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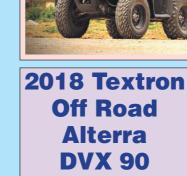




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How June got its name (And other fun facts)

There are 12 months in a year, and each has it's own unique name. Have you ever wondered where these names originated, or why certain months do not seem to match up to their Latin numerical prefixes?

This June, it can be interesting to learn how the sixth month of the year got its name.

The 12-month calendar used today differs greatly from past calendars. The Ancient Romans were instrumental in establishing the structure on which the modern calendar was built, including the names of the months. The original Roman calendar consisted of 10 months and began in March. There was believed to be a period of unnamed time during the winter when not much was going on with agriculture, and thusly didn't really concern ancient timekeepers. This period would later be broken up into the months of January and February.

Many months, such as March, were named after Roman Gods. Historians believe March was named after Mars, the Roman god of war. May was named after Maia, an earth goddess of plants.

The month of June also gets its name from an important Roman figure. June was named for the goddess Juno, who was the queen of the gods. Juno was the patroness of marriages and weddings, according to Roman mythology. Since June and the summer season were prime times for couples to wed, it seemed fitting that the month be named after this queen of weddings.

There's more to June than a name. According to The Old Farmer's Almanac, June's birth month flowers are the very fragrant and beautiful rose and honeysuckle. Roses represent love, affection and friendship.

Honeysuckle is a strong symbol of everlasting bonds of love.

June also is one of only two months that has three birthstones. The American Gem Society states that June's birthstones include opalescent pearl; the color-changing alexandrite, which is one of the most valuable gems on Earth; and the light-scattering, shimmery moonstone. Each of these stones is mysterious and hard to come by.

People born in the month of June fall under the Gemini or Cancer astrological signs. According to many astrological

sources, Geminis tend to be gentle, affectionate and curious. However, because it is a sign of the twins, Geminis may exhibit two different personalities or may be inconsistent and indecisive. Gemini belongs to the element of air, and this is related to aspects of the mind.

Cancers can be imaginative, emotional and persuasive. Negative traits include suspicion, insecurity and moodiness. Cancers tend to care much about matters of the family and home. Cancer is a sign that belongs to the element of water, which is guided by emotion and the heart.

People born in June in the Northern hemisphere get to celebrate their birthdays during some of the best weather of the year. Some famous June birthdays include Johnny Depp, President Donald Trump, Paul McCartney, and Angelina Jolie.

Landing right in the middle of the year, June is an exciting month full of interesting history.

39th Annual Craft **Festival** slated

39th The Annual Friendship Craft Festival sponsored by the Church Of Christ Uniting in Richfield Springs will take place on Saturday, June 9 from 9 a.m. to 3 p.m. in Spring Park on Scenic US Route 20.

In addition to over 50 of the area's finest crafters, the Church's "famous" bake sale will return, and a Brooks' chicken BBQ will be served from 11:30 am - 2:30 pm. The Richfield Youth Sports organization will be selling hamburgers, hot dogs, hot sausage, French fries and a variety of beverages.

Shop for that special gift for Father's Day, graduation, birthday or other special occasion. Unique finds for your home or garden are always amongst the offerings. All items are handmade and are of the finest quality and there is always a wide variety.











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Herkimer County Soil & Water Conservation District hosts local Envirothon

We had our 24th annual Herkimer County Envirothon on Wednesday, May 2, at Herkimer College. The event was again a huge success. Thank you to all of the generous donors and volunteers.

This year, Central Valley Academy, Mount Markham, Poland and West Canada Valley all sent teams. Approximately 40 students participated with advisors and volunteers from New York State Department of Environmental Conservation, Farm Service Agency, Natural Recourses Conservation Service, Cornell Cooperative Extension, Herkimer County Soil and Water Conservation District and Herkimer College. The students competed in five categories: Soils, forestry, wildlife, aquatics and a current issue of "Western Rangeland Management: Balancing Diverse Views". The first place finisher for Herkimer County was West Canada Valley "Team A". Central Valley Academy "Team A" finished second and Poland "Team B" took third place. The top three teams will receive a plaque and each member of the first place team was present-

> First place team — Back Row (L-R): Ryan Soron, Herbert Fountain and Isayah Farrell. Front Row (L-R): Harper Jones and Aleeshea Tyson.

> > Photo courtesy of Herkimer County Soil and Water Conservation District





ed with a \$50 cash prize for their achievement. West

Canada Valley "Team A" was also awarded the Ray Ko-

rce Memorial Award for the highest score in Forestry. Each participant received a "2018 Herkimer County

Envirothon" t-shirt designed by a local Mount

Markham student, Hannah Lee, and a delicious lunch

consisting of pizza, subs, chips, apples, cookies, milk

and juice. Everyone involved in the Envirothon had a

great time and the teachers would agree that it was a

great hands-on learning experience, focused on the

conservation of our natural resources. This outdoor

event gives students the opportunity to get away from the typical classroom setting and get their hands dirty

West Canada Valley "Team A" will go on to represent

Herkimer County at the New York State Envirothon on

Wednesday, May 23 and Thursday, May 24 at Hobart

with interactive science related questions.

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Responsibility highlighted during Poland assembly

POLAND — The choices you make have consequences.

That was part of the message Poland Principal Greg Cuthbertson delivered to students about the character trait for the most recent Prepared, Productive and Proud Assembly: Responsibility.

Cuthbertson spoke to students at the assembly and read a version of the 1934 poem "The Guy in the Glass" by Dale Wimbrow that was given to Cuthbertson by a mentor. The poem highlights the idea that you can't fool yourself and that you have to take personal responsibility for your actions.

"That's what today is about — it's about responsibility — and hopefully you learn a little bit too," Cuthbertson said.

Poland Central School District's fourth PPP Assembly took place recently in the Walker Auditorium. The consequences for recent positive decisions students made were awards they received during the assembly.

Students in kindergarten through fourth grade received awards for positive behavior and perfect attendance. Awards were given to

classes in a variety of categories and this assembly's spotlight was placed on first-graders, who sang on stage and held up letters to spell out "responsibility." The student spotlight was on first-grader Alaina Meyer, who tap-danced to music on stage.

The PPP Recognition Award went to elementary students in the school's Kids Against Pollution, Poverty and Prejudice (KAPPP) club and club co-advisor Sally Leahy, who is a special education teacher. The KAPPP club raised awareness of how to properly recycle plastic film by having a contest to see which grade level could collect the most plastic film. A total of 316.75 pounds of plastic film was collected, and plastic film is still being accepted in boxes by the elementary library.

Eye of the Tornado Awards were presented to students who have done something above and beyond that a staff member witnessed.

The Eye of the Tornado Award winners were:

- Jayme Camara-Mc-
- Lee Comstock
- Connor Cowan
- Timothy Dunn
- Braelyn Foster



Poland Central School District first-graders hold up signs with letters on them to spell out "responsibility" during a Prepared, Productive and Proud Assembly on in the Walker Auditorium.

Photo courtesy of Herkimer BOCES

- Nathan Fullum
- Riley Gagnon
- Hailey Haver
- Jack Hoffman
- Elijah Jones
- Cooper Karram
- Wyatt Nebush
- Landon Rommel
- Lucas Sheehy
- McKenna Thompson
- Jalaya Tirado

Attendance Hero Awards for students with perfect attendance from Jan. 17 to

March 14 were given to:

- Jayden Beauregard
- Bradley Beyel
- Alexa Bruni
- Kade Haver
- Trent Hobin
- Luke Hulbert
- Noah Lamphere
- Trinity Lyman
- Ashlee McGurk
- Julia Ossont
- McKenzie Parow
- Ariel Pope
- Emily Pope
- Benedict Prestigiaco-

mo

- Grant Roark
- Landon Rommel
- Jacob Shingler

Behavior and special area awards were then given out to classes:

- The Golden Spatula Award for cafeteria behavior went to Pam Finn's first-grade class.
- The Single File Award for hallway behavior went to Kathleen Hess's first grade class and John Allen's third-grade class.
- The Physical Education Award went to Christina Kress's kindergarten class and Lori Seymour's fourth-grade

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class.

- The Library Award went to Heather Judd's second-grade class and Tracy Graulich's thirdgrade class.
- The Art Award went to Karen Livingston's firstgrade class and Tracy Graulich's third-grade class.
- The Music Award went to Pam Finn's firstgrade class and Laura Rabbia's second-grade

The final awards were for students with good behavior related to walking home from school or riding the bus home:

- The Safe Walker Awards went to students Alexander Topham and Gavin Stonehouse.
- The Safe Rider Awards for bus behavior went to students Logan Lonis, Lee Comstock, Bryce Michaud, Cali Christian, Addyson Linnen, Jalaya Tirado, Hannah Teachout, Ali Teel and Isbella Falchi.











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Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Onnenheim @ 9:30 AM Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN

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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

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Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 pm Sunday 9:00 am; Tuesday & Thursday 9:00 am

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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. Bellinger 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

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OAK RIDGE FREE METHODIST CHURCH

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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 FPISCOPAL CHURCH

Rev. Jill Stellman 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.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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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

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

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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

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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

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, Pa 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

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Pastor Gary Wilcox
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Wednesday Prayer & Bible Study 6 PM

CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ,

Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

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

THE WORD CHRISTIAN CENTER

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

NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street

Pastor's Phone 315-790-1877 Sunday Worship at 9:45am

UNITED METHODIST

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

KUYAHOORA COMMUNITY CHURCH

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

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Poland announces Class of 2018 valedictorian, salutatorian

POLAND, NY — Poland Central School District Class of 2018 valedictorian Patrick "P.J." Mahoney Jr. and salutatorian Franklin Szarek credit their achievements to time management, consistency and putting in the work.

"You definitely have to work hard for it, and its consistency over the course of the years," Mahoney said.

Poland Central School District recently announced the valedictorian and salutatorian for the Class of 2018, and the graduation ceremony is scheduled for 7 p.m. on Friday, June 22.

Mahoney, 17, earned a 94.10 grade-point average and will graduate with 30 credits. He will receive an Advanced Regents with Honors Diploma with mastery in sci-

ence. Szarek, 18, earned a 93.63 GPA and will graduate with 29.5 credits. He will receive an Advanced Regents Diploma with mastery in science.

Valedictorian

Mahoney is the son of Patrick Mahoney Sr. and Jackie Mahoney, of Deerfield

He said finding out he was the valedictorian was a "really great" feeling.

"It felt like a really nice way to end my time here at Poland on a high note," he said.

Mahoney took 29 College Now credits through the following College Now courses: Introduction to literature, introduction to psychology, introduction to sociology, introduction to writing, physical geology, public speaking, mathematical statistics, precalculus and calculus.

His extracurricular activities include playing soccer, basketball and baseball this school year – as well as helping to coach the boys varsity soccer indoor team. Additionally, he completed an internship with Assured Information Security at the Griffiss Business and

Technology Park.

Mahoney also is the Class of 2018 president and the student council president.

To become valedictorian, you can't just have one marking period of good grades – instead, you have to maintain a consistent level of hard work, Mahoney said.

Along the way, however, he wasn't focused on where he would rank in the class

"I just did what I could," he said. "I just did my best to get the highest grades I could."

The biggest academic challenge he faced was when he started taking multiple college courses as a junior and realized it was most of his schedule. He discovered that he had to take on a larger workload and spend more time studying.

"I had to put more time into some courses than I was used to," he said.

The ability to balance academics and extracurricular activities was made possible through time management and teachers being flexible about working with him when he could find free time, he said. He noted English teacher Tracy Theilmann as an example of a teacher who helped him with time management and was accepting of his busy schedule.

"I think that most of the teachers, faculty and administrators did a great job with me – helping me out and working with me," he said. "That made a huge difference."

Days after being announced as valedictorian, Mahoney was accepted at New York University's Tandon School of Engineering in Brooklyn. He committed to NYU and plans to play baseball for the university.

"I'm very excited," he said.

Mahoney said he applied to the Tandon School of Engineering because he excels in math and science, has an interest in engineering and likes that NYU is known for a great engineering program. He, however, is keeping his mind open for what his career will be because there are so many options that being in New York City will present to him, he said.

POLAND 8

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Poland Class of 2018 valedictorian Patrick "P.J." Mahoney Jr.

Photo courtesy of Herkimer BOCES

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For more information, please call: Schelley Schaaf (315) 717-5107

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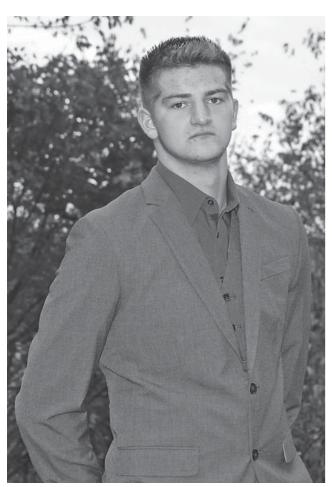
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POLAND from 7

"That's a lot of the reason I'm going there," he said. "I want to use that opportunity to find a new future there."

Salutatorian

Szarek is the son of Michele Szarek, of Cold Brook and the late William Szarek.



Poland Class of 2018 salutatorian Franklin Szarek.





He said that when he was announced as salutatorian, it felt like what he had anticipated.

"I put in the work that was required," he said.

Following through on homework, classwork and optional/extra-credit work assigned to him helped his grades and preparedness for tests, he said.

"I liked doing the work I was given," he said.

Szarek took 25 College Now credits through the following College Now courses: Fundamentals of human anatomy and physiology, introduction to literature, introduction to physiology, introduction to writing, public speaking, mathematical statistics, pre-calculus and calculus.

"When it comes to the college courses, there is more work that you have to put in," he said.

The Fundamentals of anatomy and physiology course in particular was his biggest academic chal-

lenge because it required reading a 20-page chapter each week and learning everything in that chapter. Then the next week, you would have to do it all over again with the next chapter, he said.

Another beneficial aspect of his school experience at Poland was that it helped him learn how to get to know the people around him – a skill that will be useful in college, he said.

"I guess this prepared me for that," he said.

Poland teachers also have helped him through the years. Now-retired science teacher Barry Smith was someone he could go to for help in any subject, he said. Theilmann and science teacher Kevin Ford are examples of teachers you can joke around with and feel comfortable about it, he said.

POLAND 9

Calendar of events

June 1

Parish Garage and Plant Sale. 9 a.m. - 3 p.m. St. John's Church. 7512 Main Street. Newport.

VIEW's Free Estate Planning Questions and Answers Workshop. 9:30 a.m. View Arts Center. This is the first workshop in a series. To register, please visit viewarts.org . 3273 State Route 28. Old Forge. This is the first workshop in a series. To register, please visit viewarts.org .

June 2

Minden History Day Fair 2018. 10 a.m - 4 p.m. Harry Hoag Elementary School. 25 High Street. Fort Plain. For additional information or to set up a table for your collections or presentation, please call Rob Carter, Town of Minden Historian, at 518.993.1023 or send an email to mindenhistorian@yahoo.com.

Chicken BBQ. June 2 18. 3 p.m.-?. Salisbury Center United Methodist Church. Adults \$10 and Kids \$5.

June 3

The Valley Choralaires' Spring Concert. June 3 18. United Methodist Church. East Main Street. Canajoharie. Contact Dorothy Morrison at 518.673.2167.

June 4

Tai Chi Exercise Classes. June 4 18. 12:30 p.m. — 1:30 p.m. Dolgeville Fire Department. 20 S. Helmer Ave. Dolgeville. Please call to register for the class at 315.867.1121.

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 7

16th Annual Magic of Herkimer. 5 - 8 p.m. Herkimer College's Thom-

as McLaughlin Center. Herkimer. For more information please contact the Community Relations and

Fund Development department at recreational opportunities for peo-VHS at 315.866.3330 extension ple of all abilities. If you or your 2329. team are interested in participat-

Arc Herkimer Golf Open. Registration 9:30 a.m. Shotgun start 11 a.m. Mohawk Valley Country Club. Little Falls. To register, to become a sponsor, or for more information, contact Frank Reid at 315.574.7347 or e-mail freid@archerkimer.org.

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. U.S. Route 20. Richfield Springs. NY. 315.858.9451. friendshipcraftfestival@yahoo.com

June 13

Chicken Riggies Dinner. 4-6 p.m. Ilion First Baptist Church. 8 Second St. Ilion. Adults \$10. Child under 10, \$5. Tickets sold at the door. For more information contract the church office at 315.894.9041.

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

June 16

Arc Park Community Festival. 9 a.m. - 4:30 p.m. Arc Park. 420 E. German Street. Herkimer. For more information, visit www. archerkimer.org or call Special Events Director Tony Vennera at 315.574.7355.

Basketball Three-Point and Free Throw Competitions. 11 a.m. Boeheim-Basloe Basketball Courts. Arc Park, 420 E. German Street. Herkimer. The basketball competitions are part of the nonprofit's Community Celebration. Questions can be directed to Frank Reid at 315.574.7347 or freid@archerkimer.org.

Kickball Tournament. Arc Park. Herkimer. The kickball event will support Arc Park, which provides recreational opportunities for people of all abilities. If you or your team are interested in participating, please contact Frank Reid at 315.574.7347 or freid@archerkimer.org.

July 10

Herkimer County Chamber Gold Ball Golf Tournament. Registration at 8:30 a.m. and tee time at 10 a.m. Holland Heights Golf Course. 1228 Steuben Hill Road. Herkimer. Please contact Michele Hummel at 315.866.7820 or mhummel@herkimercountychamber.com for more information.

July 12

2018 Rabies Clinic. 5:30 - 7 p.m. East Herkimer Fire Department. 193 Main Rd. East Herkimer. NY. Pre-register by calling 315.867.1176.

Aug. 30

2018 Rabies Clinic. 5:30 - 7 p.m. Salisbury Fire Department. 2549 St. Rt. 29. Salisbury Center. NY. Pre-register by calling 315.867.1176.

Sept. 6

2018 Rabies Clinic. 5:30 - 7 p.m. Cedarville Fire Department. 960 St. Rt. 51. Cedarville. NY. Pre-register by calling 315.867.1176.

Oct. 4

2018 Rabies Clinic. Oct 4 18. 5:30 - 7 p.m. Little Falls Town Garage. 478 Flint Ave. Ext. Little Falls. NY. Pre-register by calling 315.867.1176.

Nov. 3

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.

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 **COUNTRY EDITOR**

Herkimer Elementary School receives donation from Herkimer Hannaford

he Herkimer Hannaford recently presented the Herkimer Elementary School in Herkimer with a \$1,000 check through the Hannaford Helps Schools program. The money will be used to help with student needs and for mindfulness in the classrooms.

Overall, Hannaford Supermarkets has distributed checks for more than \$1.16 million to K-12 schools in New England and New York through the Hannaford Helps Schools program in 2018. Customers triggered the donations by purchasing eligible products.

Schools use the donations for whatever items students need locally. whether that is new computers, musical instruments, sports gear, field trips or playground equipment.

In its 18th year, Han-

naford Helps Schools raised \$968,933 for more than 1,500 schools. Schools in each community that raised the most money also received an additional \$1,000, bringing the total raised during the 2016-2017 school campaign vear \$1,163,933.

Under the program, customers received three "school dollars" — equivalent to cash — for every four participating prodinception, Hannaford

\$11.5 million for schools

ucts purchased. Since its Helps Schools has raised in New England and New



Pictured from left to right are: John Alberts, Michael Rondenelli (Herkimer Store Manager), Kristina Hinman, Geno Scalise, Josh Moynihan, Renee Vogt (Herkimer Elementary School Principal), Sal Miglorie, Wendy Stallman and Michael Chil-

Photo courtesy of Herkimer Hannaford







His extracurricular activities include playing soccer, basketball and cross-country this school year. In previous years, he also participated in track and the Poland Drama Club.

Additionally, he did an internship with engineers at Kris-Tech Wire in Rome.

Next school year, he plans to attend SUNY Polytechnic Institute to study electrical engineer-

"It's supposed to be a

great electrical engineering program," he said.

He also anticipates that attending SUNY Polytechnic Institute will allow him to go to college tuition-free.

"It's a great place to go, and it's affordable," he said.

Szarek's career plan is to become an electrical engineer.

"My father was an electrical engineer, and I was always pretty good in math and science classes, so I felt like I would string the two together," he said.















COUNTRY EDITOR 10 • June 1, 2018

VIEW's Free Estate Planning Questions and Answers Workshop

OLD FORGE, NY — This summer, View Arts Center and Herkimer College will be working together to offer multiple community workshops at View Arts Center.

The first workshop in this series is a free workshop titled Estate Planning: Questions and Answers, scheduled for Friday June 1 starting at 9:30 a.m.

This class will allow students to ask questions on estate, Medicaid, probate and tax planning, wills, trusts, special needs planning, life insurance, annuities, IRAs, 410ks, 457s, deferred compensation plans and more. Students can also share experiences, both good and bad, they have had in planning their financial and health affairs. The course is flexible, adapting to the needs of the participants.

To register, visit viewarts.org and click on the workshop to fill out the online registration form.

View is located at 3273 State Route 28 in Old Forge.

Arc Herkimer will Host Regional Family Forum on People First Care Coordination

Arc Herkimer will host a Family Forum regarding the changes to Medicaid Service Coordination for individuals with intellectual and developmental disabilities on Tuesday, June 12, from 5 p.m. to 7 p.m.

The forum, free and open to the public including parents and individuals, will be held at Arc Herkimer's Training Center at 350 S. Washington Street in Herkimer. Light refreshments will be served and walk-ins are welcome.

The New York State Office for People With Developmental Disabilities (OP-WDD) is making a change to the way services are coordinated for people with intellectual and developmental disabilities in New York State, known as People First Care Coordination. Under this new model, a new program called Health jlarock@archerkimer.org. Home Care Management will replace the Medicaid Service Coordination (MSC) program, which is currently used to help people plan their services.

Mary Hall, Director for Region 2, for OPWDD Health Home Care Management will talk about the process and changes, and the coordination by Care Coordination Organizations (CCOs), new entities formed by existing providers of developmental disability services. Seven new CCOs have been identified to begin providing Care Management services on July 1, 2018 in New York State.

Reservations are appreciated by registering with Janet LaRock 315.574.7780 or email

If individuals are currently receiving Medicaid Service Coordination or Plan of Care Support Services (PCSS), they will need to sign a form to enroll in the CCO of choice by July 1. Current Medicaid Service Coordinators will help with this process. There will be no changes to current authorized services while this transition takes place. Representatives from LifePlan, Prime Care, and Southern Tiers Connects, designated area CCOs, will give brief introductions and answer questions at the end.



A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical caps and gowns that "individuality" is the key to success. - Robert Orben











Grow vertical vegetables

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

Many gardeners now have smaller gardens, either from lack of space or from lack of time to tend larger areas. If you're one of these, or if you just want to try something novel, grow some vegetables vertically.

Growing vegetables upright not only saves space, but also makes harvesting easier. You don't have to stoop to cut fruit from the vines. This could be quite a saving for older gardeners or ones with back problems. Such culture

CARS DEAD OF ALIVE

keeps the fruit away from the ground, and allows better air circulation, so you should see fewer diseases and more easily spot any pests.

Pole beans (make sure you don't get the bush varieties) will climb up just about anything, even other plants. Native Americans used these in their traditional "three plantings of sisters" beans, corn and pumpkins. The corn stalks provided support for the beans, and the pumpkins (or other squash) provided a groundcover or living mulch below. Just make sure if using this method

to give the corn a head start, or the fast-growing beans won't have any-

thing to climb.

Pole beans also can be grown on bamboo teepees, trellises or over an arbor. The scarlet runner bean is old-fashioned and has attractive red flowers. There is even a variety of this now with yellow leaves a nice contrast with the red flowers. Pole beans don't just add a vertical accent, but they keep producing longer than bush beans. They continue to grow, flower and fruit as long as you keep picking the pods.

Gourds and winter

squash are cousins from the same family, with very long vines — up to 25 feet for the gourds and up to 10 feet for the squash. Both take a long season to mature, so in the colder northern gardens, give these a head start indoors in peat pots that then can be planted out. Heavy fruits of winter squash, such as butternut, should be individually supported by cloth twine (strips of used panty hose works great too) tied to the trellis or fence on which the vines are trained. For tying these and other vertical crops to their supports, avoid string which can cut into stems. Use a soft rope or cord such as cotton clothesline, or one of the thick and soft gardening ropes made just for this purpose.

Melons can be grown similar to winter squash, and their fruit similarly supported with cloth twine or even slings made of old towels, sheets, or rags. Use old-fashioned or patterned fabric for an additional decorative touch to the vertical garden.

Cucumbers (the traditional vining types, not the newer bush types) can also be grown up a trellis or A-frame structure. You can also make a cage of the heavy wire used to reinforce concrete. This will be quite strong, stand up on its own, and support the weight of the vines. You also can use cages of wide-mesh fencing, only this will need additional

support such as from wooden stakes or iron rods. I prefer the latter as they don't rot and will last almost forever.

If using stakes of bamboo, decorative rods or the rusty-colored iron rods, make sure and purchase "cane toppers." These can be plastic or ceramic, just a ball or a decorative structure. They don't just add to the aesthetics, but also function to protect your eyes when working around them. If you can't find these, colorful pencil erasers work on thicker bamboo stakes. For onehalf inch wide stakes, such as metal rods, use short pieces of clear plastic tubing (available at hardware stores) as top-

Peas, of course, are a favorite early season, upright crop suitable for the vertical garden. Choose the edible-pod or snow peas that produce longer vines than most shelling, or English peas. And since they produce early in the season during cooler weather, combine them with later maturing vines such as beans or cucumbers. Or you may sow peas again in late summer for a fall harvest.

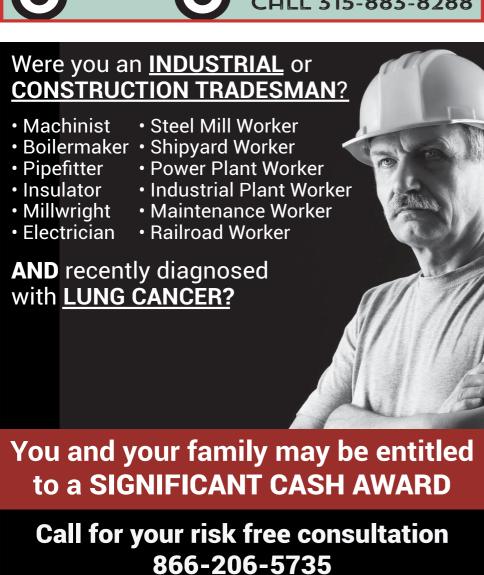
Tomatoes that have stems that keep growing — the indeterminate varieties (check the seed packet or description for this feature) - perform much better grown upright than sprawling over the ground where the fruits can be damaged by disease and insects. You'll need a sturdy stake for them, and tie them to it at intervals with soft twine. There also are many types of sturdy and colorful wire supports that you can buy to support these vining tomato varieties.

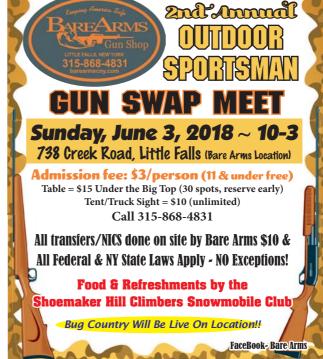
But don't just think about growing vegetables upright, as some such as peppers and cherry tomatoes can be grown in hanging baskets. Good compact cherry tomato varieties include the classic Patio, Tiny Tim or the newer Micro Tom. Cascading tomatoes good hanging include the popular Tumbling Tom or Cherry Falls.

Another option for a vertical garden is to plant in containers or large window boxes which are hung from a wall, trellis or placed on shelves. Put-

GROW 12









To Your Good Health

by Keith Roach, M.D.

Adult vaccines help boost immune systems

Dear Dr. Roach: I was wondering what adult vaccines should be given to enhance the immune system, in addition to improving sleep and diet. — P.P.

Answer: Our bodies' immune systems are designed to protect us from outside invaders (bacteria, viruses, fungi, parasites) as well as internal errors (cancers), and they are very effective at doing so. Unfortunately, the germs and abnormal growths also are skilled at avoiding our immune systems, so there is a constant struggle going on. Giving your body proper nutrition and rest, and managing stress, helps your immune system perform at its best.

Vaccines improve your body's ability to fight off particular infections, increasing your immunity to very specific bacteria and viruses. The vaccines that are generally recommended for healthy adults are:

- Flu vaccine (yearly);
- Tetanus, diphtheria and pertussis once, then tetanus/diphtheria every 10 years;
- Human papillomavirus (three doses, up to age 26);
- Zoster, the shingles vaccine (once after age 60);
- Pneumococcal vaccine (PCV13 once, PPSV23 once or twice).

Depending on the person's past history and risk factors, other vaccines including the measles, mumps

and rubella vaccine; meningococcal vaccine; hepatitis A and B vaccines; and haemophilus vaccine, also may be recommended. International travelers may need others. The Centers for Disease Control and Prevention maintains the most recent recommendations on its website at www.vaccineinformation.org .

Dear Dr. Roach: This may seem like a trivial concern in comparison to some of the matters you address in your column, but it is a concern of mine. My spouse passes gas throughout the night. He claims that he is asleep and unaware of any problems. I say that this is a voluntary activity and that he should be able to control it. Who is right? — D.B.

Answer: He is. Passing gas while asleep is entirely involuntary. You probably are doing so also while asleep. If you are really bothered by his intestinal gas, then you can work on some dietary changes, including avoiding carbonated beverages and limiting foods that commonly cause the intestinal bacteria to produce gas, such as beans, bran, cauliflower and cabbage. In some people, excess gas production can be a sign of mild lactose intolerance.

Dear Dr. Roach: Let's not shake hands, period. Doctors seem determined to shake hands. I have been half-medicated when the doctor leaned over and insisted on shaking hands. In the ICU, I, another patient and several visitors were visited by several doctors,

who came in and had to shake hands with everyone. I did not notice whether they cleaned up. — $\rm L.F.$

Answer: I understand what you are saying, but I am not ready to recommend giving up shaking hands. I can understand not shaking hands with visitors in an ICU, but if I am going to be examining a patient, it's polite to shake hands. Of course, I wash my hands before and after every exam, and hospitalized patients and their visitors should wash their hands frequently

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GROW from 11

ting containers on shelves of an A-frame, similar to the rungs of a ladder, ensure that the top containers don't shade those underneath or drip excess water on them and cause diseases. If growing in containers on a wall, choose one facing south or southwest for the most light.

Many vegetables can be grown in containers arranged vertically. Greens for such a plant-

ing include lettuce, spinach or Swiss chard. For microgreens — basically leafy seedlings harvested young — there are many choices including cabbage, beets, mustard and basil. Quite a few herbs can be grown in

vertically-arranged containers, such as parsley, mint, sage, oregano, basil and chives. Such smaller plants lend themselves to modular vertical planting systems, which you can find in some complete garden stores and online.





Whatchamacallits

The next item in our food preservation series the Millville Atmospheric Fruit Jar.

The Millville jar was produced by

the Whitall-Tatum & Co. of Millville, NJ around the 1860's. What made this jar different is the closing system, which utilized a glass lid and cast iron clamp, com-



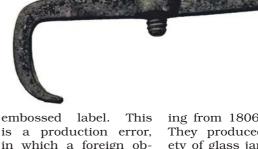
plete with rubber gasket. The style of clamp varied, either curved or straight, such as the one pictured.

Authentic Millville jars are embossed on the lid

and the jar itself. The lid reads "Whitall's Patent June 18th, 1861" around the center, where the thumbscrew would be tightened to secure the lid to the jar.

This style of jar was a popular alternative to screw-top jars as the preserved food would not come in contact with metal.

The jar pictured has a large, half circle indentation in the side, distorting the



embossed label. This is a production error, in which a foreign object was in the mold when the hot glass was poured. These errors were not uncommon and they rarely prevented the item from entering the market.

The company was one of the first glass factories in America, operat-

ing from 1806 to 1938. They produced a variety of glass jars, bottles and vials and the products are highly prized by antique bottle collectors. An authentic Mill-ville jar, much like this Whatchamacallit, can be sold for thousands of dollars if in good condition, so forgeries are very common.

Do you have your own Whatchamacallit?



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SCHEDULE OF EVENTS

FRIDAY, JUNE 8, 2018

* Village Wide Garage Sales - Information - Betty 315-429-9602 * Rotary Club Ice Cream Social - Plowe Park * Dolgeville Manheim Historical Society open 6-8pm * The Violet Festival Opening Ceremonies 6:30pm * Welcome at Joe Condello Gazebo, Plowe Park * Presentation of Lyndon Lyon Community Award to Sam Licari ***** Crowning of the Violet Festival King

Louis Dunderdale by Queen Marge Youker 2017

***** Violet Festival Princess Pageant Ages 5-8, 9-12, 13-17 & Little Mister

Information - Julie Izzo 315-429-3371 7:30-9pm * Dolgeville Community Band Concert- Gazebo

SATURDAY, JUNE 9, 2018

* Vendors set up - Marilyn 315-429-9884 6- 9am * Pancake Breakfast Buffet at Dolgeville Firehouse, 20 S. Helmer Ave 7-10am

* Stamp Cancellation at Post Office 9am-2pm 9am-? * Village Wide Garage Sales

9am-5pm * Dolgeville Manheim Historical Society open

* The Violet Festival Parade 10am Information - Crystal or Don 315-527-9585

* Registration for 5K at the Park 10am-4pm

* Art Exhibit @ Masonic Temple 10am-5pm 10am-5pm * Eastern Star Chinese Auction, Masonic Temple lawn

* One Sweet Ride at Plowe Park Stage 12- 2 pm

12- 3pm * Horse Drawn Trolley Rides by Parson's Carriage. Pickup behind

stage. Free to the public.

* Boy Scouts Chicken BBQ at Fireman's Pavilion 12-done

12-5pm * Lazer tag @ Softball Field, Free

* Gary Van Slyke, Children's Corner, Masonic Temple 12-4pm

12-5pm * Registration for Pooch Pageant 12-5pm * Tyoe's Chainsawing Demonstration * Parade Trophies announced —Crystal Napier 1pm

* DCS Central School 1-4pm Student Art Show K-12 plus BOCES Pre K & Dolgeville Pre K. Show held at James A. Green

High School Gym, 38 Slawson Street

* Shakespeare in the Allev 2-5pm at Plowe Park Gazebo

* Easy Money Big Band 5-7pm at Plowe Park Stage

7:30-10pm * Violet Festival's Got **Talent Contest**

***** Fireworks display from Summerhouse Hill

SUNDAY,

JUNE 10, 2018

* Registration/Packet Pick 7-8am Up "Run for the Violets"

5 K Run/Walk and 1 K Kids

Fun Run, Dolgeville Firehouse, 20 S. Helmer Ave. 7-11am

* Pancake Breakfast Buffet at Dolgeville Firehouse

8:30am * Run for the Violets 5K Run/Walk

9:30am

11:30-1pm

12-4pm

3-5pm

USAT+F Certification # NY13048JG starts at Dolgeville Firehouse. Some streets will be temporarily closed for the safety of participants and motorists. Thank you in advance for your cooperation.

* 1K Kids Fun Run - Free of charge starts at Dolgeville Firehouse

10-11am * Ecumenical Service at Plowe Park Gazebo 10-2pm

* Eastern Star Chinese Auction, Masonic Temple

Lawn. Winners drawn at 2pm.

* Art Exhibit at Masonic Temple 10-4pm

11-11:30am * Poetry contest - Joan Lein at Plowe Park Stage

* Pooch Pageant at Plowe Park Stage Judges, Bill Kardas, Katrina Smith (WKTV)

Joanne Johnson (HCHS)

Adoption Clinic, Herkimer Cty Humane Society 11:30-1pm

Gary Van Slyke, Children's Corner, Masonic Temple 12-4pm 12-4pm

* Dolgeville Manheim Historical Society open

* Horse drawn trolley rides by Parson's Carriage Pickup behind stage. Free to the public.

1-3pm * Doc Orloff's Blues Elixir at Plowe Park Gazebo 1-4pm

* DCS Central School Student Art Show K-12 plus BOCES Pre K & Dolgeville Pre K. Show held at James A. Green High School Gym, 38 Slawson St

* Critical Path at Plowe Park Stage

ONGOING EVENTS

ON SATURDAY & SUNDAY

* Craft Show - Flea Market

* Horticulture and Food Vendors on Main Street

* Ladies Garden Flower Show at Masonic Temple

* Featured Artist at Masonic Temple

* Village Wide Garage Sales

* Theme Basket Tickets sold at Violet Festival Info Booth

* "Bounce House" on Softball Field



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Drawing Sunday about 4pm

* Dolgeville Central School Art Works, K-12th grades — created by students from Mrs. Anne K. Jasewicz, Ms. Teressa Latona and Mrs. Lisa Rohacek classes — on display at the James A. Green High School Gym, Slawson St, Dolgeville. Boces Pre K & Dolgeville Pre-K too. Saturday 1 to 4 pm and Sunday 1 to 4 pm.



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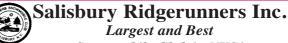


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Emergency preparedness and people with disabilities

An emergency preparedness plan for a person with a disability should include a personal support network or a "self-help team," consisting of family members and friends who know about the individual's special needs and who are willing to help if disaster strikes.

"If you have disabilities and need help in your daily routine, establishing a self-help team will help reduce the unnecessary panic, fear and inconvenience in an emergency," said Diane Ward, CHN of Herkimer County Public Health.

Members of a personal support network may be roommates, relatives, neighbors, friends and coworkers. They should be available during or immediately after the disaster. They should be trustworthy and care about safety of the person with the disability. They should know the person's capabilities and needs and be able to make the necessary and health arrangements following an emergency. Separate self-help networks for the home, school, workplace, volunteer site or any other place the person with the disability spends a lot of time.

The American Red Cross guide, Disaster Preparedness for People with Disabilities, advises including the following information in personal support network plans:

• Do not depend on one person. Include a mini-

mum of three people in each of your networks.

- Think about what your needs will be during an emergency, and begin writing your plan. Describe your needs in the areas of personal care, personal care equipment, medications (prescription and over-the-counter medicines), adaptive feeding devices and electricity-dependent equipment and transportation. If you have a service animal, such as a seeing-eye dog, write that into the plan. Record the name and address of more than one medical facility if you are dependent on any life-sustaining equipment or treatment.
- Give the network members copies of your evacuation plans and rel-

evant emergency documents.

- Contact your local emergency information management office and fire department. Many maintain a registry of people with disabilities so they can be located and given assistance quickly in an emergency. Ask to add your name.
- Arrange with members of your network to check on you immediately if local officials give an evacuation order or if an emergency occurs. Agree on how you and your network will communicate during and after an emergency. Consider knocking on a wall or door, using a whistle, bell, or high-pitched noisemaker; hanging a sheet outside your window, or keeping paper and pencils

SUNDAYS

handy for written commu-

- Give network members copies of your house and car keys.
- Show network members how to operate and safely move the equipment that you use for your disability. Ask them to practice using it, so that during an emergency, they will feel confident helping you. Label your equipment, and at-

tach instruction cards on how to use and move each item. Laminate the instruction cards for added durability.

• Show network members how to operate your wheelchair so they can move you if necessary. Label the chair with its size and instructions for storage and transportation.

Persons with disabilities should practice their

disaster plan, and review and revise it when necessary, sharing all changes with their self-help network members. For more information on emergency preparedness, visit the New York State Department of Health website at www.nyhealth.gov/environmental/emergency or call Herkimer County Public Health at 315.867.1176.

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Fort Klock Opening Weekend: Success despite wet weather

by Michael Wren ST. JOHNSVILLE, NY — Undeterred by the rain and chilly weather, hundreds of reenactors and visitors came out to enjoy and take part in the annual Opening Day celebration at Fort Klock located along Route 5 just outside of St. Johnsville. This fortified farm homestead built c. 1750 has long been a hotspot for reenactors and living history enthusiasts to gather

and learn more about life in early America. This year's festivities included a schoolhouse demonstration, blacksmithing competition, colonial baking and open-hearth cooking, coopering, brew-



(L-R) Steve Gurzler and Jorden Mauro check a ladle for its capacity during the competition as competitors Tom Carmen and Ryan Walton look on. Also competing was Jamie Robichaud who won the drawing out competition. The winner of the ladle contest was Ryan Walton.







Chris Osinski, event chairperson at Fort Klock, explains the loom and the importance of textiles in the 18th Century to a visitor.



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candle making, weaving, 18th century kids games, a presentation by a colonial themed surgeon, an outpost of 1st NY Regiment, Mc-Cracken's Company 1777, and many other reenactors and trades. When the rain had almost cleared, cannon fire could be heard as an artillery crew drilled and gave the crowd an amazing display of a period correct cannon.

The blacksmith shop drew a crowd as a "Forged in Fire" type competition pitted competitors against one another in a timed challenge to make a ladle in 90 minutes. Prizes for the competition included t-shirts and gift certificates for free classes at the Adirondack Folk School. Competitions also included "drawing out" a piece of iron with one heating as well as a competition for s-hooks. Even as the rain picked up people just kept coming in.

Some visitors come every year to get immersed in mid 18th century life while others have been in the area for years

FORT 18

COUNTRY EDITOR **18** • June 1, 2018

FORT from 17

and have always wanted to see a reenactment at the Fort. Luckily Fort Klock has multiple buildings in which people could come in to get out of the rain and dry off by one of the many fireplaces, including three blazing open hearths in the main building. As the rain came down many people found their way to one of these fires and enjoyed freshly baked food as well as the pleasant sound of early American music playing.

"We were thrilled to get the support from members, reenactors and visi-

tors needed to make opening weekend successful. Our goal at Fort Klock is to provide an opportunity for the public to experience what Colonial life was like. With everyone's help, we did just that," said Joan Kark-Wren, Fort Klock's presi-

While some people were outside under tents baking or making candles, others stayed inside to prepare a delicious venison shepherd's pie on Saturday and a delightful stew on Sunday. All who attended were welcome to try the delicious food made in an open hearth or what was baked in the

beehive oven outside, which continually produced delicious pies, pastries and bread throughout both days. Despite the rain Fort Klock's opening weekend did it again with enough fun and activities to keep a whole family entertained and immersed in the era this country was founded

"Fort Klock is a very special place. It was wonderful to see reenactors and visitors enjoying history at our 268-year-old farm house, 1795 era Dutch Barn, 19th century blacksmith shop and

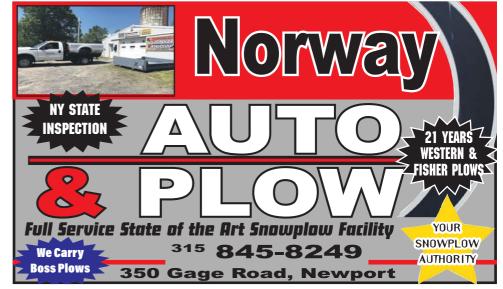
FORT 20



ment of all.



Members of McCrackin's NY 1st Unit engaged visitors with facts and stories throughout the two-day event.











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COUNTRY EDITOR 20 • June 1, 2018

FORT from 18

one-room schoolhouse.

Opening weekend was a great kickoff for our 2018 season," said Chris Osinki, Fort Klock's event chairperson.

Fort Klock is now open and will have a site inter-



Reenactor Jim Sparks takes a moment to enjoy a warm lunch.

Photos by Michael Wren



Michael Decker, from Altamont, demonstrated the art of making hand-dipped beeswax candles.





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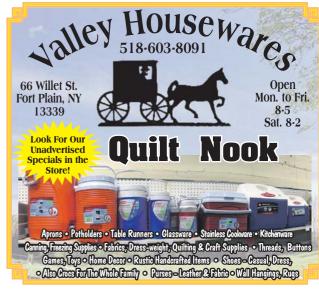
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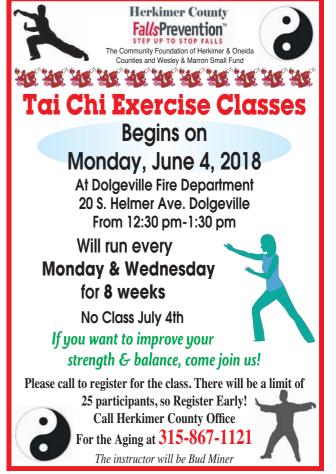
preter on duty for tours and questions. For the month of June the Fort will be opened Friday, Saturday and Sunday from 9 a.m. to 5 p.m. Starting July 4 it will be open Friday, Saturday, Sunday and Monday.

For more information on Fort Klock and upcoming activities visit their Facebook page, website at www.fortklockrestoration.org or call the fort at 518.568.7779. The Fort is located at 7214 State Route Johnsville, NY.

Fort Klock Historic Restoration is a non-profit association composed of people dedicated to the continued restoration of Fort Klock as a living history museum and preservation of an important example of early Colonial life in Upstate New York.









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HOCUS-FOCUS

BY HENRY BOLTINOFF

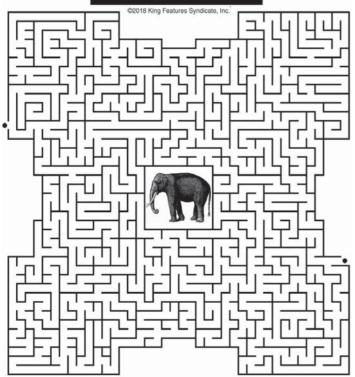


Find at least six differences in details between panels.



Differences: 1. Doghouse is missing. 2. Post is missing. 3. Shirt design is different. 4. Shirttsil is different. 5. Arm is moved. 6. Kite tail is shorter.

Mega Maze



Amber Waves by Dave T. Phipps









$MAGIC MAZE \bullet _STOP$

SYYVRNKGCZVSPLI YEBAYVROLIFCZWT K C A B W Q N K I F C Z W U R PMNJHR(S)ECRLZXUS QNLEJGUEOLCZXVT R P N L G J D O U A N H E C A YWVTRRDFFIIPNTL K I G E C A E B I B A B Z R X WUSREPNMRARUEOO MLJDIGEDELTSIHW BAYXWUKCURTIPST

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

Back	Emergency	Labial	Sudden
Bus	Fire	Pit	Train
Dead	Four-way	Rest	Whistle
Door	Full	Short	

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Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Just Like Cats & Dogs



Americanisms

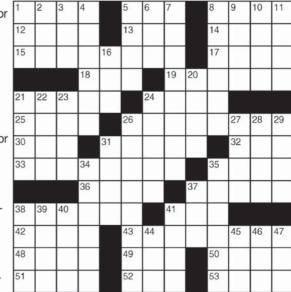


"It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." —George S. Patton

ACROSS

- 1 Paddington or Pooh
- 5 That guy's 8 Edinburgh native
- 12 Soft cheese
- 13 Shrill bark
- 14 Perspiration outlet
- 15 Laos neighbor 17 Leak out
- slowly 18 Single
- 19 Timesaving type of necktie
- 21 PC shortcut
- 24 Ring out
- 25 Persia, now 26 Sheer undergarment
- 30 Part of RSVP "Family Guy"
- dog 32 Skillet
- 33 Race for a seat
- 35 Flex
- 36 Ceremony
- 37 Wild West show
- 38 Acid neutraliz-
- 41 Scatter seed
- 42 Skeletal 43 Alabama's
- state flower 48 Fencing
- sword 49 Past

King Crossword



8 Goes bad

9 Henhouse

10 Pasta resem-

bling rice

11 Adolescent

21 Uncategoriz-

ed (Abbr.)

22 Met melody

20 Rested

23 Tranquil

24 Baseball's

Satchel

26 Decisive 27 Newspaper

- 50 Deserve 51 Lecherous
- look 52 Journey segment
- 53 Colored
- **DOWN** Telly letters Mound stat
- 3 Intent 4 Given new
- energy
- 5 Jekyll counterpart
- 6 Square root of
- IX
- 7 Astronaut,
- usually
- 28 Highway divi-
- sion 29 Within (Pref.)
- © 2018 King Features Synd., Inc.

- 31 \$50. in Monopoly
- 34 Orison 35 Tackled ten-
- pins 16 Yoko of music 37 Fish eggs
 - 38 First victim
 - 39 Easy bounding gait
 - 40 Elbow counterpart 41 Urban pollut-
 - ant
 - 44 Time of your life?
 - 45 Secular
 - 46 Anger
 - 47 As well as

22 • June 1, 2018 **COUNTRY EDITOR**

Country Editor

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- 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
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- 1075 Snowblowers
- 1080 Snowmobiles
- 1096 Sports 1109 Thrift
- 1140 Trailers
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- 1148 Travel 1165 Trees
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- 1190 Vegetable 1200 Veterinary
- 1205 Wanted

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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

Garage Sales

MOHAWK VILLAGE WIDE GARAGE SALE. Saturday June 2nd, 8-4. Map, food, vendors, raffles at Fire Sta-

South Ilion: June 1-3, 9A-? Vintage tools/parts/1950-60 Buick manuals, aquarium, kiln with molds, old unrestored furniture, unique miscellaneous. Negotiable prices. 1398 Elizabethtown Rd below reservoir.



country Editor

PO Box 121, 6113 State Hwy. Palatine Bridge, NY 13428 800-836-2888 • Fax: 518-673-2381 classified@leepub.com

Garage Sales

FRIDAY, JUNE 1st & Saturday, June 2nd, from 9am-4pm. 36 Elm Street, Dolgeville. Remains of house sale. Everything must go!



EARLY BIRD Garage Sale plus Bake Sale, June 1st 8am-2pm. Grace Church Parish Hall 9 East Main Street Mohawk.

Help Wanted

The Herkimer County Soil & Water Conservation District has an opening for a full time, provisional, Conservation Aide. This position involves hydroseeding, assisting with stream erosion projects, education and outreach programs, and assisting staff with a variety of soil and water conservation projects when necessary. Good communication skills, mechanical aptitude and manual dexterity are required. Knowledge of natural resource conservation and agricultural operations is preferred. Average work week of 40+ hours. Position will be funded for approximately 2 years. For an application, instructions, and specific qualifications contact the Herkimer County Soil and Water Conservation District at 315-866-2520 ext. 5 or to the website: www.herkimercountyswcd.com Application packet must be received in our office by 4:00p.m. on June 14th, 2018.

PART-TIME HELP FOR Little Falls Dairy, 5AM until Noon. Assist milking, feeding young stock & barn chores. 315-717-7032, 315-823-1309

HERKIMER COUNTY DAIRY FARM looking for help with milking & summer field work, experience very helpful, own transportation, part-time, fulltime. 315-717-9366

Hogs

PIGLETS: Mangalitsa & Hereford Pigs & Piglets. Blonde Mangalitsa's & Swallow Belly Mangalitsa piglets, \$100 & up. 845-764-1466 mangalitsapigfarm.com

Lawn & Garden

JEFF'S LAWN CARE. Mowing, shrub trimming, mulch and clean-ups. Fully insured, estimates. 315-894free 4331

Miscellaneous

8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00. Lee Newspapers, 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

Mobile Homes

3 BEDROOM TRAILER, living room, kitchen, washer dryer double load, refrigerator, \$6,900. 315-894-8352

Real Estate For Sale

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossette Real Estate services. Take a visual tour www.crossettres.com Asking \$112,000.00. All Broker inquires 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 Asking \$8,500.00 All Broker inquiries welcome. 315-894-

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

COMMERCIAL LISTING IN ILION: Flower shop only. Property surveyed. Asking price **\$165,000.00.** Take a visual tour www.crossettres.com All Broker inquires welcome. Email louise@crossettres.com OR Crossett Real Estate Services 315-894-8557

LAND FOR SALE: Montgomery County, 16 acres, hay fields, 2 barns, great 1220' frontage, \$69,000. Herkimer County, 10.1 acres, fields, nice view, \$28,000; 7 acres fields & woods, great view, \$25,000. Owner financing. Helderbergrealty.com 518-861-6541, 518-256-6344

HERKIMER: 2 Family Home, 314 Dewey Ave. Large lot. Plenty of parking. Separate Utilities. Very well kept. Asking \$62,000. Call 315-866-7014 before 8PM

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Country Preacher

by Pastor Dan West

In **James 3:13** the question is asked, "Who is a wise man with a lot of knowledge among you?" We might paraphrase the second sentence of **verse 13** "don't tell me, show me." (You do know don't

you, that what we do speaks so loud that what we say isn't heard?) Wisdom, the result of putting knowledge to work, is demonstrated in our lives, and doesn't need to be talked about to be evident.

Bitterness and anger in us shows to others through our actions and words, even if we say it isn't there (**verse 14**). We may think it gives us wisdom but James describes it in verse 15 as sinful, based on feelings (which

change continually), and "devilish". It only brings about confusion and evil activity **verse 16** says.

Verse 17 continues to say that when we get our knowledge and wisdom from God, (see **James 1:5-8**) it is pure, peaceful,

gentle and easy to be asked for, full of mercy and good things, without

prejudice and hypocrisy. So, where do you get your wisdom from?

Poland 2018-2019 school budget approved

POLAND — Poland Central School District residents voted 124-27 on Tuesday, May 15, to approve the district's \$14.37 million budget for the 2018-2019 school year.

The spending plan is a 0.84 percent increase from the current school year's budget and will result in a 1.63 property tax levy increase.

"We appreciate that community members showed their school support with their votes today," Poland Superintendent Laura Dutton said. "This budget will allow us to continue to provide resources to our teachers and students to help our children graduate from Poland prepared for their future."

The 1.63 percent property tax levy increase is below the district's maximum allowable tax levy limit of 1.96 percent. There has now been seven school budget seasons

since the state instituted a property tax levy limit, and for the seventh time, Poland's budget stays at or below the limit.

Because Poland's proposed tax levy increase is below the limit as calculated by the state's tax levy limit formula, the budget required approval from a simple majority (50 percent plus one) to pass

Residents also voted on the Board of Education election. There were two open seats, and one candidate, Chris Fullem, filed a petition to be on the ballot. Fullem received 131 votes.

Several write-in candidates also received votes. The write-in candidate with the most votes was Nora Ricci, who received five votes.

Fullem will serve a fiveyear term from July 1, 2018, through June 30, 2023. Ricci will also serve a five-year term if she accepts the position.

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Good Housekeeping

Spring Pea Dip

This delicious dip has all the best qualities of springtime: a luscious, green color, fresh flavors and a delicate texture. Along with cut-up vegetables, homemade pita chips are another tasty way of getting this dip from dish to mouth.

1 pound fresh peas in the pod (or 1 cup of frozen peas)

1/4 cup (loosely packed) fresh mint leaves, chopped

Salt and ground black pepper

1/3 cup part-skim ricotta cheese 2 tablespoons freshly grated Parmesan cheese

Assorted spring vegetables for dipping, such as cucumber strips, yellow and red pepper strips and baby carrots

1. Shell peas: run thumb along length of seam to open pod and release peas.

2. In 1-quart saucepan, heat 1-inch water to boiling over high heat; add peas and heat to boiling. Reduce heat to medium; cover and cook 3 minutes or just until peas are tender. Drain peas and rinse under cold running water; drain well.

3. In food processor with knife blade attached, puree peas with mint, 1/4 teaspoon salt and 1/4 teaspoon pepper. Transfer to small bowl; stir in ricotta and Parmesan. Serve dip, with vegetables, or cover and refrigerate to serve later. Makes 1 cup dip.

* Each serving: About 20 calories, 1g protein, 2g carbohydrate, 1g total fat, 1g fiber, 2mg cholesterol, 55mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes.

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Comfort Foods Made Fast and Healthy

by Healthy Exchanges Meat and Potatoes

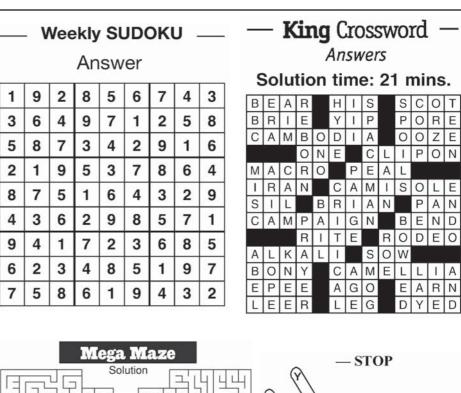
A great quick and easy meat and potato dish that is sure to please everyone at the table.

- 4 3/4 cups (24 ounces) diced cooked potatoes
- 8 ounces extra-lean ground sirloin beef or turkey breast
- 3/4 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (15-ounce) can diced tomatoes, undrained
- 2 teaspoons chili seasoning
- 1 tablespoon Splenda Granular
- 1 (8-ounce) can kidney beans, rinsed and drained
- 1 cup cubed Velveeta Light processed cheese
- 1. In a large skillet sprayed with butter-flavored cooking spray, sauté pota-

toes for 10 minutes.

- 2. Meanwhile, in another large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Stir in tomato sauce, undrained tomatoes, chili seasoning and Splenda. Add kidney beans and Velveeta cheese. Mix well to combine. Continue cooking until cheese melts and potatoes are browned, stirring both often.
- 3. For each serving, place 2/3 cup potatoes on a serving plate and spoon about 3/4 cup chili mixture over top. Serves 6.
- * Each serving equals: 268 calories, 4g fat, 18g protein, 40g carbs, 683mg sodium, 166mg calcium, 6g fiber; Diabetic Exchanges: 2 Meat, 2 Starch/Carbs, 1 1/2 Vegetable; Carb Choices: 2 1/2.

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Arc Park Community Festival set June 16

HERKIMER — Arc Herkimer will host a day full of family activities at the Arc Park Community Festival on Saturday, June 16 from 9 a.m. to 4:30 p.m. at 420 E. German Street in Herkimer, NY.

Arc Park is the first and only fully accessible recreation park in a 9-county region. Arc Park enriches lives for all by bringing together people of all ages and abilities for a unique recreational, wellness, and social experience.

The Community Festival will be filled with family-friendly events which include: a Heart & Sole Awareness 5K with wheelchair division at 9 a.m. with a live remote with KISS FM, and free children's run throughout the park at 9:45 a.m.

Other sport activities include Basketball Three-Point and Free Throw Competitions at the Boeheim-Basloe Basketball Courts and a Kickball Tournament at Basloe Field. Musicians at the Bandstand include Anthony LaBarbera at noon and Dale Edwards at 2:30 p.m. Food selections include a concession stand during the event and a chicken barbecue by Bone Yard BBQ. Other activities include face painting and a wandering magician.

For more information regarding the festival and a schedule of events, visit www.archerkimer.org or call Special Events Director Tony Vennera at 315.574.7355.



Arc Park, located at 420 E. German Street in the Village of Herkimer, will host the 2018 Community Festival. Arc Park enriches lives for all by bringing together people of all ages and abilities.

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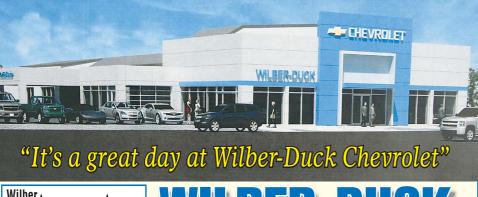




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2018 Herkimer County Local Foods Map Cornell Cooperative Extension Herkimer County

The 2018 Herkimer County Local Foods Map is now available from Cornell Cooperative Extension of Herkimer County at businesses throughout Herkimer County and the Mohawk Valley. To view an online version of this map, visit http://bit.ly/2018HCLocalFoodsMap

Photo courtesy of Herkimer County CCE

2018 Herkimer County Local Foods Map released

HERKIMER — The 2018 Herkimer County Local Foods Map is now available from Cornell Cooperative Extension of Herkimer County in East Herkimer. The map is being distributed to organizations and businesses throughout Herkimer County and the Mohawk Valley including all of the Mid-York libraries and farmers markets located in Herkimer County. To view an online version of map. visit

http://bit.ly/2018HCLocal-FoodsMap .

There are 59 producers on the map along with ten farmers markets this year. Support for updating and printing the map was provided by a grant from Herkimer County Mental Health through the Farm Family Assistance Project.

The benefits of "eating local" are many including fresher foods that taste great and are often more nutritious than foods that have traveled many miles and days to get to your table. Also when you buy directly from local farmers, your dollars stay within your community and strengthen the local economy which helps preserve farming as a livelihood and rural landscapes as farmland too.

For more information or to pick up a map, call Cornell Cooperative Extension at 315.866.7920.





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