

Herkimer County
Country Editor
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ARISE, SHINE; FOR YOUR LIGHT HAS COME, AND THE GLORY OF THE LORD HAS RISEN UPON YOU. FOR DARKNESS SHALL COVER THE EARTH,
AND THICK DARKNESS THE PEOPLES; BUT THE LORD WILL ARISE UPON YOU, AND HIS GLORY WILL APPEAR OVER YOU. ~ ISAIAH 60:1-2

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Celebrate safely this New Year's Eve

New Year's Eve is a time to celebrate. But for hundreds of people each year, the week between Christmas and New Year's Day proves fatal.

According to fatality data from the National Highway Traffic Safety Administration, over the last five years an average of 300 people died in drunk driving fatalities between Christmas and New Year's Day. Holiday celebrations, and New Year's Eve festivities in particular, tend to include alcohol, raising the stakes during this festive yet too often fatal time of year.

The sobering statistics provided by the NHTSA don't have to prevent people from toasting

a new year. In fact, there are many ways to have fun this New Year's Eve without putting yourself in harm's way.

- Don't overindulge in alcohol. For many people, overindulging in alcohol is part and parcel during New Year's Eve celebrations. Such behavior puts everyone at risk, even people who don't drive. According to the National Institute on Alcohol Abuse and Alcoholism, conservative estimates suggest that roughly one-half of sexual assaults on American women involve alcohol consumption by the perpetrator, victim or both. While alcohol and its relationship to traffic fatalities draw

the bulk of the attention on New Year's Eve, even people who don't intend to drive should recognize the dangers of overindulging in alcohol and drink responsibly.

- Arrange for transportation. If you need a car to get around on New Year's Eve and plan to drink alcohol, arrange for someone else to do your driving for you. Groups of friends should choose someone to be their designated driver or pool their money and hire a taxi or bus service for the night so no one who's been drinking gets behind the wheel. The NHTSA even offers a free app called SaferRide that is compatible with

Apple and Android devices and enables users to call a taxi or a friend to be picked up.

- Host responsibly. Even people who don't intend to leave their homes can take steps to make New Year's Eve safer for everyone. If you're hosting a party at home, do so responsibly, making sure none of your guests overindulge and making the party less about drinking and more about having fun. Shift the focus from toasting drinks to games and activities that don't include alcohol. Make sure to have plenty of food and nonalcoholic beverages on hand and encourage people who are drinking to eat

full meals and drink water throughout the night. People who fill up on food and water during the party may feel full, which may discourage them from having extra drinks. While many people will expect to drink alcohol on New Year's Eve, don't stock up on too much alcohol, the availability of which may encourage guests to overindulge. Hosts also should keep the phone numbers of local taxi services handy just in case some guests cannot drive themselves home safely.

New Year's Eve should be as festive as possible. Celebrating responsibly can ensure everyone has a fun and safe time.

Herkimer Hannaford associates purchased Christmas gifts for children

Many different associates from the Herkimer Hannaford store participated in helping out local children from the Mohawk Valley for Christmas again this year. This is the third year that Assistant Store Manager Kristina Hinman reached out to the Gram Lorraine Children Christmas Program. Hinman explained how rewarding and fun it is to give back and truly embrace what the Christmas spirit is all about. This year the Herkimer Hannaford associates purchased Christmas gifts for 12 children.

Gram Lorraine was a wonderful, loving mother and grandmother that spent hours each day volunteering and serving her community. This program was named after her to continue her legacy of giving to others along with an undying love for children. For nearly two decades, the Gram Lorraine Program has provided thousands of deserving children of the Mohawk Valley with four items including a pair of boots, a coat, an article of clothing and a toy, book or game of choice.



(Front row, L - R) Michael Childrose (Manager of Customer Service), Tessa Horner, Joseph Bongiorno, Kyle Williams (Bakery Manager), Josh Moynihan (Evening Operations Manager), Robert Caliguire (Center Store Manager) and Paul Young. (back row) Katrina Dixon, Wendy Stallman (Deli Manager), Michelle Bryce, Corine Zieno, Kara Bullen, Cecelia Brown and Michael Rondenelli (Store Manager). Not pictured: Kristina Hinman.

Photo courtesy of Herkimer Hannaford #8366

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NYSARC Trust Grants support Arc Herkimer Guardianship and Rec Programs

HERKIMER — Arc Herkimer, a not-for-profit organization supporting people with disabilities and others in the community, was awarded \$53,000 in grants from the Trustee Management Board of NYSARC Trust Services to support

guardianship and recreation programs in 2018.

NYSARC Trust Services administers supplemental needs trusts (SNT) that can make dramatic improvements to the lives of people with disabilities while enabling individuals to maintain eligibility

for public benefits programs, such as Medicaid and SSI.

Arc Herkimer received \$38,000 to support the local Corporate Guardianship program. This program assures families that their relatives with developmental disabilities who might require additional decision-making assistance will always, if needed, have a guardian in place to help advocate for their expressed wishes, choices, dignity and personal autonomy through appropriate supports and services.

Additionally, Arc Herkimer received \$15,000 to be utilized for recreation events and programs for adults, teens and children. The grant funded tickets for Utica Comets Hockey and Utica City Football Club along with a camping trip

to Yogi Bear's Jellystone Park. Recreation events and programs also included pottery and art classes, themed activities at the Recreation Center and monthly dances. Additionally, funds paid for trips to the Remsen Barn Festival of the Arts, Windy Hill Apple Orchard, The Farmer's Museum, Northeast Classic Car Museum, WonderWorks Destiny, Wolf Mountain Nature Center and the Herkimer County Fair.

For more information regarding the Guardianship or Recreation programs, contact the Outreach Coordinator at 315.574.7000. To learn more about Arc Herkimer, visit online www.archerkimer.org.

NYSARC Trust Services administers supplemental needs trusts (SNT) that can make dramatic improvements to the lives of people with disabilities while enabling individuals to maintain eligibility for public benefits programs, such as Medicaid and SSI. For 2018, NYSARC Trust Services is proud to fulfill its commitment to enhancing the lives of people with disabilities by awarding a total of \$2,778,500 grants to The Arc New York Chapters statewide.

NYSARC Trust Services administers first- and third-party supplemental needs trusts, pooled trusts for income and resource (asset) protection and individual trusts. When protecting settlement proceeds with a

NYSARC Community Trust, services can also administer Medicare Set-Aside (MSA) accounts. For more information, please call 518.439.8323 or visit us online www.nysarctrustservices.org.

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Michele Brewer, center, senior educator, Valley Commons program, holds Liliana Griffiths, left, and Isabella Ingerham, right, to meet Poe the Chicken from the Utica Zoomobile. The zoo's visit was supported by a recreation grant from NYSARC Trust Services, which supports guardianship and recreation programs for The Arc New York chapters throughout New York State.

Photo courtesy of Arc Herkimer

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Mental health wellness check up

Mental health is how individuals think, act and cope with life and the stressors and challenges that are part of the human experience. We live in very stressful times. Many are seeking assistance to help manage the pressures they face in their daily lives. Unfortunately, many people don't know that there are simple steps that can be of great help in reducing the stress, anxiety and depression levels.

Your emotions, thoughts and attitudes affect your energy, productivity and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious crises and challenges. Good mental health is essential to creating the life you want.

10 Tools to Live Your Life Well

These proven tools can help you feel stronger and more hopeful.

1) Connect with others. People who feel connected are happier and healthier – and may even live longer.

2) Stay positive. People who regularly focus on the positive in their lives are less upset by painful memories.

3) Get physically active. Exercise can help relieve insomnia and reduce depression.

4) Help others. People who consistently help others experience less depression, greater calm and fewer pains.

5) Get enough sleep. Not getting enough rest increases risks of weight gain, accidents, reduced memory and heart problems.

6) Create joy and satisfaction. Positive emotions can boost your ability to bounce back from stress.

7) Eat well. Eating healthy food and regular meals

can increase your energy, lower the risk of developing certain diseases and influence your mood.

8) Take care of your spirit. People who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut the stress that can contribute to disease.

9) Deal better with hard times. People who can tackle problems or get support in a tough situation tend to feel less depressed.

10) Get professional help if you need it. More than 80 percent of people who are treated for depression improve.

For more information visit the New York State Department of Health website at www.omh.ny.gov.

Tips to consider before showing a rental property

Real estate can be a lucrative investment that provides income well into retirement.

Real estate investors who intend to rent their properties will have to periodically show them to prospective tenants. The process of showing a rental property begins before such tenants arrive to look at the home. Landlords who want to get the best possible return on their real estate investments can consider these tips before showing their properties.

- Work with your existing tenants. If tenants are currently in the property, work with them to ensure the home or apartment is ready to show. Provide

advance notice when you will be showing the property so your current tenants have plenty of time to clean up and make arrangements to be elsewhere when prospective renters show up. Existing tenants likely won't want the place to be a mess during a showing, but you need to give them time to clean up.

- Address any issues before showing the property. Does a screen door need fixing? Does the shower need to be grouted? Address such issues before showing the property. Failure to do so will give prospective renters the impression that you don't respond to problems promptly, and that

may give many second thoughts about becoming your tenant.

- Make yourself available. Landlords don't have to be present at a showing, and some prospective tenants might prefer to see a property with only their realtors present. But landlords should make themselves readily available, answering questions promptly via email, text message or over the phone if they don't plan to attend showings. This gives potential renters a strong first impression of you as an attentive landlord.

- Provide details about the property. If you're utilizing a real estate agent

to show the property, then he or she will no doubt create a listing that highlights various things about the home or apartment. This includes the number of rooms, utilities, parking, and other details renters will want to know. If you are showing the property yourself, create such a packet for renters. This makes it easy for them to make a decision, and they'll likely be impressed by your attention to detail.

Rental properties can be lucrative investments. Landlords willing to go the extra mile when showing such properties should be able to attract scores of potential tenants.

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Poland fourth graders make deep connections with landforms project

POLAND – Poland Central School District fourth graders recently completed a landform project that included choosing a landform, conducting research, writing about the landform, building a model of the landform and presenting to their classmates.

The fourth graders enjoyed various aspects of the project, including Connor Cowan, 9, who said he was most happy about overcoming a challenge.

“My favorite part was probably speaking in front of the class because I don’t like doing it at all, but I wasn’t scared this time,” he said. “Usually, I’m really nervous.”

Fourth graders in the classrooms of teachers Tracy Graulich and Lori Seymour participated in the project under the guidance of Graulich, “the science lady.” It was an “additive project” that Graulich developed.

Students learned about landforms such as volcanoes, islands, gulfs, glaciers and more in class. They did some work in class and had more than a month to work on the project at home.

POLAND 6

Poland Central School District fourth graders Connor Cowan, 9 (left), and McKenzie Parow, 9, pose next to their landforms projects. Connor’s project was on a mesa; McKenzie’s was a mountain.

Photos courtesy of Herkimer BOCES



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POLAND from 5

"I think they had a blast with it," Graulich said. "I think they realized there's more to landforms than the hill out back or climbing the Adirondack Mountains. I let them have their own creativity with it."

Cowan chose a mesa for his landform. "I did a mesa because I had no idea about it, and I wanted to learn about it," he said. "I learned that a mesa is formed by erosion, and once a mesa gets eroded, a butte forms."

Kade Haver, 9, did his project on a butte. "I didn't even

as if she was setting the project down.

Greene, who moved to Poland from Louisiana a few months ago, chose a swamp for her landform. "I love swamps because I was born in the swamps," she said, "so I was like 'Let's just do my culture of Louisiana.'"

Greene enjoyed doing the research and creating her model for the project. "My favorite part about the swamp is probably the moss trees," she said, noting that her parents got engaged by trees with Spanish moss in them. "I had fun with this."

McKenzie Parow, 9, chose a mountain for her landform.



Fourth graders Ella Greene, 10 (left), and Kade Haver, 9, pose next to their landforms projects. Ella's project was on a swamp, and Kade's was on a butte.

know what a butte was," Haver said, before explaining what he was thinking when choosing it. "It looked pretty cool. It could be challenging. Let's go with a butte."

Haver and the other students were able to explain in detail how they made their landform models and added scenery and animals to them. Haver recalled doing research at his grandfather's house and getting sand from the project stuck to his hands for days.

"It turned out to be pretty fun," he said. Haver was looking forward to bringing the project home. "I'm going to take that and put it on my shelf," he said.

Ella Greene, 10, agreed with Haver and acted out how she would set her project up at her home. "I got it on my shelf right there," she said as she motioned

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Whatchamacallits



The history of canning started in 1806 with the French trying to find ways to preserve food. Although it worked for their purposes, the process involved a wax dip and didn't keep food safe from bacteria. This whatchamacallit is a Mason canning jar, utilizing the innovative screw-top lid.

The invention of this particular Mason jar came from John Landis Mason in 1858. But the glass jar itself wasn't his invention. It was the zinc screw-top lid. This lid also included a rubber ring to create an air-tight

seal. The glass jar, which was better than the metal containers previously used, was also well received by consumers since jar contents were visible.

This jar is quart sized. It was the common size for

canning for many years.

The biggest downside to the zinc lid was that it came in contact with the preserved food. This contact often gave a metallic taste to the food.

The mason jar pictured is from the 1900s. Usually, these jars are marked with a cursive "Ball." The block lettering was only used during this time period.

Mason's invention was patented in 1858 but the patent expired in 1979. This left room for other inventors to come in and alter the design.



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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

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
Pastor Mark Sowersby
3659 Route 5, East Schuyler
Sunday Worship 10:30 am
Wednesday Night 6:30 pm
Phone 315-895-0926
Christianassemblyofschuyler.com

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 5 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

HERKIMER
TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

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 6 PM
Sunday Mass 10 AM

REDEEMER CHURCH
Pastor Michael Servello
931 Herkimer Rd.
Utica, NY 13503
Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

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

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

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

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

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

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

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Gros. Blvd., East Herkimer
Phone 315-866-8095
Priesthood/Relief Society 12:10 PM
Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

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

CHRIST EPISCOPAL CHURCH
Rev. Jill Stellman
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@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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ILION COMMUNITY CHURCH
Pastor Dean Mabry
44 Central Plaza
Sunday Worship 10am
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ilionchurch.com

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

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

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

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

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

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

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

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

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

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

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

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

LITTLE FALLS
HOLY TRINITY LUTHERAN CHURCH
512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email lfirstpres@gmail.com
www.presbylif.org
Sunday Worship 10 AM
Sunday School 10 AM

INGHAMS MILLS BAPTIST CHURCH
Rev. Gary L. Busch, Pastor
Sunday Worship Service 10AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

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

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

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

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

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

MOHAWK
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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

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
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UNITED METHODIST
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Sunday School 11 AM
Morning Service 11 AM

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Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

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Now Here's a Tip

by JoAnn Derson

• Putting up new calendars? Before you toss your old one, be sure to look through it for important anniversaries, and cut out and save any pictures or art that might be reusable for craft projects.

• Wrapping up your decorations is a snap with a visit to the recycling bin: egg cartons for ornaments, paper towel cores to wrap lights around and news-

paper for tinsel or lengths of fake boughs.

• "Is your showerhead spraying in all directions? There may be a buildup of mineral deposits blocking some of the holes. Here's a good way to get that cleaned out, and it's no scrub, mostly. Fill a plastic baggie halfway with a vinegar and water solution. Lift it up and put the showerhead into the vinegar. Then secure the bag over the pipe tight-

ly using tape or a hair elastic. Let it sit while you're at work or running errands. Then remove and run the shower normally." – R.E. in Oklahoma

• Do you use the clutter basket trick? As you clean your home, or just when tidying, carry a basket from room to room. Items that belong in another room go in the basket to be delivered to the right room along the way.

• "Make your own coffee creamer with

this easy recipe: Combine 1 can of sweetened condensed milk with 2 cups of whole milk and 1/3 to 1/2 cup flavoring syrup, available in the coffee aisle of your grocery store. Add a teaspoon of vanilla or almond extract for additional flavor." – W.B. in New York

* Use dry flour or cornstarch on a microfiber cloth for stubborn grease on stainless steel. It absorbs and buffs.

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Central Valley Academy students delivered Christmas baskets to older adults

The Student Council at Central Valley Academy wanted to complete a community project to be able to give back to the Mohawk and Ilion communities. The students decided they would like to help homebound older adults. The students worked with the Herkimer County Office for the Aging to locate older adults in the community who would like a little holiday cheer.

The students gathered items and prepared the holiday baskets. On Wednesday, Dec. 19 the students delivered over 30 holiday baskets. The students did not want older adults to be forgotten and wanted to bring them some holiday cheer.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

These chocolate treats are so yummy – enjoy a couple of these without guilt!

S'more Cake Brownies

1 1/2 cups all-purpose flour
Sugar substitute to equal 3/4 cup sugar, suitable for baking
1/4 cup unsweetened cocoa
1 teaspoon baking soda
1 teaspoon baking powder
1/2 cup fat-free yogurt
1/3 cup fat-free mayonnaise
1 teaspoon vanilla extract
3/4 cup water
1 cup miniature marshmallows
6 tablespoons purchased graham

cracker crumbs

1/4 cup mini chocolate chips

1. Heat oven to 350 F. Spray a 9-by-13-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine flour, sugar substitute, cocoa, baking soda and baking powder. In a medium bowl, combine yogurt, mayonnaise, vanilla extract and water. Add liquid mixture to dry mixture. Mix gently just to combine.

3. Spread batter evenly into prepared cake pan. Bake for 15 minutes. Evenly sprinkle marshmallows over top of partially baked brownies.

4. In a small bowl, combine cracker crumbs and chocolate chips. Sprinkle crumb mixture evenly over top. Continue baking for 10 to 15 minutes or until a toothpick inserted in center comes out clean.

5. Place cake pan on a wire rack and let set for at least 10 minutes. Cut into 16 brownies. Makes 8 (2 each) servings.

* Each serving equals: 170 Calories, 2g Fat, 4g Protein, 34g Carb., 352mg Sodium, 2g Fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat

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HOLIDAYS

Strange But True

by Samantha Weaver

• It was beloved American comedian and film star Groucho Marx who made the following sage observation: "There's one way to find out if a man is honest — ask him. If he says 'Yes,' you know he is a crook."

• A pregnant goldfish is known as a "twit."

• Sometimes looking at local ordinances can make you wonder what inspired lawmakers to pass such laws. For instance, in Florida it's illegal to wear nothing but liquid latex while in a public place.

• If you make a serious study of Hungarian gypsies, you probably already know that you're a "tziganolologist."

• Ever wonder how the statuette taken home by winners of the Academy Awards got its nickname? Evidently, in 1931 a secretary at the Academy of Motion Picture Arts and Sciences saw the statuette for the first time and exclaimed, "Why, he reminds me of my Uncle Oscar!" The comment struck the fancy of a reporter who was present, and he put it in a story about the awards, and the name stuck.

"It is easier to fight for one's principles than to live up to them." — Felix Adler

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Boxed candy/brandy beans, etc
Stolen & German Fruit Cake, Marzipan
Kinder Surprise Eggs, Chocolate tree ornaments

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Human Services Club at Herkimer College performs holiday concert for nursing home residents



The Human Services Club at Herkimer College performed a holiday concert for the residents of the Grand Rehabilitation and Nursing Home at Mohawk Valley in Ilion on Dec. 12. Included in the concert were performances by students Matthew Aceto of Deerfield and Julia Grippe of Sauquoit, majoring in Music Industry at Herkimer College (pictured). Club members presented residents with bells and ornaments which they adorned with special quotes. Club advisor Grace Ashline said, "It was pretty impactful and powerful. Julia and Matt sang beautifully. The jingle bells with quotes and donated ornaments brought residents and staff to tears. It was pretty humbling and an event I am very proud of the Human Services club for identifying, coordinating and pulling off."

Photo courtesy of Herkimer College

Calendar of events

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

Dec 28 and 29

Forge. For details and to register for the classes, please visit ViewArts.org or call 315.369.6411. Registration deadline is Jan. 8.

Pierogi Sale. 9:30 a.m.-2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi \$8 dozen.

Jan 10

Begins Jan 11

Make Jewelry with Robert Moore. VIEW at 3273 State Rt. 28 in Old

Ilion Snowdrifters Club's famous Fish Fry's begin. Each Friday night, 5 p.m. until gone through March 2019. 1440 Cedarville Rd., Ilion, NY. Call Pat Deyle, Club President, at

Jan 12

Traffic Survival Workshop. Jan 12. 9 a.m.-4 p.m. Training Center at 350 S. Washington St., Herkimer. Fee is \$38. Payment and registration can be made by calling Kelly Bunce at 315.574.7982.

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Prepare for a sledding adventure

Dashing through the snow in a one-horse open sleigh...

Winter holidays are made all the more merry with the addition of some outdoor recreation. Sleighs and sleds are par for the Christmas course, especially when a bounty of snow is in the forecast.

Sledding has been part of snowy celebrations for

ages. Sledding is a fun-filled activity, but it can be made an even better time, and a little safer, if revelers learn a little more about it.

Sled styles

Sleds come in many different styles, each with its own advantages. Sleds with metal blades will work like ice skates, balancing riders' weight on

two metal runners. These sleds can work well during icy conditions or with hard-packed snow. Toboggans can fit multiple people, which can increase the fun factor and downhill speeds. Saucer-style sleds are good for one or two people. Foam liners on some saucers can absorb shock for riders, making those down-

hill bumps a little easier on the backside. Keep in mind that sleds with steering mechanisms are easier to control, which can equate to safer sledding.

Layer up

It is best to dress in layers when going sledding. Even if it seems warm at home, it may be colder and windier at the top of hills. Sweating when it's cold out can increase a person's risk for hypothermia. According to experts at Timberline Trails, a person who works up a sweat and comes in contact with ambient air when taking a break will feel an immediate chill. This is called evaporative danger, and can be remedied by dressing in layers and trying to stay dry.

Invest in a helmet

Sledding requires the use of a helmet. At high speeds, a blow to the head can cause a concussion or worse.

Let others go first

Wait until some sledgers have already gone downhill, allowing them to compact the snow, which should make for a smooth ride.

Choose safe hills, such as those that are free of bare spots, holes, trees, and obstructions, and do not end abruptly at a road. Hills with a long,

flat areas at the end make for easy, safe stopping.

Safety first

Put safety first when sledding. Sled during the daytime so visibility is better. Keep arms and

legs on the sled, and only sled feet-first, advises the National Safety Council.

By keeping these guidelines in mind, sledders can make sure this popular winter activity is as safe as it is fun.



Put safety first when sledding.

Good Housekeeping

Bagel Breakfast Bake

4 "everything" bagels, toasted and chopped
6 large eggs

2 cup milk

4 ounce Monterey Jack cheese, shredded

4 slices cooked bacon, finely chopped

4 green onions, sliced, plus more for garnish

1. Arrange bagels in 2- to 2 1/2-qt. baking dish.

2. In large bowl, whisk together eggs, milk, cheese, bacon, 4 sliced green onions, 1/2 teaspoon salt and 1/4 teaspoon pepper. Pour over bagels, pressing down slightly to submerge. Cover and refrigerate 1 hour or up to overnight.

3. Heat oven to 350 F. Uncover dish and bake 45 to 55 minutes until set.

4. Let cool 15 minutes before serving; garnish with green onion. Makes 6 servings.

* Nutrition: About 385 calories, 21g protein, 39g carbs, 16g fat (7g sat), 2g fiber, 805mg sodium.

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

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How young people can avoid the debt trap

Rites of passage come in many forms. Some are religious ceremonies marking an important stage in a person's spiritual life, while others are less ceremonial but still impactful.

For many young people who are old enough to vote but not necessarily old enough to live completely independent of their parents, digging oneself out of debt is an early financial rite of passage. But youth and debt need not go hand in hand, even though statistics suggest otherwise.

According to the Federal Reserve, student loan debt reached historical highs in the first quarter of 2018, surpassing \$1.5 trillion for the first time ever. That figure is even more staggering when compared to figures from a decade ago, when total student loan was about \$600 billion.

And it's not just student loan debt that's jeopardizing young people's financial futures. Consumer debt compiled through the use of credit cards has long been a thorn in the sides of young adults, many of whom apply for credit cards before they fully understand the concept of credit, only to learn the hard way that swiping credit cards comes at an oftentimes steep cost.

But while the young people of yesteryear might have landed in debt by using credit cards for nonessentials like a night out with friends, a recent survey from the professional services firm PwC found that young adults currently between the ages of 25 and 34 are more likely to buy day-to-day essentials with credit. In fact, 20 percent admitted to doing so in the past six months, compared with just 6 percent of adults age 55 and over. That could be due to a number of factors be-

yond young adults' control, including low and stagnant wages, but it also might be a byproduct of young adults not knowing how to avoid debt. If it's the latter, then young adults can try to employ the following strategies to avoid falling into the debt trap.

- Explore your repayment options. According to Student Debt Relief, a private company that looks to educate and empower consumers about student loan debt, the average college graduate in the class of 2016 had \$37,172 in debt. That's nearly \$10,000 more debt than the average graduate from the class of 2011. Young adults struggling to repay their student loans can explore various options, including federal student loan repayment plans, such as the Pay As You Earn plan and the Income-Based plan. Each plan is different, but young adults should know that they have many repayment options.

- Avoid consumer debt. Interest rates on credit cards can be high, especially for young people without lengthy credit histories. As a result, it's best to only use such cards for emergencies and not to pay for nights out with friends or a new pair of shoes. Consumer debt that's not paid off in full each month also can adversely affect young adults' credit ratings, which can hurt them when they get older and look to buy their own homes or other big-ticket items.

- Live at home. While many college graduates want to maintain their independence and live on their own after graduation, moving back in with Mom and Dad might be the most financially savvy move to make. Doing so allows young adults with jobs to begin building their nest eggs and can help them avoid having to use credit cards to meet their day-to-day needs.




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Forget kissing, try these quirky New Year's customs

by Lucie Winborne

As we all know, New Year's isn't just about party hats, champagne, a kiss at midnight and watching a sparkly ball drop in Times Square – it heralds a season of new beginnings. And around the world, folks who want to get things off to a great start have been known to put some interesting practices to work for them. How many of these have you heard of – or tried yourself?

Before you pack that travel bag ...

In many Latin American countries, New Year's merrymakers place an empty suitcase by their front door, drag it in circles around a room or even tote it around the block. Why? In the hopes it will summon adventure and travel!

Don't forget the Beano

Feeling uneasy about the current economic cli-

mate? You might consider emulating the good folks of Argentina by eating beans just before the clock strikes 12 on Dec. 31 ... to ensure job security throughout the coming year.

Or perhaps you'd prefer peas

Down south, you'll often find families feasting on a New Year's Day supper of collard greens, pork and black-eyed peas. The latter is credited with bringing good luck, though it's unclear why. One version traces it to the Civil War, when Union soldiers stole all the enemy's food supplies with the exception of black-eyed peas, rendering them "lucky"!

Who needs a dating service?

Ladies, if you want your man to put a ring on it in 2019, take a tip from single gals in Belarus, who

sit in a circle with individual piles of corn in front of them. A rooster is then set down in the middle of the circle, and the woman whose corn it chooses first will also be the first of the group to wed.

Break a dish, save it 'til January

Now chances are good that when you break a dish, you just chuck the remnants into the trash, right? Not so fast! In Denmark the shards are saved till New Year's Eve, then tossed at the homes of friends and family for good luck. If your aim's not so hot, you can opt to leave them on the doorstep.

Here's one way to lose that ugly old sofa

And speaking of tossing ... residents of Johannesburg, South Africa's Hillbrow neighborhood ring in the New Year by throwing their old furniture out the window or off a bal-



cony! A word of caution, however: unsurprisingly, injuries and police visits have been known to result.

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Moments In Time ~ The History Channel

• On Jan. 4, 1785, the older of the two Grimm brothers, Jacob, is born in Hanau, Germany. His brother Wilhelm is born the following year. As young men, the brothers published "Children's and Household Tales," later known as "Grimm's Fairy Tales," in several volumes between 1812 and 1822.

• On Dec. 31, 1879, in the first public demonstration of his incandescent light bulb, American inventor Thomas Alva Edison lights up a street in Menlo Park, NJ. The Pennsylvania Railroad Company ran special trains to Menlo Park in response to public enthusiasm over the event.

• On Jan. 5, 1933, construction begins on the

Golden Gate Bridge, as workers began excavating 3.25 million cubic feet of dirt for the structure's huge anchorages. The bridge officially opened on May 27, 1937, the longest bridge span in the world at the time.

• On Jan. 1, 1942, President Franklin D. Roosevelt and British Prime Minister Winston Churchill issue a declaration, signed by representatives of 26 countries, called the "United Nations." The signatories vowed to create an international postwar peace-keeping organization.

• On Jan. 2, 1962, an appearance by the Weavers on NBC's "The Jack Paar Show" is canceled when band members refuse to sign an oath

of political loyalty. The folk group saw their careers nearly destroyed by the anti-communist Red Scare of the early 1950s.

• On Jan. 6, 1975, some members of a large crowd in line to buy tickets to the rock band Led Zeppelin break into the Boston Garden arena and cause \$50,000 in damage. In response, Boston's mayor Kevin H. White bans the band from Boston for five years.

• On Jan. 3, 1987, the Rock 'n' Roll Hall of Fame admits its first female artist, Aretha Franklin. Since then female inductees have included the Supremes, Janis Joplin and the Shirelles.

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To Your Good Health

by Keith Roach, M.D.

Forget bottled water, tap water is better

Dear Dr. Roach: Bottled and purified water sales have increased over the years. I often see advertisements showing filters attached to faucets that "take out all impurities." My parents had a water softener, and my father, professionally involved in weight-bearing physical activity, experienced demineralization of

his skeleton and a broken hip. It has been suggested that the water softener took minerals, including calcium, out of the water that my parents used to cook and drink.

I drink tap water, but is a large percentage of the U.S. population headed for demineralization and malnutrition because they drink only "purified water"? – C.D.

Answer: Most water softeners work by ex-

changing sodium for the "hard" minerals, especially magnesium and calcium, present in most tap water, to greater or lesser extent. If the water in your area is naturally very hard, then a significant amount of sodium may be added, and calcium and magnesium removed.

However, this is very rarely a problem, and almost certainly had nothing to do with why your

father had a hip fracture. We get our minerals mostly from food, not from water. The major risk factors for osteoporosis in men are smoking, alcohol, low testosterone levels and low vitamin D, although there are many other causes.

I don't recommend bottled water or water purifiers because in most of the United States and Canada, the water quality is excellent. Bottled water

is 1,000 times more expensive than tap water where I live. I have been to places where the tap water doesn't taste so good, in which case I would recommend a filter over bottled water.

Dear Dr. Roach: Could you please discuss the use of Propecia for female hair loss? I am a female in my late 50s, and I have suffered from hair loss for many years. After numerous blood tests, a biopsy and exams, my dermatologist determined that I have androgenic alopecia. I have been on Aldactone, and have used minoxidil for quite a while, with minimal results, if any.

For the past eight months, I have been taking Propecia, 2.5 mg daily. My hair doesn't seem any better or worse, but I worry about its side effects. Can you please give me your opinion on the use of Propecia by women? Do the benefits outweigh the risks? – R.M.

Answer: Male pattern hair loss will occur in up to 80 percent of men and 40 percent of women,

with age being the primary risk factor. Hair loss can affect self-image and self-esteem significantly, probably even more in women than in men. Diagnosis usually is made by appearance, but a biopsy is sometimes necessary to rule out less-common causes.

Finasteride (Propecia) is a blocker of dihydrotestosterone, and although it frequently is used in men, is not approved for use in women. It should not be used by women who could become pregnant. Women (and men) should not donate blood while taking finasteride. However, it is sometimes used "off-label," and one study showed that although it did not cause regeneration of hair, it did slow further loss. Side effects of weight gain, loss of libido, depression and fatigue are listed as possible. I have no personal experience of women using this medication.

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Find at least six differences in details between panels.

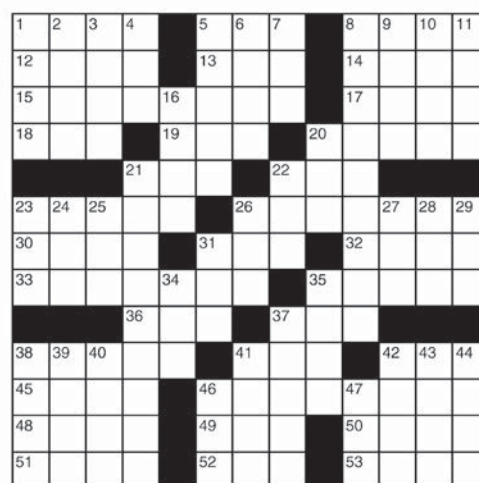


Differences: 1. Lamp is missing. 2. Ear flap is smaller. 3. Sign is different. 4. Number is different. 5. Pocketbook is missing. 6. Wreath is missing.

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King Crossword**ACROSS**

- 1 Trumpet
5 Recipe meas.
8 Arduous journey
12 Reed instrument
13 Pussy-Cat's partner
14 Present
15 Freebie
17 Wedding symbol
18 "Golly!"
19 Illuminated
20 Actor Tommy Lee
21 Automaton, for short
22 Not many
23 Strictly — nous
26 Excise
30 Old Italian money
31 Godfather's address
32 Greet silently
33 Abandon the nest
35 Gold measure
36 Child
37 Whatever number
38 Caesar, for one
41 Saturnian saucer?
42 Locate
45 Cabbage salad
46 Hidden pas-

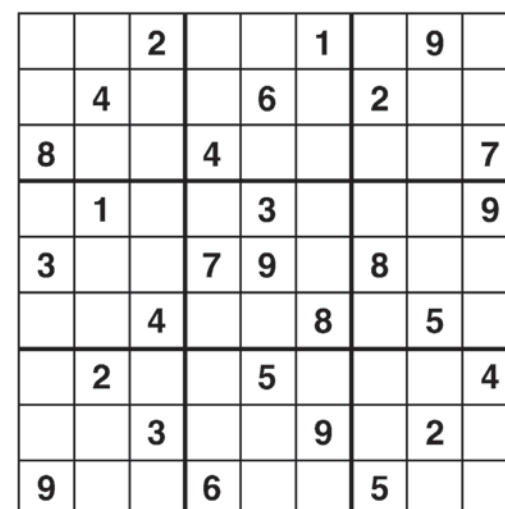


- senger
48 Passport endorsement
49 Rowing need
50 Foundation
51 Annoyingly slow
52 Definite article
53 Picnic invaders
7 Thickness
8 Disposable
9 Check
10 Sea eagle
11 Small barrels
16 Burn aid
20 Lustrous black
21 Made to come apart easily
22 Merriment
23 Sprite
24 Zero
25 Have a go at
26 Coquettish
27 Series of skirmishes
28 Actress
29 Still
31 Pop
34 Victory
35 Recognize
37 Earlier, in verse
38 Answer an invite
39 Hodgepodge
40 Halloween purchase
41 Hexagonal state
42 Former ugly duckling
43 Bridge position
44 Spud's buds
46 Drunkard
47 Lawyers' org.

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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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RIDDLE CARD

- How do locomotives hear?
- What nut is like a sneeze?
- What fish is definitely out of place?
- What can be right but never wrong?
- Why is the letter "N" like a pig?



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Junior Whirl

by Charles Barry Townsend

A PAR FIVE PUZZLE!

Solve these five word puzzles and win the Junior Whirl Word Open! In this type of puzzle, you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed PUTT to SINK in four moves. See if you can change the following five words in four moves.

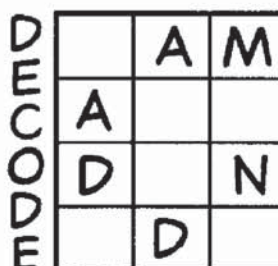
- HAND to PICK
- JUTE to MILL
- SLIP to KNOT
- MILE to POST
- SLOB to NEAT

A PERFECT PUZZLERS' BREAKFAST! Can you solve this AlphaMath puzzle before our order comes? You must replace the letters in the menu with the digits 1, 2, 3, 5, 6, 7, 8 and 9 so that you have a correct addition problem. The same letters get the same digits.



Our Answer: H=8, A=7, M=3, N=9, D=2, E=1, G=6, S=5, (873 + 792 = 1665).

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "DECODE." See if you can replace these letters in the squares so that you will have four 3-letter words across and three 4-letter words down. The time limit is 60 seconds.



Illustrated by David Coulson

Answers: (Across): Dam, ace, den, odd. (Down): Dado, aced, mend.

Answers:
1. HAND, HANK, HACK, PACK, PICK.
2. JUTE, MUTE, MITE, MILE, MILL.
3. SLIP, SNIP, SNIT, KNIT, KNOT.
4. MILE, PILE, POLE, POSE, POST.
5. SLOB, SLOT, SLAT, SEAT, NEAT.

Kovels: Antiques and Collecting

by Terry and Kim Kovel
Punch Bowl

If you were getting ready for the traditional Christmas party in 1860s England, you might have been searching the storage cupboards for the holiday punch bowl. Colorful, decorative majolica serving pieces were popular then, and George Jones made some of the best. Starting in 1866, he made covered dishes for

cheese, game pie and even sardines. Special dishes were made for honey, cake, oysters, butter, berries, biscuits or other foods. All were decorated with raised flowers, leaves or figures glazed in bright colors. Jones was joined by his sons in 1873 and the company name was changed to "George Jones & Sons." George died in 1893, the company was

sold in 1929 and the name was changed by 1951. Early pieces are marked with the overlapping letters "GJ" in a circle until 1873, when a crescent with "& sons" was added. Majolica lost favor and was considered "kitsch" until about 1970 when it began to be used by decorators on the East Coast. Today, George Jones majolica is expensive. The amusing Christ-



mas punch bowl that is decorated with holly and held by the famous puppet character Punch auctioned at Skinner's in Boston for \$3,075.

G: I have a cube puzzle titled "The Night Before Christmas" made by McLoughlin Brothers in New York. It consists of 20 cubes, 2 1/2 inches on an edge, that depict various Christmas scenes based on Clement Moore's poem. Santa is shown in a green coat with a red belt and fur trim. The puzzle is 4 cubes by 5 cubes. The copyright date reads "18-." The last two digits are obscured. What is the copyright date? The puzzle has been enjoyed by four generations of children, and it shows. It's in good enough condition so that all six scenes are shown in detail. What is the approximate value?

A: The copyright date is 1889. The pictures made by assembling the cubes are from the children's book "The Night Before Christmas," published by McLoughlin Brothers. This Santa Claus cube puzzle sells for over \$2,000 in almost perfect condition.

Current prices

- Advertising can, A&P Egg Nog, Ready to Serve, tin lithograph, cylindrical, red, white and blue, 1960s, 1 quart, 7 1/2 x 3 1/3 inches, \$55.
- Christmas tree stand, metal, faux tree branches, tripod feet, silver patina, c. 1905, 5 1/2 x 10 inches, \$125.
- Candy container, reindeer, metal antlers, removable head, Santa, blue coat, flocked, composition, German, c. 1910, 8 x 7 inches, \$795.
- Ice cream mold, Santa figure, pewter, peaked

hat and long coat, round base, France, c. 1905, 20 inches, \$5,000.

Tip: Snowdomes are liquid-filled paperweights. They should not be stored in the dark. Exposure to the light is necessary to keep the liquid clear. However, do not keep the snowdomes in direct sunlight. They can magnify the rays and may start a fire.

For more collecting news, tips and resources, visit www.Kovels.com

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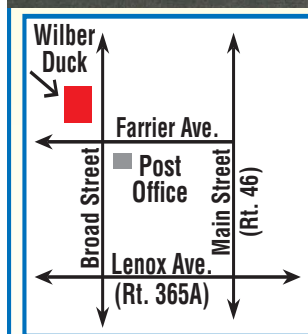


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2018 CHEVY HD 3/4 TON SILVERADO CREW CAB LTZ 4X4 MSRP New \$65,000 plus \$3,000 In Accessories. Power Sunroof, Navigation System, 20" Chrome Wheels, Heated & Air Conditioned Leather Seats, 14,000 Miles, One Owner. Must See. LOOKS BETTER THAN NEW \$51,995	2017 CHEVY SILVERADO 4X4 Every Available Option. 20,000 Miles, One Owner, Too Many Extras To List. Tonneau Cover, Bedliner, HD Trailing. If You See It, You'll Buy It. \$24,995	2015 CHEVY SILVERADO CREW CAB LT 4X4 Z71 Package. All Star Edition. Heated Seats, Chrome Wheels, Too Many Accessories To List, One Owner. Looks Better Than New. MSRP New \$51,000. \$19,995
2015 GMC ACADIA SLT2 AWD Every Available Option, Power Sunroof, Navigation System, 20" Chrome Wheels, One Owner, New Tires & Brakes, Super Super Sharp & Clean. This AWD Will Go Anywhere. \$21,995	2015 GMC TERRAIN AWD SLT Every Available Option, Navigation System, Heated Seats, Chrome Wheels, New Tires & Brakes, Super Gas Mileage. Must See. GREAT BUY \$16,995	2016 CHEVY TRAX AWD LT2 PACKAGE Every Available Option, Heated Leather Interior, Navigation System, Chrome Wheels, New Tires & Brakes. This AWD Is Not Missing Anything. HURRY WILL NOT LAST AT \$14,995

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

Woodchucks are most common in open farmland and the areas adjoining them as well as in woody or brushy areas near open land. Their burrows can be found in fields, along fence rows and stone walls, near (even under) building foundations and trees and along roads. These burrows are easily found by the large mound of earth outside the opening, which can be up to 10 inches wide. There is often a second opening, well-hidden and dug from below so with no soil outside, used to escape danger. The main opening descends at a sharp angle, then levels into a smaller tunnel leading to the “living area” and the separate toilet area.

New burrows that appear in autumn are usually from older woodchucks, leaving the established burrows for their offspring, or for other mammals such as rabbits. Woodchucks generally live for three to four years. Their main enemies are hawks, owls, foxes, coyotes, bobcats, weasels, dogs and humans and their cars.

Knowing their behavior is the first step toward knowing whether woodchucks will be a problem, and to controlling them. They usually venture only 50 to 150 feet from their burrows in order to retreat if they sense danger. If your garden is farther away than this, you may not have a problem. Woodchucks are true herbivores, only feeding on vegetables, grasses, legumes, herbaceous flowers and some landscape plants. They feed mainly in early morning and evening, and can climb trees to feed.

Fencing, or exclusion, is the most permanent and effective means of control and works on other mammals as well. Make fences three feet above ground, and of heavy poultry wire, heavy gauge rabbit fencing or two-inch mesh wire. Bury the lower edge one foot in the ground to prevent burrowing, with the lower six inches bent

outward in an L-shape. You may bend the top foot or so of wire mesh outward at a 45-degree angle to inhibit climbing. If you want even more insurance, place an electric wire about five inches off the ground and five inches outside the fence. This too will prevent digging as well as climbing.

If woodchucks aren't a serious problem, or your area is too large for fencing, you may try any number of repellents available at garden stores, farm stores and online. These work by either disagreeable smells to the woodchucks (such as garlic, old tennis balls soaked in ammonia or used smelly kitty litter), or tastes when sprayed on susceptible plants (such as from hot pepper sauce). If the population is large and feeding pressure high, these may not work.

Frightening may work too, either from noise (as from radios) or light (as from motion lights). Just make sure they are portable and moved every few days, otherwise the woodchucks will learn they are of no harm.

Live trapping also is used by some. Since woodchucks are a potential rabies vector, trapping in many states is illegal unless you are moving them on your own property or humanely euthanizing them. Beware that by relocating them in autumn they may not be able to find a den for hibernation, and that relocation in spring may cause death to their young. Such large wire traps also might catch non-target mammals such as pets, or even skunks!

If using a large wire cage trap (10 x 10 x 24 inches), place it near a burrow opening or along major paths they travel. Conceal it with brush or a black cloth, and replace the bait daily. Bait may consist of apple slices, carrots with tops, lettuce, cabbage or cantaloupe pieces. Check traps at least in morning and evening, so trapped animals can be removed. Often it helps to fix the trap open for a few days so they get used to it before then setting it. You

Woodchucks in the garden

may need to use wood or concrete blocks to create a tunnel between their burrow and the trap so they don't bypass it.

Before attempting control, check to make sure the products and measures you'll use are legal in your area, can be done safely, and are not restricted by game control regulations. Many states allow shooting if woodchucks are damaging property. If you don't feel up to the task of woodchuck control or aren't having any luck, check locally or with your state wildlife agency for pest control specialists.

More interesting facts on woodchucks, and de-

tails on control, can be found in a wildlife leaflet

from Pennsylvania State University Extension (ex-

tension.psu.edu/woodchucks).

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Tips for finding a home services provider

Homeowners who are good with their hands can tackle many minor home improvements on their own. However, more complicated projects often require the services of professional contractors to ensure the renovations are done right, completed on time and within budget.

Choosing a home services provider requires careful consideration on the part of homeowners. The

wrong contractor can cost homeowners time and money, so homeowners must exercise due diligence when vetting contractors before going forward with a home improvement project.

Types of contractors

The Federal Trade Commission notes that the scope of a project may necessitate hiring various types of contractors. The more complex a project is, the more likely it is that

homeowners will need to hire contractors who specialize in certain areas. Understanding the differences between contractors can help homeowners make informed decisions.

- **General contractor:** General contractors manage home improvement projects. This includes hiring subcontractors and supervising their work. General contractors also secure building permits and schedule inspections.
- **Specialty contractors:** Specialty contractors focus on specific areas of a project. For example, homeowners who are remodeling their kitchens may need new cabinets installed by a contractor who specializes in cabinets and cabinet installation. That contractor is a specialty contractor.
- **Designer or design/build contractor:** The FTC notes that these contractors both design and build projects.
- **Architects:** Architects design homes as well as any additions or major renovations to homes. Architects are often neces-



Hiring a home services provider is a complicated process that can be made easier by homeowners who do their research and take the decision seriously.

Weekly SUDOKU King Crossword

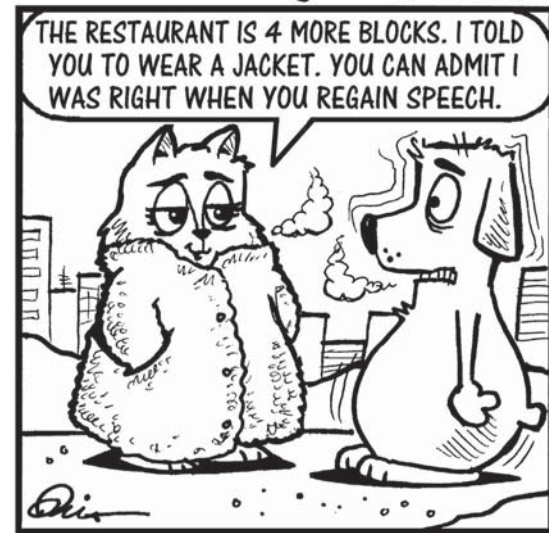
Answer Answers

Solution time: 21 mins.

6	7	2	3	8	1	4	9	5
5	4	1	9	6	7	2	8	3
8	3	9	4	2	5	1	6	7
2	1	8	5	3	6	7	4	9
3	6	5	7	9	4	8	1	2
7	9	4	2	1	8	3	5	6
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P	O	K	Y		T	H	E		A	N	T	S	

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Seek recommendations from people you trust, even asking to see completed projects if possible.

- Utilize the internet. Websites such as HomeAdvisor and Angie's List are free of charge and can be great resources when homeowners are looking for contractors. Each site includes reviews of contractors from past customers and contact information for local contractors.
- Confirm qualifications. The FTC advises homeowners to confirm contractors' licensing and qualifications before hiring anyone. Some areas may not require licensing, but many do. Homeowners can contact their local building department or consumer protection agency to determine the licensing requirements for their area.

Country Editor

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1096 Sports
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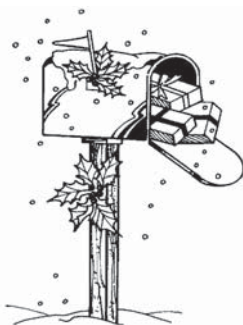
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Janet Lee Stanley, Darcie Lee Johnson and the crew!

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A place where you can take a break from your shopping adventure and sit a spell. Enjoy a hot cup of tea, coffee, hot cocoa and a little nibble of something sweet!

Keep watching for more details



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SOMETHING FOR EVERYONE & EVERY BUDGET!

NEW WINTER HOURS EFFECTIVE
FOR MONTHS OF JANUARY AND FEBRUARY
OPEN WED-SUN 10-5, CLOSED MON & TUES