, stirring after 3 minutes.

2. Meanwhile, in a medium bowl, combine baking mix, milk and lemon juice. Drop by spoonful over hot blueberry mixture to form 6 dumplings. In a small bowl, combine remaining 2 tablespoons Splenda

and cinnamon. Evenly sprinkle mixture over dumplings.

3. Cover and microwave on HIGH for 4 to 5 minutes or until dumplings are no longer doughy. Let set for 2 to 3 minutes. Divide into 6 servings.

\* Each serving equals: 174 calories, 2g fat, 3g protein, 36g carbs, 319mg sodium, 52mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit; Carb Choices: 2 1/2.

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# Whatchamacallits



This Whatchamacallit is obviously a bowl. However, the story behind this particular collection is quite intriguing.

The face depicted on the bowl is the representation of Ish-Tak-Ha-Ba, or Chief Sleepy Eye. He lived from 1780 to 1860. He was a friend to expansionists and assisted in keeping Americans safe as they moved out West. In 1890, the owner of the Old Sleepy Eye Flour Mill, A. C. VonHagen, located the remains of Chief Sleepy Eye and buried him in Sleepy Eye, MN under a monument dedicated to the chief.

The bowl and a variety of other promotional items were released by the flour mill. The company decided

to release them through the sale of their flour — the items were placed in the bag with the product as a special “prize inside”. The problem with this is the fact that a customer buying 50 pounds of flour wasn’t actually buying 50 pounds of flour. They were buying the item and whatever flour was left in the bag, which weighed a total of 50 pounds. The United States Government stepped in and put a stop to that.

But the promotional items continued, even after the flour mill went out of business in 1921. The Weir Pottery Company in Monmouth, IL originally made the blue and gray pottery. In 1906, Weir Pottery Company merged with West-



ern Stoneware Company, continuing the production.

This pottery is Flemish Stoneware and original items are worth quite a lot. The piece is really popular and boasts a collector’s club, which can be viewed at <https://tinyurl.com/ydc4ojno>.

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.

## Mohawk Community Club blesses the Mohawk Homestead

The Mohawk Homestead received a generous donation from the Mohawk Community Club. The club hosts an annual fundraiser and distributes funds throughout

the Mohawk Valley to help organizations reach their goals. The Mohawk Homestead will use the funds to benefit the residents through various activities offered through-

out the year. Highlights for the residents are weekend entertainment, cruises along the Erie Canal and various crafts, outings, speakers and bingo.



Pictured are: Elaine Mabry (L-R), director of activities; Joe Franco, administrator; Dave Buckley, president of Mohawk Community Club; Chip Williams, treasurer and Mark Hollerman, vice president of the Mohawk Community Club.

Photo courtesy of Mohawk Community Club

## MVRC welcomed guest speaker elder law attorney Christopher Bray

HERKIMER, NY — Mohawk Valley Rotary welcomed guest speaker Elder Law Attorney Christopher Bray at their recent meeting. Bray is a partner at Radley & Rheinhardt in Iliion and spoke to the rotary club about Medicaid planning and estate planning. Bray answered many questions and provided an extensive overview of New York State's Medicaid program. There are 33,000 Rotary clubs in more than 200 countries and geographical areas. The Foundation is a not-for-profit corporation supported solely by voluntary con-

tributions from Rotarians and friends of the Foundation who share its vision of a better world. Guests are always encouraged to attend our lunch meeting to enjoy time with our members, listen to interesting speakers and learn what Rotary Clubs do locally and around the world. We meet each Tuesday from noon to 1 p.m. at PK's Pub, Herkimer. Cost of lunch is \$10. For more information on the Mohawk Valley Rotary Club contact their Facebook page at [www.facebook.com/MohawkValleyRotaryDistrict7150](http://www.facebook.com/MohawkValleyRotaryDistrict7150).



Rotarians (L-R) Michele Hummel, Elyse Enea Bellows, Bonny Brownrigg, Attorney Christopher Bray, and Club President Cindy Bennett.

Photo courtesy of Mohawk Valley Rotary

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**CLINICS (Begins in May)**

Monday - Ladies (Golf & Wine) Series of 6 **\$99**  
Thursday - Men (Golf & Beer) Series of 6 **\$99**  
Friday - Couples (Golf & Drink) Series of 6 **\$149**

**Junior Clinic (starts in July)**  
\$50/per 5 Lesson Session  
or \$85/for both - 10 Lessons  
2 Sessions Available - July & August  
**Individual Lessons Available - Call For Info**

To Your Good Health

by Keith Roach, M.D.

What Could Cause Voice to Change?

DEAR DR. ROACH: Over the past year, my voice has become hoarse or raspy. I find that I often have to clear my throat while speaking. I've had a stomach endoscopy and a colonoscopy done, the results of which were noted as "normal." Nothing has changed in my life, such as climate, diet, clothing, furnishings, etc. I have never smoked.

I suspect it may be allergies, since antihistamines seem to help somewhat. Is this the best solution? — N.G.

ANSWER: Vocal changes can be the result of many common conditions. Voice changes lasting more than

two or three weeks should be evaluated by an ENT doctor, since there are serious conditions that can manifest in voice changes. In particular, anyone with a history of smoking needs a prompt and thorough evaluation for voice changes, since the nerve to the vocal cord is commonly damaged by lung cancer. Fortunately, alternate diagnoses, such as chronic laryngitis and benign vocal fold lesions (such as polyps) are more common. Reflux disease can affect the vocal cords, which may be why you had the upper endoscopy.

Chronic sinusitis with postnasal drip is one cause of hoarseness that can be improved with antihistamines. However, I would not be comfortable treating this

long-term with antihistamines without a more thorough evaluation than you have reported.

DEAR DR. ROACH: My wife works in the operating room of a local hospital. She came down with a Staph infection, and has been treated. Do only certain blood types catch a Staph infection? She is type A, and I am O positive. — R.S.

ANSWER: Staphylococcus aureus is a feared infection, and rightly so — it is an aggressive bacteria that is capable of going through tissue due to its digestive enzymes. Recently, resistance to multiple antibiotics has made it even more dangerous. Methicillin-resistant Staph aureus (MRSA) is resistant to many antibiotics, even though we don't use the antibiotic methicillin anymore.

Anyone can be infected by Staph, and most of us will have a Staph infection at some point in our lives, such as a boil (furuncle) or abscess. Although I did read in a popular book that people with blood type A are more likely to get Staph infections, that seems to be myth, not science. Certainly, people of any blood type can get life-threatening Staph infections. All kinds of Staph, including MRSA, can be transmitted via the hands, which is why hand washing is so important.

DEAR DR. ROACH: You recently mentioned that apples are high in sugar. I am a 74-year-old man with borderline diabetes and an A1c level of 5.7 percent. I have been eating an apple a day for a long time and worry that I might be making my diabetes worse. — L.T.

ANSWER: The best data I can find on this still show that whole fruit, such as apples, do not adversely affect blood-sugar control if eaten in reasonable quantities (i.e., up to four a day). An apple a day is still good advice. Please don't stay away from the doctor, though.

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Calendar of events

April 26-28

**Celebrate the 10th Anniversary of Arc Herkimer Goods Store.** Arc Herkimer Goods Store. 105 Caroline Street. Herkimer. For more information, call the store at 315.574.7777.

April 26 and 28

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

April 28

**Utica and Mohawk Valley Chapter of the National Railway Historical Socieity Annual Banquet.** 5 p.m. Trackside Restaurant. Historic Union Station. Utica. Contact Bradford Paulson at 315.853.5400 or Bpaulson909@msn.com.

**Golumbki & Pierogi Sale.** 9:30 a.m. - 2 p.m. St. Mary's Ukrainian Orthodox Church. 324 Moore Ave. Herkimer. Pierogi \$8 dozen and Golumbki \$13 half dozen; \$26 dozen.

**Our Forty Years of Beaver Adventures.** 1 p.m. Little Falls Library. 10 Waverly Place. Little Falls. Visit <http://www.BeaversWW.org>.

**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.

May 5

Chicken BBQ. 3:30 p.m. Stratford Methodist Church. Route 29A.

May 5

**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 to reserve your table by calling 315-520-3112.

May 17

**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.

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 7

**Open House of Valley Residential Services Enriched Housing program.** 2-4 p.m. 323 Pine Grove Road. Herkimer. Those interested in learning more or becoming a resident are invited to contact the Director of Community Life at 315.219.5700, extension 2329.

May 8

**Herkimer Garden Club meeting.** May 8 18. 6:30 p.m. Frank Basloe Library. 245 N. Main St. Herkimer. Topic: Growing Roses in Upstate New York". Visit [www.herkimergardencub.com](http://www.herkimergardencub.com).

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 11-12

**Herkimer County Humane Annual Books and Blooms.** County Hu-

mane Society. Route 5S. between Mohawk and Little Falls. If you wish to donate books, you must contact the shelter at 315.866.3255. To volunteer, contact Jodi Flo at 315.271.3015. For further information, visit the shelter's website at [www.herkhumane.org](http://www.herkhumane.org) or their facebook page.

May 16-18

**Farming Your Future.** 9 - 1 p.m. The Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers program presents Farming Your Future each year for students in grades 7-9 within the three-BOCES region. Herkimer. Visit [www.herkimer-boces.org/FYF](http://www.herkimer-boces.org/FYF), [www.facebook.com/HerkimerBOCES](http://www.facebook.com/HerkimerBOCES) or [www.twitter.com/HerkimerBOCES](http://www.twitter.com/HerkimerBOCES).

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 3

**The Valley Choralaires' Spring Concert.** United Methodist Church. East Main Street. Canajoharie. Contact Dorothy Morrison at 518.673.2167.

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

Good Housekeeping

Sweet and Tangy Glazed Salmon

*The sweet tang of citrus and the bite of hot pepper jelly are what make this salmon dish so uniquely flavorful. Serve with Orange-Almond Rice.*

- 1 cup long-grain white rice
- 1/2 cup sliced almonds
- 2 navel oranges
- 1/2 cup hot pepper jelly
- 4 salmon steaks or skinless pieces salmon fillet
- Kosher salt and pepper
- 1/4 cup chopped fresh flat-leaf parsley

1. Heat oven to 400 F. Cook the rice according to package directions.

2. Meanwhile, spread the almonds on a rimmed baking sheet and roast until light golden brown, 4 to 6 minutes; transfer to a bowl. Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil.

3. Squeeze the juice from half an orange into a small bowl (you should

have 2 tablespoons juice). Add the jelly and whisk to combine. Place the salmon on the baking sheet, season with 1/2 teaspoon each salt and pepper, and broil for 5 minutes. Spoon half the jelly mixture over the salmon and broil until the salmon is opaque throughout, 2 to 5 minutes more.

4. Cut away the peel and pith of the remaining 1 1/2 oranges. Cut the oranges into 1/2-inch pieces. Fold the oranges, almonds and parsley into the rice. Serve with the salmon and the remaining jelly mixture. Makes 4 servings.

Tip: Try this tangy jelly glaze on flank steak, chicken breasts or pork chops. Or use it as the sauce in your next stir-fry.

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

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## Welsh Festival of Song to be held in New Hartford

St. David's Society of Utica will sponsor their Spring Gymanfa Ganu at 3 p.m. on Sunday, May 6, at the New Hartford Presbyterian Church. A Gymanfa Ganu is a festival of sacred song in the Welsh tradition according to Linda Walters, president of the society. Those who attend become participants in a massive choir singing traditional Welsh hymns in four-part harmony. Songbooks are provided to all who attend. The general public is invited to attend this event.

The conductor for this event will be Iwan Edwards, a celebrated choral conductor who lives in Canada. Edwards was born in the country of Wales. He was appoint-

currently assistant choir director for the Mohawk

singing.

The church is located at

45 Genesee Street in New Hartford and is handi-

capped accessible.

St. David's Society of Utica originated from the Cymreigyddion Society organized in 1856. Its purpose is to preserve activities unique to the Welsh culture. Events held throughout the year are open to the public and planned to educate and inspire people through Welsh cultural events. Immigrants from Wales have richly contributed to an American heritage that combines the best from many homelands. More information is found on their

website

[www.saint-davidsociety.org](http://www.saint-davidsociety.org).



Soloist Margaret C. McAvaney



Conductor Iwan Edwards

ed a Member of the Order of Canada for his outstanding work in the field of music. He has conducted at previous Gymanfas for the local St. David's Society and other organizations.

James Hanosh will return to the area to be the organist for this event. Jeanne Jones of New Hartford will be pianist.

Special music will be presented by soloist Margaret C. McAvaney. A graduate of Ithaca College with a degree in Music Education, McAvaney has taught music in the public schools. She has performed as a freelance soloist for several local organizations for weddings and events. She is

Reformed Church. McAvaney will be accompanied by Pat Snyder.

Walters noted that there will be no admission price for the event but that a free-will offering will be taken. A reception, known in Welsh as "te bach" will follow the

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## Health and safety in a flood emergency

Spring heralds the arrival of warmth and beauty to New York State. But it also brings one of the most common and widespread emergencies — flooding.

Whether caused by spring rains or melting winter snow and ice thaws, water damage in your home can create serious health and safety concerns. Standing water and excessive moisture can lead to the growth of bacteria, mold and insects. After a flood, you must take precautions to protect your family from developing illnesses associated with contaminated water, food and air.

It is critical to practice basic hygiene during the emergency period. Always wash your hands with soap and water that has been boiled or disinfected.

Diane Ward, CHN of Herkimer County Public Health offers the following advice to help keep homes and families healthy during and after a flood:

### Water

- Listen to and follow public service announcements to learn whether the community water supply is safe to drink and use.

- If the water is not safe, use bottled water, or boil or disinfect water for cooking, cleaning or bathing until tap water is safe again.

### Foods

- Discard frozen foods that may have thawed during

a power outage.

- Raw foods exposed to flood waters should be avoided because of possible contamination. If raw foods must be used, clean thoroughly and rinse with chlorinated water (two teaspoons of liquid chlorine bleach per gallon of water).

- Destroy the contents of crown-capped bottles and foods in glass jars. Their food safety seals may have been broken. Destroy canned foods when swelling, rusting or serious denting is visible.

- Cook all foods thoroughly. Frozen foods that have been thawed should be discarded if not consumed immediately, unless you are sure they have been kept refrigerated at 45 degrees Fahrenheit or lower.

### Household clean-up

- Power should be turned off in cellars before flooding. If possible, wait for ground waters to drop below floor level before going into the cellar. Otherwise, drain or pump water from flooded cellars. Wash down the walls, floors and other areas exposed to flood waters. Keep windows and doors open for ventilation. Disinfect the washed areas by applying a solution of bleach with a broom. The solution is prepared by adding four tablespoons of bleach to five gallons of water. Allow the solution to remain on the surface for about 10 minutes. Rinse with cold water as soon as possible to minimize staining. You may also use a commercial disinfectant.

- Furniture: Clean and then wash metal and leather surfaces with mild soap and water and wipe dry immediately. Some upholstery may be washed on the surface with soap and water and wiped dry. Expose to open air and sunshine.

Floor coverings: Flush rugs and carpets with a hose and squeegee, then wash with lukewarm water containing a detergent. Rinse and dry in sun.

### Safety

- Rubber gloves should be worn while scrubbing damaged interiors with a bleach solution.

- Don't neglect supposedly minor cuts, scratches or other injuries or sickness experienced during the emergency.

For more information, Ms. Ward recommends the New York State Department of Health brochure Don't Be Left in the Dark available at [www.health.ny.gov/publications/7064.pdf](http://www.health.ny.gov/publications/7064.pdf) or call Herkimer County Public Health at 315.867.1176.

## Good Housekeeping

### New Banana Tea Bread

*Enjoy a slice for dessert or to start your day off right — it also makes a great snack. For a whole-grain variation, substitute 1/2 cup whole-wheat flour for 1/2 cup of the all-purpose flour.*

- 1 3/4 cups all-purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (about 3 small) bananas, mashed, very ripe
- 1/3 cup fruit-based fat replacement or unsweetened applesauce
- 2 large egg whites
- 1 large egg
- 1/4 cup pecans, chopped

1. Heat oven to 350 F. Spray 9-by-5-inch metal loaf pan with nonstick cooking spray.

2. In large bowl, combine flour, sugar, baking powder, baking soda and salt.

3. In medium bowl, with fork, mix mashed bananas, fruit-based fat replacement, egg whites and egg.

4. Stir banana mixture into flour mixture just until moistened. Spoon batter into loaf pan, sprinkle with chopped pecans.

5. Bake 40-45 minutes, until toothpick inserted in center of loaf comes out clean with just a few moist crumbs attached. Cool loaf in pan on wire rack 10 minutes. Remove loaf from pan, cool completely on wire rack.

Note: Fruit-based fat replacements are sold in the baking section of some supermarkets and health-food stores.

- Each slice: About 110 calories, 2g total fat (0g saturated), 3g protein, 22g carbohydrate, 13mg cholesterol, 140mg sodium.

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

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel  
Spice bin

Why not collect food-storage antiques? Food had to be specially prepared to last during the centuries before ice boxes and refrigerators. Long hours were spent smoking, pickling, drying and canning foods. Fresh fruits and vegetables were available only "in season." Ice boxes were used in the 19th and 20th centuries. A block of ice was cut from a frozen lake then wrapped and stored in a special zinc-lined box. It melted as it cooled, and the housewife had to empty the pan of melted ice water at least once a day.

The first electric refrigerator was made in 1911, and by 1923, Frigidaire was selling a home refrigerator. Early refrigerators used freon in the cooling process, but to keep the planet green, the chemical was outlawed in the 1990s. The refrigerator-freezer combination we use today was first sold in 1939. But spices still are used to store, flavor and preserve food.

Grocery stores of the 1890s sold spices from a large container, or later, the small-sized tins sometimes used today. A spice display was an important part of the store. A 36-inch-tall Pagoda-shaped spice bin with original paint sold at a

Showtime auction in 2015. It was a six-sided tower that held ginger, cinnamon, mustard, cloves, all-spice and pepper. The revolving tower had ornate lithographed labels on the tin sections. The rare antique sold for \$3,300.

If that is too big, look for the small (2- to 3-inch) tins that used to hold spices. The best have unusual graphics. Prices range from \$5 to \$25. They are still found at house sales, flea markets and online, but rarely at auctions because they are so inexpensive.

Q: I'm downsizing and want to sell my dining-room furniture. It's made of maple and is marked "A genuine Cushman Colonial Creation made in Bennington, Vermont." I have a table with two leaves, hutch, six chairs and a wet sink. How much do you think I can get?

A: The H.T. Cushman Manufacturing Co. was in business in North Bennington, Vermont, from 1892 to 1971, when it was bought by Green Mountain Furniture. The company was founded by Henry Theodore Cushman. The furniture probably won't sell in antiques sales, but a house or garage sale could be good. You should get about one-third the price of comparable new furniture if your set is in

great condition.

### Current prices

- Elvis Presley record, "All Shook Up," RCA, 45 RPM, 1957, \$10
- Folk-art birdhouse, wood, steep pitched roof, two windows and door, 21 x 21 inches, \$60.
- Toy sand pail, kids playing on beach, tin lithograph, Ohio Art Co., c. 1930, 6 1/2 inches, \$380.
- Wigwam Oats box, cardboard, Indian village, multicolor, 9 1/2 x 5 1/2 inches, \$775.

Tip: Don't use old home-canning jars to preserve food. The jars with wire bails, glass caps, zinc porcelain-lined caps or metal caps with rubber rings do not seal as well as the new two-piece vacuum-cap jars.

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

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*A country store spice bin shaped like a Pagoda sold for \$3,300 because of its rarity, condition and size. The 3-foot-tall lithographed tin Pagoda held six different spices that were ladled into bags by the store clerk in about 1890.*



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## Spring Into A Newer Vehicle

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<b>2008 HONDA CR-V</b> 2.4L, AWD, 65k miles.....		<b>\$11,995</b>	<b>2011 CHEVY 1500</b> 5.3L, 4x4 Ext. Cab, 97k miles.....	<b>\$18,595</b>
<b>2012 Honda CR-V</b> AWD, EX, 56k miles.....		<b>\$15,495</b>	<b>2006 Ford Taurus</b> V6, 80k miles.....	<b>\$4,995</b>
<b>2008 MINI COOPER</b> 1.6L, 102k miles.....	<b>Sharp Car!</b>	<b>\$6,995</b>	<b>2003 Chevy S10</b> 4x2, 25k miles.....	<b>\$7,595</b>
<b>2008 DODGE RAM 1500</b> 5.7, 4x4, 114k miles....	<b>Must See!</b>	<b>\$15,995</b>	<b>2013 CHEVY MALIBU</b> 2.4L, hybrid, 100k miles.....	<b>\$9,895</b>

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AMERICA — In Concert

Presented by The Stanley Theatre and The Herkimer County Historical Society Friday, May 11 at 7:30 p.m. at The Stanley Theatre, Utica

UTICA, NY — For the first time in their 48-year career, the legendary group America will head-line a concert at The Stanley Theatre in Utica. The date is Friday, May 11, and the concert will be a benefit fundraiser for The Stanley and The Herkimer County Historical Society. Founding members, Gerry Beckley and Dewey Bunnell (along with former band-mate Dan Peek) met in high school in London in the late 1960s and quickly harmonized their way to the top of the charts on the strength of their signature song “A Horse With No Name”. America became a global house-



AMERICA — In Concert will be presented by The Stanley Theatre and The Herkimer County Historical Society on Friday, May 11, at 7:30 p.m., at The Stanley Theatre, Utica.

Photo courtesy of The Herkimer County Historical Society

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Answers  
Solution time: 25 mins.

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

**Mega Maze**  
Solution

**Stickelers Answer**

9  
1955  
1955  
+ 1957  
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5876

A = 9  
E = 7  
I = 8  
L = 5  
S = 6  
T = 1

— **Weekly SUDOKU** —  
Answer

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

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## Roger's Colossus: A symbol of change?

by Terry Berkson  
Roger and Diane Vaughn operate the only small commercial poultry farm situated along the Route 20 corridor between Albany and Syracuse, NY. It is one of few remaining egg-laying operations in the state. At one time there were 15 small farms like theirs within a 15-mile radius.

Now, the average setup consists of about 300,000 birds, which makes Vaughn's flock of poultry

look rather paltry. Nevertheless, this small operation, despite Diane's help, requires Roger, a soon to be octogenarian, to put in a 70-hour week caring for his hens and delivering their bounty to stores and restaurants within 25 miles of the farm. Their eggs are also sold retail and wholesale out of a small shop in close proximity to the coops.

It is ironic that with every detail about the Vaughn's 2,000 chicken



Farmer Roger Vaughn holds the egg in comparison to a normal extra large.

Photo courtesy of Terry Berkson

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operation painting a diminutive picture, a colossal egg should be laid by one of their Rhode Island Reds. The gigantic brown weighed in at 5 1/4 ounces, which was more than twice the weight of an extra-large egg, which averages about 2 1/4 ounces. It was 3 and 1/32 of an inch long and had a girth of eight inches. The ovate

giant couldn't even fit on their antique egg grader.

Since 1964, when Roger and Diane came to live and work on his family's farm, 82 million eggs have sold directly or gone out for delivery. Roger said, "This was the biggest egg the farm has ever produced." He thinks he knew which hen dropped the football. "She was always laying larger eggs," he said. Without a time consuming inspection, there was no way of knowing for sure.

For Roger, coming home followed a degree in Poultry Science from Cornell University and later an army stint during the Viet Nam era as company commander at Fort Hamilton in Brooklyn, NY. (It is too difficult for this writer to resist mentioning the coincidence of his being discharged from the army at Fort Hamilton during that time).

Roger and Diane eventually took command of what was originally called Vaughn's Hatchery from his parents who had been there since 1932. The

change from a hatchery to an egg-producing farm took place back in the late 50s when the market for hatched chicks dried up almost overnight. Roger thinks that the age of specialization was responsible for the change. The pace of dairy farming had stepped up so much that to have chickens for home use was considered an unnecessary distraction. Back when Sidney and Katherine, Roger's parents, were running the place, a spring order of 50 hatchlings each was the norm from surrounding farms.

Now, according to Roger, 75 percent of the eggs consumed in New York State are shipped in from out west where grain is cheaper or from tax advantaged states like Pennsylvania. The reasoning is that, 'the price of eggs is very competitive, so why bother raising your own?'

The answer may be organic. People are paying more than triple for eggs that can be labeled organic. Free Range Charlie, an egg aficionado

from Brooklyn, touts, "Egg cartons containing an assortment of naturally colored eggs — green, blue, brown, orange, pink — from naturally fed, free range chickens has great appeal. Voila! You have organic eggs at designer prices!" But for many, the quality of the egg in regards to the color of the shell remains debatable. Also, washing eggs, as the Vaughns do, removes a water-soluble protective coat which then requires refrigeration. In many other countries, unwashed and unrefrigerated eggs are put on the market.

Maybe Roger's Colossus celebrates a relatively new and expanding age of specialization and the growth in popularity of backyard chickens in light of the specialty egg business. Of course for most people, a good fresh egg is all that matters.

Meanwhile when the big egg was on display in a storefront in downtown Richfield Springs, bets were on concerning the possibility of it being a "triple yolker."

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Kyser  
4 Equitable  
8 Frizzy hairdo  
12 Hockey surface  
13 Andy's pal  
14 Circulate  
15 Historic time  
16 Twist  
18 "Aida" composer  
20 Expert  
21 Food  
24 Poolroom supply  
28 Bring together  
32 Hammer or sickle  
33 Inseparable  
34 Casino machines  
36 "Kitchy- —!"  
37 Young female  
39 Remorseful  
41 Milkmaid's place  
43 Analgesic target  
44 — long way  
46 Fortunetellers' reading matter?  
50 Recite a verb's forms  
55 Verily  
56 Notion  
57 " — Brockovich"  
58 Uncooked  
59 Consider

1 2 3 4 5 6 7 8 9 10 11  
12 13 14  
15 16 17  
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56 57 58  
59 60

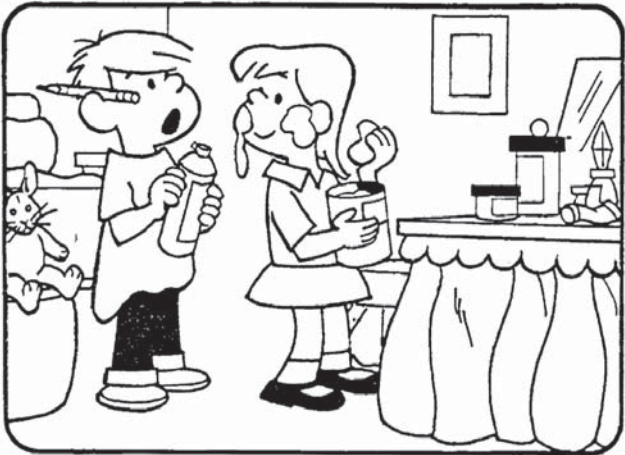
**DOWN**

1 Ukraine's capital  
2 Farm measure  
3 Once around the sun  
4 Salon treatments  
5 I love, to Livy  
6 Charged bit  
7 Answer an invite  
8 Showing buoyancy  
9 Winter bug  
10 Deteriorate  
11 Have bills  
17 Sphere  
19 Dict. info  
22 Body powder  
23 Urban hang-out  
25 Mischievous Norse god  
26 Swag  
27 — gin fizz  
28 Gear teeth  
29 Not procrastinating  
30 Pianist Peter  
31 Sicilian spouter  
35 Grad student's income  
38 Blockage of a sort  
40 Genetic letters  
42 "Skip to My —"  
45 Quite some time  
47 Muse's instrument  
48 Intend  
49 Cutting implements  
50 "El —"  
51 Praise in verse  
52 Born  
53 Exist  
54 Can matter

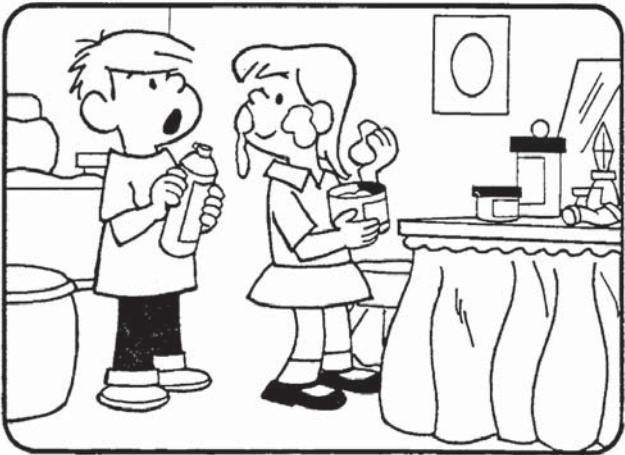
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Pencil is missing. 2. Bunny is missing. 3. Shirt is different. 4. Can is smaller. 5. Picture is different. 6. Ruffle is different.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

MAGIC MAZE • ANAGRAMS OF COUNTRIES

NKHDAXUQENKHEBY  
GRAYM(ENGLANDER)V  
SPMJHEOEUBYVTQO  
LIGDBLYWMTRLPMK  
IFDBAYWLGKUESQO  
MKINFDNAILRNRBZ  
XWAUISEIBARASUQ  
ONLJNAHTAINPDOP  
FDCIAYHYWRVDSTS  
QPANLKICHEFLEEC  
BPZYWVUSRSAOQRP

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

Also	Dark men	Old pan	Rabies
Analog	Englander	Pains	Red nail
Big mule	Gray men	Panel	Serial
Chain	Laity	Pure	

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**STICKELERS** (sic)  
by Terry Stickels

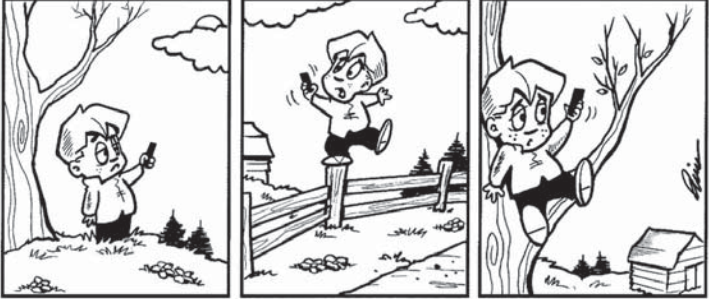
Here's an alphametic that contains only six numbers ...

$$\begin{array}{r} A \\ TALL \\ TALL \\ + TALE \\ \hline LIES \end{array}$$

Let A = 9  
L = 5

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Amber Waves



by Dave T. Phipps

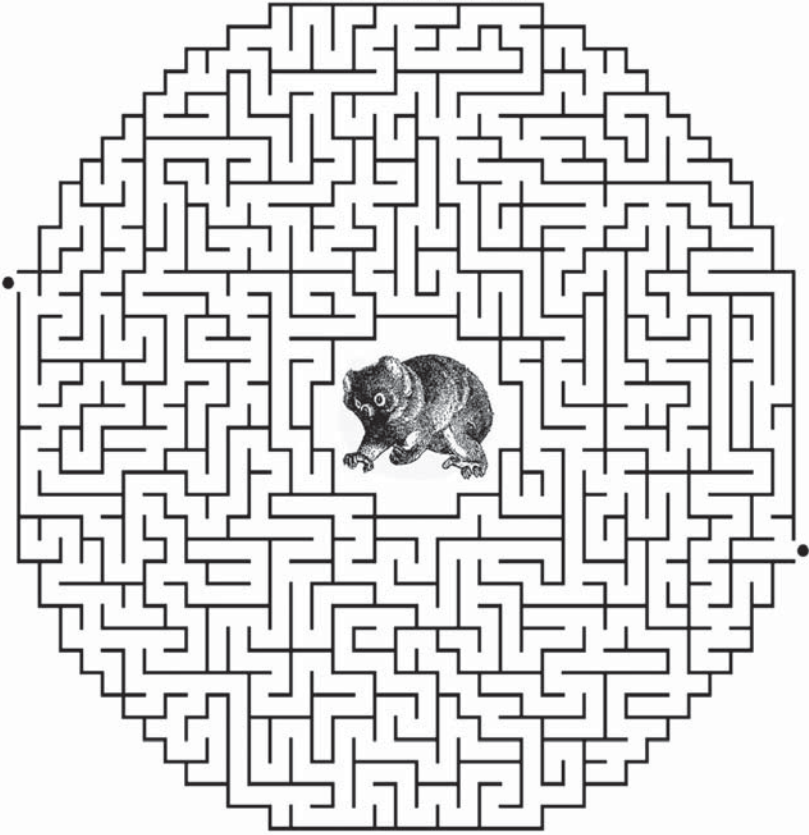


Just Like Cats & Dogs by Dave T. Phipps



Mega Maze

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Weekly SUDOKU

by Linda Thistle

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

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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Americanisms



"If we do not save the environment, then whatever we do in civil rights will be of no meaning, because then we will have the equality of extinction."  
—James L. Farmer, Jr.

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LAFF-A-DAY



"Maybe this would be a good time to ask them for a loan."

## Some lesser known allergy symptoms

Allergy symptoms are a result of a person's immune system overreacting to something that is harmless to most people but sparks a reaction in people sensitive to the trigger. Some symptoms of allergic reactions, such as sneezing, are widely known. But people may be surprised to discover some of the other common allergy symptoms.

According to the American College of Allergy, Asthma, and Immunology, a host of physical

symptoms are indicative of allergic reactions.

- Wheezing, shortness of breath: The ACAAI says that wheezing or shortness of breath are telltale signs of asthma, but notes that such symptoms also may be indicative of an allergic reaction. The ACAAI recommends people see an allergist if they develop unexplained wheezing that keeps returning or if the wheezing occurs alongside symptoms like rapid breathing or diffi-

culty taking in air. Wheezing that appears after a person is stung by an insect, takes a medication or eats something he or she is allergic to is symptomatic of an allergic reaction and requires immediate medical attention.

- Cough: The appearance of a dry, persistent cough may indicate an allergy. Coughs are often a byproduct of a cold or flu, but such coughs tend to taper off after a few days. Chronic dry coughs that

linger for more than three weeks may indicate the presence of an allergy. Allergy-related coughs may be more prevalent during certain times of year or in certain environments. The ACAAI notes that chronic dry cough has been linked to allergies such as hay fever and may indicate an allergy to pet dander, dust, pollen, or mold.

- Headache: Though few people associate headaches with allergies, some headaches can be allergy-related. According to the ACAAI, sinus headaches and migraines have been linked to allergies. Sinus headaches may be characterized by localized pain over the sinus area and/or pain in the face that may or may not be accompanied by a headache. A throbbing pain on one side of the head indicates a migraine, the symptoms of which may worsen when exposed to light. Among the more painful allergy symptoms, headaches should be discussed with an allergist.

- Nausea and vomiting: Nausea and vomiting may



Allergies affect people in every corner of the globe. Recognizing symptoms of allergies can help people combat them more effectively.

### 2017 CHEVY SILVERADO DOUBLE CAB 4X4 Z71 OFF ROAD

Only 7,000 Miles, One Owner, Full Warranty. This Z71 Is Not Missing Anything. LT2 Package, Too Many Accessories To List, In Showroom, Must See. MSRP New \$51,000.

**SUPER SHARP \$33,995**

### 2013 HYUNDAI SONATA SE

Every Available Option, Power Sunroof, Too Many Extras To List, One Owner, Super Gas Mileage, Super Clean.

**SUPER PRICE \$9,995**

### 2012 NISSAN CREW CAB SL 4WD PICK-UP

Every Available Option, Only 30,000 Miles, One Owner, Too Many Extras To List, New Tires & Brakes. Looks Better Than New.

**MUST SEE \$16,995**

### 2018 CHEVY EQUINOX LT

Every Available Option, Only 7,000 Miles, Full Warranty, Too Many Extras To List, LT Convenience Package. This Equinox LT Will Not Last, In Showroom Condition.

**STEAL AT \$22,995**

### 2011 KIA SORENTO LX AWD

Every Available Option, Too Many Extras To List. This AWD Is In Showroom Condition, Great Gas Mileage, Must See.

**LIKE NEW \$8,995**

### 2015 1 TON SILVERADO CREW CAB DUALY 4X4 LTZ PKG

Heated & AC Leather Seating, Navigation System, Duramax Diesel, Allison Transmission, 20,000 Miles, One Owner, 5 Year 100,000 Mile Warranty, Loaded With Accessories. MSRP New \$72,000.

**GREAT BUY \$49,995**

### 2017 CRUZE LT2

Every Available Option, 15,000 Easy Miles, Full Warranty, LT Convenience Pkg, MyLink Radio, In Showroom Condition

**\$13,995**

### 2010 FORD EXPLORER SPORT-TRAC PICK-UP

XLT Package, 4x4, Every Available Option, Power Sunroof, 60,000 Miles, One Owner, Too Many Extras To List, New Tires & Brakes. This Sport-Trac Looks Like New.

**IN SHOWROOM CONDITION \$14,995**

### 2017 CADILLAC XTS LUXURY PKG

This XTS Has Every Available Option, Heated & Air Condition Leather Seating, Navigation System, Chrome Wheels. Too Many Extras To List, In Showroom Condition. MSRP New \$60,000.

**BEST BUY OF THE MONTH \$23,995**

### 2017 BUICK ENVISION NEW STYLE

Every Available Option, Only 14,000 Miles, Full Warranty, Loaded With Extras, Heated Leather Interior, Chrome Wheels. This Envision will go anywhere. Super Gas Mileage. Super Sharp.

**MSRP NEW \$40,000 \$23,995**

### 2017 DODGE GRAND CARAVAN SXT

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### 2013 CHEVY SILVERADO

Every available option, loaded with extras, bed liner, tonneau cover, in showroom, 1 owner.

**SUPER BUY AT \$13,995**

### 2014 HONDA CRV AWD EX

Every Available Option, Power Sunroof, Heated Leather Interior, One Owner, Super Sharp, In Showroom Condition, Must See.

**PRICED RIGHT \$16,995**

### 2017 CHEVY SILVERADO 1-TON CREW CAB

Every Available Option, Only 1,000 Miles GM Exec Truck, Full Warranty. This Crew Cab Has Too Many Extras To List.

**BEST PRICE OF THE MONTH. \$34,995**

### 2009 TOYOTA TACOMA DOUBLE CAB

All Options, Too Many Extras To List. This Tacoma Looks And Runs Like New, Super Gas Mileage, Loaded With Accessories.

**WILL NOT LAST AT \$11,995**

### 2015 CHEVY TAHOE LTZ

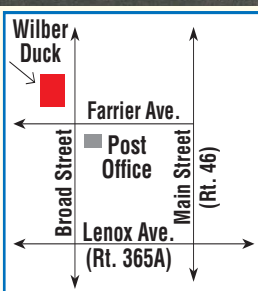
Every Available Option, Heated Leather Interior, TV/DVD Player. This Tahoe Is Not Missing Anything, Looks Like New.

**SUPER SHARP \$36,995**

\*Plus tax and registration.



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315-823-4954

*Mother's Day Sunday,  
May 13th*

**BREAKFAST BUFFET**

**\$ 9.95**

**7:00 AM - 1:00 PM**

*Happy Mother's Day*

be a byproduct of food allergies. Seasonal allergies rarely, if ever, lead to nausea or vomiting. However, when a person eats a food he or she is allergic to, the immune system reacts to this allergy in much the same way it does to allergies like hay fever, releasing a chemical called histamine. When a person is dealing with seasonal allergies, the histamine his or her body releases can cause sneezing, runny nose or other symptoms commonly associated with such allergies. But when histamine is released to combat food allergies, it can cause nausea and vomiting.



# Country Editor

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## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
45 Antiques  
55 Appraisal Services  
75 ATV  
80 Auctions  
82 Auto Body  
110 Bedding Plants  
120 Bees-Beekeeping  
130 Bird Control  
140 Books  
155 Building Materials/Supplies  
157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
175 Cars, Trucks, Trailers  
180 Catalogs  
182 Catering  
190 Chain Saws  
195 Cheesemaking Supplies  
205 Christmas  
214 Clocks & Repair  
215 Collectibles  
216 Clothing  
235 Computers  
253 Consignment  
265 Construction Equipment For Rent  
275 Construction Machinery Wanted  
277 Construction Services  
280 Construction Supplies  
312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
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  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

### ADVERTISING DEADLINE

**FRIDAY • 2:00 PM**

(Week Prior to Each Friday Dated Paper)

For as little as \$4.00 - place a classified ad in

*The Country Editor*

Call Peg at **1-800-836-2888**

or **518-673-0111**

or email [classified@leepub.com](mailto:classified@leepub.com)

## Announcements

WANTED: DVDS & VHS, all kinds, will pay money. 315-866-9131

**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.**

AARP SAFE DRIVER COURSE, 9am-3:30pm, Dolgeville Firehouse, Wednesday, May 16. 315-429-0411

## ★ ★ ★ ★ ★

### ADVERTISERS

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

SPRING FLING CRAFT/VENDOR FAIR: May 12th, 9-3, Herkimer Co Fairgrounds. \$1 admission gets you \$1 coupon.

## Construction Services

### ANTHONY MACRI



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CONCRETE  
MASONRY**

**Commercial & Residential**

Call With Your Needs

**315-866-2733 or 315-717-3333**

## Announcements

### LOOK

**LUNCHEON:** Homemade Soup and Sandwich. Sat., April 28th, 11:00 AM-2:00 PM. \$6.00, Bake Sale. Grace Episcopal Parish Hall, 7 East Main St., Mohawk

## Antiques

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

## Auctions

Food Auction - Thursday May 3rd, 6:33pm at Kings Auctions, Burrows Rd., West Winfield, NY. 315-822-5221

## Building Materials/Supplies

INSULATION: All Types. New/Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation 315-822-5238. [www.upstatesprayfoam.com](http://www.upstatesprayfoam.com)

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## Estate Sales

### Earlville

**ESTATE SALE  
APRIL 27, 28, 29  
10 AM - 5 PM**

52 E Main St

*House and barn full, worth the drive to the country!*

**Antiques-** great Earlville sign and other local items, farm table, grain bin, primitive game table, cast iron bench & chair, tools & much more in barn.

**House-** cupboard, blanket chest, dressers, washstands, quilts, antique & vintage clothes & hats, vintage to modern dolls, LG collection Anna Lee dolls, vintage to modern Christmas, huge collection of Dept 56, Radko, Santa's, clocks, jewelry, books, paper items, glassware, kitchenware, LG Chesterfield advertisement, way too much to list.

For pictures go to **Craigslist**

**Estatesales.net  
& Facebook**

**SALE BY VALLEY GIRLS**

## Farm Market Items

FRESH EGGS \$3.00 dozen, Saturdays, Randy's ridge, Avery Road, Ilion. Official open date, May 13th. 315-894-0250

## Farm Market Items

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PORK - BACON - HAM  
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## For Rent

**HERKIMER APT.** For Rent: Upstairs 3bedroom, heat, and water included. Washer/dryer hookups, no pets, no smoking. Parking for one car. Available 5/1/18 \$700.00 a month plus security. Call: 315-866-6134 or 315-399-6999.

**LEATHERSTOCKING COMMUNITY** on Creek Road in Mohawk has 2 rental units that will be available May 1. Each has 2 bedrooms and monthly rents are \$750 and \$695. Application process includes a credit check. Serious inquiries only. More details on our website [www.leatherstockingmhp.com](http://www.leatherstockingmhp.com) or call 315-723-4270.

**HOUSE FOR RENT HERKIMER:** 3 bedrooms, 1-1/2 Baths, Kitchen w/stove & Refrigerator, parking, no pets, references, security deposit, lease. \$700 per month, plus utilities. 315-823-0136

**FRANKFORT:** Second floor all electric apartment. TWO bedrooms. Take a visual tour: [www.crossettrees.com](http://www.crossettrees.com) Crossett Real Estate Services 315-894-8557

## For Rent

**MOHAWK:** Large modern one bedroom upstairs apartment. Utilities included. No smoking/pets. \$600/month +security/references. 315-717-8729

**VILLAGE OF FRANKFORT:** SECOND FLOOR TWO BEDROOM APARTMENT. INCLUDED: stove/refrigerator/washer/dryer/electric. NOT INCLUDED: heat/water/sewer. NO PET POLICY/SMOKE FREE (no smoking in or on the property) Off street parking. RENT READY-Applications available. Take a visual tour [www.crossettrees.com](http://www.crossettrees.com) Managed by Crossett Real Estate Services 315-894-8557

## For Sale

**RAFFLE TICKETS** - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. Call Lee Newspapers 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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### FARM WORKER Frankfort, NY

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## Miscellaneous

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## Real Estate For Sale

VILLAGE OF ILION: Single family/3 bedroom. Motivated Seller due to relocation. Managed by Crossett Real Estate Services. Take a visual tour [www.crossettres.com](http://www.crossettres.com) Smoke Free. **Asking \$49,000.00.** All Broker inquiries welcome.

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossett Real Estate services. Take a visual tour [www.crossettres.com](http://www.crossettres.com) **Asking \$112,000.00.** All Broker inquiries welcome. 315-894-8557

VILLAGE OF ILION: Commercial-Former Laundromat + Floral Shop Survey site. **Asking \$265,000.00** Take a visual tour [www.crossettres.com](http://www.crossettres.com) All Broker inquiries welcome. 315-894-8557

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour [www.crossettres.com](http://www.crossettres.com) **Asking \$8,500.00** All Broker inquiries welcome. 315-894-8557

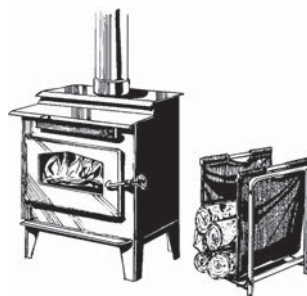
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## Services Offered

## Services Offered

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Spring Lawn Mower Service**

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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	14 words - \$4.00	15 words - \$4.10
16 words - \$4.20	17 words - \$4.30	18 words - \$4.40	19 words - \$4.50	20 words - \$4.60
21 words - \$4.70	22 words - \$4.80	23 words - \$4.90	24th word - \$5.00	25 words - \$5.10
26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
31 words - \$5.70	32 words - \$5.80	33 words - \$5.90	34th word - \$6.00	

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Email Address: \_\_\_\_\_

Payment Method: ☐ Check/Money Order ☐ American Express ☐ Discover ☐ Visa ☐ MC

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ MM / YY

\* (REQ.) Card Security Code # \_\_\_\_\_

Name on Credit Card (print): \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

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## Senior News Line

by Matilda Charles

### What will you do this summer?

Step One around here, the minute the snow starts to melt, is to grab the latest newsletter from the senior center and see what trips are planned. They're always low in cost, to a great location and someone else drives the bus. Some trips include a tour guide at the other end, with lunch planned at a wonderful place with a view out the windows. If your senior center has trips like this, be sure to sign up early. Spaces will go fast.

Here are some more ideas to stay busy this summer:

- Talk to friends and neighbors about daily walking, either early in the morning or after supper. Look for indoor walking spots if your area doesn't have sidewalks. Make plans to go on a picnic or head to the ice-cream store after your

walks.

- Does your local gym or YMCA offer Silver Sneakers classes? Those workouts are geared to seniors, and your Medicare Advantage plan may pay for it. Go to [www.SilverSneakers.com](http://www.SilverSneakers.com) and look up plans offered for your state.

- Search online for weekly farmers markets nearby. Chances are they'll accept EBT/SNAP benefits, if you have those.

- Once summer is really here, you'll need some indoor activities. Ask around about book clubs, art classes, senior swimming, weekly matinees followed by lunch, indoor flea markets, painting scenery for the theater, a yoga class, learning bridge or canasta, a ballroom dance class... there are so many indoor options.

- Go online to [www.red-hatsociety.com](http://www.red-hatsociety.com) and see if there is a chapter in your

area. Their goal — having fun! While wearing red and purple!

Summer gear is starting to appear on store shelves. Stock up on sunscreen and hats, and grab a new water bottle while you're there. And maybe a red hat?

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**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

**OAK RIDGE FREE METHODIST CHURCH**  
Pastor Chris Schumske  
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Sunday School (All Ages) 9:30-10:20 AM  
Worship Service 8:30-10:30 AM  
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Phone 866-0575

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

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Pastor David Hayner  
337 Protection Ave.  
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Worship 10 AM  
Wednesday Worship 6:30 PM

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www.the SalvationArmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

**FIRST UNITED**  
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Sunday Worship 8:30 & 10am  
Sunday School 10am during school year

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Sunday School 11:20 AM  
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appointment; please leave a message at  
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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

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Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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90 Morgan St., Ilion, NY, 13357  
Reverend Richard Riggie  
Bible Study 9:30am  
Church Service 10:30am  
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**FIRST BAPTIST CHURCH**  
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Sunday Worship 11 AM

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Time at homes 7 PM  
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Phone 823-0793  
Sunday Mass 11 AM

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Sunday Service & Religious Education 10 AM

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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

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Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

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Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

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Sunday Worship 10 AM  
Sunday School 10 AM

**MIDDLEVILLE**  
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Phone 845-8730  
Sunday School 9:30 AM  
Worship Service 9:30 AM

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or 315-520-4723  
Holy Eucharist 10 AM

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Sunday:  
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Evening Worship 6 PM  
Wednesday Prayer 7 PM

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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

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Monday & Wednesday 9 AM  
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by Donna Erickson

### Tips for sticking with music lessons

"Forte! Jump up high... higher. That's great!" says teacher Krista Bladel enthusiastically to her eager 5-year-old student Naomi Adams. "Now, dip down low, all the way to the floor, and quietly say, 'piano.'"

Sound like a gymnastics class? Not exactly. It was a half-hour afternoon violin lesson. Through physical activity to internalize the dynamics of a musical piece, Naomi learns essential musical concepts — "forte" means "loud" and "piano" means "soft." Along with clapping to grasp rhythms, the pace

is set as she gets serious, focusing on Krista's fingers on her strings as they make music together.

Sitting on the sidelines in the room, I thought, "Don't ever quit playing the violin, Naomi." Keep learning and practicing so that when you get my age, you won't have regrets and say, "If only I would have continued my music lessons."

Krista believes school-age kids often quit because, quite simply, it's hard work. It can be frustrating to keep at it as tiny muscles train through repeated practice.

"Nowadays, many kids feel they would rather do

sports, especially as spring approaches," she says. "That's fine. But my mom, also a violinist, kept on me to balance both. The breakthrough came when I discovered that playing the violin had ultimately become my own. It was gratifying, but it took a lot of discipline."

The benefits of learning to play an instrument include developing self-discipline, improving academic performance in

## Donna's Day: Creative Family Fun

school, and the opportunity to make a whole new set of "music friends." Plus, the sheer joy of creating music one's entire life is a valued reward for sticking with it.

### Tips for helping kids not to quit:

1. Understand that it is hard work, and for beginners, beautiful music does not happen for a while. Encouragement and praise is important.

2. Prioritize music by making it just as important as other activities in a child's busy life. If parents take it seriously, kids are more likely to take it seriously.

3. Make sure your child has the opportunity to play fun music and melodies that align with their interests.

4. Slowing the practice pace in the summer is fine, but not playing for

three months impacts progress. Just like kids need to keep reading in the summer, they need to keep practicing.

5. Give your children opportunities to share. Performances at family gatherings, neighborhood picnics or at camp encourage progress.

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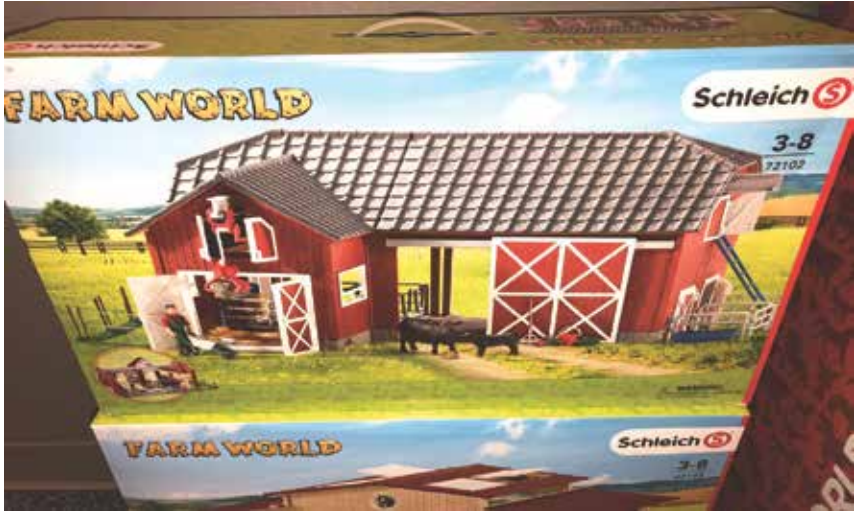
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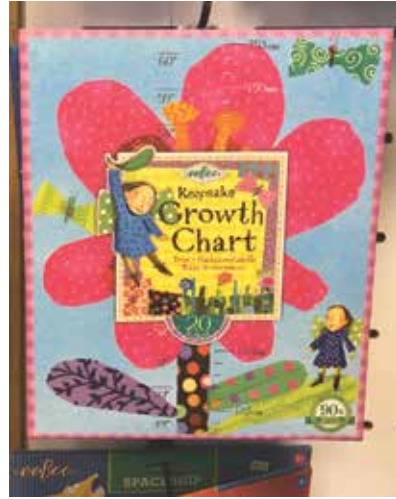
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\$2,500 Ford Discount Purchase  
\$4,750 Ford Rebates - Must  
finance w/Ford Motor Credit  
\$4,309 Brown Discount

**Wow! Save Up To  
\$11,559**

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 4-30-18.

**IT  
DOESN'T  
JUST  
RAISE  
THE BAR  
IT IS  
THE BAR**

**PURCHASE SPECIAL**

**2018 Ford F150 XLT Super Cab 4x4**  
Stk #JN8540 • MSRP \$49,815



\$2,500 Ford Discount Purchase  
\$4,750 Ford Rebates - Must  
finance w/Ford Motor Credit  
\$3,597 Brown Discount

**Wow! Save Up To  
\$10,847**

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 4-30-18.



*all credit applications accepted*

**LARGE SELECTION OF  
PRE-OWNED VEHICLES!**

**Home of the  
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New York State  
Inspection!**

**2017 Ford Transit 250 MR Van**  
Stk #JN7646



**SAVE!!**  
*Includes  
ALL  
Rebates!*

**\$5,881**

**2018 Ford Explorer XLT 4x4**

Stk #JN8489  
MSRP \$37,760 Lease for **\$349/mo** - 36 months



\$32,495 Lease Price  
-\$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 4-30-18.

**2018 Ford Edge SEL 4x4**

Stk #JN8426  
MSRP \$34,995 Lease for **\$339/mo** - 36 months



\$29,475 Lease Price  
-\$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 4-30-18.

**2018 Ford EcoSport SE 4x4**

Stk #JN8468 • MSRP \$25,400  
Lease for **\$239/mo** - 36 months



\$21,800 Lease Price  
-\$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 4-30-18.

**2017 Ford F350 XL 4x4**

9' Boxx V-Plow & Sander - Stk #JN7507



*Includes  
Rebates!*

**SAVE!!**

**\$5,242**

**2018 Ford Escape SE 4x4**

Stk #JN8527 • MSRP \$28,490

Lease for **\$259/mo** - 36 months • \$22,900 Lease Price



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 4-30-18.

**2017 Ford Mustang GT**

Stk #JN7668

\$37,980 MSRP + \$495 Cobra Stripe Kit

**\$38,475 MSRP**



- \$2,598  
Discount  
-\$2,500  
Rebate

**\$33,377**

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