

Herkimer County

Country Editor

January 18, 2019

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Volume 8
Number 34

DO NOT STORE UP FOR YOURSELVES TREASURES ON EARTH, WHERE MOTHS AND VERMIN DESTROY, AND WHERE THIEVES BREAK IN AND STEAL.
BUT STORE UP FOR YOURSELVES TREASURES IN HEAVEN, WHERE MOTHS AND VERMIN DO NOT DESTROY, AND WHERE THIEVES DO NOT BREAK IN
AND STEAL. FOR WHERE YOUR TREASURE IS, THERE YOUR HEART WILL BE ALSO. MATTHEW 6:19-21 NIV



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185/65-15	\$39 ⁹⁹	215/60-16	\$50 ⁹⁹	225/65-17	\$67 ⁹⁹
195/65-15	\$41 ⁹⁹	225/60-16	\$51 ⁹⁹	235/70-16	\$72 ⁹⁹
205/65-15	\$46 ⁹⁹	205/55-16	\$53 ⁹⁹	235/65-17	\$77 ⁹⁹
215/70-15	\$51 ⁹⁹	205/50-17	\$57 ⁹⁹	245/65-17	\$82 ⁹⁹
205/70-15	\$53 ⁹⁹	215/55-17	\$57 ⁹⁹	265/70-16	\$83 ⁹⁹
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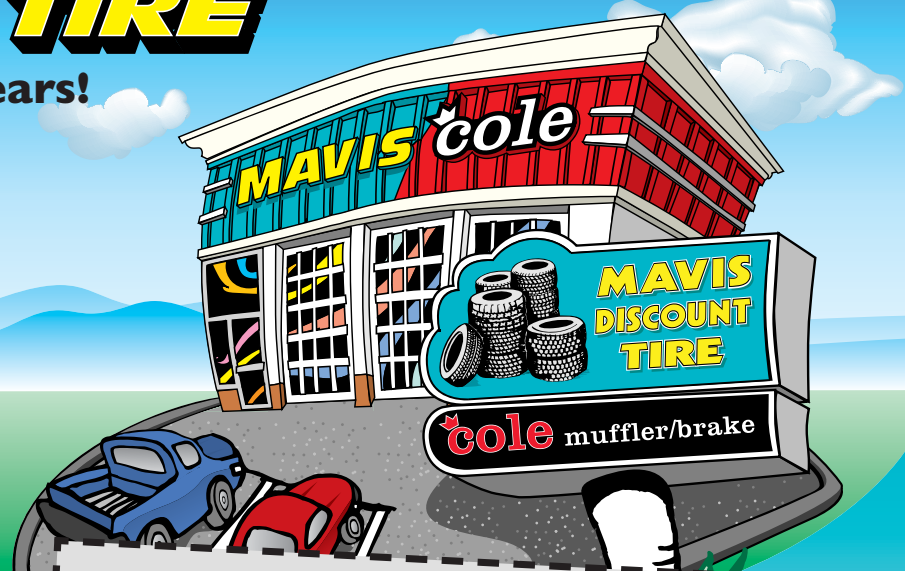
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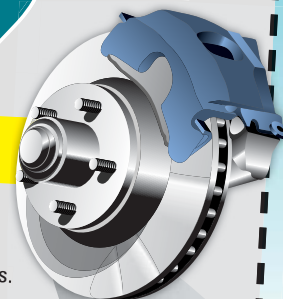
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	'17 DODGE GR CARAVAN UC1211 35k mi. \$19,995* / \$297* MONTH		'17 ROGUE SL UC1167C 22k mi. \$24,995* / \$380* MONTH		
	'15 JUKE SV AWD UC1192 24k mi. \$17,995* / \$264* MONTH		'16 VERSA SEDAN UC1213 44k mi. \$10,995* / \$148* MONTH		
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Valentine's Soirée to support Arts in Healthcare at Bassett Medical Center

COOPERSTOWN – The Friends of Bassett Healthcare Network will hold its third annual Valentine's Soirée on Saturday evening, Feb. 9, from 6:30 - 11 p.m. at the Otesaga Resort Hotel in Cooperstown. This festive event will feature great food, wonderful beverages, music, dancing and a famous live auction. Help us to honor our special guests Flis and Andy Blum, who are being recognized for their commitment to Bassett Medical Center and the arts.

Reservations are \$150 per person, and all proceeds will support Bassett Medical Center's Arts in Healthcare program, an evidence-based initiative that is designed to reduce stress and promote healing among patients, their families and providers through artistic engagement.

Don't forget the Best of Live raffle – you can purchase a raffle ticket for \$100 and pre-select any live auction item. The winning ticket will be drawn before the live auction begins, and that one pre-selected item will be removed from the live auction line-up. You may view all items up for bid on the Friends' website at www.friendsofbassett.org. To purchase a ticket for Best of Live, visit the Friends office at 1 Atwell Rd., Cooperstown, call 607.547.3928 or email friends.office@bassett.org.

Lead sponsor for the 2019 soirée is SEFCU and corporate sponsor is NYCM. Supporting sponsors are KPMG LLP, McCarthy Building Companies Inc., the New York Susquehanna & Western Railway Corp., Preferred Mutual Insurance Co., the Table Rock Group at Morgan Stanley – Oneonta and Thuiliez, Ford, Gold, Butler & Monroe LLP. Participating sponsors are Bank of Cooperstown, Care Logistics, Casella Resource Solutions, EPIC Landscapes Inc., Halliday Financial Group, Mirabito Energy Products, Northern Eagle Beverages Inc., O'Connor First, Attorneys-at-Law and StatStaff Professionals.

For soirée reservations, call Sheila LeMaster at 607.547.4799 or make your reservation online through the Friends' website.

To accommodate guests of the soirée, the Otesaga Resort Hotel has a special rate for an overnight stay and breakfast. Call 800.348.6222 for more information.

Know Your Numbers health screening

Clinical staff at Little Falls Hospital will be providing free health screenings and an educational session on blood pressure, glucose, cholesterol and body mass index (BMI). These are the numbers you need to know when it comes to your health.

The health screening is taking place on Jan. 31 at noon in Conference Room A on the fourth floor. Seating is limited. It is necessary to RSVP to the Community Relations Department at 315.823.5326 prior to Jan. 28.

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Moments in Time ~ The History Channel

- On Jan. 18, 1882, A.A. Milne, creator of Winnie-the-Pooh, is born in England. In 1920, his only son, Christopher Robin, was born. In 1925, the family bought Cotchford Farm in Sussex. A nearby forest inspired the 100-Acre Wood where Winnie-the-Pooh's adventures would be set. "Winnie-the-Pooh" was published in 1926.

- On Jan. 17, 1916, professional and leading amateur golfers gather in New York City in a meeting that will result in the founding of the Professional Golfers Association. The first annual PGA Championship took place in October. James "Long Jim" Barnes defeated Jock Hutchinson, taking home a silver trophy and \$500.

- On Jan. 14, 1943,

during World War II, Franklin Roosevelt becomes the first president to travel on official business by airplane. The secret and circuitous journey across the Atlantic began Jan. 11.

- On Jan. 20, 1961, John F. Kennedy is inaugurated as the 35th president of the United States. At age 43, Kennedy was the youngest candidate ever elected to the presidency and the first Catholic president.

- On Jan. 15, 1972, Don McLean's "American Pie" hits No. 1 on the Billboard charts. The song references the 1959 plane crash that killed famous stars Buddy Holly, Ritchie Valens and J.P. "the Big Bopper" Richardson.

- On Jan. 16, 1991,

President George H.W. Bush waits to see if Iraq will withdraw from Kuwait by a midnight deadline mandated by the United Nations, or if war will ensue. Just after midnight in the U.S. on Jan. 17, Bush gave the order for U.S. troops to lead an attack on Saddam Hussein's army.

- On Jan. 19, 2007,

Beijing, China, gets its first drive-through McDonald's restaurant. The opening ceremony included traditional Chinese lion dancers and a Chinese Ronald McDonald. Kentucky Fried Chicken first opened in China in 1987.

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Herkimer County **Country Editor**

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Mon. Jan. 28th – Normal Monday Sale & Monthly Organic Day
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Gifts from trees

by Jim Frohn, Grafton County Forester, UNH Cooperative Extension

During the recent holiday season, we gave thanks for what we have and gave gifts to friends and family. But all year round we receive gifts from trees that we often take for granted. There's a long list of the gifts that trees give us — clean air and water, places to recreate, wildlife habitat, carbon storage, and watershed protection. And we can harvest trees for a multitude of wood products and still protect all these values at the same time — this is what forestry is all about, after all. One morning, while walking back to the house with a wheel-

barrow load of firewood, I looked around at the many gifts that trees give us in the form of wood. The firewood that heats our home is just one. The pile of leftover bark that will be made into mulch is another. Walking up the front steps (made of wood), I put the firewood pieces into a wooden box that sits on the wood porch. Opening the door to our wood-framed house, I passed the holiday wreath made of balsam fir boughs. Stepping over the wood threshold, I walked into the room where the woodstove sits, and stopped to look around at all the things made from trees. The Christmas tree in the corner, with some wood-

en ornaments hanging on it; trim and molding around the room's edges; window frames; shelves; chairs, tables, a bench, the box for kindling; books, magazines, and paper; even the wallpaper. Not to mention the studs, subfloors, and floor joists hidden from view. Other things that are made from trees that can be found in our house or on our property are cutting boards, spoons, rolling pins, guitars, toys, a swing set, the barn, a canoe and paddles, frames for the raised garden beds, pallets stacked with firewood, and plenty of other items. I'm sure there are many more that I'm not even thinking of. And be-

yond wood, there's the maple syrup we make from sap each spring. The list goes on when we expand the boundaries of where we're looking. All of these things are made from trees, which we use in our daily lives, some of which are essential to society as we know it. And since I'm fortunate to live in a rural area, when I look outside I mostly see forests. The story of forests in the United States is one of net expansion over the last 100 years, not one of loss. And every year we harvest less, in some places significantly less, than growth. Through various factors, such as improved knowledge of how to manage sustainably for not

only timber but wildlife habitat and recreation, plus more efficient utilization of the trees that we do harvest, forests have been able to expand. We've also been able to set more areas aside that will not be harvested at all. So despite all the products made from wood that we all use every day, we've still been able to expand the territory of forests for all the things for which we value them. Take a look around sometime, and count up all of the items surrounding you that are made from trees. And take a minute to appreciate all the gifts of trees, and the efforts of many to ensure that we can enjoy these gifts in perpetuity.

Senior News Line

by Matilda Charles

A head-to-toe guide to winter warmth

The official start of winter is almost here, and if the two popular almanacs are accurate, much of the country is going to have a brutal winter with lots of

snow, cold and ice. For seniors, weather this cold can present problems. Sometimes circulation isn't the best because blood vessels aren't as elastic as they once were. Seniors also lose a fat layer under the skin. Hypothermia is a very real danger, but there are ways to stay warm when you have to go out. **Head** – Heat also rises out of the top of the head. Even when you're indoors, a cap can help you stay warm. For outdoors, look for an insulated one that also covers your ears. **Neck** – Heat rises, and all that saved-up core heat can escape unless you use a scarf. Thick ones that wind around the neck more than once will go a long way toward holding in trapped warmth. **Hands** – Double up on the layers of your gloves. Here's a hint: Use a pair of thin gloves as the first layer and then add an insulated mitten over that. **Core** – While a thick coat might seem to be enough, adding a vest underneath will keep your chest and back warm. It's also a great item to keep handy and wear around the house. **Legs** – Consider flannel-lined pants or jeans. **Feet** – A double layer of wool socks can help keep toes warm, as can insulated boots. Also consider having an automatic starter installed in your car so it's warm before you even go outside.

After all, we can't just stay inside all winter. We have places to go, things to do and people to see. (c) 2018 King Features Synd., Inc.

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8. spiderman
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10. rockstar
Source: Virginia Tech/Dashlane

To Your Good Health

by Keith Roach, M.D.
Vitamin E unlikely to cause ill effects
Dear Dr. Roach: I'm a 47-year-old female in good overall health. About six months ago, I began to take several supplements, one of which was vitamin E (200 IU). I had no noticeable adverse reactions to any of the supplements. About 10 days ago, I started taking 400 IU of vitamin E. Right about the same time as this increase, I began having painful stomach cramps, diarrhea, nausea and tiredness. After a week of this, someone suggested that the vitamin E might be the cause. I have stopped taking it and have even avoided foods high in vitamin E. Three days later I'm still having the diarrhea and other symptoms. If the vitamin E was the cause of the symptoms, shouldn't they have gone away by now? — K.B.

Answer: Vitamin E is a fat-soluble vitamin, so it is possible for levels to build up in the body if it's taken in high doses for long periods of time. However, toxic effects are unlikely at less than 1,500 IU daily, which is far higher than what you have been taking. Bleeding is one risk at high doses, as is a theoretical deficiency of vitamin A and D.
I think it is far more likely that you happened to get a case of gastroenteritis — inflammation of the stomach/intestines, often caused by a virus. It's unlikely to be due to the vitamin E. However, since vitamin E supplementation hasn't been shown to improve any of the many conditions it has been studied for, I don't recommend that you continue to take it.
Go easy on eating for a few days after gastroenteritis: The time-tested BRAT diet (bananas, white rice, peeled apples

and dry toast) is effective. You can get enough fluid through water or apple juice, along with some salt, like chicken or vegetable broth.
Dear Dr. Roach: I was told that due to the way our food is processed and grown, most people lack magnesium and should take a magnesium supplement. Should I? I read that one symptom of low magnesium can be constipation or irregularity. — C.B.
Answer: The prevalence of low magnesium depends on the population. About 2 percent of the general population has low magnesium levels, but among people with diabetes, the rate is about 25 percent. In people who abuse alcohol, the prevalence may be as high as 30 to 80 percent. Some diuretics used for high blood pressure predispose a person to magnesium deficiency. High magnesium foods include leafy green

vegetables, nuts, cereals and avocados.
The most common symptoms of severe low magnesium are loss of appetite and muscle tremors and weakness. Magnesium is necessary for potassium and calcium balance, so these can be deficient in cases of low magnesium. Since only a small amount of body magnesium is in the blood, magnesium deficiency should be considered in people with unexplained low calcium and potassium.
Low magnesium is rare in nondiabetic people who eat a good diet. I don't recommend magnesium supplementation for low-risk people with no symptoms. Symptoms of low magnesium should be evaluated by a physician and not self-treated. Only those with diagnosed low magnesium should take a magnesium supplement.
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Winter safety tips for senior citizens

During the winter months ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illness — especially for senior citizens.
1. Avoid slipping on ice. Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Takes shoes off as soon as you get indoors so snow and ice don't attach to the soles and become slippery.
2. Cold temperatures can lead to frostbite and hypothermia so it is important to dress in layers, includ-

ing warm socks, a heavy coat, hat, gloves and a scarf. Cover all exposed skin. Use a scarf to cover your mouth to protect your lungs.
3. Many seniors have less contact with others during the cold months and this can lead to feelings of loneliness and isolation. Have family check in on seniors as often as possible. Even a short phone call can make a big difference.
4. Be prepared for power outages. Make sure you have easy access to flashlights, a battery powered radio, blankets, bottled water and non-perishable food

that can be eaten cold.
5. Individuals who spend more time indoors generally eat a smaller variety of foods and this can result in nutritional deficits. Eat foods that are fortified with Vitamin D, such as milk, grains and seafood like tuna and salmon.
For more information or for questions please contact the Office for the Aging/NY Connects office at 315.867.1415 or visit the OFA website at www.herkimercounty.org, go to departments, then to Office for the Aging.

Good Housekeeping

Fettuccine with Lemony Shrimp
Light and aromatic with the scent of fresh lemon, this pasta dish looks and tastes as good as any restaurant meal, but can be created at home in just 30 minutes. It serves six, so invite some friends over.
Salt and pepper
2 large leeks
1 tablespoon plus 2 teaspoons olive oil
1 1/2 pounds shrimp
2 cloves garlic
1/4 teaspoon crushed red pepper
1 cup dry white wine
1 pound fettuccine
1 tablespoon margarine or butter
2 tablespoons finely chopped fresh basil leaves
2 tablespoons finely chopped fresh flat-leaf parsley leaves
1 lemon
1. Heat large covered saucepot of water to boiling on high. Add 2 teaspoons salt.
2. Trim and discard root and dark green top from leeks. Discard any tough outer leaves. Cut leeks lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish to remove any sand. Remove leeks to colander. Repeat process with fresh water, changing water several times until sand is removed. Drain leeks well.
3. In 12-inch skillet, heat 1 teaspoon oil on medium-high. Sprinkle shrimp with 1/4 teaspoon each salt and freshly ground black pepper. Add half of shrimp to pan; cook 1 to 2 minutes or until just pink and curled, turning once. Transfer to plate. Repeat with 1 teaspoon oil and remaining shrimp.
4. In same skillet, heat remaining tablespoon oil on medium-low. Add leeks, garlic and crushed red pepper; stir well. Cover and cook 10 minutes or until very tender, stirring occasionally. Uncover and add wine. Heat to boiling, then reduce heat to medium and simmer 4 to 5 minutes or until wine is reduced by half.
5. Meanwhile, add fettuccine to boiling water. Cook 2 minutes less than minimum time that label directs,

stirring occasionally. Reserve 1 cup cooking liquid. Drain pasta; return to pot. Add margarine, shrimp and leek mixture. Cook on medium 2 minutes or until noodles are al dente and glazed with sauce, tossing frequently. Add basil, parsley and 1/4 teaspoon salt. Cook 2 minutes longer, tossing and adding some reserved cooking liquid if mixture seems dry.

6. Divide among serving plates. With zester, grate a little lemon peel directly over pasta. Grind black pepper to taste over pasta.
For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.
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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

Jan 17

Chicken and Biscuit dinner. Jan 17 19. 4-7 p.m. Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls, NY. Adults \$10. Kids under 5 free. Eat in - take outs - free local deliveries [Little Falls only]. Call day of dinner at 315.823.1323.

Jan 21

Valley Residential Services Open House. Valley Residential Services, the first Enriched Housing and Assisted Living facility in Herkimer County, is welcoming new residents to the enriched housing facility located at 323 Pine Grove Road, Herkimer. There will be an opportunity for the public to tour the independent living apartments and meet with staff during an Open House from 10 a.m., to 12 p.m. For more information, contact Christine Shephardson, Director of Community Life, at 315.219.5700 extension 3239.

Jan 26

Golumbki Sale. Jan 26 19. 9:30 a.m. - 2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Golumbki sell for \$26 dozen; \$13 half dozen or three-piece for \$6.50.

Jan 27

Champagne Brunch. 10 a.m. - 2 p.m. at the Herkimer Elks Lodge #1439 on 124. Cost is \$25 per person or \$40 per couple. Please purchase tickets before Jan. 25 at the Lodge by calling 315.866.1439.

Jan 31

Little Falls Hospital Lunch & Learn Series – Know Your Numbers Health Screening. Noon. Little Falls Hospital, conference room A on the 4th floor. It is necessary to RSVP to the Community Relations Department at 315.823.5326 prior to Jan. 28.

Feb 23

Italian Night. 5 - 7 p.m. at the Herkimer Elks Lodge on 124 Mary Street, Herkimer. Tickets are \$25 per person and are available at the Lodge 315.866.1439 and must be purchased in advance (has been known to sell out). No tickets sold at the door and no take-outs.

Feb 26

Advanced Illness Management Services and Hospice Services workshop. The Mohawk Homestead, 26 East Main Street, Mohawk. Presented by: Liane Chlus, Nurse Practitioner & Melissa A. Glick, Access Liaison for Hospice and Palliative Care Services. RSVP: by Feb. 18 to Lisa Gollegly, Community Outreach Specialist for The Mohawk Homestead at 315.219.6633.

Area Church Services

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH
467 Main St.
Sunday Worship 10:30 AM

DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP
Pastor Pat Andreoli
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Paster Len Byarty
12 Van Buren St.
Sunday School (All Ages) 10-11 AM
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
26 E. Faville Ave.
Worship 11 AM

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
Mass 9 AM Sun, Mon & Wed

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

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

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

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

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

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

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

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

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

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

ST. JOHN THE BAPTIST
CATHOLIC CHURCH
Rev. Quy Vo, Pastor
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Monday & Wednesday 9 AM
Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
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Otego sailor paints Environmental Control System Scoop on U.S. Navy jet

U.S. Navy Aviation Machinist's Mate 3rd Class Trace Thayer from Otego, NY, paints an Environmental Control System Scoop on an F/A-18E Super Hornet, assigned to Strike Fighter Squadron (VFA) 151, in the hangar bay aboard the aircraft carrier USS John C. Stennis (CVN 74) in the Arabian Sea on

Dec. 19. The John C. Stennis Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



Trace Thayer from Otego paints an Environmental Control System Scoop on an F/A-18E Super Hornet. U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jarrod A. Schad

Good Housekeeping

Creamy Lemon Chicken Pasta

Add some tang to your favorite boxed pasta.

12 ounces linguine
1 cup frozen peas
2 tablespoons olive oil
12 ounces boneless skinless chicken breasts, cut into 1 inch chunks
1/4 teaspoon kosher salt

1/4 teaspoon pepper
1/4 cup fresh lemon juice

4 ounces low-fat cream cheese, cubed, at room temperature

2 teaspoons finely grated lemon zest

1/2 cup grated Parmesan

1/4 cup flat-leaf parsley, roughly chopped

1. Cook linguine per package directions, adding peas during the last 2 minutes of cooking. Reserve 1 cup pasta cooking liquid, then drain pasta and peas.

2. Meanwhile, heat olive oil in large deep skillet on medium-high. Season chicken with kosher salt and pepper, and cook until golden brown on all sides, 4 to 5 minutes.

3. Add lemon juice to skillet and cook, scraping

up any browned bits. Add cream cheese and stir until melted; remove from heat.

4. Fold in lemon zest and Parmesan, then parsley. Toss with pasta (adding reserved cooking liquid, 1 tablespoon at a time as necessary). Serve immediately. Serves 4.

* Each serving: About

595 calories, 17.5g fat (5.5g saturated), 37g protein, 360mg sodium, 74g carb, 3g fiber.

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

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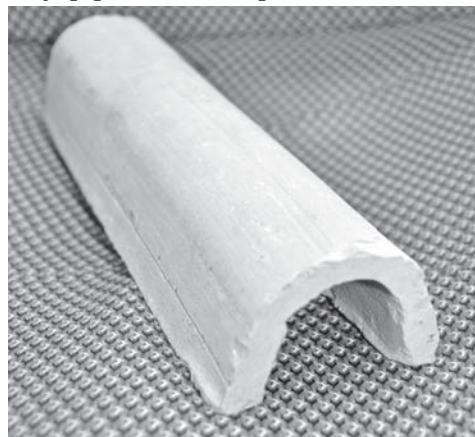
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Whatchamacallits

The first known instance of sewer drains can be found in the ruins of Babylonia, as far back as 4000 BCE. The pipes then were made of clay but today are made from a variety of materials, from metal to PVC. However, clay pipes are still possible to come



across during home renovations. This week's whatchamacallits are terra cotta sewer pipes.

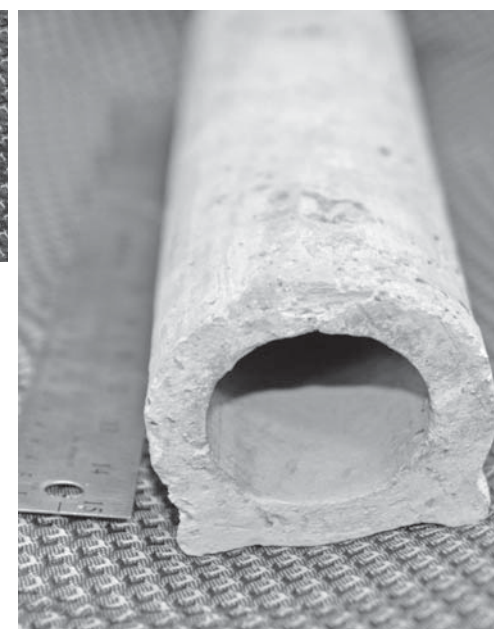
During ancient times, terra cotta pipes were shaped from clay and then dried in the sun. The invention of the kiln made it easier to create these pipes. Terra cotta pipes were popular due to their ability to withstand time, but they are susceptible to being broken by roots or by earthquakes.

To join the pipes together, a male end would be placed into a female

end and then mortar would be packed around it to make it as leak-proof as terra cotta could be.

This horseshoe pipe seems to be newer out of the pair seen here, as it still retains the red-orange color typical of terra cotta.

However, the circular pipe is developing a darker color. This is common, as the process of water and earth being absorbed can stain the pipe. It is a ground rule that the darker the clay pipe is, the older it is.



Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com.

Retirees honored with Emeritus status

HERKIMER – The Herkimer County Community College Board of Trustees recently approved emeritus status for five retiring employees, effective Jan. 1.

Nora Dusseault joined the campus community 38 years ago, and was promoted through the ranks to associate professor of information systems in 2001. Dusseault served on several standing campus committees, including the Academic Computer Committee and Academic Affairs Committee, as well as the steering committee for the Middle States Self Study.

Paul Dusseault, J.D. was appointed in 1981 as an instructor of business, and was promoted through the ranks, ultimately to

professor in 2010. He served on several standing campus committees, including the Library Committee, Scholarship and Writing to Learn Committee, the Paralegal Advisory Board and the SUNY Learning Network Experiences Committee. He is also the New York State Teachers' Retirement delegate for Herkimer College.

Karen Nagle joined the business faculty in 1984 and retired as an associate professor. Her service included Phi Beta Lambda chapter co-advisor, Enrollment Management Committee co-chair and membership on the Library and Chancellor's Award for Excellence committees. Nagle also served as president of the Professional Association, the bargaining

unit for faculty and professional staff.

Gale Farley joined the campus community in 1995 as instructor of photographic technology. He was promoted through the ranks, ultimately to professor in 2015. Farley has served as curator for the Cogar Gallery and as an advisor to the Photography Club.

The longest serving faculty member at Herkimer College, William Pelz, retired after 50 years of service. He joined the faculty in 1968 as instructor of social science, and was promoted through the ranks to professor in 1980. At one time, Pelz was chairperson of the Humanities/Social Science Division, during which time he founded the first computer-

based college learning center. He also has served in the roles of director of learning systems technology, distance learning coordinator and webmaster. Pelz was a leader in the implementation of the Internet Academy, which now offers 19 degree and four certificate programs entirely online. Pelz served as instructional designer for online learning since 1999. As lead trainer for the SUNY Learning Network (SLN) from 2000 until 2010, Pelz facilitated workshops and provided training to nearly 3,000 new SLN professors in the SUNY system. He also has trained faculty in Chile and South Africa. Pelz has served as associate editor and content contributor for the Multimedia Ed-

ucational Resource for Learning and Online Teaching (MERLOT) project. Pelz was named a Sloan Consortium (Sloan-C) Fellow in the field of online learning in 2013. He received the Sloan-C Award for Excellence in Online Teaching in 2003, the SUNY Chancellor's Award for Excellence in Teaching in 1994 and the SUNY Chancellor's Award for Excellence in Scholarship and Creative Activities in 2006.

Emeritus status is an honor granted by the Board of Trustees to retired professional, academic and administrative staff members who have demonstrated excellence and commitment to making Herkimer College the exceptional institution it is today.



Nora Dusseault



Paul Dusseault



Karen Nagle



Gale Farley



William Pelz

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Herkimer BOCES VP-TECH students immersed in local career opportunities

HERKIMER – Valley Pathways in Technology Early College High School juniors and seniors have been participating in various workshops, visits from local professionals and tours of businesses in the region.

“The goal is to help introduce these students to career opportunities right

in the area where they live,” VP-TECH business teacher Andrew Carpenter said. “This gets them thinking about what steps they would need to take to work in these jobs and find out more about what they’re interested in.”

VP-TECH at Herkimer-Fulton-Hamilton-Otsego BOCES is in its fourth

year of operation, with a focus on technology, project-based learning and real-world work situations. VP-TECH students from Herkimer BOCES component school districts start in ninth grade and spend four to six years in the program, leaving with a Regents diploma, an associate’s degree in quality assurance from Herkimer College, a certification in advanced manufacturing and connections with local businesses.

Before the winter recess, on Wednesday, Dec. 19, Jim McCoy, human resources manager at Indium Corp. in Utica, spoke to VP-TECH juniors and seniors about Indium Corp. and what the company manufactures. He also discussed opportunities within the company that VP-TECH students can qualify for, and he provided them with tips to stay on the right path and be successful.

The same day, McCoy also talked with VP-TECH sophomores, who will be participating in an industry project with Indium Corp. as part of their ca-

reer and financial management class.

VP-TECH students have continued their activities to start 2019.

On Monday, Jan. 2, students participated in an overcoming adversity workshop, and on Thursday, Jan. 3, Tim Fitzgerald, associate vice president of economic development at Mohawk Valley EDGE, visited juniors

and seniors. Fitzgerald talked about economic development efforts in the region and improvements being made to bring in new businesses. Topics ranged from the Marcy NanoCenter site to new hotels and other additions to the Mohawk Valley.

Fitzgerald also spoke to students about the numerous vacant positions

for manufacturing-based jobs that are currently available in the Mohawk Valley – including the corresponding salaries for such positions.

On Monday, Jan. 7, Melinda Green and S. Michael Steiger of SMSA Architectural Services visited VP-TECH. They discussed the job of an architect – particularly about blueprints and the role technology has played in their work.

On Tuesday, Jan. 8, VP-TECH students participated in a resume workshop with Alicia Brockway from NBT Bank. She provided an interactive experience where students practiced handshakes, eye contact, interview techniques and resumes.

Other events scheduled for this month include a tour of Gehring-Tricot Corp. facilities, a tour of the aviation center at Mohawk Valley Community College in Rome, a visit from WKTV anchor Callihan Marshall, a visit from Marc Barraco from Gov. Andrew Cuomo’s office and a tour of Indium Corp. in Utica.



Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School students listen to a presentation from Melinda Green and S. Michael Steiger of SMSA Architectural Services on Jan. 7 at the Herkimer BOCES William E. Busacker Complex.

Photos courtesy of Herkimer BOCES



Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School students participate in a resume workshop with Alicia Brockway of NBT Bank on Jan. 8.



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Donna Maciolek, LPN, retires from Valley Health Services

HERKIMER – Licensed Practical Nurse (LPN) Donna Maciolek was honored by family and friends during a retirement celebration on Friday, Jan. 4 at Valley Health Services.

Maciolek has worked at Valley Health Services for over 22 years as an LPN, and it has become a family affair as her two children, Nick and Jeanette Golicki, currently work at VHS as Certified Nursing Assistants (CNA). Maciolek said she enjoyed her time at Valley Health Services; however, she is retiring so she can continue to feed her passion for traveling. She noted some of her favorite destinations include Cape Cod, Florida,

Niagara Falls, Plymouth and Vermont. She said, “I am a seasoned traveler and will go anywhere there is sunshine!”

From our VHS family, we wish you well, Donna, and hope your travels take you to some wonderful sun and sand destinations.



(L - R) Nick Golicki (Donna’s son), Donna Maciolek and Jeanette Golicki (Donna’s daughter).
Photo courtesy of Valley Health Services

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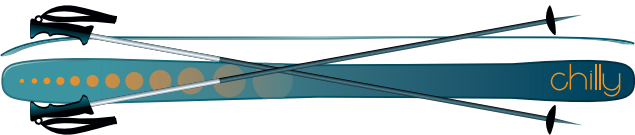
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Strange but True

by **Samantha Weaver**

• In this time of bitter partisan rivalries, it would be well to remember the following sage observation: "Do not trust to the cheering, for those persons would cheer just as much if you and I were going to be hanged." The man who first made that observation was Lord Protector of England Oliver Cromwell, considered by some to be a hero of liberty, by others to be a regicidal dictator. He died in 1658, probably from septicemia. He was so reviled that, three years later, his body was exhumed so that he could be posthumously executed, his body thrown into a pit and his head displayed on a pole outside Westminster Hall.

• Those who study such things say that if all the gold in the world were combined in one lump, it would result in a cube that measures 20 yards on each side.

• The acids in your digestive system are so corrosive that your stomach must produce an entirely new lining every three days.

• You might be surprised to learn that the mother of Sir Winston Churchill, that quintessential icon of Britishness, was actually born

an American in Brooklyn, NY. Lady Randolph Spencer-Churchill, nee Jeanette Jerome, was a socialite, and it is through her that Winston Churchill is related to his wartime ally, Franklin Delano Roosevelt. The prime minister and the

president were seventh cousins, once removed.

• If you're planning to travel to Washington state with nefarious plans, here's an interesting law to keep in mind: Any motorist with criminal intent is required to stop before entering a

town and inform the chief of police of his or her presence.

Thought for the Day: "The difference between fiction and reality? Fiction has to make sense." — Tom Clancy

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Little Falls Hospital anticipates spring groundbreaking for new Dolgeville Primary Care Clinic

Little Falls Hospital anticipates groundbreaking this spring for a new primary care clinic in Dolgeville, according to Michael Ogden, president of Little Falls Hospital, a part of Bassett Healthcare Network. Following the purchase of 1.28 acres on Slawson Street from the Dolgeville Central School last autumn, the hospital initiated design work for the new primary care center, working with architects and engineers uniquely qualified and skilled in healthcare design and construction.

Design work is ongoing at this time and current plans include a one-story 5,000-square-foot medical office building able to accommodate four practitioners. The new space will feature eight exams rooms, offices, a laboratory and many other related ancillary spaces. Also included in the design is a 2,000-square-foot addition for the purpose of hosting space for community health and wellness-related purposes. This space will be used for



Dolgeville Primary Care Clinic
Exterior Study View

22 Feb 2018

Little Falls Hospital
Little Falls, NY

e4h ENVIRONMENTS
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Little Falls Hospital anticipates groundbreaking this spring for a new primary care clinic in Dolgeville. Following the purchase of 1.28 acres from the Dolgeville Central School last fall, the hospital initiated design work for the clinic.

Photo courtesy of Little Falls Hospital



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health and wellness education, lifestyle-related classes and to support other community-based organizations whose goals are to address social determinants of health.


The new Dolgeville primary care center will replace the current facility on Gibson Street. The hospital is developing a certificate of need (CON) application to be submitted and approved by the New York State Department of Health (NYS-DOH) before construction may begin. The estimated cost of the project is approximately \$3 million and will rely on grants, foundation support and donations from the greater Dolgeville community. The project is expected to be completed six months following the groundbreaking, and the opening of the center is anticipated later this year, following NYSDOH approval.

partment of Health (NYS-DOH) before construction may begin. The estimated cost of the project is approximately \$3 million and will rely on grants, foundation support and donations from the greater Dolgeville community. The project is expected to be completed six months following the groundbreaking, and the opening of the center is anticipated later this year, following NYSDOH approval.



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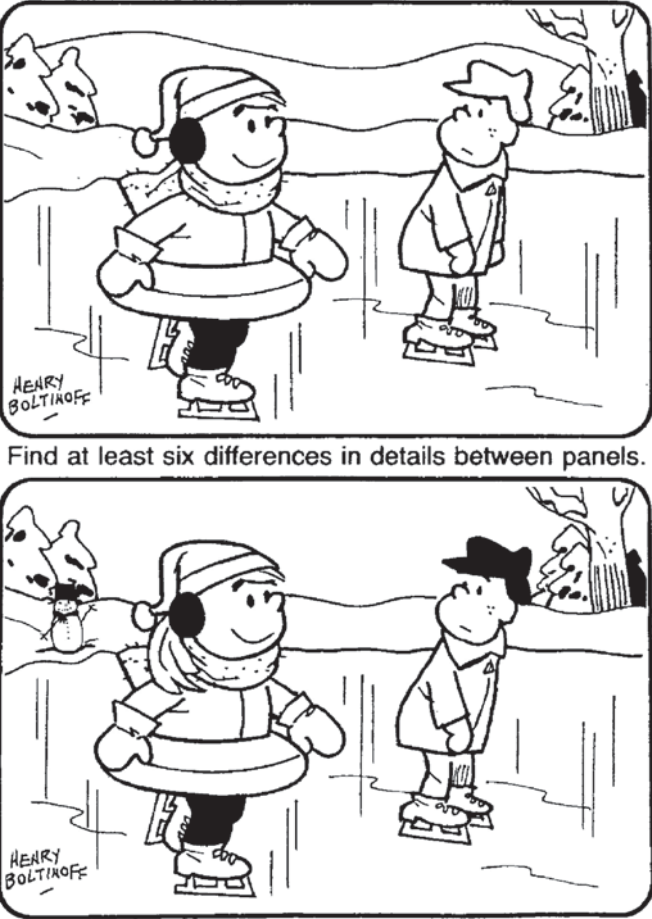
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

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King Crossword

ACROSS

1 Ref
4 Present
8 Jeans-maker Strauss
12 Seek damages
13 Dunkable treat
14 Mosque bigwig
15 Jogged untogged
17 Baby feeding finale
18 Standing
19 Parched
21 Started
22 Let slip
26 Reservation residence
29 Marry
30 Part of "to be"
31 Unoriginal one
32 Pickle container
33 Thick chunk
34 Grant opponent
35 Plague
36 Coffin
37 Duration
39 Bill's partner
40 Scooted
41 Turmoil
45 Gujarat garment
48 Vigor

DOWN

1 Cold War initials
2 Silent
3 Culprit, for short
4 Small beard
5 Annoyed
6 Retainer
7 Little kid
8 Tripoli's land
9 Aussie bird
10 Alt. spelling
11 Mischievous tyke
16 Swiss mathematician
20 Scarlet
23 Hardy cabbage
24 Historic times
25 "Pay later" aftermath
26 Lofty
27 Duel tool
28 Hammerhead part
29 Grow bigger

50 Help hoods
51 Unctuous
52 "Holy cow!"
53 Uppercase
54 Untouchable Eliot
55 Agent

32 Lincoln successor
33 Rid of wool
35 Sch. org.
36 Rabbits
38 Southern side dish
39 Ringlets
42 Early birds?
43 Flight component
44 Yon folks
45 Pouch
46 Counselors' grp.
47 Agt.
49 Dead heat

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Weekly SUDOKU

by Linda Thistle

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

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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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO YOU CALL INSECTS THAT DON'T SPEAK CLEARLY?

HOMERS
SAUCER
ALMOST
BASTER
RECALL
VETOES

SHORE
SCARE
ALTOS
RATES
CLEAR
STOVE

BLASTS
DERIVE
RECEDE
GASPED

SALTS
DRIVE
CREED
PAGED

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There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues.

- Hal Borland

Country Editor

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535 Generators
537 Gifts
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587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
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Gardening trends for 2019

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

Each year for about the past couple decades, experts from the Garden Media Group (www.gardenmediagroup.com) — a marketing firm for the home and garden industry — identify key gardening trends for the coming season. For 2019 they've pegged eight of these, based around the overall theme of people reconnecting with the natural world.

The first of the specific trends pegged for 2019 is termed the "Indoor Generation." This generation consists of nearly 90 percent of people worldwide who spend at least 22 hours a day inside.

The result of all this time inside is higher rates of obesity, cholesterol, and mental health issues such as anxiety, depression, and insomnia. Yet there is hope, as the indoor generation adds nature indoors, in the form of houseplants. Last year, 30 percent of households bought at least one houseplant, with terrariums, cactus plants, and tropical plants among top sellers.

"Screen Age" is what the second trend refers to — too much time in front of computer screens and similar devices, an addiction that can cause physical and psychological problems. "Blue light from screens can cause lack of sleep, obesity, stress, and depression." One of the facts from this trend report is that adults now spend, on average, 11 hours a day looking at screens, and checking their phones every 10 minutes.

To counteract the "screen age", gardening is recommended, especially for younger generations. It can teach so many skills and habits, from responsibility to patience, trust, confidence, and good earth stewardship. Several means to engage youth are given, including choosing colorful fruits and vegetables, and planting containers with kid-friendly plants such as compact berry plants.

The third trend — "Golden Hearts" — refers to "the new environmentalist... looking for fulfillment outside of themselves and turning to caring for the earth." A study by Unilever found that worldwide, about one-third of people "choose brands for their social and environmental impacts." Volunteerism among Millennials set a record, beating the national average. Generation Z — those born after the Millennials — are becoming the new environmentalists. They're involved in environmental movements, and are choosing schools based on sustainability.

"Root to Stem", as the fourth trend is called, refers to waste that has ended up in landfills previously, now being "upcycled" or eliminated entirely. It can be as diverse as brewery grain flour or plastic straws. "Zero Waste", "Recommerce", and "Conscious Consumption" are other terms for this trend. Globally, one third of all food is wasted each year. Each American wastes 4.4 pounds daily, or the weight of a 22-foot U-Haul truck each year. Only nine percent of

plastics are being recycled, with 8 million metric tons dumped into the oceans each year.

"Silence of the Insects" refers to global insect collapse, why this is important, and techniques to reverse this fifth trend of 2019 — defensive gardening, and changing habits. This trend is dangerous, according to a Harvard biologist, as "insects are the foundation of our ecosystem." The plight of pollinators is one example, known by many gardeners, with 40 percent — particularly bees and butterflies — risking global extinction.

Invasive species of plants and insects are one reason for this pollinator decline. The National Wildlife Federation reports that 42 percent of threatened or endangered species are at risk due to invasive species. Planting insect gardens; selecting insect-friendly native trees, shrubs, and flowers; adding a compost pile; being mindful of pesticide use; adding a pond or water feature; and letting some of your landscape "go wild" are all means to help reverse the decline of beneficial insects.

"Robo Gardening" — the sixth trend for 2019 — refers to the increased use of technology in gardening. High-tech tools can free gardeners from unpleasant or boring tasks, or just make them better gardeners. Smartphone apps help organize plant information, a solar powered robot can weed whack for up to three hours, wireless plant sensors and sprinkler systems often water more effectively. Experimental mini drone bees have been 37 percent successful in pollinating flowers. Drones are being used to monitor crops for pests, and to apply

controls.

The "Moon Struck" seventh trend refers to our reconnection with the moon, from its appearance on watches to wedding gowns. The saying that "what goes around comes around" applies to moon-phase gardening — the idea of timing planting, pruning, weeding, and harvesting based on moon phases — an idea as old as agriculture itself but being rediscovered. More gardeners are installing moon gardens — those with white flowers or light colors that reflect moonlight such as lamb's ear, night-blooming fragrant flowers such as evening primrose, and flowers such as nicotiana for night-time or "crepuscular" pollinators.

Finally, the experts note the trend of vintage, cool mint green making a comeback both indoors and out. This "neo mint" is the "new neutral". If you wonder why this color, the report explains that "this oxygenating, fresh tone of mint harmonizes science and technology with plant life and nature." In addition to mint-colored accessories and plants, the herb mint is multifunctional — good for of course drinks and cooking, the flowers attractive to pollinators, planted to deter biting insects, and used since ancient times for various healing benefits.

Horticulture, through these eight trends as the report explores, can help solve climate change, stop biodiversity loss, and provide urban eco-system services. Consider which of these you can incorporate into your own gardens, landscapes, and even interior living and work spaces.

Weekly SUDOKU King Crossword

Answer

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

Solution time: 27 mins.

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

Puzzles4Kids

Answer

HOMERS	M	SHORE
SAUCER	U	SCARE
ALMOST	M	ALTOS
BASTER	B	RATES
RECALL	L	CLEAR
VETOES	E	STOVE
BLASTS	B	SALTS
DERIVE	E	DRIVE
RECEDE	E	CREED
GASPED	S	PAGED

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Maximize the perks of a townhouse lifestyle

Townhouse living is experiencing a resurgence, and many people may be surprised to find how this lifestyle choice fits with their home ownership goals.

Townhouses are a great way to get the benefits of single-family living without all of the responsibility of having a detached property — typically at a more affordable price. Realtor.com® indicates that the median prices for townhomes and row homes in the United States in September 2016 was \$198,000.

Townhomes are now the fastest-growing segment of the single-family housing construction market, according to the National Association of Home Builders, a trade group based in Washington, D.C. According to the most recent data available, townhouse construction was up 17.8 percent between 2014 and 2015.

Although various styles of homes and apartments have their pros and cons, townhouse communities have much to offer and can be the way to go for busy professionals or people who live active lifestyles. Here is a look at some of the benefits of living in a townhome.

Ownership

Unlike an apartment, townhome residents own their homes and the land they're built on, according to the lifestyle resource The Nest.

Spacious square footage

Townhouse builders are masters at

maximizing interior space through innovative design. Depending on where you live, a simple search on Trulia or Zillow can yield many townhomes that boast anywhere from 1,500- to 3,000-square-foot townhomes with three or more bedrooms.

Maintenance

Townhouse communities often collect a maintenance or homeowner's association fee each month that covers upkeep of the grounds. Depending on the area, this fee may cover the cost of leaf and snow removal, landscaping and pool maintenance. That gives homeowners more time to relax on weekends.

Amenities

Many townhouse communities are now designed with lifestyle in mind. Modern townhouses may have tennis courts, resort-style swimming pools, fitness centers, walking trails, and children's playgrounds right on the premises. In addition to the parks and fitness areas, many of these communities have common areas and green spaces that enable residents to meet and socialize. This affords townhome residents ample opportunities to socialize.

Proximity to town

Whether they're in the city or suburbs, townhouse communities tend to be built in booming areas that are close to trendy towns, shopping, metro hubs, and good schools.

Donna's Day: Creative family fun

by Donna Erickson

Make firestarters with recycled candles

Sometimes, as I'm pulling candle stubs and melted wax from candlesticks and votive holders at the end of the holidays or a birthday party, I think about how another celebration has passed. Picking through the leftover wax, I remember the happy moments all over again.

Those candle bits also can continue to offer pleasure as firestarters in your wood-burning fireplace.

Here's the stuff you need:

- nature finds such as bark, twigs and small pinecones
- 1 tin can, such as a large soup can with lid removed (pinch rim of the can with pliers to form a spout for easy pouring)
- saucepan
- candle stubs, extra paraffin if needed (available in the canning section of supermarkets and craft stores)
- muffin tray
- paper muffin liners
- candle wicking (available at craft stores — also use wicking remaining from melted candle wax)

Here's the fun:

• Take a walk outside with your kids to pick up some of nature's treasures, such as small pinecones, bark fallen on the ground and twigs.

• When you get inside, an adult should fill a saucepan with a few inches of water and set the tin can in the center. Put candle stubs and a chunk of paraffin (if needed) in the can. As water gets hot, the wax will melt quickly. Stir occasionally, keeping a con-



Arrange the firestarters in an attractive basket or bowl near your fireplace.

stant eye on it, since it is flammable.

• Meanwhile, your kids may fill a muffin tray with paper liners. Using a potholder, an adult should lift the tin can out of the water, let contents cool down and then pour about half an inch of wax into each muffin cup.

• Now consider your wicks. If you have a longer one from a melted candle, you might want to use that, or use fresh

ones from the craft store. Place a 3- to 4-inch wick in the wax in each cup so that the wick hangs out on the side, then set a medium-size pinecone in each cup.

• Pick through outdoor finds and design an

arrangement, quickly placing a few twigs, leaves and bark into the rapidly hardening wax. Once the nature collage is complete, add a little more liquid wax, if you wish. Let harden. Store in a recycled net produce

bag or arrange in an attractive basket or bowl near your fireplace.

• To use, an adult should place one firestarter between kindling and logs in a wood burning fireplace and light the wick. It will quickly ignite the kindling.

Safety Note: The firestarters are not intended for gas fireplaces. Never leave a fire unattended and keep out of the reach of children.

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Low cost emergency preparedness

Are you ready if an emergency disrupts your life? Do you have a plan in place to protect your family before a disaster happens?

"By using community resources, information from the internet and even items from your own home, your family can develop an effective emergency plan that gives you peace of mind without a big price tag," said Diane Ward, CHN of Herkimer County Public Health.

She suggested these

free or low-cost preparedness tips: Add an entry called "ICE," for "In Case of Emergency," to your cell phone contact list. This number should dial the family member who can respond to medical decisions if you are injured or unconscious. List backup emergency contacts as ICE1, ICE2, etc.

Attend emergency preparedness events, including fairs, exhibits, first aid training and children's photo identifica-

tion programs. These events often offer emergency planning kits, first aid kits, flashlights and information on sheltering and emergency pet care. Take advantage of photo identification cards for your children. Some schools, in conjunction with school photography businesses, offer ID cards.

Use the internet to find free templates for phone lists and ID cards, emergency plans and event notices. The American

Academy of Pediatrics has emergency family card templates at www.aap.org. The internet also has evacuation plans, personal assistance plans and recommended emergency supply lists for people with disabilities. Libraries offer free internet services for people without personal computer access.

List numbers for ambulance, poison control center, doctors and weather updates. Keep the list on the refrigerator and near all phones. Add these numbers to your ICE list.

Create a family and friends contact list and keep copies in your child's backpack, your wallet and at work. Explain to your children when to use the contact list. If possible, include a recent photo of family members and pets.

Develop a comprehensive family emergency plan. Recycle a binder and keep these materials together. Include the following:

- An emergency plan to get out of the house. Practice regularly with your family.

- A location where family members will meet if they are separated and unable to return home. Review this with everyone.

- A family and friends contact sheet. Include an out-of-state person that can help coordinate your family's whereabouts if separated.

- All emergency plans at school, work and home. Adults and children should know them.

- Copies of essential items, including identification cards, credit cards, extra set of house

and car keys, insurance and health policies, current family photos and cash.

- A list of medications, medical history, allergies, blood type and other critical information for everyone in the household.

- Pet information, including photos, vet records and boarding information. Most emergency shelters do not allow pets. Contact your County Emergency Management Office and ask where you could leave your pet if necessary.

Keep a backpack filled with clothing for each family member, high-energy foods, flashlights and a first aid kit. Visit emergency websites for tailoring these "grab and go" bags. Pack one for work too.

Purchase food and other emergency items in bulk or share costs with another family. Collect coupons to lower the cost of these items and watch for sales. Include powdered milk, peanut butter, crackers, granola bars and other high-energy foods. Consider including flashlights and radios and extra batteries, disposable diapers, baby food and formula, paper products, bleach and plastic bags. Rotate as necessary.

Assemble an emergency car kit from extra items you may have at home. Consider: comfortable walking shoes, warm jacket, blankets, flashlight and extra batteries, portable or battery-operated radio, first aid kit, personal medical information, foil water pouches or bottled water.

For more preparedness tips visit www.nyhealth.gov, ready.gov or www.redcross.org. YouTube has informational videos, including, "Preparing a Family Emergency Kit in Plain English." Local public broadcasting stations offer reading programs on health and emergency topics for people who are blind and visually impaired, and American Sign Language preparedness videos can be found at www.deafdoc.org. Any other questions can be directed to Herkimer County Public Health at 315.867.1176 or dward@herkimercounty.org.

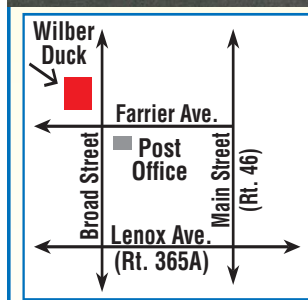


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- 8 - Due to popular demand, we are opening the Tinsel Tea Room! A spot for you to take a break from you shopping adventure and sit, have a cup of tea or coffee and maybe a sweet nibble! Plans are under way! It will be open this spring, watch for details!



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