Country Editor March 22, 2019

Largest Circulation Publication in Herkimer County Delivered Weekly by the U.S. Postal Service Volume 8 Number 41

AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE. ~ ROMANS 8:28

Listing Your House??

Call the company that has sold 90% of their listings every year! We are nationally based as realtors and advertise anywhere you want to see your home published!!

Call Heidi Mouyos at

Empire Homes and Commercial

For Your Free Market Analysis. 315-717-7269





PRSRT STD
U.S. POSTAGE
PAID
UTICA, NY
PERMIT NO. 55
ECRWSS

BIG DOG Motors, Inc.

Three Decades of Auto Service Experience

- Auto Repair
- Buy Used Cars
- CARCO Photo Inspections
- Collision Repair

- Financing
- Motorcylce Inspections
- State Inspections
- Trade-Ins

- U-Haul Rentals
- Used Car Sales
- IntoxaLock Installs/Service
- And More





UHAUL

Rentals Available

www.bigdogmotorsinc.com

⇒ NYS Inspections (7 days/wk.)

⇒ Save your ins. deductable

FRANKFORT 315-444-9028

The insect pest race is on! Ladies and gentlemen, start your vacuums

by Noah Radliff

My wife and I have noticed an increased concern from our customers over produce and pesticides which is the reason why we have engaged in total transparency for our customers. We make it a point to tell them everything that we do to our produce. We are not certified organic and we are not your standard com-

mercial farm either. We are a hybrid of the two. We keep records of what pest control method is used and over the years have steered away from commercial pesticides. One little trick I tried for a while was going out at night with a flashlight and squishing slow-moving insects, but after 400 feet of squash and new mosquito bites every

night I had enough. The next was an idea I got from my brother while he was vacuuming up wasps from their nest.

A vacuum! I looked it up and it turned out to be a thing farmers do for pest control. For that season I was the odd guy in the garden with a vacuum. It was great and the customers loved it. For me, not using pesticides on

my farmstead means I am not using a blanket all-insect remover. I am trying to give the insect predators (such as the predatory stink bug, praying mantis, ladybug, wheel bug, assassin bug, spiders and tiger beetles) that may already be in the garden a chance to help aid me with pest removal.

There are many different types of vacuums that

you can use. I would suggest using a smaller vacuum, something lighter and a little easier to move. Keep in mind that these are vacuums that need a source of power. You can get a fairly nice priced corded vacuum cleaner that is small and will do the job. After you are done in the garden the vacuum will still be powerful enough to do other

cleaning jobs. There is another vacuum option that runs on the batteries from cordless tools. Almost every single name brand cordless power tool company has one of these vacuum options available.

A corded vacuum cleaner means that you have a lead cord to power it. I use a gas-powered generator. It is

INSECT 4







WINTER PROMOTION

APPLY NOW AND RECEIVE

\$2,500 OFF FIRST MONTH'S RENT



Valley Residential Services, located at 323 Pine Grove Road, Herkimer's premiere enriched housing/assisted living residence has expanded! Fourteen new spacious apartments all large enough to accommodate couples, some with dens and two baths. The new wing includes a wellness gym and family gathering space.

PROMOTION DETAILS:

- · Offer valid on newly expanded apartments only
- · Offer valid for new private pay admissions only
- Must be admitted by April 15, 2019
- · One promotion per apartment
- · Full security deposit required



PLEASE JOIN US FOR OPEN HOUSE MONDAY MARCH II, 2019 10 am-12 pm

To learn more or apply PLEASE Call: Christine Shepardson at 315.219.5700 Ext. 3239



MARC MADNESS

















'HE SPRING PRICE INCREASE ON OUR PRE-OWNED









26K MIJ 13 KIA SOUL _ovely in & out, 56k mi. 💲

17 VERSA SV

Great commuter, 47k mi. \$10,795

NOW WITH ALL WHEEL DRIVE



Some with leather & moonroofs, 15k-33k mi.

FROM \$ =

NTIER SV 4X4 CREW



Loaded up, 15-16k mi.

17 ELANTRA GT

All the buttons. 43k mi.



EIBER NISSA

320 N. Comrie Ave., Johnstown, NY

"If it doesn't say Treiber on the back of your car...you paid too much!"

† Former rental units just add tax & tags



Herkimer College appoints Campus Safety Officer

HERKIMER – Herkimer College announces the appointment of Thomas Carinci Jr. to the position of Campus Safety Officer.

Carinci was most recently employed by the Village of Frankfort Police Department as a school resource officer. He has also worked as a patrolman for the City of Little Falls Police Department and as an armed security officer for Allied Universal in Syracuse. He is a certified firearms instructor with the National Rifle Association and the United States Concealed Carry Association.

Carinci is currently enrolled in the Pre-Employment Police Basic Training certificate program at Herkimer College.

(L - R) Nick Laino, Senior VP for Administration & Finance; Tim Rogers, director of campus safety; Thomas Carinci; Cathleen McColgin, president; and Marty Luppino, assistant director of campus safety.

Photo courtesy of Herkimer College

Country Editor

Published weekly on Friday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President *Frederick W. Lee*V.P., General Manager *Bruce Button*V.P., Production *Janet Lee Stanley*

Classified Ad Manager......Peggy Patrei
Controller......Lyndsay Bock
Editor.....Joan Kark-Wren
Production Coordinator.....Jessica Mackay
Shop Foreman......Harry Delong
Social Media Coordinator.......Gabbie Albrecht

John Snyder, Sales Manager 518-673-0129, jsnyder@leepub.com Jordan Hurd, Sales Associate 518-673-0131, jhurd@leepub.com Tom Shaver, Sales Associate 315-272-6586, tshaver@leepub.com

Reader ads 518-673-3011 or 800-218-5586

Commercial Printing,

518-673-0101, commercialprint@leepub.com

We cannot GUARANTEE the return of photographs. Publisher is not responsible for typographical errors. Size, style of type and locations of advertisements are left to the discretion of the publisher. The opinions expressed in this publication are not necessarily those of the publisher. We will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the sole right to edit, revise or reject any and all advertising with or without cause being assigned which in his judgement is unwholesome or contrary to the interest of this publication. We assume no financial responsibility for typographical errors in advertisement, but if at fault, will reprint that portion of the ad in which the error appears.

INSECT from 2

just something that I have on hand at my farmstead. It is heavy, and loud, but it gives me power. Lead cords can be pricey depending upon how long your rows are. My garden rows are 100 feet long each. That is plenty long enough for me when I am using the vacuum cleaner – so factor in row lengths when deciding.

The cordless vacuum cleaner is a great option for longer rows but the battery can only supply power for so long before you need to recharge it. The battery-powered vacuum cleaner in itself is

expensive depending upon which brand you are using. If you want longer run time the upgraded run time batteries or additional batteries can be expensive as well.

Using either vacuum cleaner option to remove insect pests from your garden means you spend less time manually squishing insects with your fingers and you can possibly forgo or stop the use of an organic or commercial pesticide, thus saving money. Keep in mind that the vacuuming method is used for the

larger insects such as squash bugs, tobacco hornworms, Japanese beetles, Colorado potato beetles and spotted or striped cucumber beetles – any of the larger insects that have made your plant their home and are steadfast on not leaving.

You may even catch yourself a vine borer moth. You will not be using this for aphids and more than likely it will not remove insect eggs. If you are not

careful you can accidentally vacuum parts of your plant away. Big leaves, flowers and even whole plants will find their way into the vacuum cleaner and if the infestation is too large then removing only the insects you see might not be enough.

Farmers are an ingenious lot and need to stay open to new ideas that might be odd at first but just might be the missing piece to the puzzle.

CHARLES D. STAHL

"SPECIAL TRUCKLOAD SALE"

Approx. 5 Face Cord "Seasoned" **\$425**Approx. 7 1/2 Face Cord **\$550**Approx. 11 Face Cord **\$825**

FURNACE CHUNK WOOD

Approx. 11 Face Cord \$725

315-823-1982 Prices may include extra delivery charge.

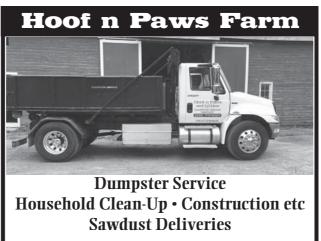
HEAP VENDOR

WILL REMOVE UNWANTED APPLIANCES FOR FREE

If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar,







Credit Cards Accepted **315-717-6101**

Wedding dress fitting guide

Because fashion preferences were once ornate and dependent on precise fits, ready-to-wear cloth-

ing really did not become widely available until the early 20th century. Such attire is now available in just about any retail store. Because ready-to-wear clothing is so readily available, the average

person may be unfamiliar with custom-made or tailored items. In fact, a couples' wedding may be







People ask us why



Your family will ALWAYS deal with Daniel J. Enea! **New Second Location!** 3,000 sq feet of space. **Mohawk Valley Funerals and Creamations** & Daniel J. Enea Funeral and Cremation Care 7507 State Rte. 5 (Corner of Bidleman Road) Little Falls, NY 13365 315-508-5131 www.mohawkvallleyfunerals.com









the only instance in their lives when they require the services of a seam-

stress or tailor. Fittings are a part of wedding planning, and here's how brides-to-be can navigate the process of finding and being fitted

for a dress.

• Try on sample gowns. The first step is to make your rounds to various gown shops and try on the samples they have available. Most sample sizes will not be the size you wear every day, so expect them to be ill-fitting. Do not be discouraged. Once a gown is chosen, the dress shop will take your measurements and order the gown according to the manufacturer's sizing guide. Again, this can be shocking, since the size will likely be larger than what you wear in street clothes. Some shops will also order a little larger to allow for adequate tailoring.

• Schedule the first fit-

GreenWave

SALVAGE & RECYCLING

ting. The first fitting should be anywhere from eight to 12 weeks before the wedding date, according to experts at WeddingWire, an online wedding information provider. This is the time it takes to complete most standard alterations. Complex customizations can take even longer. Brides should also budget a minimum of \$500 for alterations, which may or may not be included in the price of the dress.

- · Bring shoes and undergarments. Remember to bring along the exact shoes and undergarments you will wear with your gown. A change in shoes or bra/corset can result in the alterations fitting poorly the next time. Bring these items along to all subsequent fittings.
- Speak up. Martha Stewart Weddings suggests speaking up at fittings if anything is uncomfortable or needs tweaking. Seamstresses are masters at their crafts, but only if they understand the desires of the bride.
- Check the details. The second fitting is designed to check that all issues from the first fitting have been addressed, the gown is comfortable and you can move freely. At the last fitting, ask the maid of honor to come along so that she understands how to bustle or help you handle complicated straps or closures.





NOW OPEN! VISIT OUR NEW YARD 2974 Route 5, Frankfort, NY

315-313-6700

www.greenwavesalvage.com • hans@greenwavesalvage.com

DO YOU HAVE LARGE ITEMS TO SCRAP OR MOVE? WE PICK UP **DOZERS • CRANES • EXCAVATORS • TRACTORS • INDUSTRIAL MACHINERY**

To Your Good Health

by Keith Roach, M.D.

Workout supplements are sum of their parts

Dear Dr. Roach: My son, in his mid-20s, uses a preworkout energy supplement to which I am opposed. Can you tell me if this is harmful so that I can show him scientific research and your educated and medically sound response?

The supplement he uses contains alanine 1 g, creatine 1 g, arginine 1 g, tyrosine and velvet bean seed extract. It also contains 150 mg caffeine. — B.G.

Answer: It's not always easy to tell what supplements are safe or effective for the condition they are marketed for, and the information available through a web search often is biased. One place I start to get information is Medline Plus (www.nlm.nih.gov/medlineplus/), which has reliable information about many supplements, but you often have to search individually.

In this case, alanine, arginine and tyrosine all are amino acids. These are the building blocks for proteins, and are safe in reasonable amounts. Creatine is generally safe for adults, and has been shown modestly effective at helping improve strength in young male weightlifters. One gram is a fairly low dose and is generally considered safe. The 150 mg of caffeine is about the same as a cup of strong coffee.

Velvet bean seed extract I had to look up. It has been used both as a food crop and in traditional medicines. It has toxicity at high doses, but at the dose in the supplement, it should be safe.

In summary, I think this supplement is not likely to be harmful if taken in recommended doses, and it might have some small benefit. There is nothing in the supplement that cannot be obtained easily and cheaply from food, apart from the velvet bean, which I think has the least proof of benefit of all the components of

Herkimer College to host annual career fair

HERKIMER – Herkimer College will host its annual Career Fair on Wednesday, March 27 from $1\,$ - $3\,$ p.m. in the Robert McLaughlin College Center.

Meet with representatives from a variety of companies recruiting for full- and part-time opportunities, summer employment and internships.

Participants are encouraged to wear business attire and bring resumes.

For more information and a list of participating employers, visit herkimer.edu/career or contact Herkimer College's Career Services at 315.574.4031.

10 10ur Good He

the supplement.

Dear Dr. Roach: I am 49 years old and in good health. I recently was told by my doctor that what was first diagnosed as a swollen lymph is actually a condition called carotidynia. Can you please publish some information about this condition and what I can expect? Sometimes it is worse than at other times, but it never really goes away. I would not consider it painful; it is just uncomfortable, and when severe, it radiates up into my ear and down into my chest. — S.W.

Answer: Carotidynia (literally, "pain in the carotid artery") can come from several distinct causes, some of which are catastrophic, such as a carotid artery dissection, which is a tearing of the lining of the artery. In some cases, carotidynia may be a form of migraine. After surgery or angioplasty to the carotid artery, one also can get pain that comes from the carotid itself.

In the case of no other cause being identified, the condition is sometimes called idiopathic (which simply means "of unknown cause") carotidynia, and some, but not all, experts think this condition comes from a type of inflammation around the artery, which can sometimes be seen on CT or MRI scan.

Idiopathic carotidynia is usually treated with antiinflammatory medicines — ibuprofen, or prednisone in more severe cases. Most cases respond quickly, in a few days or up to a few weeks. However, I want to emphasize the need to thoroughly search for other concerning causes of neck pain.

(c) 2019 North America Synd., Inc. All Rights Reserved

Mohawk Valley Produce Auction
840 Fordsbush Rd. Fort Plain 13339
Hay • Straw • Firewood
Every Friday at 10:00 AM

April 12th - Meats, Cheese, Snacks & More
Office Ph# 518 568 3579

oril 12° - Meats, Cheese, Snacks & More Office Ph# 518-568-3579 Order Buyer Elam Kauffman Ph# 717-413-3816

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. Mar. 11th – Sold 272 head, Cull ave. \$.50 top cow \$.60, Bulls/Steers \$.78, Bull calves top \$.65 beef calf top \$1.65,heifer calves top \$.30, Feeder heifers \$.79 - \$1.06, Feeder steers \$1.20 - \$1.24, Dairy bred heifers top \$910, open heifers \$710, young heifers \$450.

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. Great consignments from Sco-Li, Haner, Mac-Mara, Roseland, Boanco Off, Morrill Dairy, Locust-Vale, Sample Farm, Van-Cliff, Carpenter, Weissman, Bookmark, Falls Pride Ayrshire, Gold-N-Ayr, Lawtons, Crossbrook, Tel-Hill Swiss, Thorndale Swiss, Twin Hollow, Hell-Hollow plus many more. Fresh young cows, many show age heifers to choose from, and deep pedigrees to breed from.

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. We will start taking animals in on Sat. the 27th anything that needs to be preg. Checked we would like to have here by Sunday 11AM.

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 Like us on facebook

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL

Tom & Brenda Hosking & Family 6096 St. Hwy. 8, New Berlin, NY 13411

SALES ILL

607-847-8800 cell: 607-972-1770 or 1771 Dan Hosking: 607-972-8773

Whatchamacallits -

This bad boy may look like a medieval torture device, but I promise you it is not. It's actually a very handy tool for making a very tasty treat.

This large cylinder with all the spikes poking through it was used many years ago to cut cheese curds.

Curds are a dairy product made by coagulating milk. The coagulation can be caused by adding rennet or any edible acidic substance (like lemon juice or vinegar) to milk and then allowing it to change into a semi-solid form. The increased acidity causes the milk proteins (called casein) to tangle into solid masses – the curds.

Milk that has been left to sour (such as raw milk by itself or pasteurized milk with added lactic acid bacteria) will also naturally produce curds, and sour milk cheese such as Harzer is produced this way.

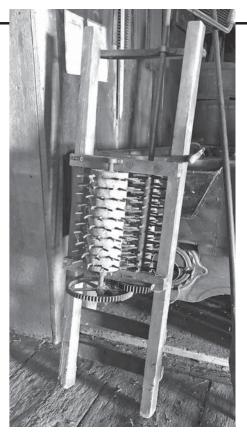
Producing cheese curds is one of the first steps in cheesemaking. After the milk clots it is cut into cubes – something this whatchamacallit would have done quickly and easily with large amounts of dairy product. The result is a mixture of whey

and curd. This mixture is then cooked and pressed to release the whey from the curd, creating the final product of cheese curd.

The curds are pressed and drained to varying amounts for different styles of cheese, and different secondary agents (molds for blue cheeses, etc.) are introduced before the desired aging finishes the cheese. The remaining liquid, which contains only whey proteins, is the whey. In cow milk, 90 percent of the proteins are caseins.

Cheese curds tend to be eaten as a snack or used for other things. According to one source, the dairy treat is chiefly found in the region around Quebec, Canada, in poutine (made of French fries topped with cheese curds and gravy) and in the Northeast and Midwest of the United States. Because of the noise the moist cheese makes, curds are sometimes referred to as "squeaky cheese."

Curd products vary by region and include cottage cheese, curd cheese (curdled by bacteria or rennet), farmer cheese, pot cheese, queso blanco and paneer. Whatever they're called, they're usually delicious.



Do you have your own Whatchamacallit?

hurch Services

COLD BROOK UNITED METHODIST CHURCH

467 Main St. Sunday Worship 10:30 AM

<u>Dolgeville</u> New Hope Christian Fellowship Pastor Pat Andreol

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 unday Worship 10:30 AM Mid-week Service Tuesday 7 PM

> LINITED LITHERAN 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 ednesday 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. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

CHURCH OF SAINTS ANTHONY and JOSEPH

Rev. Quy Vo, Pastor 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM

REDEEMER CHURCH

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

OAK RIDGE FREE METHODIST CHURCH

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

UKRAINIAN ORTHODOX CHURCH OF St. Mary's protectress 326 Moore Ave.

Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

NEW LIFE CHURCH

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

TRINITY EVANGELICAL **LUTHERAN CHURCH**

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

THE SALVATION ARMY

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

FIRST UNITED METCHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship 8:30 & 10am Sunday School 10am during school year

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

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

HERKIMER REFORMED CHURCH

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

CHRIST EPISCOPAL CHURCH

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

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

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 Iffirstpres@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 315-520-4782 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 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

CHURCH OF THE BLESSED SACRAMENT

March 22, 2019 • 7

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

<u>NEWPORT</u> 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 with Children's Church offered during the service





Area's Leading Wallcovering Store 315-823-2640 634 E. Main Street

Little Falls, NY 13365 COLLIS True Value

HARDWARE

Help Is Just Around The Corner 104 N. Main St., Herkimer, Ph. 866-0826

Whiter-Hendrix Funeral Home, Inc. Since 1893

"When Experience Matters"

100 Otsego Street Ilion, New York 894-3781

DANS AUTO REPAIR ned Service and F

Dan Hight - Owner/Operator 6500 State Route 5 Little Falls, NY 13365 Shop Phone 315-508-5061 Cell 315-868-8166

or 315-868-1575 Humphrey Memorials, Inc.



mphreyn

Superior Home

Health Care Providing Care In The Home

(315) 866-7932 703 Middleville Rd., Herkimer, NY 13350





Dolgeville • 429-8518

894-2057 • 894-7855 121 East Main St. Frankfort, NY





LYNCH Heating & Cooling

11 South Main St., Dolgeville 518-527-9881

Main Street Chiropractic

- Health and Wellness Center • Flexible Walk in Hours Dr. Kathleen Fusco
- Insurance Not Necessary

8841 N. Main Street Poland, NY 13431 (315) 826-7772

W.E. AUTENRITH SONS, INC.



Funeral Home 845-8532 Newport, NY

Eric J. Newman, Director



115 Court Street Herkimer, NY (315) 866-4590

40 West James Street Richfield Springs, NY (315) 858-1810



Gina Trzepacz - Timpano 1309 Champlin Ave. PO Box 123 Yorkville, NY 13495 MEMORIALS • PRE-PLANNING

MEMORIAL RESTORATION Ph/Fax: 315-736-1781 Cell: 315-723-7445

Newport

Company

Telephone

"It's Always Worth A Trip To Zipp"

ZIPP True Value Hardware

73-77 N. Main St. Dolgeville 315-429-9761

Quality Used



Warranty! WHITCOMB AUTO **SALES** 6500 St. Rt. 5, Little Falls, NY 13365

Thomas C. Whitcomb, Owner Phone 315-823-1320

Time to replace old wiring?

Old homes can be charming and contain architectural elements not often seen in many modern housing developments. But what older homes may have in design appeal, they may lack in updated features.

While cosmetic changes are not necessarily difficult, one area of concern in historic homes — and sometimes even in houses built 40 or 50 years ago — is archaic wiring. Wiring provides power to every room of the home. In today's electronics-driven society, electricity that works is an essential component of daily life.

Over time, wiring can be compromised through simple aging, pest infiltration, weather, or other conditions. Deteriorated wiring can present a shock hazard and also a serious fire hazard, warn the home renovation experts at The Spruce. Furthermore, the home improvement site This Old House advises that the amperage of old wiring may not be able to meet the needs of the devices used in homes - overpowering the circuits. This can cause breaker blowouts and other problems, such as overheated wires that may spark and

cause fires from within the wall.

Wiring often falls into the "out of sight, out of mind" category. Homeowners may make allowances for inadequate electrical systems, such as running extension cords or using multiplug connectors to increase their wiring capacity. However, they may not be diligently keeping on top of upgrades needed to stay safe. Confirming that a home's electrical system is safe is a necessary part of home maintenance.

For those who haven't already done so, schedule an inspection with a li-

censed electrician to go over the home's wiring. He or she can determine if any areas pose a safety risk and/or do not conform to local code requirements and the National Electrical Code. Failure to meet code can lead to difficulty obtaining permits to make other home renovations, or difficulty selling a home later on.

The electrician can also go over improvements that can improve safety and function. Additional outlets, including GFCI outlets in kitchens and bathrooms, may be part of the plan, as well as rewiring a fuse box or circuit panel to allow for better flow of power around the house. Frayed wiring or underinsulated wiring also may need to be replaced.

Owners of old homes should recognize possible electrical system dangers that require attention. Plus, considering electrical codes change quite frequently, it is always in a homeowner's best interest to work with a qualified electrician to keep wiring inspected and up to date.











138 N Main St. Herkimer, NY 13350 | 315-985-9048











MVP Health Care lead sponsor of VRS' Senior Health & Wellness Fair VRS' Senior Health & Wellness Fair: Boardwalk to Better Health

HERKIMER - Valley Residential Services (VRS) will host its annual senior health and wellness fair. Boardwalk To Better Health, on Thursday, April 25 from 10 a.m. - 2 p.m. at Herkimer College's Robert McLaughlin College Center in Herkimer.

"We are thrilled to announce MVP Health Care as the lead sponsor," stated Lisa M. Betrus, president of Vallev Health Services and VRS.

MVP is a nationally recognized, regional not-for-profit health plan provider that is committed to having a positive impact on the health and wellness of those they

serve. They care for over 700,000 members across New York State and Vermont, Their contribution to Valley Health Services and VRS is impactful and an excellent opportunity for attendees to learn about the services they provide.

The Boardwalk To Better Health event will have a plethora of resources available for senior citizens who may be contemplating downsizing or who wish to remain independent in their own home, as well as information on estate and gift planning, assisted and enriched housing, safety and security, physical health, Medicaid or Medicare and many other areas of interest.

This event sponsored by VRS will include an exhibitors' showcase with a broad range of products and/or services important to senior citizens as well as speakers and presentations throughout the day. The event is free and open to the public.

If your business is interested in exhibiting your products or services, contact the office of Community Relations and Fund Development at 315.866.3330 ext. 2329 for more information.

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

Mar 22

office at 315.867.2098.

Herkimer BOCES 2019-2020 prekindergarten registration date. 8 a.m. to 3 p.m. At the Owen D. Young school. Questions? Contact Herkimer BOCES at 315.867.2098.

Mar 23

Soup and Sandwich Luncheon. 11 a.m. - 1 p.m. At the Morning Star Church, 4224 Acme Rd., Frankfort, Cost is \$5. Eat in or take out.

Register by 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.

Mar 24

Preemie fashion show returns to Twin Ponds. 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. 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.

Mar 27

Herkimer College Annual Career Fair. 1 - 3 p.m. In the Robert McLaughlin College Center. Participants are encouraged to wear business attire and bring resumes. For more information and a list of participating employers, visit www. herkimer.edu/career or contact Herkimer College's Career Services at 315.574.4031.

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

Mar 28

Fall Prevention For Seniors. At 12n located at Little Falls Hospital's, conference room A. Seat are limited, please reserve your space by calling the community relations department at 315.823.5326.

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

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 info.

Mar 30

Pancake Breakfast With The Easter Bunny. 8:30 a.m. - 11 a.m. Emmanuel Episcopal Church, 588 Albany St., Little Falls. Includes: pancakes, eggs, home fried potatoes, bacon sausage, juice, coffee. Adults \$7. Children under 12, \$5. Proceeds benefit Boy Scouts Troop

Applications available

5th Stratford seniors annual craft fair applications available. Vendor applications are available for the 5th Stratford seniors annual craft fair at Stratford community Hall on July 20, 2019. Booth spaces are \$20 inside \$15 outside. For applications and more information contact Caroline Drake at 315.360.7582 or emailckdrake1947@gmail.

Apr 6

4petsake Food Pantry's 5th Annual Spay-Ghetti Dinner & Chinese Auction. 3 - 6 p.m. At the Mohawk Legion, 43 Main Street, Mohawk. Dinner includes spaghetti, meatballs, salad, roll, beverage and desert. Adults \$8. Children \$6. Under 5 free. Eat in or take out! Bring the kids and your camera to meet the costumed characters and the Easter Bunny. Chinese Auction. 50/50 Raffle. Proceeds benefit 4petsake Food Pantry's low cost spay/neuter program. Any questions? Contact: Julie Rotondo at 315.801.9149.

Morning Star Church Mystery Dinner Theater: "Murder by the Book". 5 p.m. At the Morning Star United Methodist Church, 36 Second St., Ilion. The advance sale Roast Pork Dinner and Show tickets at \$20 are available by calling Barb Horwald 315.894.4520 or the church office 315.894.4093 Monday through Wednesday 9 a.m. to 1 p.m.

Herkimer College Spring Open **House.** 10 a.m. to 12 p.m. Herkimer College, 100 Reservoir Rd, Herkimer. Registration is available online at www.herkimer.edu/openhouse. Walk-ins are also welcome. For more information, contact the Admissions Office at 315.574.4028 email admissions@herkimer. edu.

Apr 7

VRS Open Houses. Apr 7 19. 1 p.m. - 3 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.

Spay-ghetti dinner set for April 6

The 4petsake Food Pantry's 5th Annual Spay-Ghetti Dinner & Chinese Auction will be held on Saturday, April 6 from 3 - 6 p.m. at the Mohawk Legion, 43 Main St., Mohawk. Dinner includes spaghetti, meatballs, salad, roll, beverage and dessert. Adults are \$8, children \$6. Children under five are admitted free. Eat in or take out! Bring the kids and your camera to meet the costumed characters and the Easter Bunny.

A huge Chinese auction will also be offered with a variety of items, gift cards and baskets. Take part in

the 50/50 raffle as well. Come for the dinner or come for the raffles - or come for both. Proceeds from this event will benefit 4petsake Food Pantry's low. cost spay/neuter program.



*Annual percentage yields are current as of 2-4-2019 and are subject to change without notice. The dividend rate and APY are fixed and will be in effect for the initial term of the account. Minimum balance to open and obtain the APY is \$3,000 new money Membership required, penalty for early withdrawal, **sfcu** reserves the right to end this promotion at any time during the promotional event.

banking. easier.

10 • March 22, 2019 HERKIMER COUNTRY EDITOR

Fall prevention for seniors Little Falls Hospital Lunch & Learn Series

FALLS LITTLE Herkimer County Office of the Aging and Little Falls Hospital Rehabilitation Department are hosting an upcoming falls prevention seminar on March 28 at noon located at Little Falls Hospital's Conference Room

Falls are a leading cause of injury for people aged 65 and older, but falls are not an inevitable part of aging and there the art of Tai Chi.

Seats are limited, so reserve your space by calling the community relations department at 315.823.5326.

are proven ways to prevent them. At the falls prevention seminar, you will learn four major ways to reduce falling, how some medications increase the risk of falls and evidence-based programs to prevent falls: Matter of Balance and

by JoAnn Derson

- "I use those individually packaged (usually 30 or 50 per box) eveglass lens wipes to clean my glasses, and before they dry out, I use them to wipe down the touchpad on my microwave and stove. I use them to wipe down my phone screen too." – J.F. in Washington
- Still getting your groceries in plastic bags? Make sure you are recycling them. To make it easy, simply gather all your bags when you put away your purchases and put them in your trunk. The next time you shop, drop them off in

Now Here's A Tip

the appropriate container at the store. Never put plastic bags in your curbside recycling bin.

- When replacing the box of baking soda from your fridge, dump the old one into your kitchen drain and follow with a couple cups of white vinegar. After a few minutes, flush the drain with hot water to leave it clean and smelling fresh.
- Is your silverware collection hanging around tarnishing? Here's a great tip from a friend up north: "Ketchup will polish silver." - C.I. in Minnesota
- "If you accidentally spill water on a book, separate the pages with pieces of wax paper. Then close the book. As it dries, the wax paper wicks moisture and prevents wrinkles. Also, wax paper is microwave safe and allows moisture to escape, so food doesn't get soggy." - A.W. in Idaho
- Help prevent your socks from getting fuzzballs in the dryer by turning them inside out before washing, according to M. from Saskatchewan, Canada.
- (c) 2019 King Features Synd.,







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

Strange But True

by Samantha Weaver

- It was 20th century American author and futurist Robert Anton Wilson who made the following sage observation: "Only the madman is absolutely sure."
- Lightning isn't solely a phenomenon of Earth: Astronomers have noted lightning bolts on Jupiter, Saturn, Uranus and Venus.
- · Historians say that

Russia's Peter the Great was nearly seven feet tall.

• Athletes playing baseball on steroids have been in the news in recent years, but drugs are nothing new in America's national sport. During the late 1960s and '70s, Dock Ellis was a valued pitcher who played for several teams, including the Pittsburgh Pirates. On June 12, 1970, Ellis took LSD, thinking it was an off day for his team. By the time he realized that the Pirates were scheduled to play the San Diego Padres that evening, it was too late. The drug proved to have no ill effect on Ellis; in fact, he pitched a no-hitter. When he recounted the event to a reporter 12 years later, he said he remembered only bits and pieces of the game, though he felt euphoric.

Many years later, after being treated for addiction, Ellis became a coordinator for an anti-drug program in California.

- A woman in Tennessee was once arrested for biking while intoxicated and she was on a stationary bike at the gym at the time.
- A newspaper reporter once asked Gen. Charles de Gaulle, leader of the Free French Forces dur-

ing World War II and later president of the French Fifth Republic, if he was happy. De Gaulle replied, "What do you take me for, an idiot?"

Thought for the Day: "Before you become a

writer, you must first become a reader. Every hour spent reading is an hour spent learning how to write." — Robert Macfarlane

(c) 2019 King Features Synd., Inc.









31st Annual Poland Science Fair

by Daniel Baldwin

The Poland Central School District hosted it 31st annual Science Fair at the Trzepacz Gym on March 7. Students from the 7th to 12th grade had to come up with a question that they come across in everyday life, and use the scientific method to try and find their answer. In other words, they would have to ask the question, predict the answer to that question (a hypothesis), perform the experiment, come up with a conclusion, and see if the experiment results align with their hypothesis.

All the students at this school had to do this scientific practice, as it counted towards their final grade, but only a few students were selected to perform and display their experiment at the fair.

"Every single one of our science students in grades 7 through 12 have to create a project," Jessica Meyers, the school's field biology teacher and science fair coordinator, said. "Then the (school's) science department judges determine who is eligible for the fair. There are 82 projects here today, but there were some that just didn't make it into the fair."

Twenty-four students had the chance to claim first prize in their grade and category, according to Meyers. They even received a little prize money.

"The students are organized by junior and senior levels," Meyers said. "Juniors are grade seven through nine and our seniors are grades 10 through 12, and then they are put into categories of natural science, physical science, and then math and technology. From those categories you have a 1st through 4th place winner in each category, so that ends up being 24 winners,

and then a lot of our students go on to the Utica College Regional Science Fair as well."

In order to win, the students had to rely heavily on the scientific method, be creative, and excel their presentation.

"They (judges) look at the scientific method," earth science teacher Kevin Ford said, "how well did they stick to the method, neatness, creativity, presentation, and all of that together gives us a winner."

According to Ford, a majority of the students did put their creative minds into these projects.

31ST 13



Students proudly display their experiments.









Assembly required or order assembly and add \$10 each. Allow 2 business days for assembly.

HALE MFG. CO. 120 Benson Place, Frankfort, NY 13340 315-894-5490



31ST from 12

"Every year is different," Ford said. "The students



Sam Walther was one of the 82 students who were selected to present their experiments at this year's fair.

new and unique. They always take a different take create projects that are on it.'

Poland sophomore Kayden Lamphere wanted to find the amount of physical iron that is in each brand of cereal.

"I used a blender to mush up the cereal," Lamphere said. "I put the magnets into the mixture, and then I magnetize all the iron to it. I wanted to do the project because one of my friends is anemic, so he needs to know the amount of iron in cereals is exactly what they say it is. The process was fairly easy. It's just

the experiment took a little bit of time."

Freshman Trista Houghtaling collected different types of insulation and tried to find out which one absorbed heat the most.

"It helps in people's everyday lives," Houghtaling said. "It can help to prevent fires in your home, and save you money. There are a lot of steps, but it was kind of fun. You put the insulation in a flame retardant container, and then you

get to test it and see which one is the best."

Eighth grader Sam Walther wanted to find the best way to preserve apples and prevent them from rotting.

"My project is about preserving apples," Walther said, "and seeing which method preserves apples better. Kids don't want a rotten apple in their lunch. I have certain methods to preserve apples, and I tested it and

31ST 14



Sophomore Kayden Lamphere found the actual amount of physical iron that is in each brand of cereal.











31ST from 13

see which ones did better. You need very acidic things to preserve an apple because when the oxygen hits it, it immediately starts to brown."

As for the history behind this fair, Ed Rosenburgh was the one who brought this science contest to the Poland School District in 1988, according to the Poland chemistry and physics teacher Barry Smith.

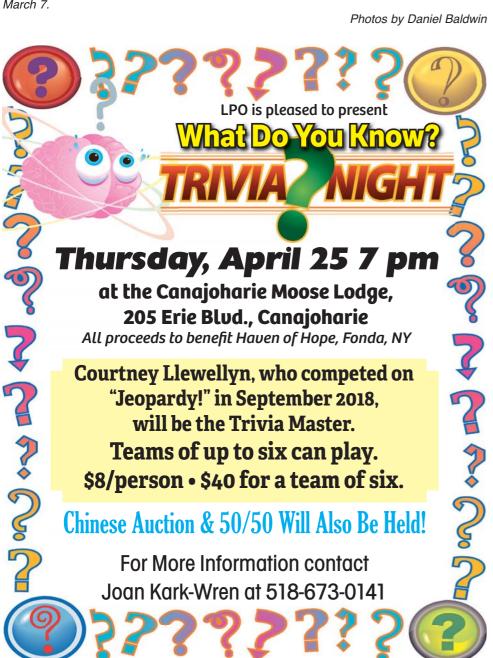
"Ed Rosenburgh came up from Kennedy L. Middle School in Utica," Smith said. "He had done a science fair there for a few years, and when he came here, he started one up. He made it fit the model of our school, and the community and school have supported it ever since."

Ford said the rules format of this science fair has always stayed the same, but what the students present and conduct, in their projects, is always different.

"I've been a science teacher here for 13 years," Ford said, "and you always think you've seen everything. But even after 13 years, you're still getting new projects. So while the format of the fair is the same, what is presented is always different."



The Poland Central School District hosted it 31st Annual Science Fair at the Trzepacz Gym March 7.



OPEN 7 DAYS A WEEK M-W 10-6, Thurs 10-8 Fri 10-6, Sat & Sun 10-5



24 CHURCH STREET CANAJOHARIE, NY 13317 (UNDER THE VILLAGE CLOCK) 518-673-0292

JUST 1 MINUTE OFF EXIT 29 NYS THRUWAY

Easter is just around the corner





- Easter Basket Fillers
- Plush Bunnies, Lambs and Chickens
- Puzzles, Games, Outdoor Toys

Coming Soon... The Tinsel Tea Room

A spot where you can grab a coffee or tea **RELAX • CHAT • SHOP**

Watch for Grand Opening Information!

All Door Mats 20% OFF

All Village Pieces and Accessories 20% OFF

Leggings Buy one get 25%* off the Second Pair

*Of equal or lesser value pair. Sale Ends March 29th

WE GIFT WRAP

We All Shop, Let's All Shop LOCAL First!



Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare

Something for everyone & every budget!

Hidden ways you can benefit from having hobbies

Finding time for hobbies can be difficult. Commitments to work and family take up the bulk of many people's free time, making it hard to squeeze in a favorite hobby. But hobbies can benefit people in some interesting ways. Understanding those hidden benefits may compel some people to make more time for their favorite downtime activities.

• Hobbies can improve your efficiency. Penciling more activities into your day planner may not

seem like something that will help you create more time for hobbies, but it just might. For example, if you know you have a softball game or choir practice at night, then you might waste less time surfing the internet or talking around the water cooler during the workday. In a 2017 study conducted for the staffing firm OfficeTeam, researchers found that the average office employee spends about five hours per week on his or her mobile phone doing things that have nothing



to do with the job. That's five hours you could be

working, opening up more time for hobbies before or after work.

• Hobbies can foster social connections. In his 2000 book, "Bowling Alone," political scientist Robert Putnam described a reduction in in-person socializing that once enriched Americans' social lives. By making more time for hobbies, particularly those that promote interaction with other adults, men and women can foster social connections that otherwise might never blossom.

• Hobbies can provide health benefits. The American Institute of Stress notes that some hobbies can help people reduce their stress. The AIS notes that some 56 million women in the United States now knit or crochet. That marks a 51 percent increase over the last decade. That revival is attributed to the stress-reducing properties of knitting and crocheting. Men and women coping with stress need not learn how to wield a sewing needle to alleviate their stress. Activities that promote slowing down and induce a relaxation response similar to knitting and crocheting can be equally beneficial.

• Hobbies can increase quality time with your children. Parents with hobbies can double dip, using the time they would ordinarily spend with their children to teach them some of their favorite hobbies. Take kids along when you go fishing or teach them how to plant flowers and tend to a garden. This is a great way to increase quality time with your children while also affording you a chance to continue engaging in your favorite hobbies.

DID YOU RESERVE YOUR TICKETS YET??



Former National League MVP and "Big Red Machine" slugger George Foster is set to speak at the Mohawk Valley Baseball Hall of Fame Dinner on April 12, 2019 at the TraveLodge in Little Falls.

Foster, a 2003 Inductee of the Cincinnati Red Hall of Fame, spent 18 years in Major League Baseball eventually becoming one of the most feared sluggers in the game. He was a key cog in the Reds' 1975 and 1976 World Championships and in 1977 was named the top player in all of the National League when he batted .320 with a league-leading 52 home runs, 149 runs batted in and 124 runs scored.

"We are ecstatic to welcome another World Champion to our esteemed lineup of special guests," said DiamondDawgs' Owner and President of the Mohawk Valley Baseball Hall of Fame, Travis Heiser. "The fact that George also has a connection to the New York Mets is like icing on the cake for our fans who have a longtime connection to the Mets."

Foster led the National League in home runs in 1977 & 1978 and RBIs in 1976, 1977 & 1978. He won aa Silver Slugger Award in 1981 and was named to 5 All-Star teams.

Drafted by the San Francisco Giants in 1968, Foster made his debut in 1969. When the 20-year old reached

the majors, he played alongside Willie Mays, Bobby Bonds and Ken Henderson. In 1971, the Giants traded Foster to the Cincinnati Reds.

After 11 years with the Reds, Foster was traded to the New York Mets, where he played from 1982 to 1986. Foster finished his 18 year career in 1986 with the Chicago White Sox.

"George brings a voluminous amount of history to the dinner this year," added Heiser. "We once again have a monumental figure in the history of our game to come and help us welcome the newest members of our Hall of Fame and to kick off our 2019 season!"

In 18 years, Foster had played in 1,977 games, had a lifetime average of .274, belted 348 home runs and drove in 1,239 runs.

The inductees into the 2019 Mohawk Valley Baseball Hall of Fame include Bud Fowler, Jim LaFountain and Joe Milazzo, into.

The event's doors will open on April 12, at 5:30 P.M. for cocktails, autographs and silent auction with dinner and program following.

Tickets cost \$40 per person and a table of 8 can be purchased for \$275.

To purchase a seat or table, please email Travis@mydiamonddawgs.com or contact team owner Travis Heiser at (315) 985-0692.





King Crossword

ACROSS

- 1 Hindu prince Persian leader
- 9 Bigshot, for short
- 12 Verve
- 13 Horseback game
- 14 Tokyo's old name
- 15 Chamber of
- the heart
- 17 Born 18 Good-looking
- guy 19 Bandleader **Xavier**
- 21 Lucky roll of the dice
- 24 Arrived 25 Thing
- 26 Pots and pans and such
- 30 Chignon
- 31 Yours
- 32 Neither mate 33 Pavement
- 35 Cicatrix
- 36 Always
- 37 Swerves 38 "Monopoly"
- buy 40 Desert-like 42 Superlative
- ending 43 South American
- nation 48 Chicken king
- - 6 Pawn

49 Cupid's alias

9

Every last bit

Cornmeal

creation

(forcefully)

20 Coal diggers' org. Bro and sis

With a -

10 Concept

11 Bard

16 Scoot

28 Bellow

29 Blunders

31 Dozens

34 First lady

35 Lead astray

Namely

(Abbr.)

39 Norway's

capital

40 Unsigned (Abbr.)

41 Leftovers

45 Shade tree

47 Whatever

number

46 Felon's flight

44 Before

over heels

38

- 51 and don'ts 52 Transmitted 53 TV award
- DOWN

50 Family

- 1 Cleric's address (Abbr.)
- 2 Brewery prod- 21 22 Needle case 3 One of the 23 Feuds
- Brady Bunch 24 Hit on the 4 Country song?
- 5 Rotate

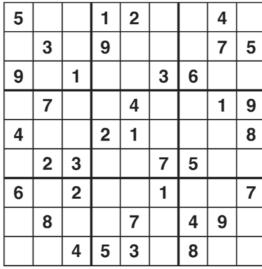
- 27 Lubricant

head

26 Burn some-

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging



♦♦♦ HOO BOY!

© 2019 King Features Synd., Inc

HOCUS-FOCUS

HENRY BOLTINOFF



Find at least six differences in details between panels.



from window ledge. 6. Bush on left has been moved. shed is wider. 4. Puddle near sled is missing. 5. Snow is gone Differences: 1. Scart is different. 2. Boots are higher. 3. Small

RIDDLE CARD

- 1. How many peas in a pint?
- 2. Why is a battleship like a star?
- 3. What well-known animal drives a car?
- 4. Why is a crash of thunder like a jeweler?
- 5. Why is a hat on the head like a bucket full of water?



both filled to the brim. hog. 4. Because both make the ear ring. 5. Because they are Answers: 1. One P. 2. Both contain T, A, R, S. 3. The road

by Charles Barry Townsend

0 K 2 0 K 3. 0 K 4 KO 5 0 6 K 7. О

FIND THE BIG WORDS!

It's not OK to be KO'd by this puzzle! Using the definitions and the anagrams below, find the eight, eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DON'T SCRUB OUT ON THIS ONE! In this back-toschool wardrobe problem, you must replace the letters on the board with the digits 0 through 9 so that you have a correct addition problem. The same letters get the same digits.

One Answer: W=4, A=2, S=9, H=1, N=3, D=7, E=5, R=8. (4291 + 237 = 4528.) THE "G" PYRAMID! As you move down the word pyramid shown, each word contains the same letters as the word above it, plus a new letter. We give you all the G's, Here are some hints from the

top down:

1. Slang for \$1,000 (given). 3. To fit with sails.

5. What a king does. 7. A family member.

2. Inspector general.

4. A facial expression.

6. To get back again.

8. Provoking, displeasing

Answers: The words are 9, IG, rig, grin, reign, regain, grannie, angering.



DEFINITIONS: ANAGRAM: 1. A sudden eruption. tour + beak 2. Type of shared meal. puts + lock

3. Incited to anger. 4. More frightening.

rook + pies 5. An easy win. veal + work bolt + skin

pork + dove

6. Type of tests. Supporting framework. elks + note

8. North American

Indian tribe cook + pika

6. Inkblots. 7. Skeleton. 8. Kickapoo. 3. Provoked. 4. Spookier. 5. Walkover. Potlucks. 1. Outbreak, 2.



Don't Miss Maple Weekend! March 23-24 and 30-31, 2019





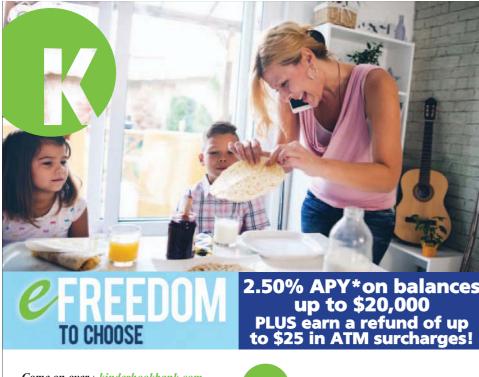


During Maple Weekend, maple farms across New York State invite visitors to their "sugar houses" to experience firsthand how pure, mouth-watering maple syrup and other related products are made.

Visitors also have the opportunity to enjoy fun, family-friendly activities, taste New York's freshest syrup and purchase maple products.

Join us this year for sugar house tours, samples, activities and much more.

Visit nysmaple.com for more information!



 ${\it Come\ on\ over\ } {\it kinderhookbank.com}$







Member FDIC Albany • Amsterdam • Canajoharie • Chatham • Delmar • East Greenbush Greenport • Johnstown • Kinderhook • Latham • Valatie

*Annual Percentage Yield. Statement cycle is the period of time between account statements. You must meet the following criteria to earn the interest rate stated above and to receive a refund of ATM surcharges up to \$25 during the statement cycle: 10 VISA® CheckCard point-of-sale (POS) transactions (not including ATM transactions) posted and cleared, receive electronic statements, receive at least one posted and cleared direct deposit. If you meet the above criteria and your average daily balance is \$20,000 or less, the interest rate paid on the entire balance will be 2.48% with an APY of 2.50%. If you meet the criteria listed, an interest rate of 0.35% will be paid only for the portion of your average daily balance that is greater than \$20,000. The APY for this tier will range from 2.51% to 0.51% depending on the balance in the account. If the criteria listed above is not met during the statement cycle, you will earn interest as follows: if your average daily balance is \$1,000 or less, the interest rate paid on the entire balance will be 0.00% with an APY of 0.00%, if your average daily balance is greater than \$1,000, an interest rate of 0.03% will be paid only on that portion of your average daily balance that is greater than \$1,000. The APY for this tier will range from 0.03% to 0.00% depending on the balance in your account. Fees may reduce earnings. Rate and APY are variable and may change at any time after the account is opened. Rates are accurate as of 2/1/19. Minimum to open account is \$25 and is available for personal accounts only. Rates and program subject to change at any time and cannot be combined with any other special offer.



"Taste the Sweetness of Nature!" Mud Road Sugar House **NY State** Maple Weekend March 23rd & 24th **Mud Road Sugar House** Maple Weekend March 30th & 31st **Horse Drawn Wagon Rides** Sat.-Sun. 10-4 **Learn the Process** From Tap to Table! Mud Road, Ephratah, NY

518-863-6313 or 518-774-0137

New York State is home to the largest resource of tappable maple trees within the United States, and over 2,000 maple sugarmakers.

As an abundant and sustainable crop, New York's gournet maple industry is vibrant and growing on an annual basis.

Our state's unique climate and forestry make it naturally perfect for maple syrup production. This pure, additive-free sweetener is made simply by removing water from the sap to concentrate the natural sugars and nutrients made by the tree.

Maple production tends to be a community endeavor, many times involving the entire extended family working together to accomplish one common goal: to produce a pure, all-natural maple syrup that they can take pride in calling their own. The gourmet maple syrup and granulated sugar that come as a result are delicious additions, and dare we say necessities, to any kitchen worldwide.









18 • March 22, 2019 HERKIMER COUNTRY EDITOR

Country Editor

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

PAVING

CONCRETE

MASONRY

ANTHONY MACRI

Commercial & Residential

Call With Your Needs

315-866-2733 or 315-717-3333

Construction Services

Number / Classification

- 20 Air Compressors 25 Air Tools
- 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 Ítems
- 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
- 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
- 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
- Rentals
- 980 Restaurant Supplies
- 1040 Services Offered 1075 Snowblowers
- 1080 Snowmobiles
- 1096 Sports 1109 Thrift
- 1140 Trailers Trains
- 1148 Travel 1165 Trees
- Truck Parts & Equipment 1180 Trucks
- Vacuum
- 1190 Vegetable 1200 Veterinary 1205 Wanted

Announcements

Announcements

ADVERTISING DEADLINE

FRIDAY • 2:00 PM (Week Prior to Each Friday Dated Paper) For as little as \$4.00 - place a classified ad in

The Country Editor

Call Peg at 1-800-836-2888 or 518-673-0111

or email classified@leepub.com

Announcements

CHECK YOUR AD - AD-VERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 800-836-2888 or 518-673-0111.

FINANCIALLY STRESSED? Living paycheck to paycheck? Want time freedom? Are you motivated to make positive changes? Find out how! Call to see if you qualify. 724-475-4441 or 888-408-9250

SELF-INKING STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or email commercialprint@leepub.com

* * * * * **ADVERTISERS**

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper Call Peg at 1-800-836-2888 or 518-673-0111

Antiques

ANTIQUES/FINE ART and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

NUT Penny Machines, Wood Halloween, 1920's Post-cards. Tin & Porcelain Signs,

Custom Services

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! FREE SHIPPING included. Call Lee Newspapers Inc. at 518-673-0101 email commercialprint@leepub.com

Building

INSULATION: All Types. New/ Existing Buildings. Upstate Spray Insulation www.upstatesprayfoam.com

AKC/ACA

WANTED TO BUY: BEECH-

Sap Buckets, Oak Bookcases, Decorated Crocks & Jugs, Old Paintings, Oak Frames, Old Christmas & Decorative PYREX, Cabinet Cards, Scrapbooks, Holiday Blow Molds, Glass Negatives, Old Costume & Gold Jewelry, Quilts, Farm Primitives, Old Hats & Dresses, Pocket Watches & Knives, Early Comic Books, Railroad Items, Bakelite, Dairy Bottles, Cast Iron Toys, Griswold Pans, Old COKE & PEPSI Soda Signs, Large Thermometers, Civil War Items, Antique Baseball Stuff, Wood Boat & Plane Models, Taxidermy, Needlepoint, Doilies, Cigar Stuff, Hunting, Fishing, Advertising of all sorts. We absolutely DO NOT buy anything with barcodes, says CHINA, or made after 1975. WE WANT OLD STUFF! Free House Calls... Cash Paid... We R Fun! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-

Materials/Supplies

Estimates. Fully Insured. Call Foam 315-822-5238.

Dogs

CAVAPOOS, YORKIEPOOS, Morkies, Mini Schnauzers champion lines, pets only (2 males 20 weeks) Poodles registered. Breeder 33yrs. PD#00302. 607-435-1997

Farm Market Items

Construction Services

DAMIN FARM SAUERKRAUT Frozen STRAWBERRIES BLUEBERRIES & BLACK RASPBERRIES USDA Inspected **BEEF & PORK**

CHICKEN EBT & Credit Cards Accepted 8075 St. Hwy 5 St. Johnsville, NY 13452

518-568-2643 Open 7 Days a Week 9am-6pm

For Rent

HERKIMER: SHERWOOD ACRES Apartments. 1 & 2 bdrm, \$830 & \$885. Includes heat, hot water, appliances. patio, fireplace, garbage removal. Large rooms, On-site Management, Beautifully maintained. No smoking/animals. Deposit, lease, credit check. 315-866-9371

VILLAGE OF FRANKFORT: APARTMENTS (2). Second floor- 2 bedrooms each. No pet policies- smoke free. Take a visual tour. www.crossettres.com Applications available. Email: louise@crossettres.com Call: 315-894-8557

HERKIMER: 3 bedroom apartment, second floor, Prescott Street, includes appliances, washer/dryer hookup, parking, \$575/month plus utilities. 315-563-1980

ILION: 2 bedroom apartment, John Street, second floor, includes heat, hot water, appliances, \$575/ month plus electric. 315-563-

ILION: 1st floor efficiency apartment with stove & refrigerator, parking, no pets. Security deposit, references \$440/month inrequired, cludes all utilities. 315-895-

For Sale

BANNERS: VINYL - Single Sided - Double Sided, various sizes. Free shipping. Call Lee Newspapers Inc. at 518-673-0101 or email commercialprint@leepub.com

For Sale

RAFFLE TICKETS - 500 -\$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

Guns

McCarthy Guns. 217 Erie Blvd. Canajoharie. 518-673-4867. www.mccarthyguns.com. We pay top dollar for guns. Buy, Sell, Trade.

Help Wanted

HELP WANTED: PART-TIME, weekends a must, Herkimer Bottle & Can Shop at 301 S Washington St. 315-940-1900



Real Estate For Sale

FARM FOR SALE: 370 McKinlev Road, Palatine Bridge, NY 143 acres, 100 plus tillable. make an offer. Dick Nellis. 518-993-4184. (NY)

MOBILE HOME: 2002 Commodore, size 28x64 (double wide). Three bedrooms-2 full baths, situated on cement slab in pet friendly Park. Included are detached utility building, ample deck, working fireplace, central air. One owner home with excellent maintenance. \$65,900. Take a visual tour www.crossettres.com Crossett R.E. Services 315-894-

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

Real Estate For Sale

HERKIMER COUNTY: Town of German Flats. 8.2 acres, fields, nice view, \$25,000. 7 acres fields & woods, nice view, \$25,000. Owner financhelderbergrealty.com 518-861-6541, 518-256-6344

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour www.crossettres.com Asking \$8,500.00 All Broker inquiries welcome. 315-894-

Services Offered

JACK'S HANDYMAN SERV-ICE: Doing odd jobs of all kinds since 2004. Free estimates. 315-725-1133

PROFESSIONAL HANDY-MAN SERVICES: Insured. Over 40 years experience. Any small job, including doors, windows and electric. 315-868-1608

BOILING POT PHOTOGRA-PHY 518-378-3279 Graduation Photos, Weddings, Baby and more. Find us on Face-

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

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossette Real Estate services. Take a visual tour www.crossettres.com Asking \$110,000.00. All Broker inquires welcome. 315-894-8557

13 OR 14-MONTH PHOTO WALL CALENDARS **ONLY \$15.00!**

Bring in your USB, SD card, or photos for us to scan Email your photos to:

commercialprint@leepub.com Call **518-673-0101** Lee Newspapers Inc. 6113 State Highway 5,

Palatine Bridge, NY 13428

Tires & Tire Repair Service

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555

Wanted

WANTED: MOVIES Science Fiction, Fantasy & Horror. 315-866-9131

Country Editor

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

CLIP & SEND

OR CALL Country Editor

PO Box 121, Palatine Bridge, NY 13428

Ph: 518-673-3011 OR 800-836-2888

\$4.00/14 words \$.10 each additional per week

Deadline Friday 2pm Fill Out This Form OR Call Us To Place Your Reader Ad CLASSIFIED READER AD FORM

Today s Date	# of '	Weeks to Run _	Starting Issue	Date (Friday Date)
COPY: (First 14 words \$				
			14 words - \$4.00	15 words - \$4.10
16 words - \$4.20	17 words - \$4.30	18 words - \$4.40	19 words - \$4.50	20 words - \$4.60
21 words - \$4.70	22 words - \$4.80	23 words - \$4.90	24th word - \$5.00	25 words - \$5.10
26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
31 word	ds - \$5.70 32 words	ds - \$5.80 33 words	ds - \$5.90 34th work	ord - \$6.00
Name (Print):				
Farm/Company Nam				
Street:			_ County:	
City:			- state: Z	Zip:
Phone #:	Fax			
Email Address:				
Payment Method:	Check/Money Orde	er 🗆 American Exp	ress 🗆 Discover 🗀 🤊	√isa □ MC
Card #:			Ехр. Г	Date: MM/YY
* (REQ.) Card Secur				<u>—</u>
Name on Credit Card				
Signature:				Oate:
Amount Paid:				

Ph: 518-673-3011 or 800-836-2888 • Fax: 518-673-2381 • Email: classified@leepub.com Mail: Country Editor, PO Box 121, Palatine Bridge, NY 13428

VALLEY VIEW MASONRY Specializing in Concrete Work



Garages - Basements - Sidewalks Flat Pours - Stamp Concrete Stone Work - Foundation Replacement Flat Pours - All Types of Concrete Free Estimates

Gideon Fisher 518-673-5458 John Fisher 518-669-5754 280 Buel Road, Canajoharie, NY 13317



Ron Fobare's Painting & Remodeling

Painting, Dry Wall & Dry Wall Repair, Textured Ceilings, Water Damage, Replacement Windows & All Home Repair

No Job Too Small
Over 35 Years Experience
315-570-1985



315-866-6494 3005 State Route 28 Herkimer, NY 13350





• Shingles • Metal Roof • Standing Seam • Free Estimates • Fully Insured

518-281-6455

360 County Highway 151 • St. Johnsville, NY 13452

Savannah Sommer job shadows at VHS

CVA student participates in job shadow with VHS Diet Techs

HERKIMER – Valley Health Services welcomed Central Valley Academy (CVA) student Savannah Sommer for a job shadow program on Thursday, Feb. 7 with Diet Technicians Carolyn Kline and Erin Marchefka.

Sommer is a junior at CVA in Ilion, where she is beginning to contemplate her academic plans after high school. She is pursuing University of Albany with a major in Pre-Health and hoping to play on the university's basketball team. Sommer is a varsity basketball player at CVA.

Sommer says her ultimate professional career goal is to work in the area of nutrition and sports – possibly serving as a nutritionist for a sports team. She states, "I have always taken care of myself with respect to fitness and nutrition, and enjoy doing research on trends in the field of nutrition." Working with the geriatric population is another area of interest. Sommer indicates that her father works for St. Luke's Nursing Home in New Hartford.

Kline and Marchefka provided a full day of

professional on-the-job shadow experience for Sommer. Her day started out in Care Conference, which is a quarterly meeting to discuss residents and their health progress. Care Conference involves professionals throughout VHS serving in the areas of nursing, dietary quality assurance, rehabilitative therapies and activities department. From there, Kline and Marchefka provided a tour of the VHS facilities and a discussion of the various roles of the professionals on site as well as giving Sommer the opportunity to meet and interact with some of the residents.

Sommer resides in Mohawk with her parents John and Tracy Sommer and her sister Kaylee.

VHS welcomed Central Valley Academy student Savannah Sommer (left) for a job shadow program with Diet Technician Carolyn Kline.

Photo courtesy of Valley Health Services









Main St. Little Falls

24 Hour Service & Repair
Gas & Oil Furnace Cleaning
Tune-Ups



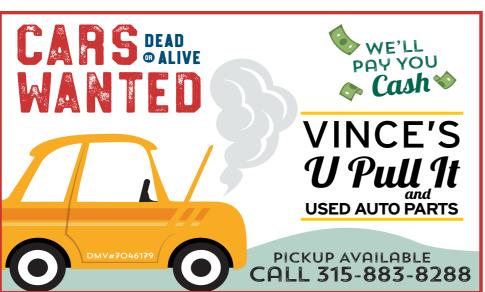
"You know the name, we have been doing this for 65 years."

PLUMBING • HEATING • AIR CONDITIONING

2974 Route 5

Frankfort, NY 13340







Starts Monday, April 1st!

315-313-6700

www.greenwavesalvage.com

*Sorry, commercial accounts are excluded. Challenge is based on total dollar volume.

Follow us on Facebook!

@greenwavesalvage

Kovels: Antiques and Collecting

by Terry and Kim Kovel Irish Leprechaun Nodder

Bobble heads are popular today as sports collectibles. Most baseball teams offer souvenir bobble-head dolls at some of the games during the season, but today's dolls are made of slick plastic and usually are wearing fabric uniforms. Early toy bobble heads were made of painted papier-mache. The head bobs up and down because it is attached to a long-weighted neck that's suspended in the neck's hole. It is balanced on a narrow metal rod that swings back and forth,

making the head move.

The idea came from 18th-century porcelain figurines that had moving heads and hands. The major German porcelain factories made complicated nodders. One was a group of four women drinking tea while their heads and hands moved. Another was a 20th-century figure of a woman seated in front of a typewriter. Her hands moved up and down as she typed.

This bobble-head figure in a lime-green suit and hat is a 5-inch-tall, smiling Irish Leprechaun nodder. It was made in

Germany of a composition material; his glass eye is winking. He's a charming fellow, but St. Patrick's Day collectibles are not as popular as those for Halloween or Christmas, and there were fewer bids. The buyer paid only \$59.

Q: Is it true that furniture from the U.S. House of Representatives is sometimes sold at auction? Who owns the chair used by each elected official?

A: For many years, there were few rules about the furniture that belonged to the government in the Congressional buildings, the White House or other Federal buildings. It is said that President Lincoln's wife sold some of the furnishings because she needed money to live on, as there was no pension for the wife of a president. Now there are pages of instructions about buying and selling official furnishings. Most pieces have to be paid for by the elected official according to a written schedule.

We have seen several Victorian chairs from the House of Representatives sold. They were made in 1857 by a famous New York firm, Bembe & Kimbel. They featured three stars carved on the chair crest, and carved oak branches representing longevity and laurel for victory on the arms and legs. In 2008, a chair sold for about \$19,000.

Recent prices

Wooden pie crimper, pastry wheel, shaped turned handle with ball finial, "France" etched on handle, 1960s, \$15.

Wendy doll, Madame Alexander, St. Patty's Day parade, red curly hair, freckles, green iridescent dress, top hat, pot of gold, box, 8 inches, \$70.

Murano vase, orange creamsicle swirl, freeform with in-folding rim, orange, white and clear, Italy, c. 1960, 9 x 9 inches, \$145.

Mountaineering pack, back board, hardwood, rope, webbing and adjustable straps, climbing tools, 1940s, 27 x 15 inches, \$265.

Tip: Fray Check, a product found in sewing supply shops, is useful for repairing tears in cardboard signs.

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

(c) 2019 King Features Synd., Inc.



There are many collectors of Christmas and Halloween items, but few celebrate St. Patrick's Day with a collection of figures. This smiling leprechaun nods his head as he learns that he was bought for \$59 at a Bertoia auction in New Jer-

Tire Shop

A Multi Line Dealer **NEW & USED TIRES • TIRE REPAIR AUTO ACCESSORIES** ON THE FARM TIRE SERVICE **CUSTOM WHEELS • OIL CHANGES** 155 Erie Blvd., Canajoharie, NY OPEN: Mon. - Sat. 8-6 • www.thetireshop.biz

518-673-5399

Best Quality • Best Service • Best Price

Answer

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

Weekly SUDOKU — King Crossword — **Answers**

Solution time: 21 mins.

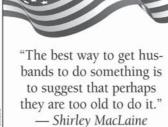
_	-			•••			٠.	_	٠.	••••		•
R	Α	J	Α		S	Н	Α	Н		٧	1	Р
Е	L	Α	Ν		Р	0	L	0		Ε	D	0
٧	Е	Ν	Т	R	1	С	L	Е		Ν	Е	Е
			Н	U	Ν	K		С	U	G	Α	Т
S	Е	٧	Ε	Ν			С	Α	М	Ε		
1	Т	Е	М		С	0	0	K	W	Α	R	Е
В	U	N		Т	Н	1	N	Е		Ν	0	R
S	1	D	Е	W	Α	L	K		S	С	Α	R
		Е	٧	Е	R			٧	Е	Е	R	S
Н	0	Т	Е	L		Α	R	1	D			
Е	S	Т		٧	Е	Ν	Е	Z	U	Е	L	Α
Α	L	Α		Е	R	0	S		С	L	Α	Ν
D	0	S		S	Е	Ν	Т		Е	М	М	Υ

Just Like Cats & Dogs

by Dave T. Phipps



Americanisms



"Spring is nature's way of saying 'Let's Party!"

— Robin Williams



HERKIMER COUNTRY EDITOR 22 • March 22, 2019

Comfort Foods Made Fast and Healthy

by Healthy Exchanges Italian Carrots and Celery Au Gratin

You won't have to force yourself to eat enough vegetables when this easy dish is on the menu.

- 3 cups sliced fresh or frozen carrots
- 1 1/2 cups sliced celery
- 2 cups water
- 1 (10 3/4-ounce) can reduced-fat cream of celery soup
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1 teaspoon dried parsley flakes
- 1 cup shredded reduced-fat mozzarella cheese
 - 6 tablespoons dried fine breadcrumbs

2 tablespoons fat-free Italian dressing

- 1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with olive oil-flavored cooking spray. In medium saucepan, combine carrots, celery and water. Cook over medium heat for 20 minutes or until vegetables are just tender. Drain vegetables, then return vegetables to saucepan.
- 2. Add celery soup, mushrooms, parsley flakes and mozzarella cheese. Mix well to combine. Pour mixture into prepared baking dish. In a small bowl, combine breadcrumbs and Italian dressing. Sprinkle crumb mixture evenly over top.
- 3. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set

for 5 minutes. Divide into 6 servings.

* Each serving equals: 138 calories, 6g fat, 7g protein, 14g carb., 725mg sodium, 2gm fiber; Diabetic Exchanges: 1 Meat, 1 Vegetable, 1/2 Starch/Carb.

(c) 2019 King Features Synd., Inc.





2019 Jeep Compass Latitude 4x4



MSRP \$29.890 \$4,119 Down

Low

MSRP \$27.890 \$4,199 Down

2019 Jeep Grand Cherokee Laredo 4x4



Low

MSRP \$37.040 \$4.199 Down

2019 Chrysler Pacifica Touring L



MSRP \$37.690 \$5.089 Down

2019 Ram Quad Cab Express 4x4

Low

MSRP \$38,690 \$4.119 Down

Pentastar Engine



All leases: Plus Tax, Tags & Fees. 10k mi/year. Tier 1 Credit. Offers Expire: 4/1/2019. All applicable incentives & rebates applied! See Dealer for details.







Rome Taberg Rd., Rome, NY www.victoryofrome.com







COUNTERTOP **CREATIONS**

For Quality Service & Customer Satisfaction **Call Countertop Creations**

Custom Built

COUNTERTOPS and **KITCHEN CABINETS**

315-867-4189

713 State Hwy. 162, Sprakers, NY 12166



SCHOOL BUS DRIVERS AND MONITORS **IMMEDIATE OPENINGS** PAID TRAINING

Apply in person 8:30AM-2:30PM Or Call 518-568-2684

LITTLE FALLS-FONDA BUS CORP.

7893 NY-5, St. Johnsville, NY 13452 518-568-2684

Competitive Pay Rate - Clean Driving Record - CDL Training

BROWN'S FORD...Where the deals are unbelievable • BROWN'S FORD...Where the deals are unbelievable

EOSE OF TOTAL STOWN PRECURA GELIAMO ERS













Home of the 99¢ NY State Inspection

SIGN AND DRIVE LEASES

GERMATED PRE-OWNED SPECIALS GOOD AS INEV

2016 FORD F-150 REG CAB XL



\$23,987 OR \$399/MO **FOR 84 MO**

45,000 MILES 3.5 ECOBOOST, MAX TRAILER PKG **2016 FORD EXPLORER SPORT**



\$33,995

32,000 MILES NAV, MOONROOF **2016 FORD ESCAPE TITANIUM**



\$22,487 \$375/MO **FOR 84 MO**

27,000 MILES NAV. LEATHER



LEASE FOR \$349/MO* FOR 39 MONTHS



LEASE FOR \$292/MO* FOR 39 MONTHS



2019 FORD F-150 XL

BROWN'S FORD.

Where

are un

BROWN'S



CHECK OUT THESE \$0 DOWN DEALS

2013 FORD F-150 XLT CREWCAB



CC, TILT, CD, TOW PKG, XTR PKG 34,786 MILES



\$24,587 OR \$405/MO FOR 84 MO

2015 JEEP GRAND CHEROKEE



30,363 MILES, AUTO, AC, PW, PL, CC, TILT, CD



\$23,587 OR \$389/MO FOR 84 MO

2016 FORD F-150 SUPERCAB

52K MILES 2.7 ECOBOOST



\$26,995 OR \$439/MO FOR 84 MO

2017 CHEVY EQUINOX LT AWD

29,438 MILES, AUTO, AC, PW, PL



\$19,967 OR \$330/MO FOR 84 MO

2017 DODGE CARAVAN SXT

FAMILY FUN **ONLY 31,984 MILES**



\$19,495 OR \$322/MO FOR 84 MO

2013 FORD F-150 REG CAB XL

60,556 MILES. AUTO, AC



\$13,987 OR \$248/MO FOR 75 MO

2008 FORD F-150 SUPER CAB

FX44X4

106,712 MILES AUTO AC PW PL CC



2013 FORD F-150 XLT

81,000 MILES,

5.0 L, 4X4



\$23,987

2015 FORD FOCUS SE



\$12,987 OR \$216/MO FOR 84 MO

2015 CHRYSLER TOWN AND COUNTRY

TOURING L JU93527 41,797 MILES POWER SLIDERS, HEATED I FATHER **CLEAN CARFAX**



\$18,595 OR \$308/MO FOR 84 MO

2011 FORD RANGER XL

4X2



\$13,995 OR \$300/MO FOR 60 MO

2014 KIA SOUL PLUS

ONLY 40,878 MILES LOADED. NAV



\$13,995 OR \$233/MO FOR 84 MO

121 N. Comrie Ave., Johnstown, NY *518-762-4609*

brownsfordjohnstown.com





IF YOU DON'T SEE WHAT YOU WANT WE CAN GET IT. JUST ASK!

Hours: Monday-Thursday 8-7 Friday 8-6; Saturday 9-5



*Ace Rewards card Instant Savings ("Instant Savings") amount is available at participating stores only to Ace Rewards members in store (see store for details). Where applicable by law, tax is charged on the sale price before application of Instant Savings You must present Ace Rewards card to receive Instant Savings in store. Instant Savings listed in this advertisement are valid through 03/31/19, at participating stores. Not all Ace stores participating in this circular participate in Ace Rewards.



The best tool for saving money.®



Visit acehardware.com for store services, hours, directions and more...





Prices good March 20-25, 2019.









Yours's

Ace Hardware & Agway

150 Central Ave Ilion, NY (across from the new Aldi's)
315-444-9081 • Open Mon-Fri: 8-7pm, Sat: 8-5pm, Sun: 9-4pm

youngsgeneral.com

are independently owned and operated. The prices in this advertisement are suggested by Ace Hardware Corporation, Oak Brook

Ace stores are independently owned and operated. The prices in this advertisement are suggested by Ace Hardware Corporation, Oak Brook, IL. Individual retailer regular and sale prices may vary by store, which may impact actual savings amounts in either direction. Except for Red Hot Buys, which extend through the end of the month, and except as otherwise stated, prices advertised in this circular are valid at participating stores March 20–31, 2019, while supplies last. Sale and Instant Savings dates set forth herein are national dates suggested by Ace Hardware Corporation and may vary by local retailer. See local retailer in-store signage for details. Offers, Ace Rewards® benefits, product selection/color, sale items, clearance and closeout items, Ace everyday low prices, return and rain-check policies, and quantities may all vary by store, as well as from acehardware.com. Some items may require assembly. Ace is not responsible for printing or typographical errors.

