

Herkimer County
Country Editor

March 1,
 2019

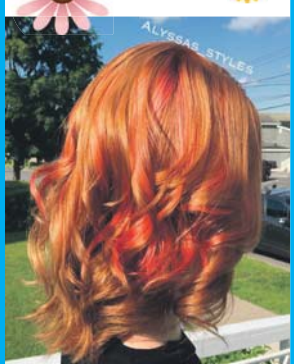
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Volume 8
 Number 38

WHEN A MAN'S WAYS PLEASE THE LORD, HE MAKES EVEN HIS ENEMIES TO BE AT PEACE WITH HIM. PROVERBS 16:7

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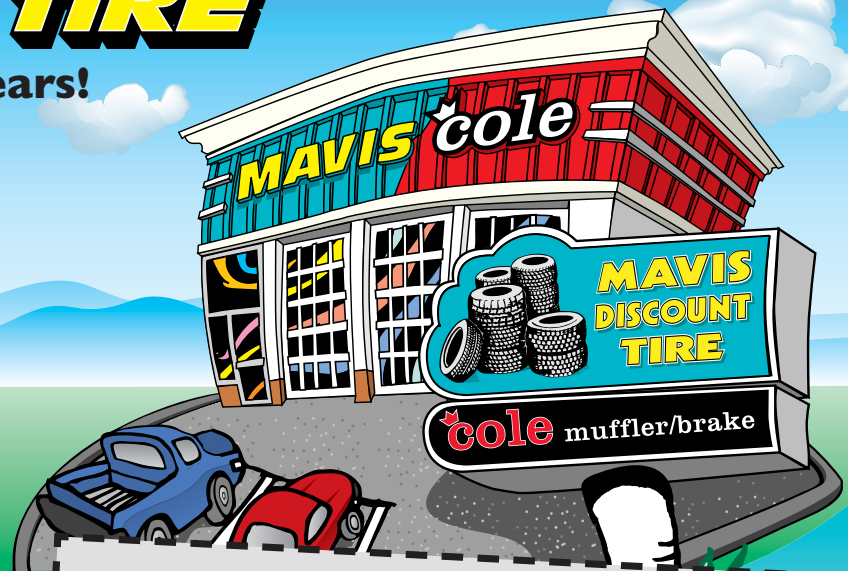


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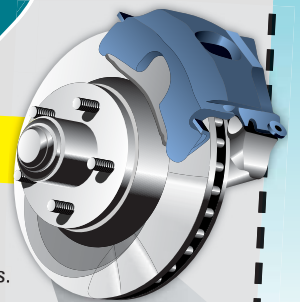
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VRS to host 'Living With Alzheimer's' event For early stage caregivers

HERKIMER – Valley Residential Services (VRS), in collaboration with the Alzheimer's Association, is hosting a Lunch n' Learn event, "Living With Alzheimer's: For Early-Stage Caregivers," on Monday, March 4 from noon - 3:30 p.m. at VRS, 323 Pine Grove Rd., Herkimer.

Alzheimer's Association will discuss the early stage of Alzheimer's Disease and is designed to provide care partners with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's or related dementia. The conversation will include discussion on symptoms associated with early-stage Alzheimer's,

planning for the future, strategies for coping with changes, developing a medical team, disclosing the diagnosis and work issues, legal, financial and safety issues and caring for yourself.

Advance registration is required. Call 315.617.4025 ext. 100 for more information or to schedule your reservation.

This program is one of a three-part series provided by the Alzheimer's Association. The second program will focus on middle stage Alzheimer's and is scheduled for Monday, April 1. The third program in the series is scheduled for Monday, May 6 and will focus on late stage Alzheimer's Disease.

Arc Herkimer to offer March Traffic Survival Workshop

Arc Herkimer will offer the National Traffic Safety Institute's six-hour Traffic Survival Workshop on Saturday, March 9 from 9 a.m. - 4 p.m. in the agency's Training Center at 350 S. Washington St., Herkimer.

Individuals who successfully complete the course will receive up to four points reduction from the total on their New York State driving record and a 10 percent reduction, for three years, in the base rate of the motorist's current automobile liability, no-fault and collision premiums.

Access for the course is the building's main entrance. The course is open to the public and the fee is \$38. Books and materials are provided. Payment and registration can be made by calling Kelly Bunce at 315.574.7982. Classes are subject to cancellation due to an insufficient number of registrants.

For more information regarding the Arc Herkimer or to view when additional courses will be offered, visit www.archerkimer.org.

Low-cost bare root trees and shrubs available

The Herkimer County Soil and Water Conservation District is still taking orders for trees and shrubs through March 25. Available for planting this spring are low-cost bare root evergreen seedlings and transplants,

deciduous trees, a variety of bushes and shrubs, semi-dwarf apple trees and wildflower seeds. Apple tree quantities are very limited; all orders are accepted on a first come, first served basis.

Also available are barley

straw for pond maintenance, bluebird nest boxes and conservation rain barrels. Among the many planting accessories offered are tree mats and tree shelters, hardwood stakes, compost, fertilizer tablets and animal repel-

lents.

For a complete list of the many items available, including descriptions, prices and order information, visit www.herkimer-countyswcd.com or call 315.866.2520 ext. 5.

For landowners who

have already received an order form, note that the size range for white oak and sugar maple deciduous trees and old fashioned lilac bushes has changed to 12 - 18 inches (from 18 - 24 inches) due to the tree nursery's stock

availability.

Orders are accepted through Monday, March 25. Pick-up dates are Friday, April 26 and Saturday, April 27. Quantities are limited and orders will be filled on a first come, first served basis.

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2019 rabies vaccination schedule

1. All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors.
2. Every dog and cat needs two rabies vaccinations one year apart then one every three years.
3. Bring proof of the pet's vaccination history to receive a three year certificate.
4. Ferrets must be vaccinated every year.
5. Dogs should be on a leash; cats and ferrets should be in a carrier or pillowcase.
6. NO EXAMS WILL BE GIVEN. Help to move the clinic along.
7. Owners are responsible to clean up after their animals; supplies are provided.
8. A \$5 donation per pet is suggested to defray costs.

- The 2019 rabies vaccination schedule:**
- March 28, 5:30 - 7 p.m. at East Herkimer Fire Department, 193 Main Rd., East Herkimer
 - April 11, 5:30 - 7 p.m. at Ohio Community Rec. Center, 140 Nellis Rd., Ohio
 - May 2, 5:30 - 7 p.m. at Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville
 - May 18, 10 a.m. - noon at East Herkimer Fire Department, 193 Main Rd., East Herkimer
 - May 23, 5:30 - 7 p.m. at Old Forge Fire Department, 116 Fulton St., Old Forge
 - June 6, 5:30 - 7 p.m. at Middleville Fire Department, 41 North Main St., Middleville
 - June 19, 5:30 - 7 p.m. at Ilion-Frankfort VFW

- Pavilion, 4274 Acme Rd, Frankfort
 - July 11, 5:30 - 7 p.m. at Danube Town Garage, 438 Creek Rd., Little Falls
 - Aug. 28, 5:30 - 7 p.m. at Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center
 - Sept. 19, 5:30 - 7 p.m. at Cedarville Fire Department, 960 St. Rt. 51, Cedarville
 - Oct. 3, 5:30 - 7 p.m. at Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls
 - Nov. 2, 10 a.m. - noon at East Herkimer Fire Department, 193 Main Rd., East Herkimer
- To pre-register for a clinic call 315.867.1176. Pre-registration will end at the close of business the day before all clinics.

Rabid raccoon found in Herkimer County

Herkimer County Public Health received word on Wednesday, Feb. 20 from Wadsworth Labs that a raccoon that was sent in to be tested for rabies on Tuesday, Feb. 19 from the town of German Flatts has tested positive for rabies.

The raccoon was found in the back yard of a residence and fought with a dog. The dog owner killed the raccoon.

The public can protect themselves or their family pets from rabies by practicing the following:

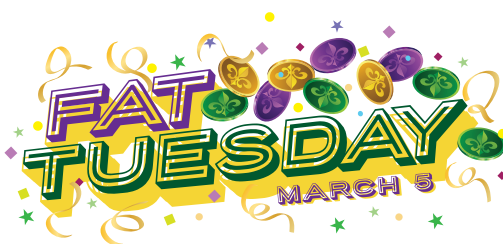
1. Vaccinate your pets against rabies.
2. Spay or neuter all animals to reduce the number of strays.
3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat test-

ed, if necessary.

Herkimer County Public Health would like to remind the public to check your pets' rabies vaccination records to make sure they are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies. Herkimer County Public Health's first rabies clinic for 2019 will be at the East Herkimer Fire Department on March 28 from 5:30 - 7 p.m.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit www.herkimercounty.org.



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Publisher, President **Frederick W. Lee**
 V.P., General Manager **Bruce Button**
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John Snyder, Sales Manager
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 PO Box 121
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How cash-out refinancing can turn into a costly mistake

(BPT) — After years of making regular mortgage payments, it feels good to watch your net worth make upward progress. That's especially true if your house is also gaining value. With a growing amount of equity comes peace of mind, knowing you have the option of tapping into it when you want.

Whether it's time for a new roof or you need to consolidate debt, you may see a traditional cash-out mortgage refinance as the ideal tool to access the money you need. However, if you're considering a cash-out refi, you may be unaware of some of the pitfalls, or you may not know about the alternative solutions that might work in your financial favor.

With a cash-out refi, homeowners can borrow against the equity in their

home by taking out a new mortgage loan. This new loan includes the original loan balance and the additional amount borrowed against the equity.

"On the surface, a cash-out refi loan appears to be the better option because these tend to have better interest rates compared to other types of loans, especially credit cards and personal loans," says Wendy Harrington, chief marketing officer at Figure Technologies, a company that offers lending solutions to homeowners. "However, these can end up costing more than homeowners expect, and it's important to take time to understand what comes with the territory."

Harrington offers three things all homeowners need to consider before they opt for a cash-out refi loan:

- Interest rates are rising: After enjoying historical lows, mortgage interest rates have reached 5 percent, the highest in eight years, according to the Washington Post. With a cash-out refi, homeowners face trading their lower interest rate for a higher one.

- Less convenient than other loan products: The application and approval process for a cash-out is anything but efficient, thanks to time-consuming activities like property appraisals and in-person closings. In all, the loan process can take anywhere from 30-60 days.

- Additional fees: Borrowers often don't realize that cash-out refis come with closing fees for such things as appraisals, title searches and credit reports, adding another layer of cost to the loan.

A smarter solution that

can potentially spare borrowers thousands in interest cost, according to Harrington, is a home equity loan. Instead of starting over with a new mortgage, you'd simply take out a separate loan against the equity in your property. This option lets you keep your mortgage interest rate.

To make things more clear, here's a comparison of how the two loans could affect a homeowner like you.

Let's say you took out a \$175,000 mortgage six years ago at 3.625 percent interest. After making monthly payments of \$798, your balance is \$153,365. Now you're looking to do some renovations and pay off some credit card debt, and you need to borrow \$75,000. With your home valued at \$300,000, there's more than enough equity.

With a cash-out re-fi loan, you'd "reset" your mortgage balance at \$228,365 with an interest rate of, say, 5.75 percent interest. That brings your monthly payment to \$1,333, but in 30 years, when the mortgage is paid off, total interest comes to \$287,225 (that's the interest you paid on your original mortgage and the interest you'll pay with the refinanced loan).

With a \$75,000 home equity loan, you may receive a higher rate, but it applies to a much smaller loan amount. If you secured a home equity loan at 9.0 percent APR, your monthly payment for your mortgage and equity loan combined would be slightly higher at \$1,559. However, the term of your equity loan is 15 years, and your mortgage is still on track to being paid off

in 24 years. In all, your total interest payments come to \$174,238 (original mortgage plus home equity loan).

Bottom line: In this scenario, a home equity loan comes out as the better financial decision, because not only are you finished paying six years earlier, you would save \$112,987 in interest alone.

If you're looking to access the equity in your house to help you complete a home improvement project or consolidate your bills, taking time to know your options can potentially save you thousands of dollars. Figure has built a calculator to show how much you could save using a Home Equity Loan PLUS instead of a cash-out refi. Calculate your potential costs and savings at Figure.com/cashout.

IRS.gov is the first place to go for tax help

Taxpayers are encouraged to visit IRS.gov for helpful tax information and tools that can make filing taxes easier. Here are some things taxpayers can do when they visit IRS.gov:

- Use IRS Free File. Taxpayers with income of \$66,000 or less can file using free brand-name tax software through IRS Free File. Those who earned more can use Free File Fillable Forms, the electronic version of IRS paper forms. Either way, everyone has

a free e-file option.

- Explore other electronic filing options. IRS e-file, which includes Free File, is the easiest, safest and most popular way to file a complete and accurate tax return. The fastest way to get a refund is to combine e-file with direct deposit. On IRS.gov, taxpayers can see if they qualify for free tax preparation help by volunteers, find software options to e-file their own taxes, and find an authorized e-file provider.

- Find a tax preparer. Taxpayers can use the Directory of Tax Return Preparers tool to find tax preparers near them.

- Get answers to tax questions. The Interactive Tax Assistant tool and the IRS Tax Map answer many tax-law questions. Many IRS tools and products are also available in other languages, including Spanish.

- Check on a refund. The best way to track the status of a refund is to use Where's My Refund? Taxpayers can check the status of their refund within 24 hours after the IRS has received the e-filed return. Those who file a paper return can check the refund status four weeks after mailing it.

- Pay taxes online. Taxpayers will find information about different ways to pay their taxes. This includes IRS Direct Pay, electronic funds withdrawal, and payment by debit or credit card.

- Use the EITC Assistant. Taxpayers who worked and earned less than \$54,884 in 2018 may be eligible for the earned income tax credit. Taxpayers can use the EITC Assistant tool to see if they qualify.

- Use Get Transcript. Taxpayers who need a copy of their original tax return information may use Get Transcript Online or Get Transcript by Mail. A transcript shows most line items from your return, which is usually all you need.

- View account information. Taxpayers can go to IRS.gov/account to securely access information about their federal tax account. They can also visit this page to access their tax records online, review the past 18 months of payment history, and view tax return information for the current year. Taxpayers can visit IRS.gov/secureaccess to review the required identity authentication process.

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Five great songs for your Paddy's Day party

Music and Ireland go hand in hand. Walk into a pub anywhere in Ireland and you're bound to encounter a local musician entertaining a crowd of fun-loving patrons. Perhaps that's why music is such an integral component of celebrations on St. Patrick's Day, a day to honor the patron saint of the Emerald Isle. Paddy's Day party hosts who want to provide a soundtrack worthy of this festive occasion can consider these tracks from some of Ireland's most beloved musicians.

1. "Whiskey in the Jar," The Dubliners with The Pogues: This song, which is believed to have been composed sometime during the 17th century, has been performed by various musicians across multiple genres of music. The 1990 collaboration between The Dubliners and

The Pogues is a fast-moving version of the song that's sure to get everyone bobbing their heads and tapping their toes.

2. "The Broad Majestic Shannon," The Pogues: This song, from the legendary Celtic punk band's 1988 album, was inspired by the River Shannon, the longest river in Ireland, and is sure to invite people to the dance floor with its opening notes. Lead singer Shane MacGowan, widely regarded as one of the most accomplished lyricists of his time, said the song is about an Irishman returning to his home along the Shannon after many years spent in London. That gives the song a somewhat autobiographical tilt, as MacGowan himself spent time living in London and Ireland.

3. "Finnegan's Wake," The Dropkick

Murphys: Another classic Irish ballad that traces its origins to before the 20th century, "Finnegan's Wake" is a comical tale of the supposed death of Tim Finnegan, a man who loved his liquor. When his friends host a wake in his honor and accidentally spill whiskey on his corpse, Finnegan miraculously awakes and joins in the celebration. This version of the song from the Boston-based Celtic punk rockers will have hosts and their guests bobbing their heads in between laughs.

4. "Drunken Lullabies," Flogging Molly: Though the band originated in Los Angeles, lead singer Dave King is a Dublin native and his Celtic punk band has a distinctly Irish sound. An acoustic version of the song is available on the band's 2006 live release

"Whiskey on a Sunday," but the party-friendly original version is the eponymous track on the band's 2002 release. Great for a sing-along and destined to get some feet out on the dance floor, this song is a must for any Paddy's Day get-together.

5. "Danny Boy," Various artists: For the sentimental revelers, this song, set to an ancient Irish melody, is a must-hear on St. Patrick's Day. Interpretations of the song vary, with some suggesting it's a message from a parent to a son going to war or a message to a native Irishman leaving his homeland during the Irish diaspora. Many artists across numerous genres have covered the song, from country music legend Conway Twitty to crooner Andy Williams to "The King" himself, Elvis Presley.

Country Preacher

by Pastor Dan West

Experiencing God's power

Have you ever gone to an apple orchard in the fall to pick apples? When you get near the trees the apples look so good — and after all, you have been promised these apples. As you approach the trees, you notice that all the best apples are high up in the tops of the trees. Oh, you can reach some of the lower ones, but they are small, misshapen, oddly colored with scabs and worm holes in them — but they are apples. Also, you realize you didn't bring anything to put the apples into. You jump to get a few nice ones, but you are totally unprepared to get any quantity of the best ones. Now you know why the sign at the entrance said "Bring your own ladder and basket".

This scenario is similar to the one pictured in **Galatians 5: 22-26** for many people. **Galatians 5: 22-23** lists the characteristics of a luscious, nutritious fruit that is available to everyone. It has elements that we all need and crave, and are very pleasant. Even before we accept God's personal invitation to come and enjoy this fruit He is providing, we have a taste of some of it. Mankind was created in God's image and He sends His blessings — sunshine and rain — on all mankind. If the story ended here it would be like the previous apple-picking people getting only a few small, scarred apples.

But the illustration doesn't end here! The sign out front says:

"How to get the best and the most Fruit of the Spirit":

- Give yourself to Christ v. 24
- Consider your worldly, human nature to be dead v. 24
- Conduct your life as the Holy Spirit directs v. 25
- Do not seek credit or recognition for the things you do for the Lord v. 26
- Do not do or say things that irritate other people v. 26
- Do not have ill will or jealousy toward anyone v. 26

The sign concludes:

"When you obey all the instructions, you will experience and enjoy all of the Fruit of the Spirit!"

So you see Scripture presents two facts here: a) The Holy Spirit provides His wonderful, beautiful, bountiful, empowering fruit to those who come prepared, and 2) The work is not in picking the fruit, but in the preparation for picking it.

We can know all about the Fruit of the Spirit, we can know where it comes from and why, we can see it operating in other people's lives, we can sample it briefly in God's universal blessings, our very spirit craves the elements of it. But unless we prepare ourselves as these verses say, we will not experience the power of it. So our theme for this year, "Experience God's Pow-

er" is simply a short way of saying "be obedient to God as He says in verses 24-26, and you will be given what's listed in verses 22-23."

Good Housekeeping

Strawberry Sodas

This tasty treat is ready in just 10 minutes.

- 1 1/2 cups milk
- 1 package (10 ounces) frozen sliced strawberries, partially thawed
- 1 pint strawberry ice cream
- 1 (16-ounce) club soda or strawberry soft drink, chilled

1. In a covered blender container at high speed, blend milk and strawberries 15 seconds; pour into five 12-ounce glasses.

2. Add a scoop of straw-

berry ice cream to each; slowly add soda or soft drink to fill almost to the top. Serves 5.

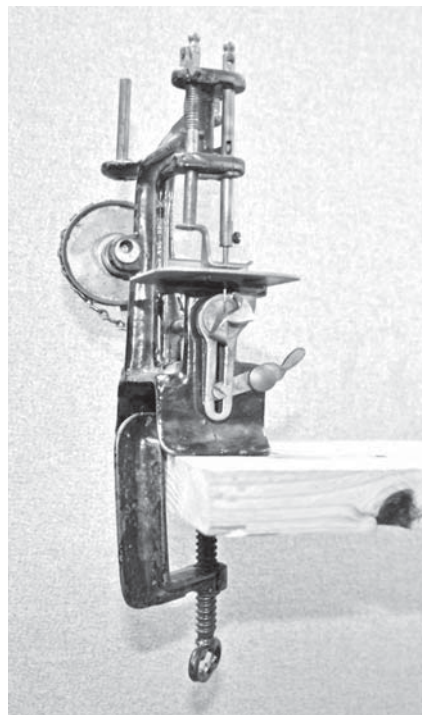
* Each serving: About 203 calories, 7g total fat (5g saturated), 26mg cholesterol, 77mg sodium, 32g total carbohydrate, 1g dietary fiber, 4g protein.

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

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Whatchamacallits



For children that are interested in learning the art of sewing, the usual place to start is with the most basic tools — a needle and a spool of thread. They would learn the delicate skill of threading the needle before embarking on their easiest cross stitch journey, gaining skill as they practiced and began creating more and more difficult projects.

Or, about a century ago, they could have played with this whatchamacallit, "The Little Comfort," a tiny, hand-powered sewing machine.

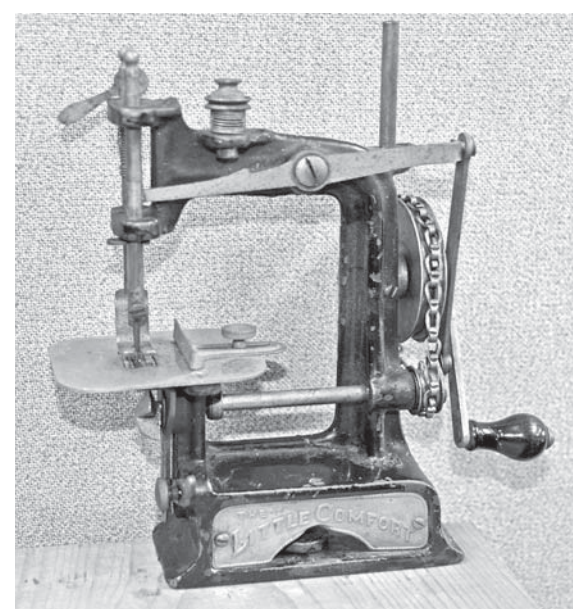
The Little Comfort was made by the Smith and Egge Manufacturing Company, based in Bridgeport, CT, and the cloth plate for the machine lists three patent dates: June 6, 1896, Jan. 26, 1897, and Oct. 19, 1897. The company released four different versions of the toy, starting in 1886. It features a looper system and automatic tension lifting after each stitch. The automatic tension

lifting comes from the raising of the lever screw.

Two of the versions of this small sewing tool feature variable-stitch regulators, which could illustrate that this toy, approximately eight inches in height, was not meant solely as a child's plaything.

The Little Comfort also has a vise built on to it, so it could be attached pretty much anywhere to be used. We have it on a piece of lumber here, but it more than likely would have been gripped to a table or desk edge.

By 1910, Smith and Egge had produced more than 50,000 of these small sewing machines — and an advertisement from that time notes they were selling them for \$4 a piece. The machines were often carried in the John Wannamaker store. They were also advertised as miniature



machines for adults, with those being sold by FAO Schwarz the only models being directly marketed to children.

Do you have your own Whatchamacallit?

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

Facts and figures about modern engagements

Getting engaged has and always will be a big deal. While marriage proposals are often steeped in tradition, some facts and figures about modern day engagements, courtesy of the 2018 Newlywed Report from WeddingWire, show just how much this special moment and all that surrounds it is changing.

- The pressure to make marriage proposals extraordinary appears to be on the rise, at least for Millennials. Of the nearly 18,000 respondents who shared their stories via WeddingWire's 2017 Newlywed Survey, 72 percent of Millennials said they feel pressured to make their proposals highly unique, while only 45 percent of Gen X respondents indicated feeling such pressure.

- Proposals might be changing, but getting down on one knee appears to be an enduring tradition that Millennials plan to keep in style. Eighty-two percent of Millennials indicated they got down on one knee to

propose. In addition, the tradition of asking for parents' blessing also remains popular among Millennials, 72 percent of whom sought such blessings before proposing marriage.

- The average cost of an engagement ring was \$5,000.

- The pressure to pick out the right engagement ring appears to be subsiding. That's because 50 percent of survey respondents indicated they picked out the ring together.

- Married-couples-to-be also appear to like comparison shopping in regard to engagement rings. The majority of purchasers looked at between two and seven rings before making a purchase.

- While online shopping has changed consumer behavior in myriad ways, couples still prefer brick-and-mortar stores when buying engagement rings. Thirty-one percent of purchasers bought rings online, but 63

percent made their purchases in-person at brick-and-mortar stores.

- Christmas Day is the most popular day to pop the question, followed by Valentine's Day. Christmas Eve, New Year's Day and New Year's Eve round out the top five.

- How to spread the news of an engagement is perhaps the biggest change surrounding engagements. Engagement parties were once the go-to way to spread the good news, but just one in four couples now have engagement parties. Nowadays, 86 percent of couples spread the news via social media. In fact, 10 percent of parents find out about their children's engagements via social media.

- The days of a short engagement seem to be a thing of the past. The average engagement now lasts 13 months, and 28 percent of couples are engaged for 16 months or longer.

Free tax filing options available now New York State Tax Department expands partnership with colleges across the state to provide filing assistance on campuses

The New York State Department of Taxation and Finance announced the statewide opening of its free tax filing assistance sites. These locations are open to help eligible taxpayers electronically prepare and file their income tax returns, claiming potentially valuable credits owed to them.

"Taxpayers with adjusted gross household incomes of \$66,000 or less in 2018 may use free, user-friendly software at these sites to electronically prepare and file both their state and federal tax returns," said Acting Commissioner Nonie Manion. "Eligible taxpayers don't need to visit a site, though: they can also access and use the same free software anytime from their computer, smartphone or tablet at www.tax.ny.gov."

Taxpayers can search Free File on the Tax Department website to be directed to the tax preparation software. Using the software can reduce filing errors that delay return processing and refunds. It also prevents valuable credits from being overlooked.

Tax Department experts will be available at each free tax assistance site to assist low- and middle-income New Yorkers through the filing process at no charge. At certain locations, they can assist taxpayers in multiple languages, including Arabic, Bengali, Chinese, Haitian Creole, Italian, Japanese, Korean, Russian, Spanish and Urdu.

Partnership with colleges

The Tax Department is expanding its presence on college campuses across New York State this year. By partnering

with seven different community colleges around New York State, the Tax Department is providing exclusive access to college students, faculty and staff to electronically prepare and file their income tax returns for free.

A schedule of dates, times and locations for all free filing sessions statewide is available from the Facilitated Self Assistance (FSA) program at www.tax.ny.gov/fsa/default.htm.

Benefits of e-filing

E-filing is safer and more efficient than sending paper returns through the mail. About 92 percent of all personal income tax returns in New York State are electronically prepared and filed. All returns, whether filed electronically or on paper, undergo the same systematic review.

Benefits of freestanding tubs

Few home design elements provide the instant wow factor of freestanding tubs. Freestanding tubs have an air of luxury that can help current homeowners relax, and impress buyers when homes go on the market.

Freestanding tubs are typically made of cast iron or porcelain. The home improvement website HomeAdvisor notes that cast iron is durable and solid and retains heat well, which is great for those who want to spend more than a little time relaxing in a free-

standing tub. However, because cast iron is so heavy, installing a cast iron tub may require structural reinforcement of the flooring, which will add to the overall cost of the project.

According to HomeAdvisor, the average cost to install a tub varies widely depending on the type of tub, the materials its made of and other factors, including plumbing and piping. For example, the cost to install a freestanding tub will rise considerably if new plumbing and piping are necessary.

Before purchasing a freestanding tub, homeowners should seek estimates regarding installation, making sure to get them in writing. Contractors will determine if structural reinforcement is necessary and include such costs in their estimates. In addition, make sure to ask contractors to investigate piping and plumbing so no surprises pop up after the tub has been purchased and work has begun.

If estimates from contractors aren't budget busting, homeowners can consider these benefits of freestanding tubs before making their final decisions.

- Cleaning: Because they're detached from other bathroom fixtures and not flush against the wall, freestanding tubs tend to be easier to clean than built-in bathtubs. Freestanding tubs are accessible from all sides, making it easy to reach

all those nooks and crannies where grime can build up.

- Return on investment: In its 2018 "Cost vs. Value" report, Remodeling magazine noted that upscale bathroom remodels recouped 56.2 percent of their cost at resale. That was a better return on investment than an upscale kitchen remodel (53.5 percent) and an upscale master suite addition (48.3 percent). The thought of a sizable return on investment can make relaxing in a freestanding tub that much more enjoyable.

- Warmth: Even freestanding tubs made of materials other than cast iron offer great heat retention. Stone resin bathtubs, for example, provide excellent insulation on cold nights. That's ideal for people who want to unwind in the tub without having to exit early because the water has become cold.

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

Mon. Feb 18th - Sold 218 head, Cull ave. \$.40 top cow \$.49, Bulls/Steers \$.58 - \$.84, Bull calves top \$.65, heifer calves top \$.25, Dairy feeders \$.32 - \$.35, Feeder Heifers \$.54 - \$.80, Feeder Steers \$.80 - \$1.00, Goats top \$275, Cull Sheep \$.60 - \$.90, Slaughter Hogs 230#-326# \$.50 - \$.69, 360#-457# \$.20 - \$.46.

Mon. Mar. 4th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Mon. Mar. 11th - Normal Monday Sale & Monthly Heifer Sale

Fri. March 15th - Sale held on the Farm - Annville, PA. 11:30AM Valley River Holsteins Milking Herd & Bred Heifer Dispersal. 75 Head of Registered Holsteins DHI RHA 24,302 4.1 933 3.1 745 BAA 109.9. Retirement Dispersal you don't want to miss!

Mon. Mar. 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. There will be a real nice load of 10 butcher hogs.

Fri. March 22nd - sale held at the farm Cherry Valley, NY - 11AM. Graveland Farm - Matt & Dean Utter. Complete Dairy Dispersal. 150 Freestall milking age cows, 25 started heifer calves born since October. DHI 21582 3.8 822 3.2 683 SCC 200,000. 50 first lactation and 35 second lactation in this herd. GPS address: 599 County Highway 32A, Cherry Valley, NY.

Sat. March 30th - Spring Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

Sat. April 6th - Sale on the farm - Copake, NY. 10:00AM. Hill-Over Farm Complete Machinery & Equipment Auction and Barn Equipment.

Sat. April 20th - Annual Spring Consignment Machinery Sale - Held at our Facility

Watch for 2019 Sales:

Sat. Oct. 26th - Fall Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

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Three tips to overcome everyday aches and pains

Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength

training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE.

RICE, which stands for rest, ice, compression, and elevation, can help men and women overcome the aches and pains that result as the body

ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendini-

tis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to

exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale

back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.

Explaining the sweaters often seen on St. Patrick's Day

Spectators at St. Patrick's Day parades may notice that many parade participants seem to be wearing a similar style of wool sweater. Though it might seem so, such sweaters are not identical, and actually boast a rich and unique history that may even indicate the ancestry of the person wearing them.

Aran sweaters get their name from the islands where they originated. Off the west coast of Ireland and at the mouth of Galway Bay, the Aran Islands are among the most beautiful places in Ireland.

Natives of the Aran Islands were fishermen and farmers. As a result, they needed garments that were water repellent and could keep them warm while they spent time out in the Irish climate, which has long been marked by significant rainfall. In fact, according to the Aran Sweater Market, an Aran sweater can absorb 30 percent of its weight in water before feeling wet. In addition, the wool used to create Aran sweaters is breathable, drawing water vapor away from the skin and releasing it into the air. That allows those donning Aran sweaters, whether they're Irish fishermen or people marching in parades across the globe, to maintain healthy body temperatures no matter the weather.

But Aran sweaters are much more than practical ways to keep warm in the Irish climate. In fact, Aran sweaters typically indicate much about the people wearing them and their ancestry. Aran sweaters feature complex stitching patterns that serve as reflections of the people who knit them and their families. Because people wore sweaters featuring patches associated with their clans, patterns were often used to identify bodies of fishermen who washed up on beaches after accidents at sea. The Aran Sweater Market on the Aran Islands contains an official register of these patterns, and visitors to Ireland often purchase sweaters after finding one they can connect to their ancestors.

Aran sweaters can be seen far and wide on St. Patrick's Day, and these sweaters often have great stories to tell.

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

Starts Mar 1

Pierogi and Golumbki Sales. All sales at St. May's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Traditional pierogi sell for \$8 dozen. Golumbki sell for \$26 dozen, \$13 half-dozen or three-piece for \$6.50. Pierogi Sales: Fridays - March 1, 8, 15, 22 and 29 from 11 a.m. to 1 p.m. and Saturdays - March 2, 9, 16, 23 and 30 from 9:30 a.m. to 2 p.m.

Mar 1

Poland Fire Co. Auxiliary Fish Fries. Fridays, March 1 through April 19. Serving: 4 - 8 p.m. Poland Firehouse Station #1, Route 8, between Poland and Cold Brook. Call for Take-Outs: 315.826.7141.

43rd Herkimer County Arts & Crafts Fair applications available. Vendor applications are available for the 43rd Herkimer County Arts & Crafts Fair at Herkimer College on Nov. 9 and 10, 2019. Booth spaces are \$155 for both days. Applications and further information can be found at www.herkimer.edu/ac or by calling the Herkimer County College Foundation at 315.866.0300, ext. 8459.

Mar 2

Benefit Antique Show. 10 a.m. - 4 p.m. Arkell Museum, 2 Erie Boulevard, Canajoharie. 14th annual Antique Show & Sale by Palatine Settlement Society will be at Arkell Museum for the benefit of 1747 Nellis Tavern in St. Johnsville. \$5 admission. Joan Draus, show manager, may be reached by text or leave message at 518.894.7807.

Mar 4

Living With Alzheimer's: For Early-Stage Caregivers. 12 - 3:30 p.m. VRS, 323 Pine Grove Road, Herkimer. This program is one of a three-part series provided by the Alzheimer's Association. Please call 315.617.4025 ext. 100 for more information or to schedule your reservation.

Mar 9

Traffic Survival Workshop. 9 a.m. - 4 p.m. Arc Training Center, 350 S. Washington St., Herkimer. Payment and registration can be made by calling Kelly Bunce at 315.574.7982.

Join the Mop & Bucket Company's Improv Theater Group for a night of laughs as they interact with the audience. At the Canajoharie-Fort Plain Elks Lodge, Nelliston. Voted best Comedy Troupe in the Capital Region three years running. Tickets are \$25 before Feb. 25. \$35 thereafter. Includes: Cocktail Hour - 5:30-6:30 p.m. Dinner - 6:30 p.m. Show - 7:45 p.m. Contact: Steve Heiser 518.993.2111.

Mar 14 and 28

TOASTMASTERS. March 14 and March 28: Noon - 1 p.m. Want learn more about leadership, public speaking, and personal improvement, check us out. Meetings are 2nd & 4th Thursday of every month from noon - 1 p.m. at St. Lukes Campus in 2nd fl. conf. room. Contact Ed 315.534.9072 or Nicole 315.527.9070 for more information.

Mar 17

Helping Animals Live Organization 11th annual Huge "Chinese Auction" fundraiser. Viewing begins at 11 a.m. and the drawings begin at 2 p.m. Herkimer VFW, 131 Mohawk Street. This major event features hundreds of items donated by community businesses and people for the Chinese Auction that will benefit the animal rescue group and their cat shelter HALO House based in Little Falls. For more information, call Debbie at 315.866.8608 or Anne Marie at 315.868.0274.

Mar 18

2019 Rabies Vaccination Clinic. 10-12 a.m. At East Herkimer Fire Department, 193 Main Rd., East Herkimer. New York. To

pre-register for a clinic please call 315.867.1176.

Mar 21

"Sip and Paint A Spring Scene" fundraiser. 6 p.m. At the Old Library building at 20 N. Main Street in Dolgeville. To benefit "Dolgeville Forward." Jill Rae Vennera of Easels on the Gogh will lead everyone in an enjoyable painting experience. Refreshments will be provided and wine sipping is courtesy of Joe's Manheim Liquors. The cost is \$35 and reservations are requested in advance by calling 315.429.8660.

Mar 28

2019 rabies vaccination clinic. 5:30-7 p.m. At East Herkimer Fire Department, 193 Main Rd. East Herkimer. To pre-register for a clinic please call 315.867.1176.

Mar 29

Macaroni & Cheese Dinner. 5 p.m. until sold out. Herkimer Reformed Church, 102 Church St., Herkimer. \$10 adults, \$5 child, \$25 for a family. Benefits School's Out Child Care Program. Also basket and 50/50 raffles. Call 315.219.2775 for more information.

Apr 11

2019 Rabies Vaccination Clinic. 5:30-7 p.m. At Ohio Community Rec. Center, 140 Nellis Rd, Town of Ohio. To pre-register for a clinic please call 315.867.1176.

May 2

2019 Rabies Vaccination Clinic. 5:30- 7 p.m. At Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville. To pre-register for a clinic please call 315.867.1176.

Alternatives to engagement rings

Engagement rings are often sizable investments. Money magazine reports the average engagement ring costs around \$5,800. An engagement ring sym-

bolizes the start of a life-long commitment and may even set the tone for a couple's wedding day.

Jewelry styles are personal, and grooms-to-be

should carefully research their significant others' preferences in terms of precious metals, colors and gemstones. Even though tradition holds

that a diamond gemstone is classic for engagement rings, these precious stones are not the only options. In fact, before World War II, just 10 per-

cent of proposals involved diamond engagement rings. That number jumped to 80 percent by 1990. However, many modern couples now lean

toward other offerings not only for the uniqueness they provide, but also for the potential cost savings.

Those seeking something unique can embrace these engagement ring options.

- **Amethyst:** This vibrant, lavender-hued stone can be breathtaking when cut the correct way. Purple shades have long been associated with royalty, making an amethyst fitting for such an occasion as special as an engagement. Because amethysts, which are less expensive than diamonds, are a seven on the Mohs scale for gemstone hardness, they can be very durable.

- **Knot rings:** These rings do not have a center stone. Rather, they're designed to be a tied knot or infinity symbol. These rings can be particularly sentimental as they represent true, unbroken love.

- **Opal:** Gemstones, like flowers, have been assigned certain meanings. Tying the engagement ring to one of them can infuse more symbolism into the relationship. Opal, for example, represents love, passion, creativity, spontaneity, and inspiration. Those traits seem tailor-made for surprise proposals.

- **Sapphire:** While sapphire stones often are blue, they can also be yellow, green, pink, and white. Sapphires are the third hardest mineral. A white sapphire can be the perfect diamond replacement.

- **Garnet or ruby:** Red is the definitive color of love. A Valentine's Day proposal can be made even more special by presenting an engagement ring with a red gemstone.

- **Moissanite:** The jewelry source Brilliant Earth says moissanite is a gemstone first discovered in 1893 by Henri Moissan in a meteorite that fell to earth. It is remarkably similar to a diamond in appearance and strength. Moissanite also has heightened brilliance, with a refractive index higher than that of a diamond.

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JU9381T

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JU9423

FULL POWER 97K MILES

\$13,495

2017 CHEVY EQUINOX LT AWD

JU9280TR

29,438 MILES, AUTO, AC, PW, PL, CC, TILT, CD

\$19,967

2010 F-150 CREW XLT 4X4

JU9232

4.6 L 66K MILES

\$18,495

2013 FORD F-150 REG CAB XL

JU9360

60,556 MILES, AUTO, AC

\$13,987 OR \$229 PER MO#

2008 FORD F-150 SUPER CAB FX4 4X4

JU9315

106,712 MILES AUTO AC PW PL CC TILT CD

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The benefits of joint bank accounts

Once a couple walks down the aisle and returns home from their honeymoon, various tasks must be performed. Couples should not overlook the importance of tending to their financial futures. One of the first steps is merging and managing bank accounts.

A study from Kansas City University found the number one cause of divorce in the United States is fighting over money and other financial problems. Therefore, being on the same page concerning finances and maintaining financial transparency can help reduce the propensity to clash over cash.

Merging bank accounts can be a good idea for newlyweds for various reasons.

- Improved efficiency: Having one account makes it easier to track income and spending and can make keeping track of money less complicated. Also, having only one bank means cutting down on statements or

correspondence from multiple institutions.

- Greater communication: Some people are natural spenders and others savers. It's easy to gloss over financial indiscretions when there are separate accounts. A joint account makes it easy to talk about spending habits and the flow of money in and out of an account.

- Creates accountability: Not being able to hide debt or large expenditures or withdrawals makes couples accountable to each other. This creates transparency in a relationship and may help couples become closer as a result.

- Good in emergencies: According to the financial resource Money Under 30, having a joint bank account can ensure that a surviving spouse has uninterrupted access to funds in the event his or her partner dies. This may not be the case with individual bank accounts until the estate goes through probate.

- Get better banking:

Certain financial institutions may offer perks like no fees if customers maintain a specific balance or meet the criteria of debit card usage per month. Such requirements may be more easily reached with two people utilizing the account.

- Combine with ease: Financial expert Dave Ramsey says it's particularly easy to merge when individuals already were using the same bank or credit union. Simply showing up with identification and transferring the balance of one account into the other and adding a signer is all that's needed. In instances where couples use different banks, select a convenient institution and open up a new account together after closing the individual ones.



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Spay/Neuter Awareness Month – Dolgeville C.A.T. Project

February is Spay/Neuter Awareness Month. In the village of Dolgeville a new group has started to address the issue of free roaming cats and feral cat colonies within the community by instituting a TNR (trap, neuter and return) program. They are called the Dolgeville C.A.T. Project and they are the Public

Health and Safety sub-committee under “Dolgeville Forward.”

Dolgeville Forward is a citizen action organization working toward the betterment of the community made up of volunteer residents that was started by Dolgeville Mayor Mary Puznowski last year. When a feral cat tested positive for rabies

in the village, local resident Caryl Hopson approached the mayor about managing the outdoor cat colonies in a humane manner and alleviating the risk of rabies infection. Puznowski invited Hopson to a Dolgeville Forward meeting and the Public Health and Safety Committee was created as well as the C.A.T. (Cat

Action Team) Project.

Since last autumn, the group has humanely trapped, altered and vaccinated against rabies 31 outdoor free roaming cats in the village. It is their goal to identify feral cat colonies and continue their TNR program, reducing the risk of rabies as a public health concern and the sizes of the

colonies. It is also their goal to disseminate information to pet owners whose pets are allowed outdoors that is New York State Public Health Law they must be up to date with a rabies vaccination and the importance of spaying and neutering.

The group has been receiving help for their TNR program from animal welfare group 4PetSake Food Pantry that offers a spay/neuter assistance program for Herkimer County. They also have received donations from community members and

have donation cans at area businesses to help them continue their efforts. Eleven-year-old Kaitlyn Herringshaw sewed catnip pillows and dog bandanas and sold them at the Cakery Cafe to benefit the project and the Herkimer County Humane Society.

If you would like to make a donation to their project, they can be mailed to Dolgeville Forward C.A.T. Project, P.O. Box 71, Dolgeville, NY 13329. For more information, leave a message with the Dolgeville Village Clerk at 315.429.3112.

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Saturday 9:00am - 5:00pm • Sunday 11:00am - 5:00pm**



This photograph was taken last summer of a group of adolescent kittens, in one of the feral cat colonies in Dolgeville that the group is working on.

Photo courtesy of Dolgeville Forward C.A.T. Project

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Don't mistake a shamrock for any old clover

Much like New York City's Empire State Building or Egypt's great pyramids are in their respective countries, the shamrock is an icon in Ireland that has grown to symbolize Irish heritage and culture. Many products, sports teams and businesses with ties to Ireland feature shamrocks in their logos.

So it should come as no surprise that shamrocks also are a major part of St. Patrick's Day celebrations. After all, this is a day to pay homage to Ireland's patron saint — as well as the country itself.

The Irish are quite protective of their shamrocks, and some are quick to point out that shamrocks and certain clovers, including the supposedly lucky four-leaf clover, are not interchangeable. Some botanists will agree.

All shamrocks are clovers, but not all clovers are shamrocks. The home and garden resource The Spruce indicates that the term "shamrock" comes from the Gaelic word seamrog, meaning "little clover." There is no consensus as to which species of clover

is the true shamrock. However, many botanists agree that the white clover (*Trifolium repens*) is the shamrock. However, the lesser trefoil, or hop clover, the black medick and red clover all can be contenders.

Four-leafed clovers of any variety are not shamrocks and should not be portrayed as such. That is because the shamrock is a three-leafed sprout that was believed to be utilized by St. Patrick to demonstrate the principle behind the Holy Trinity. St. Patrick, pointing to the three leaflets united

by a common stalk, used this visual analogy to spell out the mystery of Christianity's doctrine of three entities making up one Lord: God the Father, God the Son, and God the Holy Spirit. Therefore, for all of the purported good luck finding a four-leaf clover may bring — based on mythology imparted by ancient Celts called Druids — it cannot be passed off as a shamrock.

Both clovers and shamrocks hold special meaning to the Irish. However, it is the three-leaf variety of clover that defines the shamrock.



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RE-ELECT

Dennis L. Mowers
Samuel J. Geloso
Town Council

Serving the Town of German Flatts, Village of Mohawk and Village of Ilion

Dear Residents:

Many of you know us, as we have had the privilege of serving you in Town government. For those of you who may be new to the Town or Villages, we would like to introduce ourselves as the Republican candidates running for the Town Council of German Flatts, which encompasses the Village of Mohawk and Village of Ilion. With your support, we hope to continue momentum, positive successes, and the progress we have accomplished in our community.

The Town of German Flatts is the largest and one of the most progressive communities in Herkimer County. We continue to be very successful in receiving millions of dollars in grant funding to help maintain our infrastructure (such as roads and infrastructure), improve our parks and our community center, which is now are command center for emergencies. To accomplish this, it is imperative that we establish and maintain contact with many Federal, State, County and our local representatives of Mohawk and Ilion. Many of the individuals within the Federal, State and County Agencies we work with, have become our friends.

The Town of German Flatts has a total of four (4) council members, and elected for a term of four years, Sam and I are up for re-election this year and will continue to protect your rights, property and safety of ALL the residents within the Township, which includes Mohawk and Ilion.

Being long time residents, our dedication is to the Town, Villages, families of our residents, businesses and especially to our future. We need your support so we can continue to grow, enhance community pride for our families, children and grandchildren.

RECENT GRANTS THAT WE HAVE BEEN INVOLVED IN OBTAINING

2.5 million	Stabilization (Construction Continues) for the Fulmer Creek Stabilization
1.1 million	Canalway Trail from Community Center to Canal Lock 18
2.5 million	Richfield Street Bridge – Village of Ilion
0.8 million	Buy-out Program (FEMA/NYS DHSSES)
0.2 million	Community Center/Restoration School House
0.3 million	Fulmer Field-Park Development/Trees-for-Tribs/GreenPlain Engineering
7.4 million Total	

Respectfully submitted,

Dennis L. Mowers

Samuel J. Geloso

dmowerssurvey@aol.com

mohawkvalleyflorist2@gmail.com

Primary Election – June 25, 2019

General Election – November 5, 2019

Herkimer BOCES Pathways Academy students honored with behavioral, academic, Regents awards

ILION – Students in the Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington recently received awards for positive behavior and academic outcomes.

The second-quarter award ceremony for the 2018-2019 school year took place on Friday, Feb. 8, at the Remington Educational Complex in Ilion. In addition to Pathways Academy students and staff, many parents and local school superintendents were in attendance.

Pathways Academy focuses on students who have had a difficult time in a traditional school structure or have to catch up on credits but have the ability to get

a high school diploma. Pathways Academy classes are project-driven and infuse career and technical education.

The quarterly Pathways Awards started last school year as part of the Positive Behavioral Interventions and Supports (PBIS) program at Pathways Academy. The PBIS program includes a new Pathways Academy Student Council and starting off the school year with a several-day orientation activity focused on teamwork among students, teachers and staff. It also includes students earning “BOCES Bucks” for positive behavior that they can use on reward days to purchase items or experiences.

The following is a list of the PBIS Awards for the second quarter of the 2018-2019 school year and the students who received them:

High Honor Roll:

- Dylan Coleman
- Brooke Green
- Cierra Lacelle
- Christopher Reed

Honor Roll:

- Storm Baker
- Sean Fellows
- Brayden Hart
- Michael Kimball
- Destiny LaBarge

- Samantha Lynch
- Kai McDonald
- Anthony Meeks Jr.
- Christopher Salati-Weir
- Brandon Sorce
- Kayla Stevens
- Desiray Thayer
- Joel Torres
- Curtis Walker

Merit Roll:

- Kyle Boyer
- Matthew Chapple
- Benjamin David
- Michelle Farnsworth
- Preston Fonda
- Johnna Geweye
- Collin Helin
- Adah Howard
- Nathan Keeler
- Zachariah Perkett
- Jace Reel
- Paige Salerno
- Thadius Schook
- Dakota Sill
- Logan Tripple
- Thi-Quelle Van Guilder
- Kodi Wellington

Attendance Awards:

- Christian Arabia-Everson
- Storm Baker
- Matthew Baldwin
- Adriana Dye
- Michelle Farnsworth
- Johnna Geweye
- Destiny LaBarge
- Kamren Louis
- Christopher Pritchard
- Donell Reed
- Ian Sassone-Everson
- Thadius Schook
- Dakota Sill
- Kayla Stevens
- Brianna Trevor

Special Awards:

The following students won the Special Awards noted below by their names:

- Christian Arabia-Everson: Hardest Worker in ELA Award; Most Respectful, Responsible and Safe Award

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HERKIMER from 13

- Storm Baker: Passing the ELA Regents Exam Early Award
- Trenton Berridge: Most Improved Award
- Natasha Bovee: Hardest Worker in ELA Award; Great Average in Algebra Award
- Kyle Boyer: Most Helpful Award
- Jason Canastra: Most Improved Award
- Matt Chapple: Leadership Role Model in Service Lab Award
- Dylan Coleman: Passing the ELA Regents Exam Early Award
- Justin Cristallo: Participation in Government Award
- Ben Davis: Hard Worker Award
- Hailie Davis: Participation in Government Award
- Adriana Dye: Most Improved in FACS Lab Award
- Michelle Farnsworth: Hard Worker Award; Physical Education Award
- Sean Fellows: Great Average in Algebra Award
- Alyssa Filmer: Hard Worker Award; Positive Attitude Award; Consistent Effort Award
- Preston Fonda: Most Respectful Award; Creative Artist Award
- Johnna Geweye: Passing the ELA Regents Early Award

HERKIMER 15



Herkimer-Fulton-Hamilton-Otsego BOCES Principal of Alternative Education Patrick Corrigan speaks to students, parents and local school superintendents during a Pathways Academy at Remington awards ceremony on Friday, Feb. 8, in the cafeteria at the Remington school building in Ilion.

Photo courtesy of Herkimer BOCES

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The kids can get hands-on with this cinnamon-scented dessert recipe. Let them blend the crumble topping with their fingers until the mixture reaches the right consistency.

2 1/2 pounds plums, each pitted and cut into 8 wedges

- 1 tablespoon fresh lemon juice
- 1 tablespoon cornstarch

2/3 cup (packed) light brown sugar
1 cup old-fashioned oats, uncooked
1/3 cup all-purpose flour
1/2 teaspoon ground cinnamon
4 tablespoons butter or margarine

1. Heat oven to 400°F. In a shallow 2-quart glass or ceramic baking dish, toss plums with lemon juice. In a cup, mix cornstarch and 1/3 cup sugar; toss with plums until evenly coated.

2. In a medium bowl, mix remaining 1/3 cup sugar with oats, flour and cinnamon. With fingertips, blend in butter until mixture resembles coarse crumbs. Sprinkle oat topping over plum mixture.

3. Bake crumble 25 to 30 minutes or until plums are tender and topping is lightly browned. Cool on wire rack 10 minutes to serve warm, or cool completely to serve later. Reheat if desired.

Makes 6 servings.

* Each serving: About 340 calories, 10g total fat (5g saturated), 22mg cholesterol, 95mg sodium, 63g total carbohydrate, 4g dietary fiber, 4g protein.

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HERKIMER from 14

- Brooke Green: Positive Attitude Award; Participation in Government Award
- Matt Gushue: Excels in Reading and Poetry Award
- Sukjhinder Hamilton: Participation in Government Award
- Brayden Hart: Great Average in Algebra Award
- Collin Helin: Great Average in Geometry Award
- Adah Howard: Participation in Government Award
- Erika Hunt: Leadership Role Model in Service Award
- Nate Keeler: Great Average

in Algebra Award; Physical Education Award

- Cierra Lacelle: Hard Worker Award; Most Responsible in an Extracurricular Activity Award; Passing ELA Regents Exam Early Award; Participation in Government Award; First 100 Percent on an ELA Essay with Ms. Loveless Award
- Sam Lynch: Great Average in Geometry Award
- Kai McDonald: Excellent Average in Algebra Award; Passing the ELA Regents Exam Early Award
- Zach Maida: Participation in Government Award

- Cody Maine: Most Improved in Career Exploration Award
- Brittany Martinez: Most Respectful Award
- Anthony Meeks: Hardest Worker in ELA Award; Excellent Average in Algebra Award; Participation Award
- Scott O'Dell: Positive Attitude Award
- Christopher Reed: Excels in Reading and Writing Poetry Award; Excellent Average in Algebra Award
- Mario Rosado: Hard Worker Award; Most Enthusiastic in a PBIS Activity Award; Participation in Government Award

- Chris Salati-Weir: Great Average in Geometry Award
- Paige Salerno: Positive Attitude Award; Best Effort Award
- Ian Sassone-Everson: Best Narrative Award
- Thadius Schook: Passing ELA Regents Early Award
- Haylee Schultz: Hard Worker Award; Enthusiastic Learner Award; Participation Award
- Dakota Sill: Passing the ELA Regents Exam Early Award
- Kayla Stevens: Great Average in Geometry Award
- Daryan Stockigt: Most Improved Award; Most Organized

- and Engaged Award
- Desiray Thayer: Hardest Worker in ELA Award; Most Helpful to Peers Award; Perseverance Award; Great Average in Algebra Award
- Joel Torres: Great Average in Algebra Award
- Brianna Trevor: Participation in Government Award
- Logan Tripple: Shows Initiative Award
- Kodi Wellington: Participation in Government Award
- Syncerae Wilcox: Participant Award
- Shane Wood: Most Improved in Lab Award



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Enjoy corned beef and cabbage this St. Patrick's Day

Corned beef and cabbage might not be a part of many people's diet regimens throughout the year. But come March 17, it's not uncommon to find people from all walks of life indulging in this beloved meal.

March 17 marks the celebration of St. Patrick, the patron saint of Ireland. Over the years, the day has also become a celebration of the Emerald Isle. Such celebrations tend to feature corned beef and cabbage, even though the dish may have little to do with Ireland (and even less to do with St. Patrick). The precise origins of the link between corned beef and St. Patrick's Day remain a topic of debate, but some historians say the corned beef enjoyed today can be traced to New York City's Irish immigrant population in the 19th and 20th centuries, who popularized a salted meat made

from brisket that was then sold by Jewish butchers.

Regardless of the authenticity of its link to Ireland, corned beef is delicious and many modern Paddy's Day celebrants wouldn't think of going without it on March 17. Those who want to cook up their own can try this recipe for "Corned Beef and Cabbage" from Arthur Schwartz's "New York City Food" (Stewart, Tabori & Chang).

Corned Beef and Cabbage

Serves 6 to 8

Cook a whole brisket with both sections together with all its fat. (You can trim off the fat after the meat is cooked.) Whole brisket and second-cut corned beef brisket are hard to find, but your supermarket should have first-cut corned beef vacuum-packed in plastic. Choose the fattiest piece in the

case and treat it gently.

You can cook the cabbage and potatoes in the same water as the corned beef. Because the other vegetables need to be cooked in water that simmers more than the meat, scoop out water from the corned beef pot and cook the vegetables in a separate pot or pots.

1 4- to 5-pound corned beef brisket

1 teaspoon pickling spices

1 head cabbage

2 pounds boiling potatoes

6 to 8 small carrots (optional)

Parsnips (optional)

Turnips (optional)

Place the corned beef in a pot that holds at least 5 quarts of water. Cover completely with cold water. Place over high heat and bring to a simmer.

As soon as bubbles start to break on the surface of the water, adjust the heat so the water

simmers very, very gently. With a slotted spoon, skim off the residue that accumulates on the surface. When the residue stops coming to the surface, add the pickling spices.

Continue to cook, with bubbles just gently

breaking on the surface, for 3 to 4 hours, until fork tender.

The meat can be safely held in its water for about 2 hours; reheat gently.

Cook the vegetables until fork tender in separate pots of boiling fresh water or, especially for the cab-

bage, use some of the water in which the corned beef was cooked.

Slice the corned beef and serve with mustard and/or horseradish on a platter, surrounded with some of the vegetables or with vegetables in a separate bowl.



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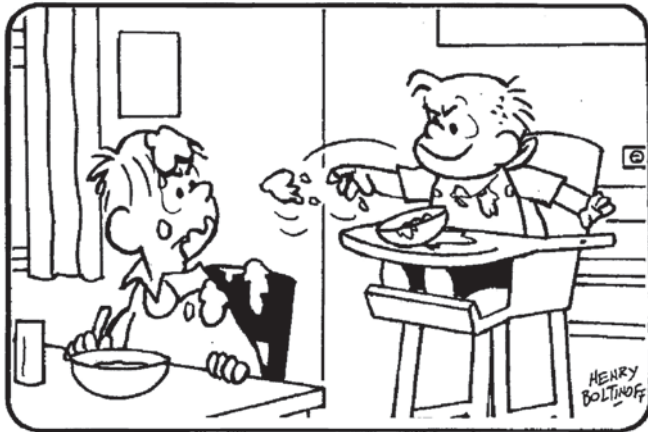
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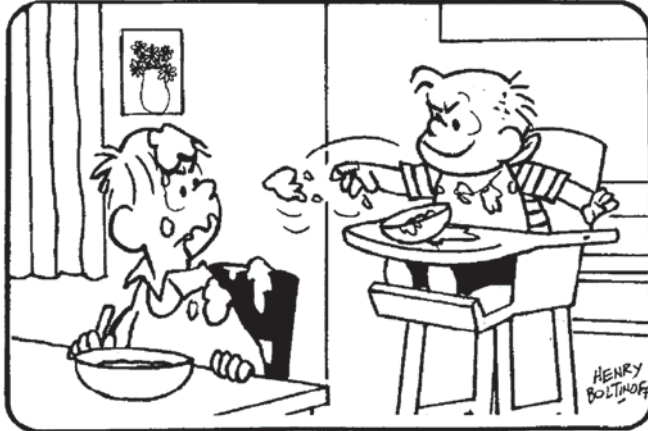
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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Baby's shirt has stripes. 2. Picture is different. 3. Curtain covers window. 4. Boy's bowl is larger. 5. Wall outlet is missing. 6. Boy's glass is missing.

Weekly SUDOKU

by Linda Thistle

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

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: ♦♦♦

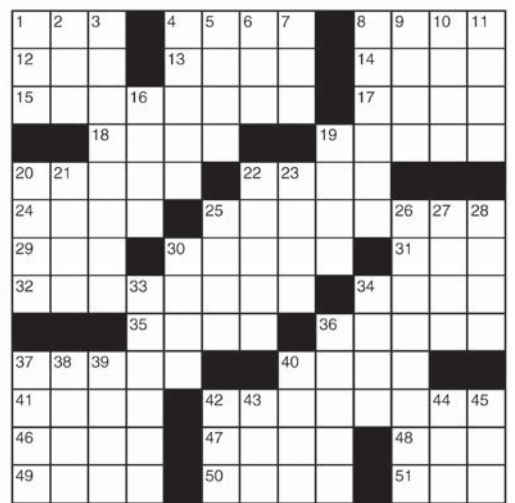
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Beavers' structure
- 4 Second letter
- 8 Wild and crazy
- 12 Indivisible
- 13 Mideast airline
- 14 Sheltered
- 15 Gin, e.g.
- 17 Grad rags?
- 18 First murderer
- 19 Iron
- 20 Suitor
- 22 Paddock parent
- 24 Long-running Broadway musical
- 25 Pheasant or grouse
- 29 Fuss
- 30 Dental filling
- 31 Ultramodern (Pref.)
- 32 Backyard attraction
- 34 Somewhere out there
- 35 Feedbag fodder
- 36 Surprise big-time
- 37 Engine
- 40 Unwanted email
- 41 On in years
- 42 Morning garb
- 46 Entreaty
- 47 "Super-food"



- berry
- 48 Grecian vessel
- 49 Transmit
- 50 Group of cattle
- 51 Despondent
- 8 Capital of Croatia
- 9 Shaving cream additive
- 10 Information
- 11 Longings
- 16 Speaker's spot
- 19 Quarry
- 20 Wound cover
- 21 Gully
- 22 Soda shop orders
- 23 Asian nurse
- 25 Summertime pest
- 26 Notorious
- 27 Caboose's place
- 28 Collegian quarters
- 30 Construction piece
- 33 Gizmo
- 34 Winged intruder
- 37 3-Down's creations
- 38 Leering look
- 39 Adolescent
- 40 Luminary
- 42 "Humbug!"
- 43 Expert
- 44 Lingerie item
- 45 Conclusion

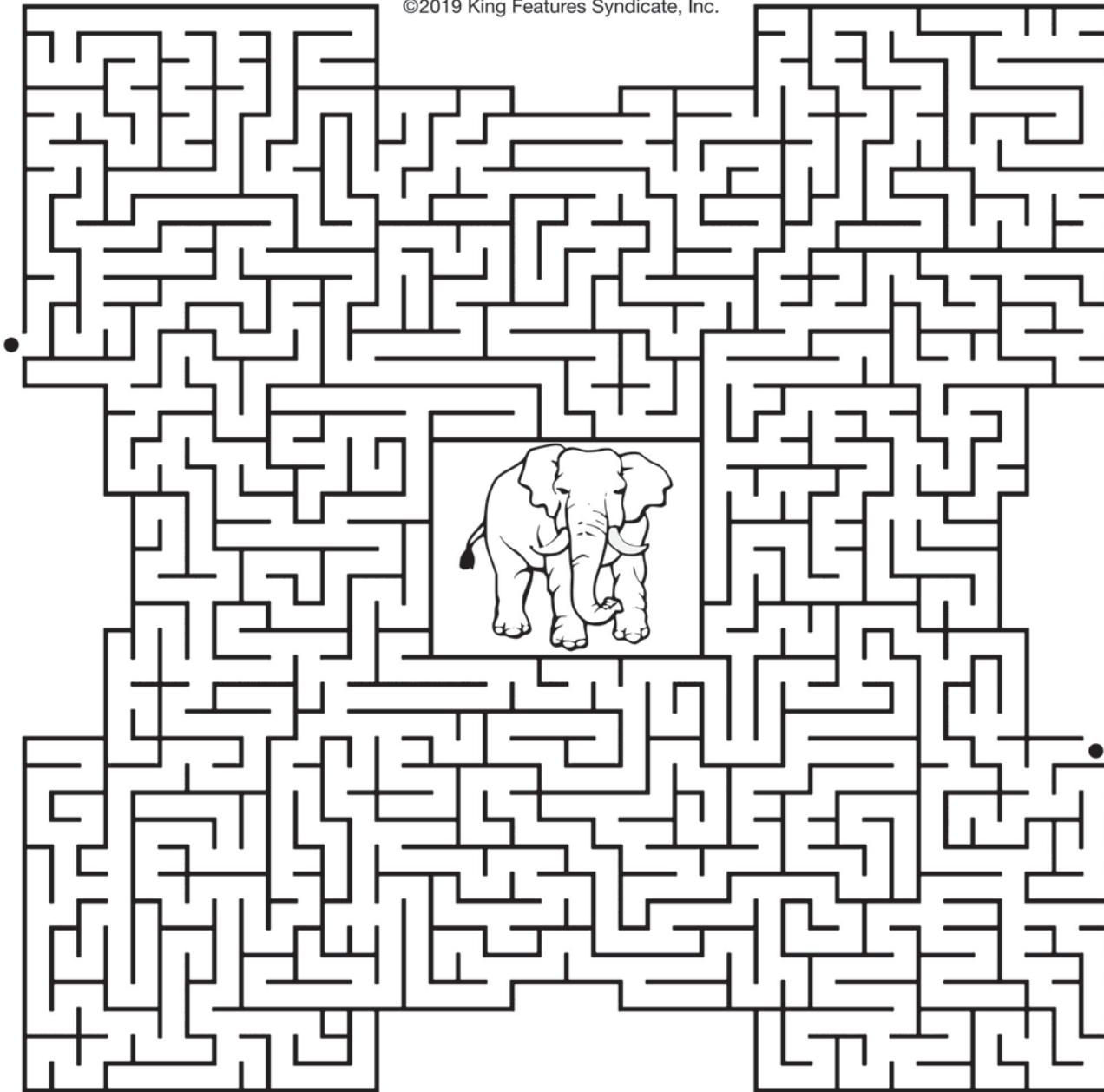
DOWN

- 1 "What's up, —?"
- 2 Literary collection
- 3 16th-century cartographer
- 4 Start
- 5 Verve
- 6 Highland hat
- 7 Brewery prod-

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Mega Maze

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LAFF - A - DAY



"I need a larger refrigerator because my family — meaning him — keeps getting bigger."

STICKELERS (sic)
by Terry Stickels

Cherie's niece's father's daughter's aunt could be Cherie.

True or false?

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Country Editor

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 - 330 Custom Services
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 - 370 Dogs
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 - 535 Generators
 - 537 Gifts
 - 575 Greenhouse Supplies
 - 585 Guns
 - 587 Hair Styling
 - 589 Hardware
 - 600 Health Care/Products
 - 605 Heating
 - 610 Help Wanted
 - 653 Hotel / Motel
 - 683 Jewelers
 - 700 Lawn & Garden
 - 711 Lessons
 - 760 Lumber & Wood Products
 - 790 Maple Syrup Supplies
 - 805 Miscellaneous
 - 810 Mobile Homes
 - 811 Monuments
 - 812 Multi Media
 - 813 Music
 - 815 Motorcycles
 - 817 Nails
 - 820 Nurseries
 - 910 Plants
 - 950 Real Estate For Sale
 - 955 Real Estate Wanted
 - 960 RVs & Motor Homes
 - 975 Rentals
 - 980 Restaurant Supplies
 - 1040 Services Offered
 - 1075 Snowblowers
 - 1080 Snowmobiles
 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
 - 1165 Trees
 - 1170 Truck Parts & Equipment
 - 1180 Trucks
 - 1187 Vacuum
 - 1190 Vegetable
 - 1200 Veterinary
 - 1205 Wanted

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What is the water table, and how does it affect homes?

The groundwater table plays a role in home construction, foundation stability and home comfort. Because the groundwater table is so significant, it behooves homeowners to understand how it works.

National Geographic defines a water table as the boundary between water-saturated ground and unsaturated ground. Well beneath the ground, at various depths depending on geography, topography and weather conditions, pockets of water, called aquifers, exist. The water table marks the boundary between that available water and the dry surface.

Ground water is impacted by precipitation, irrigation and ground cover. It also may be affected by land use and tides. The water table can fluctuate with the seasons and from year to year because it is affected by climatic variations, as

well as how much water may be drawn from underground, advises Encyclopedia Britannica. The water table where one person lives may be several inches or feet below the surface of the ground and follow the topography of the land. For others, it may be much higher, even coming above the surface of the soil.

The water table as well as local soil conditions and drainage can impact homes and their foundations. If soil drains efficiently and there is a relatively low water table, it may not be problematic. However, if soil is dense and absorbent and the water table is high, the ground around a home may swell and become saturated. This can exert significant pressure against the foundation walls, states Rytech, a water damage and mold rehabilitation company.

In areas where a local

water table rises near the surface, water can push against the underside of the foundation in a condition known as “hydrostatic pressure.” This may cause water to infiltrate through the bottom of the foundation — even permeating solid concrete over time. If hydrostatic pressure is severe, it could lift certain portions of the foundation out of the ground, but this is very unlikely. But it could cause shifting of foundation walls and structures like fencing and decks.

Even if ground water does not cause foundation cracking or shifting, it could lead to humidity issues, resulting in rust, bacteria and mold. Wood structures in a home may be compromised by a high level of humidity.

The home improvement resource Angie’s List says certain steps may need to be taken to protect against damage from a

water table and abundant ground water. Basement and foundation waterproofing professionals can help homeowners develop a plan to mitigate water damage. This can

include grading changes and the installation of drains and pumps to move water away from the house. Special paints and sealants also can protect the foundation.

Ground water can be a hindrance when it affects the home, but homeowners who learn about it can be in a position to confront any ground water issues.



If not properly addressed, ground water can affect an existing foundation and the ability to build successfully.

Now Here’s a Tip

by JoAnn Derson

- Corral kids’ books in a traveling library by repurposing an old wagon. All you need to do is store the books spine side up for easy selection. This also makes it a snap to move it to just the right place to encourage reading, whether it’s the garden path or a blanket fort. If you don’t have a wagon to repurpose, installing some caster wheels on the bottom of a crate works, too.

- Replace mascara frequently. But if you need to freshen a tube of dry mascara, just add a few drops of contact solution to the brush and bottle.

- “Use mismatched socks as wiper

blade covers when you are expecting inclement weather. It will keep your wipers from freezing to your windshield, and if they get all yucky, you can just pitch them.” — N.G. in Ohio

- Make doctor’s appointments on or near a major holiday every year. That way you don’t end up forgetting when your last annual exam or dental cleaning was.

- If you seriously need to remove a color polish from your nails, but ran out of remover, try this trick: Paint the nail generously with clear polish, then use a dry cotton ball to swipe it off. Repeat as needed.

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To Your Good Health

by Keith Roach, M.D.

No caffeine after 50?

Dear Dr. Roach: I recently heard that after age 50 you should not take in any caffeine. I do enjoy a cup of regular coffee with breakfast. Is this dangerous? — Anon.

Answer: The majority of people over 50 continue to drink and enjoy caffeine in coffee, tea and other drinks. At reasonable doses it is very safe, and previous studies showing links to cancers have been pretty thoroughly discredited. I am all in favor of maximizing enjoyment of life in ways that aren’t harmful, and a cup of coffee in the morning is not harmful and is a big source of enjoyment to many.

As we age, many drugs (I’ll consider caffeine a “drug” for this purpose) are metabolized more slowly by the body, so some people may find that the same “dose” affects them more. This may occasionally cause a problem with sleep-

ing for people who drink caffeine later in the day or at night, in which case the solution is to drink less or drink earlier.

Finally, age 50 seems pretty young, to me, to be concerned about changes in drug metabolism.

Dear Dr. Roach: We often are advised to get plenty of fruit in our diet. Is dried fruit (apricots, dates, figs, prunes) considered healthy? — N.M.G.

Answer: Most dried fruit is healthy; however, there are two concerns: The first is that they have about the same amount of calories and sugar as whole fruit, and easily can be overeaten. The second is that you should beware of dried fruits with added sugars. Some dried fruits are preserved with sulfites. Sulfites, as I have mentioned, cause allergic symptoms in some people, but are tolerated by most.

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King Crossword — Weekly SUDOKU —

Answers

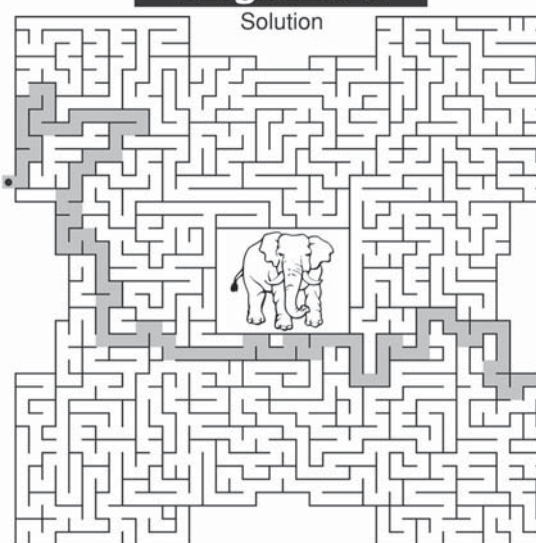
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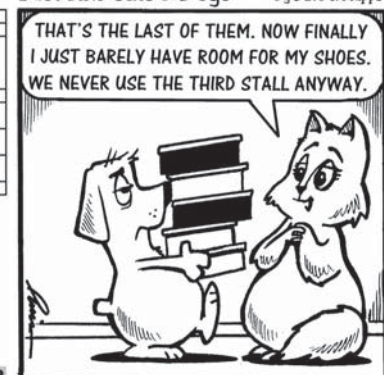
Answer

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

Mega Maze



Just Like Cats & Dogs by Dave T. Phipps



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Pauline Stark's 94th birthday celebrated

The Mohawk Homestead celebrated Pauline Stark's 94th birthday on Feb. 19. Four generations of Pauline's family spent the afternoon with her having cake and ice cream, listening to the Mohawk Valley Chapter of the CNY Barbershop Quartet, doing puzzles and opening gifts.

Photo courtesy of the Mohawk Homestead

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How to reduce vehicle maintenance costs

Major repairs to a vehicle can be expensive. When unanticipated repairs are necessary, drivers' budgets can be thrown out of whack, potentially causing a domino effect that compromises their ability to pay their bills on time.

Whether your vehicle is brand new, a few years old or reaching milestones on its odometer with every mile driven, there are ways to care for the vehicle so you aren't caught off guard by costly repairs down the road.

- Read your owner's manual. A vehicle owner's manual is a great resource that can help driv-

ers keep their cars and trucks running strong for years. Every vehicle, whether it's purchased brand new from a dealership or preowned from a preowned dealer or private citizen, should come with an owner's manual. Don't worry if you purchased a preowned vehicle from a private citizen who lost the manual, as many manufacturers have manuals available for free on their websites. Print manuals may cost some money. Drivers may be able to find their manuals elsewhere online. Once you have the manual in hand or on your computer, visit the main-

tenance section to familiarize yourself with the manufacturer's recommended maintenance guidelines. Adhering to those guidelines is a great way to keep your car running strong for years on end, and it might just save you from the hassle of sudden expensive repairs.

- Protect the engine. The engine is arguably the most expensive part of your vehicle to replace, so protecting it should be a priority. Routine oil changes and oil filter replacements is a great way to protect the engine. Manufacturer guidelines vary in regard to oil

change and oil filter replacement intervals, but such recommendations can be found in your manual.

- Hone your DIY skills. Drivers also can save money on maintenance by doing some of their own minor vehicle repairs. YouTube is home to many DIY tutorials that can teach drivers how to change their own oil and replace the filters on their vehicles. Routine repairs are relatively easy, and many tutorials can walk you through them step-by-step. Depending on how much you drive, learning to do your own minor vehicle

repairs may save you hundreds of dollars per year.

- Perform routine inspections. Older vehicles may or may not alert drivers via noises or leaks that they're in need of repair. Routine inspections of hoses, brakes and tires, which should always be properly inflated, can let drivers know if their vehicles are experiencing problems before those problems grow and become something costly.

Vehicle maintenance costs tend to be most expensive when drivers ignore routine maintenance or miss signs that their cars and trucks

might be struggling. By adhering to manufacturer maintenance guidelines and paying attention to their vehicles, drivers can reduce the cost of keeping their cars on the road.





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Lake House on West Caroga Lake \$298,000

South Shore Rd. 2BR/1BA. Open great room, large lake front sun room. Neat rock features and lakeside patio & dock. 2C garage, extra storage. This owner lived here year round! 2 Back lots included!



PRICE REDUCED

Caroga Lake ACREAGE \$159,000

25 Acres WATERFRONT on the Outlet. APA says OK to Build! Beautiful wooded Lot you can design your dream home!



Peck Lake Year Round Home \$238,000

Nestled in the woods this home is a short walk to the lake access. 3BR/1.5BA, Open living area. Fantastic Kitchen, Finished Basement. Enjoy life at the lake!



TOWN OF JOHNSTOWN \$163,000

Beautiful light and bright Custom 4BR/2BA 1 owner home! Very well thought out home with Open floor plan for easy living, fantastic kitchen. 2nd Floor Master w/Private patio and Huge bath. Attached garage, laundry room, sun room, den. Zoned for Home office! Almost 2 acres provides privacy. Town of Johnstown low taxes!



Mountain Lake \$145,000

Lots of updates to this seasonal waterfront cottage on peaceful Mountain Lake. Several lots makes up the offering. 2 BR/1 BA open living and dining with room for extra guests.



WATERFRONT YEAR ROUND HOME! \$209,900

What a deal! 85 FT. waterfront, Same owners for 65Yrs! It's your turn to make yours! 4BR/1BA, Laundry, Hardwood up. Big living room, Den opens to private porch 2 Car garage. Lots of perennials, Drilled well, modern septic, FHA furnace plus Propane fireplace in the den. Dock stays. You can enjoy YEAR ROUND!!



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Updated 2BR/1BA cottage w/deeded lake access Modern conveniences ready for you! Some work being finished so you can relax!



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