

# Herkimer County Country Editor

March 15,  
2019

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Volume 8  
Number 40

O LORD, YOU ARE MY GOD. I WILL EXALT YOU, I WILL PRAISE YOUR NAME, FOR YOU HAVE  
DONE WONDERFUL THINGS; YOUR COUNSELS OF OLD ARE FAITHFULNESS AND TRUTH. ~ ISAIAH 25:1

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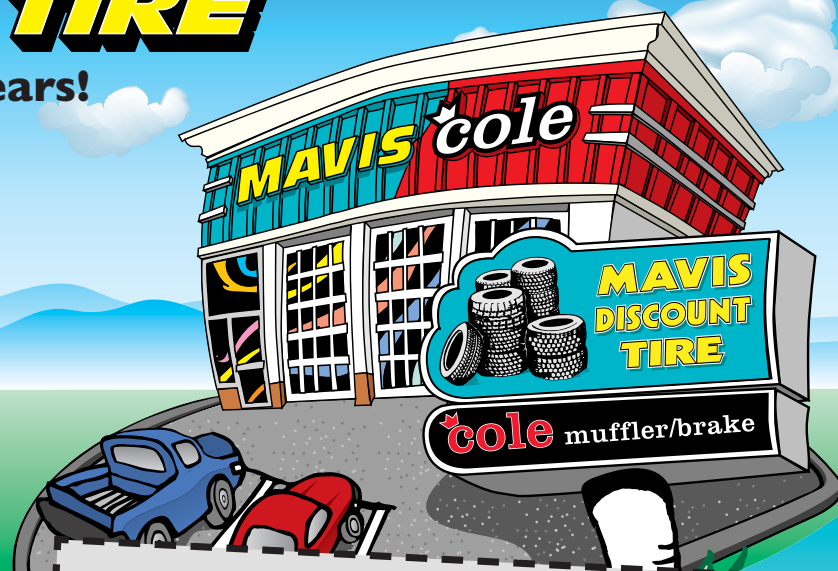
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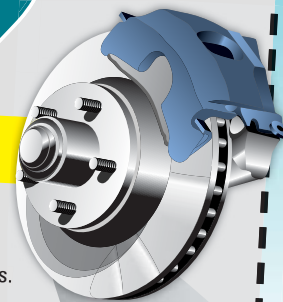
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## The origins of the leprechaun myth

The tricolor flag. A pint of Guinness. Bagpipes. Each of these things are symbols of St. Patrick's Day, which celebrates the patron saint of Ireland every year on March 17.

While each of the aforementioned symbols is tangible, one popular image has proven a little more elusive. Leprechaun imagery is ubiquitous during St. Patrick's Day celebrations, but even the most ardent Paddy's Day revelers may know little about these mythical creatures.

Now widely depicted as tiny, bearded and mischievous men clad in coats and hats, leprechauns have been traced to ancient Ire-

land. The precise etymology of the word "leprechaun" is unknown, though many scholars believe the word we use today is derived from the old Irish "Lú Chorpáin," which means "small body." Some scholars point to the 8th century word "luchorpán," meaning "sprite" or "pygmy," as the origins of the word leprechaun. Another word, "lubrican," which first appeared in the English language in a 1604 play written by Thomas Middleton and Thomas Dekker, also has been linked to the modern word leprechaun.

Some historians believe the myth of the leprechaun

has origins in ancient Ireland, when people believed the tiny creatures were among the various inhabitants of fairy forts and fairy rings throughout the Emerald Isle.

Another take on the source of the leprechaun myth is that these tiny creatures were modern incarnations of the Euro-Celtic god Lugh, who was the sun god as well as the patron of arts and crafts.

Manuscripts from the 12th to 15th centuries suggest leprechauns lived underwater and were not all male (modern leprechaun depictions are all male). In fact, the resource Ancient-Origins.net states that fe-

male leprechauns were depicted during this time as figures devoted to luring human men away for various adventures.

While 21st century celebrants of St. Patrick's Day might be hard pressed to find images of leprechauns not dressed in green, that wasn't always the case. Prior to the 20th century, leprechauns were described in various depictions as wearing red.

*The images of leprechauns can be seen everywhere on and around St. Patrick's Day, and those images have evolved considerably over the centuries.*



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## To Your Good Health

by Keith Roach, M.D.

### In hydration game, coffee counts

**Dear Dr. Roach:** I drink a lot of coffee, about 80 ounces per day. I feel no ill effects and have no stomach discomfort, but my wife says water is better. A kidney specialist basically said, "fluid is fluid" and that as long as I am hydrated, coffee is

fine. With studies showing that coffee has antioxidants and reduces certain cancers, what should I do? — M.K.

**Answer:** People with long memories may recall that in the early 1980s, coffee was linked to an increased risk of pancreatic cancer. However, the study has become a textbook example of poor de-

sign, and further studies have suggested that coffee drinking may be associated with lower risk of breast, prostate and oral cancers. I wouldn't recommend drinking coffee just for this reason, as the effect size, if it really exists, is pretty small.

As far as hydration goes, your kidney specialist is completely right. The caffeine in regular coffee is perceived as a diuretic (a substance that makes you urinate excessively), but that turns out to be myth as well, at least in regular coffee drinkers.

One potential ill effect of caffeine is that it minimally decreases calcium absorption. However, this amounts to the equivalent of calcium in a tablespoon or two of milk, so it

is unlikely to affect overall calcium balance significantly.

Eighty ounces of coffee is a lot of caffeine, and some people will get jittery or have sleep disturbances. It also can have variable effects on gut motility (that's a delicate way of saying that it commonly causes diarrhea, but it also can cause constipation). All that said, if you aren't having any ill effects from drinking so much coffee, coffee is fine — though I still think that, as your wife says, water is better for many people.

**Dear Dr. Roach:** I am a 64-year-old male. I had a stroke and lost vision in my right eye in 2005. I am right-handed. I had very high blood pressure at the time, and it's now

under control with drugs. Since then, I can no longer wear polarized sunglasses. I have light-sensitive eyes, but most over-the-counter sunglasses are polarized.

My ophthalmologist and other eye specialists tell me they've never heard of my problem occurring. With polarized glasses on, I see in 3-D. Blue lines in the roadway and sewer lids or any metal covering appear to be 3-D to me. I have to be careful stepping over the handicap space lines because they look like curbs.

Have you ever heard of this, or am I unique? If I can locate nonpolarized lenses, then I have no problem. Thank you. — J.O.

**Answer:** While every-

one is unique, this is a condition I have heard of before. In fact, I know people who deliberately watch television with one eye in order to enhance the 3-D effects. Polarized light does tend to accentuate lines and edges, so it doesn't surprise me that with your one working eye you have an accentuated 3-D sensation — your brain has learned to use cues that people with two working eyes might miss. In your case, the brain has interpreted things so strongly that you are having some optical illusions.

Sadly, I don't have any practical advice beyond finding nonpolarized lenses.

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## Herkimer County Country Editor

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## Easter Egg Hunt registration due March 23



Join us for an Easter Egg Hunt at the Mohawk Homestead, 62 East Main St., Mohawk, on April 13 at 11 a.m. The RSVP deadline is March 23. The price is \$15 per child. RSVP to lisa@mohawkhomestead.com.

The hunt is for children ages three to nine years old and is limited to 50 children.

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- The Egg Hunt
- A visit and photo with the Easter Bunny
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## Good Housekeeping

### Double Cornbread

Frozen corn enhances the texture and flavor of hearty cornbread without a lot of extra expense. Bake and freeze the cornbread, tightly wrapped, up to one month. Thaw; then, when ready to serve, reheat, covered, at 450 F for 15 minutes. Cut into 24 serving pieces.

1 1/2 cups all-purpose flour  
1 1/2 cups yellow cornmeal  
1/4 cup sugar  
4 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
2 1/2 cups buttermilk  
3 large eggs  
1 package frozen corn  
6 tablespoons butter or margarine, melted  
2 jalapeno chiles  
1. Heat oven to 450°F. Grease 13-by-9-inch metal baking pan.  
2. In large bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt. In medium bowl, with wire whisk or fork, beat buttermilk and eggs until blended.

3. Add corn, melted butter and jalapenos to buttermilk mixture; then add to flour mixture. Stir until ingredients are just mixed.

4. Pour batter into prepared pan. Bake 22 to 25 minutes, or until golden at edges and toothpick inserted in center comes out clean. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Serve warm.

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

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## Get the most out of bridal shows and wedding events

Recently engaged couples may be excited to get a jump on wedding planning. Bridal shows can be a great way for couples to meet and familiarize themselves with local wedding professionals, all the while introducing themselves to the terminology of wedding planning.

Though they're a great source of information, contacts and samples, bridal shows also can be a bit overwhelming. Learning how to maximize time spent at shows can help couples plan their weddings as efficiently as possible.

- Start small. If the idea of large crowds is unappealing, attend the more intimate, boutique shows that are often

held at local reception halls and restaurants instead of the larger installations at convention centers and hotels.

- Scout out vendors. Check the bridal show's website for lists of exhibitors and see if your desired vendors are on the list. But even if they're not, keep an open mind and use the show as a chance to compare offerings. If an event map is available, marking off must-visit booths can help save time.

- Pre-register. Pre-registering for bridal events saves time at check-in, and doing so may make you eligible for discounted tickets.

- Come prepared. Chances are each

vendor is going to ask couples for information so that they can follow up with a phone call or email with more detailed offerings and estimates. Couples attending the show can expediate the process by coming equipped with labels that feature their names, contact information and wedding date. They can then stick the labels on sign-in sheets or use them like business cards.

- Dress comfortably. Bridal expos involve a lot of walking and roaming around. Wear comfortable clothing and shoes. Consider a backpack or hands-free bag so you are not weighed down when collecting the swag and other

handouts throughout the day.

- Ask questions. When face-to-face with vendors, rely on their expertise but don't hesitate to ask questions concerning themes, colors, recommendations for honeymoon locations, invitation paper suggestions, and much more.

- Stay for the fashion show. Many shows will offer a runway experience to present the latest gown and tuxedo offerings. This can be an entertaining way for couples to formulate their wedding styles.

Wedding shows introduce couples to vendors and set them on the path to making decisions regarding the planning of their weddings.

## HALO Large Chinese Auction – March 17

It's time for H.A.L.O.'s 11th Annual H.A.L.O. Chinese Auction on Sunday, March 17 at the Herkimer VFW, Mohawk Street in Herkimer. It's one of the largest in the Mohawk Valley and there are hundreds of great items that will be up for grabs, including gift certificates from many local and national merchants. Admission is free. There will be food, drink, raffles and

giveaways. Viewing and bidding are from 11 a.m. - 2 p.m. Winners will be drawn immediately after. The event is hosted by Bug Country's own Dave Silvers and Brittany Lee. Donations of Purina Dry Cat Food, Friskies Canned Cat Food and litter welcomed and appreciated for the cats at HALO House. For more information, contact Debbie at 315.866.8608 or Dave Silvers at 315.734.9245 ext. 3027.

Proceeds will benefit H.A.L.O. (Helping Animals Live Organization), an animal rescue organization that operates a cat shelter in Little Falls. For more information, visit [www.haloescue.net](http://www.haloescue.net).



# top ten

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**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. Gravelland 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.

**Mon. Mar. 25th** – Normal Monday sale & Monthly Organic Day Sat. March 30th – Spring Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

**Mon. April 1st** – Normal Monday sale & Monthly Fat Cow & Feeder Sale

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

**Mon. April 8th** Normal Monday Sale & Monthly Heifer Sale. Also our first Easter Lamb, Goat & Pig Sale

**Mon. April 15th** – Normal Monday Sale & Our Second Easter Sheep, Lamb, Goat & Pig Sale

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

**Mon. April 22nd** – Normal Monday Sale & Monthly Organic Day

**Mon. April 29th** – Normal Monday Sale & Our Spring Beef Turnout Sale – Call now to advertise your group. We are doing a Monday sale because of our sale schedule.

**Watch for 2019 Sales:**

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

**\*\*Trucking Assistance** – Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

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

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& Family  
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cell: 607-972-1770 or 1771  
Dan Hosking: 607-972-8773



# 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

**RIVER OF JOY CHRISTIAN  
HOME FELLOWSHIP**  
16 Slawson Street  
315-327-9733  
Worship & Bible Study  
6:30pm Every Thursday

**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

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

**ST. FRANCIS de SALES CHURCH**  
Rev. Mark Cunningham, Pastor  
219 N. Bellingr St.  
Phone 866-4282  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS  
ANTHONY and JOSEPH**  
Rev. Quy Vo, Pastor  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 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

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

**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  
Thursdays 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
Rev. Jill Stellman  
300 N. Main St.  
Church Office (315) 866-0551  
Email: christchurchherkimer@gmail.com  
www.christchurchherkimer.org  
Sunday Services: 10:30 AM  
Bible Study: Fridays 7:00 PM (Parish Hall)  
Free Community Dinner: Next-to-last and Last  
Saturday of the month 5:00 PM (Parish Hall)  
Entrance to Parish Hall is on Mary Street

**ILION  
ILION COMMUNITY CHURCH**  
Pastor Dean Mabry  
44 Central Plaza  
Sunday Worship 10am  
Child Care/Kids Church Available  
ilionchurch.com

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

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

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

**ILION  
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

**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

**LITTLE FALLS  
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

**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.presbylf.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  
Follow us on Facebook  
Morning Worship:  
10:30 AM Sept. - June • 9:30 AM July - Aug.  
Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

**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  
Worship 9-10AM

**SALISBURY CENTER  
FULL GOSPEL ASSEMBLY OF GOD**  
Pastor Robert Brent  
106 Plant Road  
Sunday Worship 11 AM  
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## VRS to host several open houses

HERKIMER – Are you looking for a lifestyle experience? Are you looking to downsize your home, have more time for leisure activities, amenities and a restaurant-style dining atmosphere? If that is your goal, then Valley Residential Services is the place for you!

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 Rd., Herkimer. Our

new expansion project has added 14 one-bedroom apartments, all large enough for couples, and also a fully staffed wellness and fitness center!

There will be an opportunity for the public to tour the independent living apartments and meet with staff during our open house events. We have several open house dates scheduled in an effort to accommodate families' hectic agendas. Lisa M. Betrus, president of Valley Health Services, said the vision for VRS remains to champion quality of life for all seniors ensuring a

comfortable life-enriching experience and assistance with daily needs while promoting dignity, privacy and independence.

**Open house events are scheduled for:**

- Sunday, April 7 from 1 - 3 p.m.
- Saturday, May 18 from 10 a.m. - noon
- Thursday, June 20 from 4 - 6 p.m.

For more information or to RSVP to any of the open house dates, contact Christine Shepardson, director of Community Life, at 315.219.5700 ext. 3239.

## Rabies Clinic set for March 28

A rabies clinic will be held on Thursday, March 28 from 5:30 - 7 p.m. at the East Herkimer Fire Department, 193 Main Rd., East Herkimer.

All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors. Every dog and cat needs two rabies vaccinations one year apart from each other. Then, one every three years afterwards.

Bring the pets' rabies

vaccination history to receive a three-year certificate. Ferrets must be vaccinated every year.

Dogs should be on a leash and cats and ferrets should be in a carrier or pillowcase. No exams will be given.

A \$5 donation per pet is suggested to defray costs.

Visit our website to view a complete listing of our rabies clinics and to pre-register by calling 315.867.1176.

## Herkimer College to host Spring Open House

HERKIMER – Herkimer College will hold its Spring Open House on Saturday, April 6 from 10 a.m. - noon. Prospective students and families will have the opportunity to meet the faculty, tour campus and learn about academic programs, support services, athletics, financial aid, on-campus housing, campus life and why Herkimer College ranks among the top two-year colleges in the nation.

Prospective students in attendance can enter a drawing to win a \$500 scholarship toward books. The winner must enroll full-time at Herkimer College (must be present to win).

Registration is available online at [www.herkimer.edu/openhouse](http://www.herkimer.edu/openhouse). Walk-ins are also welcome. For more information, contact the Admissions Office at 315.574.4028 or email [admissions@herkimer.edu](mailto:admissions@herkimer.edu).

## Did you know?

Investing in a home renovation project not only requires money, but also time and patience. While contractors, architects and designers can estimate how long a project may take, it is impossible to anticipate all of the scenarios that can affect that estimated timeline.

Information from the real estate firm Keller Williams indicates an average kitchen remodel involving installation of new countertops, cabinets, appliances, and floors can take three to

six months. But if ductwork, plumbing or wiring must be addressed, the job may take longer. A midline bathroom remodel may take two to three months. Adding a room to a house can take a month or two.

The home improvement resource Renovation Junkies offers similar estimates, with the average home renovation taking between four and eight months. Homeowners need to consider time when planning their home projects.

## 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](mailto:cfeditor@leepub.com)**

### Mar 15

**Friday Night Fish Fry.** Fridays through April 19. Hosted by the Salisbury Volunteer Fire Department. Eat in or take outs available from 4:30-7 p.m. Call 315.429.5121.

### Mar 16

**Indoor Garage Sale.** 9 a.m. - 3 p.m. Trinity Lutheran, 443 Henry Street, Herkimer. If any one is interested in renting tables, please contact Wendy DeLuca 315.866.6474. \$15 for 2 tables.

**"Paint and Sip Fundraiser for Melky's Place".** 2-4 p.m. At 196 Second Street, Ilion. Help support exotic bird rescue, come join in the fun and paint a macaw! The cost is \$40 which includes all supplies, refreshments and a donation to Melky's Place bird rescue located in Mohawk.

### 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.** Mar 18 19 . 10-12 a.m. At East Herkimer Fire Department, 193 Main Rd., East Herkimer. To pre-register for a clinic please call 315.867.1176.

**VRS Open House.** 10 a.m. to 12 p.m. Valley Residential Services is welcoming new residents to the enriched housing facility located at 323 Pine Grove Road, Herkimer. For more information or to RSVP

to any of the Open House dates, please contact Christine Shepardson, Director of Community Life, at 315.219.5700 extension 3239.

### 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." The cost is \$35 and reservations are requested in advance by calling 315.429.8660.

**Herkimer BOCES 2019-2020 pre-kindergarten registration date.** 9 a.m. - 3 p.m. At Dolgeville Elementary School. Anyone with questions is asked to contact the Herkimer BOCES prekindergarten office at 315.867.2098.

**Meatloaf Dinner.** 4-7 p.m. or until sold out. Emmanuel Episcopal Church, 598 Albany St., Little Falls. Adults \$10. Kids 5 and under free. Eat in or take out. Free local deliveries [Little Falls only].

### Mar 22

**Herkimer BOCES 2019-2020 pre-kindergarten registration date.** 8 a.m. to 3 p.m. At the Owen D. Young school. Anyone with questions is asked to contact the Herkimer BOCES prekindergarten office at 315.867.2098.

### Mar 23

**Easter Egg Hunt registration due March 23.** Event will be at 11 a.m. on April 13. Mohawk Homestead, 62 East Main St., Mohawk. Ages: 3 Yrs. - 9 Yrs. Limit 50 Children. RSVP - [lisa@mohawkhomestead.com](mailto:lisa@mohawkhomestead.com).

### Mar 24

**Preemie fashion show returns to Twin Ponds.** Mar 24 19 . Registration beginning 10:30 a.m., brunch at 11 a.m., and the fashion show kicking off at noon. At Twin Ponds Golf & Country Club, 169 Main St., New York Mills . Prices are \$14 per adult, children ages

4 - 10 are \$8 and kids 3 and under are free. Space is limited so advance registration is encouraged by March 19. To register your child for the fashion show, to reserve tickets or for questions call Laurie Farrell at 315.720.4078 or email [lfarrell@marchofdimes.org](mailto:lfarrell@marchofdimes.org).

### Mar 27

**Herkimer BOCES 2019-2020 pre-kindergarten registration date.** 9 a.m. - 2 p.m. At the Herkimer Elementary School. Anyone with questions is asked to contact the Herkimer BOCES prekindergarten office at 315.867.2098.

### 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.

**TOASTMASTERS.** 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 - 1pm at St. Lukes Campus in 2nd fl. conf. room. Contact Ed 315.534.9072 or Nicole 315.527.9070 for more information.

### Mar 29

**Kateri's Thrift Store.** Store hours: Tuesday through Friday from 10 a.m. to 3 p.m. At Little Falls Community Center, 45 Furnace Street in Little Falls. Donations of gently used clothing and household items can be dropped off at the store during regular business hours, Tuesday through Friday. If you would like to become a part of the Kateri's Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.

**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.



## Strange But True

by **Samantha Weaver**

• It is still not known who made the following sage observation: "The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: The chicken was 'involved'; the pig was 'committed.'"

• Those who study such things say that if you were (for reasons unspecified) to eat the liver of a polar bear, you'd die. The

amount of vitamin A stored in that organ constitutes a fatal dose for humans.

• You might be surprised to learn that high-quality opals can be more valuable than diamonds.

• John Tyler, born March 29, 1790, was the 10th president of the United States. He was married twice and had a total of 15 children. These children, collec-

tively, were witness to a surprisingly large swath of American history. The oldest, Mary Tyler Jones, was born in 1815, the year that saw the end of the War of 1812; the youngest, Pearl Tyler Ellis, survived until 1947, two years after the end of World War II.

• The next time you're planning a trip to Indiana, keep in mind that in that state it is illegal to

talk behind a person's back or engage in "spiteful gossiping."

• In 1915, the average annual income for a family in the United States was \$687, the equivalent of \$17,088 today.

• In 1889, a magazine called The Literary Digest made the following prediction: "The ordinary 'horseless carriage' is at present a luxury for the wealthy, and although its

price will probably fall in the future, it will never, of course, come into as common use as the bicycle."

• Squirrels are wonderful foresters. Every year, thousands of trees grow from caches of nuts and acorns that squirrels for-

got about.

Thought for the Day: "An inconvenience is only an adventure wrongly considered; an adventure is an inconvenience rightly considered." — Gilbert Keith Chesterton

(c) 2019 King Features Synd., Inc.

## Kateri's Thrift Store

Kateri's Thrift Store, a program of Catholic Charities of Herkimer County, located on the lower level of the Little Falls Community Center, 45 Furnace Street in Little Falls, will be featuring its "Saving All the Green Bagsale" beginning Tuesday, March 19 through Friday, March 29.

Customers can carry off all the clothing items they can fit into a large brown bag with just a small donation. Come and browse through our gently used clothing, houseware department, our children's section and our novelty items.

The store is open Tuesday through Friday from 10 a.m. to 3 p.m. Donations of gently used clothing and household items can be dropped off at the store during regular business hours, Tuesday through Friday.

Volunteers are always welcome. If you would like to become a part of the Kateri's Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.



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## Preemie fashion show returns to Twin Ponds

UTICA – Get dressed up in style for a roaring good time as the Mohawk Valley March of Dimes lays out the red carpet for their annual Precious Preemie Fashion Show! Whether born prematurely or full term, every baby has a story and the March of Dimes is bringing families and friends of premature babies together to raise awareness and send a message of hope throughout the Mohawk Valley.

Children of all ages are welcome to strut their stuff down the runway and families will enjoy a delicious brunch provided by Twin Ponds Golf & Country Club. Music will be provided by DJ Express, courtesy of Kevin Canastar. Crafts and activities will be in place for children and there will also be auction items available. According to Laura Powers of the 2019 Mohawk Valley Ambassador Family, “Each year we have a new theme and this year we are celebrating what the kids want to be when they grow up. The possibilities are endless!” Dressing up is optional but participants are encouraged to be outfitted to the theme.

The March of Dimes is leading a national effort to save babies from premature birth by funding top-level research and programs to find the causes and how to prevent premature birth and other serious threats to infant health, as well as programs that provide information and comfort to families. The 2019 Mohawk Valley Ambassador Family, led by Laura Powers, has twin sons who were born in 2014 on New Year's Day extremely premature and spent their first months in NICU. She will share her sto-

ry and how March of Dimes has impacted their family.

The March of Dimes continues to lead the fight against the more than half a million premature births that occur in this country every year – and other serious threats to infant health. The Executive Director of the Greater Utica Chamber Meghan Fraser McGrogan is the 2019 March for Babies Chairperson. She explained, “Prematurity has long been a focus point for March of Dimes; however, the organization's work has impacted all babies including those born healthy to full-term pregnancies. It's important that we come together to support their mission and celebrate the countless lives they have touched.”

Powers shared, “We are grateful for our local businesses who support us through sponsorship and there are still opportunities to get involved. My cousin Kevin, for example, has donated his DJ services to this event for the past three years and that makes a difference!”

The event will be held at Twin Ponds Golf & Country Club located 169 Main St. in New York Mills on Sunday, March 24 with registration beginning 10:30 a.m., brunch at 11 a.m., and the fashion show kicking off at noon. Prices are \$14 per adult, children ages 4 - 10 are \$8 and kids 3 and under are free. Space is limited so advance registration is encouraged by March 19. To register your child for the fashion show, to reserve tickets or for questions call Laurie Farrell at 315.720.4078 or email lfarrell@marchofdimes.org.

From the 2018 event – Declan & Logan Powers of the 2019 Ambassador Family.

Photo courtesy of Two Blue Eyes Photography



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## Tips for staying safe with keyless systems

Auto manufacturers have long embraced technology that can streamline the automotive experience for drivers. For example, several years ago keyless entry and ignition systems were introduced, initially on high-end vehicles before they became standard on many other models.

Keyless entry systems require a fob, which sends a signal to the receiver inside the vehicle. The fob transmits a low-frequency code to the car's internal computer system, which engages the locks and will allow the driver to push a button on the dashboard or console to start the vehicles. The fob can be stashed away in a pocket or purse and still send the signal, which makes it convenient for drivers. Drivers with arthritis or hand injuries also may find keyless systems an asset.

Because fobs work on wireless systems, hackers potentially can intercept the fob-to-car signal. That enables a thief to not only open the vehicle's doors, but also to potentially drive away as well. Even though the fob/car security pairing is unique and can create billions of codes, researchers at Radboud University in the Netherlands and the University of Birmingham found that, by intercepting the wireless signal just twice, they could narrow down the possible combinations from billions to just 200,000. After that, a computer can figure out the code in just half an hour and unlock the car. Potentially, a thief can gather car codes as drivers enter their vehicles during the day, then return later to steal a number of cars.

Thieves who purchase signal amplifiers also pose a threat. These amplifiers magnify the reach of the fob signal so that a vehicle owner can be in his or her house with the fob, but the thief can walk up to the car and open it — even if the fob is far enough away that it should not engage. One way to circumvent this is to buy a signal-blocking pouch that can hold the key fob. Also, an old-school steering wheel or gear

shift lock is an effective way to provide another layer of protection.

Drivers also should be aware of their surroundings as they approach their vehicles. Thieves may count on keyless entry systems to be able to hop into a vehicle once the owner gets within range and drive away.

Vehicle technology thrives to make driving as convenient as possible, but some features also may make things more convenient for prospective thieves.



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## Quick and simple ways to make a front door pop

Visitors' impressions of a home are often dictated by the home's entryway. Much as one may judge a book by its cover, the same can be said about the impression that a front door and entryway can create, regardless of how accurate that impression is.

Making certain changes to an entryway can go a long way toward improving curb appeal. Entryways also can set the scene for a home's interior. Whether one chooses to be classic or bold, modern or traditional, there are various ways to quickly transform a home's entryway.

- **Bold front door color:** Color can dramatically enhance an entryway. Painting an existing door or replacing it with a more vivid option can do the trick. The DIY Network says certain colors stand out as favorites. These include turquoise, yellow, red, indigo, orange, and black. The door color should complement

the other shades of the home, such as those on siding and trim.

- **Custom walkway:** Guide guests right to the front door with an attractive (and safe) walkway. Stamped concrete or decorative paver blocks may fit the bill. This walkway can extend to the street or to the driveway.

- **Contain plants.** Landscaping around the entryway should be neat and well-tended. Overgrown plants or shrubbery may give off an air of neglect. Container plants and carefully curated shrubs can create a neat and inviting aura.

- **Highlight the address.** Make sure the home can be found easily with bold and decorative house numbers. Consider two different address signs: one illuminated

and easily viewed from the curb, and another closer to the front door.

- **Utilize high-end materials.** The relatively small area of real estate by the front door enables homeowners to splurge on more opulent materials that can really add a feeling of luxury. These can include colorful tiles, ornate planters, decorative wooden doors, or elaborate knobs and lighting fixtures.

- **Add architectural details.** Find out which architectural elements will meld with the style of the home and then incorporate them. Moldings, columns, shutters, and trim are areas to consider.

The entryway to a home garners a lot of attention. Homeowners can enhance their spaces with entryways that really make a statement.



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## Catholic Charities brings the WISE Program to Mohawk Homestead



Hollie Palmieri and Lori Joy from Catholic Charities visited the Senior Activities Program at the Mohawk Homestead and offered their free workshop designed to help seniors celebrate healthy aging, making healthy lifestyle choices and avoiding substance abuse. The six-week program was described by Palmieri as "Making Aging more Positive." The residents and seniors from the community interacted through various activities that provide them with continuing physical and social development.

*Photo courtesy of the Mohawk Homestead*



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## Please don't top your trees

by B. Rosie Lerner

Topping a tree is an all-too-common practice among homeowners, particularly when their trees become too tall and pose a possible threat to the house or overhead power lines. Some have the trees topped because they believe, or are led to believe, that topping is a good pruning practice.

Some situations obviously require the removal of large limbs for the sake of safety. But topping is a drastic step that ultimately endangers the tree's life. Removing such a great quantity of growth in one shot throws off the roots-to-shoots balance that the tree has gradually developed all those years. The much-reduced leaf surface will not be able to manufacture sufficient food reserves to feed the large root system. As roots starve, the rest of the tree will suffer from insufficient moisture and nutrients.

Another drawback to topping for many tree species is the stimulation of numerous, upright branches that grow straight up. These shoots are typically very soft, weak growth that breaks easily and is more susceptible to attack by diseases and insects. These shoots are

rapid growers, so the tree will soon be back to and exceed its original height.

Stubs left by the topping are usually too large for the tree's defense process of callusing to seal the wound. Thus, stubs also become easy prey for insects, diseases and decay, and large stubs drastically disfigure the tree's natural beauty.

There are alternatives to topping when size reduction is required. Thinning out the canopy by removing selected branches completely back to their point of origin will reduce the tree's size while maintaining more of its natural shape. Cuts will be less conspicuous and should heal more rapidly. Thinning is a more time-consuming process that requires a more skilled hand, which usually translates to higher expense. In many cases, you'll need to hire a professional arborist to safely and correctly complete the job.

If the tree isn't worth the investment to do the job correctly, it's probably better to remove the tree entirely rather than top repeatedly. In the case of overhead power lines, it really is best to remove the tree and start over with a more appropriately sized plant. But if

the tree is worth saving, make the right investment in a healthy future.



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# Physical Therapist Assistant students offering hands-only CPR training



Herkimer College PTA lecturer and director of clinical education Tara Bienkowski (front left ) with the students who participated in CPR training.

Photo courtesy of Herkimer College

HERKIMER – In recognition of National Heart Month, Herkimer College students enrolled in the Physical Therapist Assistant (PTA) program are offering hands-only CPR training for campus and community members. The students recently had the opportunity to participate in a hands-only CPR training session provided by the American Heart Association and

NYCM Insurance. The CPR mannequins used in the training will continue to be available on campus through the remainder of the month, allowing students to train others. For more information or to arrange for a training session, contact Tara Bienkowski at 315.866.0300 ext. 8340 or bienkowl@herkimer.edu .

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## MVRC welcomes guest speakers from Valley Health Residential Services

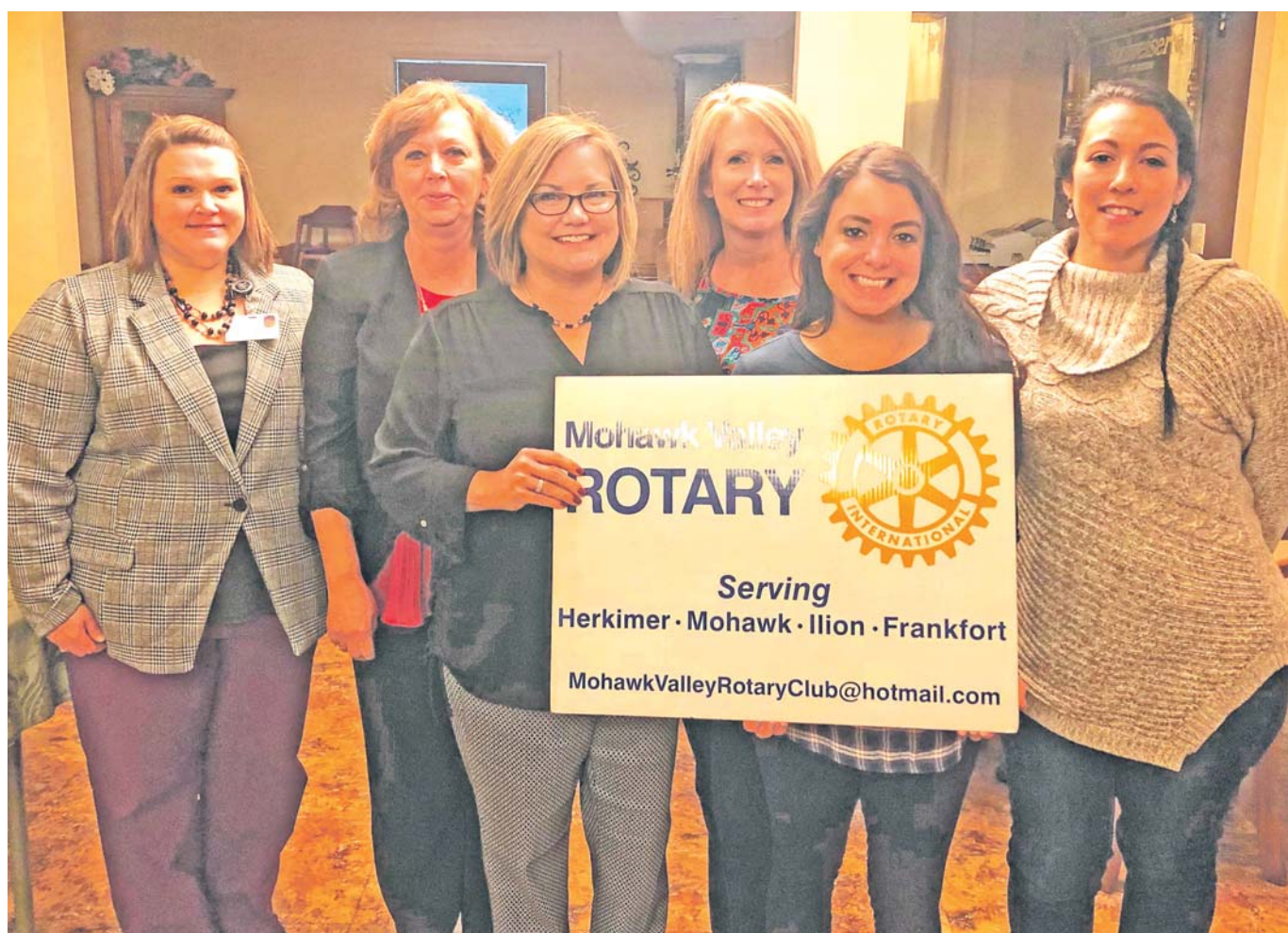
HERKIMER – Mohawk Valley Rotary Club members welcomed special guest speakers Christine Shepardson, Director of Community Life, and Kristen Lenaghen, Director of Activities and Adult Day Health Care Services for Valley Health Services and Valley Health Residential Services at their recent meeting.

Sherpardson discussed Valley Residential Services' carefree senior living, located in East Herkimer. The facility offers an efficiency apartment with a kitchenette, living room, bedroom and bathroom, three meals each

day in the Community Foundation Dining Room and much more. For more information on this new facility or to take a tour contact Christine Shepardson at 315.219.5700. For more information about Mohawk Valley Rotary see [www.facebook.com/MohawkValleyRotary-District7150/](http://www.facebook.com/MohawkValleyRotary-District7150/).

(L - R) Kristine Lenaghen, Christine Shepardson, Michele Hummel, Denise Snyder, Elyse Enea Bellows and Francesca Magro.

Photo courtesy of Mohawk Valley Rotary Club





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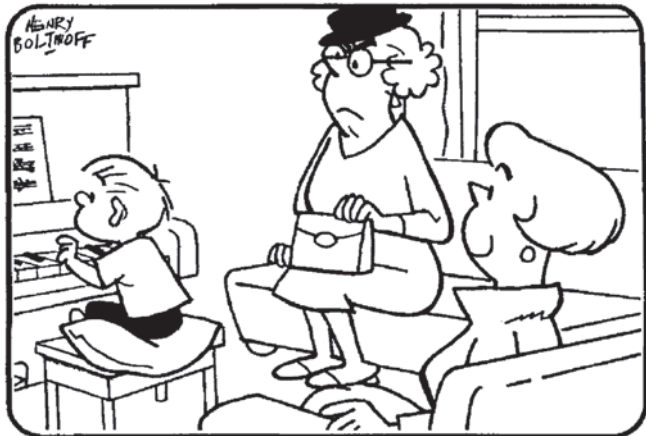
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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Visitor's shoes are different. 2. Sheet on piano is blank. 3. Mom's hair is longer. 4. Picture is added to wall. 5. Window is lower. 6. Visitor's right hand is not visible.

King Crossword

ACROSS

1 Final bio

5 Enervate

8 Venomous vipers

12 Hawaii's capital

14 Onetime head of Iran

15 "What Not to Wear" specialty

16 Greek vowel

17 "— the season to be jolly"

18 Improvised musically

20 Pacific or Atlantic

23 Presidential "no"

24 Drink all at once

25 Time between connecting flights

28 Pitch

29 Lively dance

30 Spot on a domino

32 Hollow pastry

34 Grown-up nits

35 Rewrite, maybe

36 Luxury boat

37 Forcible restraint

40 A billion years

41 Acknowledge

42 Morning-after ailment

47 Viral video, e.g.

DOWN

1 Resistance unit

2 Squeazy snake

3 Pen pal?

4 ID on "CSI," maybe

5 Yukon and Tahoe, for ex.

6 Beer cousin

7 Seller of food, often

8 "I, Robot" author

9 Buy stuff

10 — de foie gras

11 Roe provider

13 Pork cut

19 On

20 Tenth mo.

21 Fellow

22 Franc replacement

23 Man's man

25 Bestowed profusely

26 Grand tale

27 Opulent

29 Pantheon group

31 Favorite

33 Paul Reubens' character

34 Herman

36 Woolly

37 Boo-Boo's buddy

38 Rhett's shocking word

39 Eye layer

40 A deadly sin

43 Literary collection

44 Moving truck

45 Id counterpart

46 Notes between dos and mis

Weekly SUDOKU

by Linda Thistle

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

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.

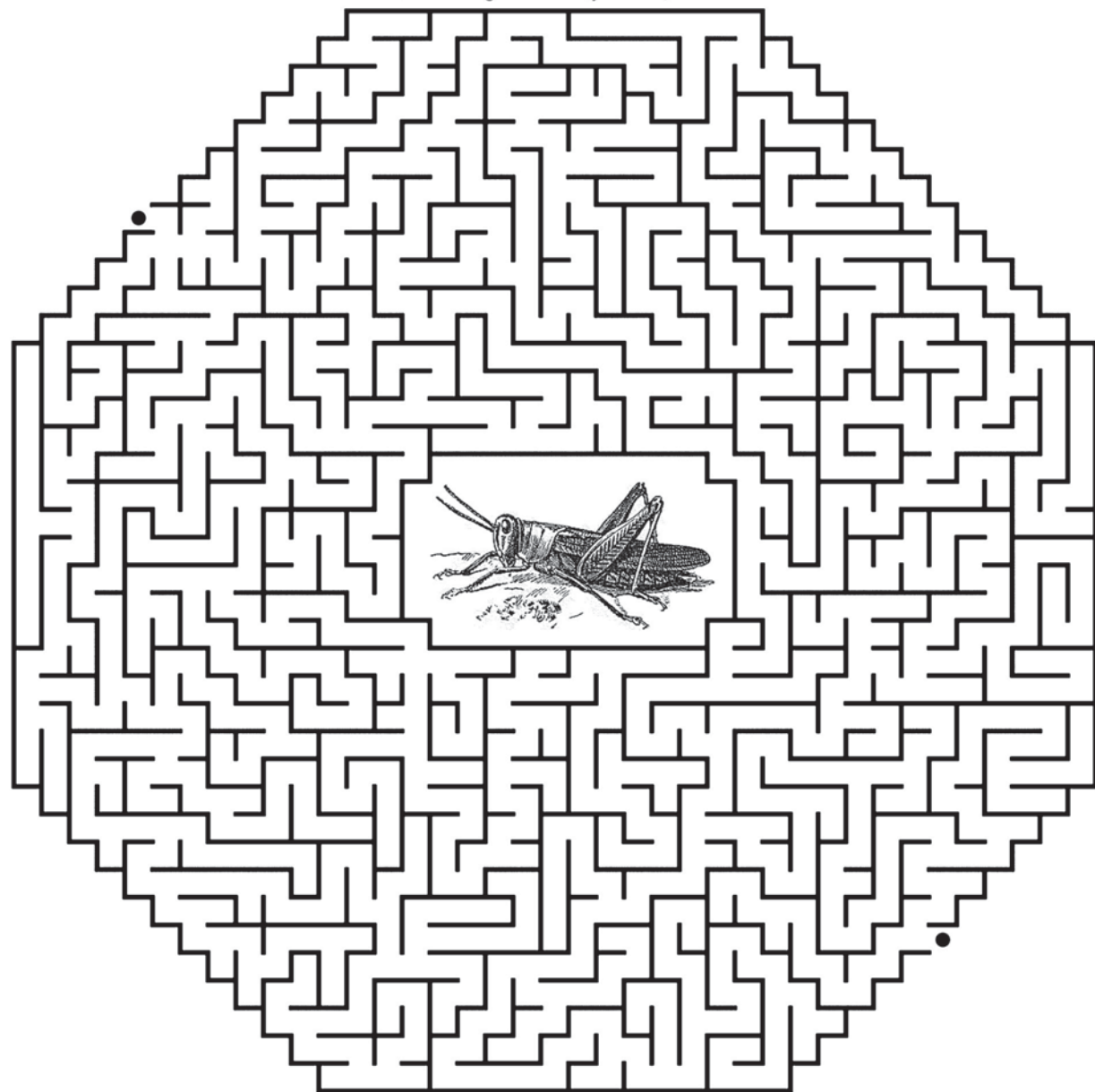
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Mega Maze

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Americanisms



"A nation of sheep will beget a government of wolves."  
— Edward R. Murrow

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STICKELERS [sic] by Terry Stickels

One of the following words is misspelled. Which one?

- 1) repertoire
- 2) cemetery
- 3) sergeant
- 4) perserverance
- 5) harass

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# Country Editor

**PO Box 121, 6113 State Hwy. 5  
Palatine Bridge, NY 13428  
800-836-2888 • Fax: 518-673-2381  
classified@leepub.com**

## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
45 Antiques  
55 Appraisal Services  
75 ATV  
80 Auctions  
82 Auto Body  
110 Bedding Plants  
120 Bees-Beekeeping  
130 Bird Control  
140 Books  
155 Building Materials/Supplies  
157 Building Repair  
160 Buildings For Sale  
161 Bulk Foods / Spices  
165 Business Opportunities  
170 Butchering Supplies  
173 Carpentry  
175 Cars, Trucks, Trailers  
180 Catalogs  
182 Catering  
190 Chain Saws  
195 Cheesemaking Supplies  
205 Christmas  
214 Clocks & Repair  
215 Collectibles  
216 Clothing  
235 Computers  
253 Consignment  
265 Construction Equipment For Rent  
275 Construction Machinery Wanted  
277 Construction Services  
280 Construction Supplies  
312 Crafts  
325 Custom Butchering  
330 Custom Services  
360 Deer-Butchering & Hides  
370 Dogs  
410 Electrical  
415 Employment Wanted  
440 Farm Machinery For Sale  
445 Farm Machinery Wanted  
447 Farm Market Items  
460 Fencing  
470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
495 For Rent  
500 For Sale  
510 Fresh Produce, Nursery  
525 Fruits & Berries  
527 Furniture  
529 Garage Sales  
530 Garden Supplies  
535 Generators  
537 Gifts  
575 Greenhouse Supplies  
585 Guns  
587 Hair Styling  
589 Hardware  
600 Health Care/Products  
605 Heating  
610 Help Wanted  
653 Hotel / Motel  
683 Jewelers  
700 Lawn & Garden  
711 Lessons  
760 Lumber & Wood Products  
790 Maple Syrup Supplies  
805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

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Meeples Mug House opens doors to all gamers

LITTLE FALLS – Little Falls is a community that celebrates its traditions while keeping an open mind to new and sometimes unusual ideas. The Rock City has welcomed a microbrewery which plans to open later this year, a CrossFit studio downtown and a newly renovated Canal Side Restaurant, to name a few. Adding to the city's development is a board game café. Meeples Mug House opened its doors on Saturday, March 16 and is eager to bring people back to the table – literally.

This retro-style business was in the making more than a year ago under the creative planning of Little Falls resident Matt Powers, who explained, "I have always had an affinity for playing board games. A dozen or so of my friends have been gathering together for more than a year to enjoy our weekly session of Dungeons and Dragons. Our gaming has brought people together who may have otherwise never met. We have found that we share this common interest, despite how different we all are, and I think that is a great example of human connectivity."

Powers began to envision this experience on a broader scale and felt there was a need for people to connect through gaming. He discussed his interest with both the Oddlot (his D&D group) and his wife Laura, who agreed that the community could benefit from a space where people would gather, set aside their electronic devices and interact directly with one another. Meeples Mug House aims to do just that.

With a modern board game atmosphere in mind, Powers began to imagine his dream venue. Toward the end of 2018, his family approached Happy Waffle to ask them about hosting their twin sons' birthday party. They discovered that Happy Waffle was planning to close due to the owner's relocation. After a few more questions, Powers thought he may have found the ideal spot to launch his business.

"I grew up watching my parents work for others

and manage their own businesses, so entrepreneurship was not entirely new to me," explained Powers. With his wife at his side, the couple decided to take the leap and establish Meeples Mug House on East Main Street.

According to Laura, "We are fortunate to have full time professions as an educator and financial advisor, and still be able to explore this dream. Matt is a creative spirit who is always seeking to add value to those around him. This is a fun way for him to accomplish that while focusing on the gaming community he loves so much, which is something I support 100 percent."

Meeples Mug House has a game library including more than 100 unique titles. Additionally, Meeples offers a variety of café beverages, grilled cheese paninis, soft drinks, soup/chili and mug cakes. Powers is working toward securing a tavern license to eventually offer craft beer and wine as well. Guests will have the option to explore

and play their game library for a cost of \$2 with purchase or \$4 without. (Kids eight and younger are only \$1.) Powers said, "Whether it's an outing with friends, an afternoon with family, date night or a special occasion, Meeples Mug House will be a good fit. Stop by before heading to the movies, or dinner at one of the many delicious

restaurants in town. Make it a night out in Little Falls!" Powers knows that not all guests will stay for a game, but he wants to them to enjoy the gaming experience. To make that happen, Meeples will have fun options such as a Magic 8-ball, and pa-

trons will draw from a deck of cards to secure their order. There will also be a "dice cake" on the menu to allow guests to roll the dice and let fate determine which mug cake creation they will enjoy! Powers explained, "As we get our arms around running the day to day business, we will begin creating special themed events, memberships and party packages, so stay tuned for

more about that." It's clear that Meeples Mug House holds true to their hashtag of #gamelocal. Meeples Mug House, located at 598 E. Main St., is open Thursdays from 5 - 9 p.m., Fridays from 5 - 10 p.m., Saturdays from 2 - 10 p.m. and Sundays from 2 - 8 p.m. You are invited to follow their Instagram page, like them on Facebook and check out their website at MeeplesMugHouse.com .



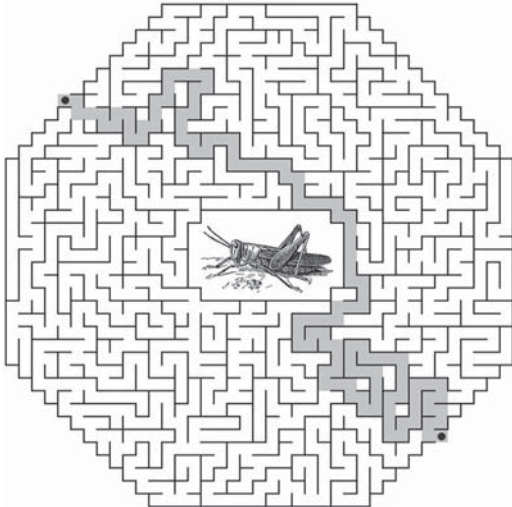
Weekly SUDOKU — King Crossword —

Answer

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

Mega Maze

Solution



Answers

Solution time: 21 mins.

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

Just Like Cats & Dogs by Dave T. Phipps



Stickelers Answer

4) The word should be spelled "perseverance."

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## Donna's Day: Creative family fun

by Donna Erickson

### "Pick a stick," get a chore done

Put stuff on a stick, and kids are bound to like it. Think ice cream, candy and colorful pinwheels. So why not chores on a stick?

"Call it a gimmick, but if it works, I say go for it," says my friend Lisa, a busy single working mom of a 7-year-old daughter and 5-year-old son. She was definitely determined to entice the kids to get into the chore thing without the whining and the all-too-frequent response of "It's not mine, so why do I have to pick it up?" Sound familiar?

Her "chores on a stick" germinated out of an idea at an early-childhood class she attended in her commu-

nity. Write up little jobs that need to be done on one end of a wooden craft stick, decorate the other end with cut-out paper flower blooms and stand them upright in tin can to look like a bouquet. When it's time to get the blooming chores done around the house, say to the kids, "Pick a stick!" Whatever is written on the stick becomes the child's responsibility.

Since kids generally get overwhelmed with a huge chore like "clean up your room", Lisa has been mindful to break up big jobs into smaller tasks. The can of chores labeled "BEDROOM" has several sticks with specific things printed on each one that are to be completed over a period of a few days, one stick at a time. For example, sticks may say: "Put away dolls on the shelf," "Put shoes and boots in the closet," "Put toys in bins." Other cans might be labeled, "PLAYROOM" or "BACKYARD" with specific chores on each stick.

Pick up some craft sticks, decorate them if you wish, label with chores, toss them in a recycled soup can and try out this strategy in your home. "Pick a Stick" is like a game, so your young kids will no doubt like the novelty of it at first, but even more, they'll feel a sense of accomplishment as they do their part to keep the home organized and humming.

Grandparent Tip: When the grandkids come for a visit this spring, fill a can with craft sticks with something to do together outdoors such as "Visit the playground at the local park," "See the ducks at the pond" or "Walk to the library," and enjoy doing the chosen activity together.

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"Pick a stick" can make chores a little more exciting for kids.

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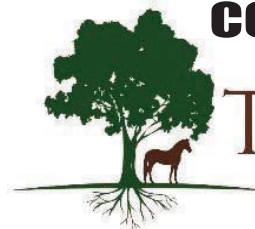
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