

Herkimer County

Country Editor

March 29,
2019

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Volume 8
Number 42

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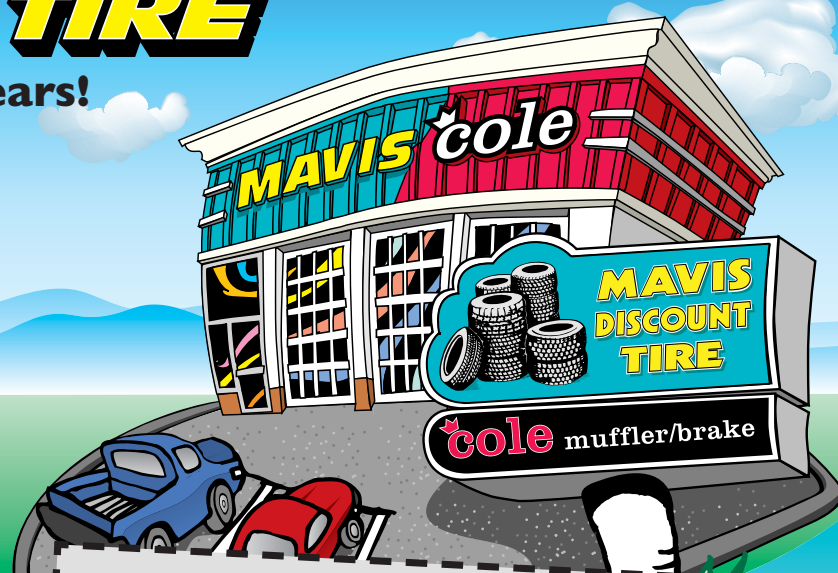
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Herkimer College's Phi Theta Kappa Chapter achieves top honor and names two students to PTK All-State Academic Teams

HERKIMER, NY — Herkimer College's Phi Theta Kappa chapter, Upsilon Epsilon, has received a five-star designation for the second consecutive year. Five stars is the highest level of chapter recognition by Phi Theta Kappa, an international honor society for two-year colleges.

"Our students have achieved a high level of achievement in scholarly excellence and community involvement," said chapter co-advisor, Blake Pitcher.

"We're extremely proud of them."

Phi Theta Kappa chapters have five levels of engagement that progress from local, campus involvement to regional involvement and international involvement. The New York region has 59 participating chapters.

It's been a notable year for Herkimer College's chapter. Caleb Sanfino (Herkimer, NY) and Shaun McGraw (Dolgeville, NY) were named to the Phi

Theta Kappa All New York Academic first and third team, respectively. Students from the 38 participating states nominated to the All-USA Academic Team are named to the All-State Academic Teams. Ranking on the All-State Academic Teams is generally determined by the student's score in the national competition. All-State Academic Team members receive special recognition including medallions and certi-

cates and may include scholarships.

The Herkimer College chapter is co-advised by Vicki Brown, Stephanie Conley, Blake Pitcher and Joshua Belisle. PTK is an international honor society and the purpose is to recognize and encourage scholarship among two year students. Membership is extended to those who have achieved a 3.5 or higher cumulative GPA and have accumulated at least 12 credit hours.



Shaun McGraw



Caleb Sanfino

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To Your Good Health

by Keith Roach, M.D.

Stomach “flu” is not actually flu

Dear Dr. Roach: With the flu season coming on, would you please discuss the difference between what people call the “stomach flu” and what the flu really is? I have two friends who said they weren’t getting the flu shot anymore because despite having it, they got the flu. They each described several hours of throwing up, but feeling better the next day.

I suggested that they probably had a gastrointestinal episode and not influenza, which is a respiratory disease. They insisted that they had the flu, and they’d always learned that the stomach flu is influenza and the flu shot is meant to prevent it. Since then I’ve spoken to two others who believe the same thing. — G.C.

Answer: You are right that there is much confusion about what influenza is. Influenza typically begins with sudden onset of fever, headache, fatigue and severe body and muscle aches. Influenza occurs about two days after exposure. There also often are symptoms of cough, sore throat and nasal discharge, just as there are with the common cold, but the sudden onset, fever (commonly 100 to 104 degrees) and muscle aches help distinguish cold from flu.

Gastrointestinal symptoms — such as nausea, vomiting and diarrhea — are less common in influenza, and these symptoms in absence of the major manifestations listed above makes the diagnosis of flu very unlikely. In late fall through early spring, some diarrheal illnesses (mostly viral) are common, but you are correct that these are NOT influenza.

The flu shot contains viral proteins, not live influenza, and it is incapable of causing the flu. Many people will have a sore arm and sometimes mild fever and body aches after a flu shot. This is just part of the body’s reaction, and it goes away by itself within 24 hours. There is a live influenza vaccine given by nasal spray, which also generally has mild side effects. This may be given to adults under 50.

The flu shot is not perfect: You still can get the flu after receiving the shot. However, the flu shot is effective at reducing the most serious cases of flu, such as influenza pneumonia, which can be life-threatening or fatal.

Dear Dr. Roach: I’m a healthy 50-year-old woman, and I recently had my gallbladder removed. What are the effects of not having this organ? — I.T.

Answer: The gallbladder stores bile and release it when necessary after a meal. Bile is made by the liver and is needed for proper digestion, especially of fats. After gallbladder removal, usually because of gallstones, the liver takes over the job by storing bile in bile ducts, and releasing it at the right time, under the influence of hormones, such as cholecystokinin. After surgery, most people have no problems with digestion, as their body gets used to the new status quo after a few weeks.

Rarely, people who have had their gallbladder removed can develop postcholecystectomy syndrome, which manifests as upper abdominal pain. There are several possible causes. Discovering it requires expert evaluation, usually by the surgeon, and it often involves CT scans and a special kind of MRI (MRCP) to evaluate the biliary tract. Retained stones in the bile ducts, leakage of bile and strictures (narrowings) in the bile ducts are the most common causes of PCS.

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Taxpayers must report health care coverage on 2018 tax return

As taxpayers are completing their 2018 tax returns this year, they must complete the lines related to health care.

For tax year 2018, the IRS will not consider a return complete and accurate if individuals do not do one of the following on their return:

- Report full-year health coverage
- Claim a coverage exemption
- Report and make a shared responsibility payment for everyone on the tax return

The law continues to require taxpayers who do not qualify for an exemption to maintain health care coverage in 2018 or make a shared responsibility payment when they file their tax return.

Most taxpayers have qualifying health coverage or a coverage exemption for all 12 months in the year and will check the box on the front of their tax return. Taxpayers who can check the box don’t have to file Form 8965, Health Coverage Exemptions, to claim any coverage exemptions. This includes the coverage exemption for household income below the filing threshold.

Taxpayers who did not have coverage for the entire year and therefore can’t check the box generally must report a shared responsibility payment when they file. They will report this payment for each month that anyone listed on the tax return didn’t have qualifying health care coverage or a coverage exemption.

Taxpayers can determine if they are eligible for a coverage exemption or are responsible for the individual shared responsibility payment by using the Interactive Tax Assistant on IRS.gov.

In addition, taxpayers may be eligible for the premium tax credit if they purchased health coverage through the Health Insurance Marketplace. Anyone who needs health coverage can visit HealthCare.gov to learn about health insurance options that are available for them and their family.

Under the Tax Cuts and Jobs Act, the shared responsibility payment is reduced to zero for tax year 2019 and all subsequent years. See Publication 5307, Tax Reform Basics for Individuals and Families, for information about the shared responsibility payment for tax year 2019.

Taxpayers can visit IRS.gov/aca for more information about the Affordable Care Act and filing a 2018 tax return.

Source: IRS.gov

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Mon. Mar. 18th - Sold 239 head, Cull ave. \$.50 top cow \$.65, Bulls/Steers \$.81 - \$.90, Bull calves top \$1.00 beef calf top \$1.65, heifer calves top \$.30 beef calf \$1.60, Slaughter hogs 194#-250# \$.66 - \$.81, 251#-376# \$.33 - \$.87, over 400# \$.16 - \$.32.

Sat. March 30th - Spring Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell. Great consignments from Sco-Li, Haner, Mac-Mara, Rose-land, 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. Twin Tines Farm Dairy Dispersal - 80 head sell 40 milking age and 40 heifers. Mixed herd mostly fresh in the last 60 days.

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

Fri. April 12 & Sat. April 13th - sale held on the farm 188 Cty Hwy 33W, Cooperstown, NY. 10AM SHARP. Cooperstown Holsteins Corp. Complete Dispersal. Cattle sell Friday, 4/12 - Equip. & Feed sell 4/13. 560 Head Reg. & Sire ID Holsteins plus a few Color breeds including Jerseys & Guernseys. 280 Milking age, 280 heifers from springing down to newborns. DHI RHA 25652 4.5 1079 3.1 775 ave. 85#/day. SCC 200,000. Freestall Parlor trained.

Sat. April 13th - 10AM Sharp sale held on the farm 188 Cty Hwy 33W, Cooperstown, NY. Cooperstown Holsteins Corp. Complete Machinery, Equip. & Feed Auction. One of the finest line up of Green you will ever have the chance to bid on! Watch future ads for listings.

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. We have a few lines of Machinery already consigned watch for more details.

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. 15 Wagyu - F1's feeder cattle and 2 Reg. Wagyu bulls. Expecting a large number of beef breed feeders and brood cows.

Watch for 2019 Sales:

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

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Carved sewing machine
It's important to keep up with what is changing in the world of art and collecting. Fool-the-eye (trompe-l'oeil) is a popular theme in a new type of art. Today, copies of machines, pieces of buildings, a huge hanging light bulb or an enlarged comic



This time no successful bidder met the \$9,400 to \$14,000 estimate for the work by Fumio Yoshimura, a carved wooden Singer sewing machine displayed as art. It is 30 x16 x 37 inches, slightly smaller than life size.

strip or stamp pad are displayed as outdoor statues or large indoor sculptures. Recently, a wood carving by Japanese artist Fumio Yoshimura (1926-2002) was offered by Auction Team Breker, a German gallery, in an online auction that reached the United States and most other large countries. It looks like a small Singer treadle sewing machine made in the early 1900s. The carved machine has a Singer plaque, bobbins, fretwork, treadle, drive-belt and wheel on a base with drawer fronts, all made of linden wood. It is made as a sculpture to place in a prominent spot in the house. The artist has made other utilitarian items like type-writers, motorbikes and various mechanical objects that were created full-size. He never depicted people. It's a new type of art; however, the sewing machine didn't sell.

Q: How can I obtain an appraiser and sell an aviation relic? I have a framed piece of original fabric from the Fokker D-VII "U.10." The print states it's the second in a series of relics from the National Air and Space Museum.

A: You have a limited-edition print that is part of the National Air and Space Museum's Aviation Relic Series. Each print contains a 2-inch square of fabric from a historical aircraft in the museum's collection. The fabric was removed and replaced when the airplanes were being restored in the 1970s and early 1980s. The Fokker D-VII was a German plane flown during World War I. The pilot, Heinz von Beaulieu-Marconnay, landed the plane on an American airstrip in France on Nov. 9, 1918, two days before the armistice was signed. Von Beaulieu-Marconnay was in the cavalry before he became a pilot. The 3-feet-high "U-10" painted on the side of the plane stands for "Tenth Uhlans," his former cavalry unit. The museum gift shop might be able to tell you when this print was issued and what it originally cost. Another print from this series sold at auction recently for \$270.

Current prices

- Bottle opener, sailboat, cast iron, 7 1/2 x 3 1/4 inches, \$15.
- Marshmallow tin, "Strawberry Oberon Marshmallows, Loose Wiles Co.," round with red and gold lithograph, 1930s, 4-inch diameter, \$90.
- Trunk, Louis Vuitton, monogram, garment bag, rolling, 54 x 22 1/4 inches, \$365.
- Silver plate, centerpiece, applied flowers, leaves, pierced handles, glass liner, 8 x 22 3/4 inches, \$570.

Tip: If you buy an old piece of furniture, smell it. If it smells musty, there must be mold spores somewhere, perhaps on the bottom of the seat. Wipe the furniture with denatured alcohol. Finished wooden surfaces can be cleaned with furniture cleaner.

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

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Craft fair applications available

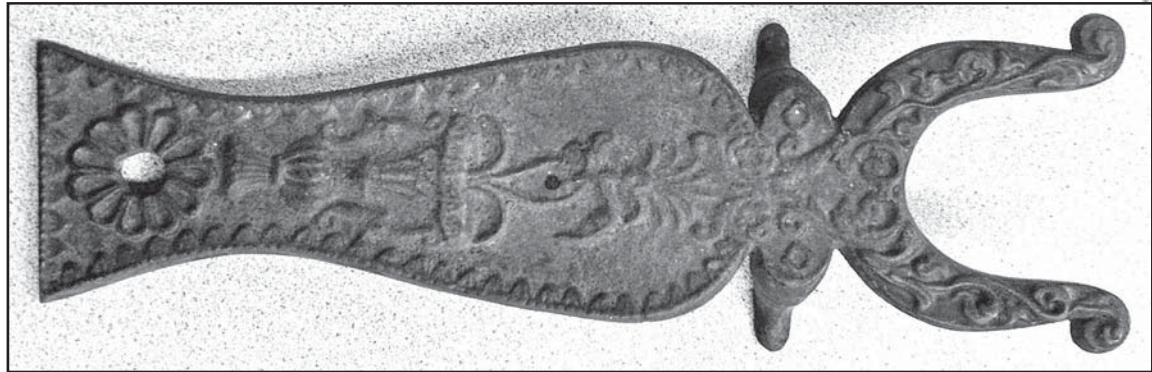
The fifth Stratford seniors annual craft fair applications are now available. Vendor applications are available for the fifth Stratford seniors annual craft fair at Stratford community Hall on July 20. Booth spaces are \$20 inside and \$15 outside. For applications and more information contact Caroline Drake at 315.360.7582 or ckdrake1947@gmail.com.

Whatchamacallits

There are boot jacks, and then there are *boot jacks*. This whatchamacallit falls into the latter category, because it is detailed, heavy and ornate. This isn't just a tool – it is a piece of useful art. Farmers and ranchers know the importance of boots. The heavy, tall ones can keep your feet warm and dry, protecting you and your pants from

snow, water, mud, manure ... whatever you may need to traipse through as you care for you land and your animals. However, when it comes to take your boots off, it can get a little tricky. All that nastiness may coat your boots and the long, thin shape can give them a little bit of suction. They'll want to stay right on your feet.

That's where this item comes into play. A boot jack, which can also be known as a boot pull, usually has a U-shaped mouth that grips the heel of the boot, and a flat area to which weight can be applied. The person using it places the heel of their boot in the mouth of the jack, stands on the back of the device with the other



foot and pulls their foot free of the front boot. Then you repeat the process for the other boot.

The boot jack has several advantages over the removal of boots by hand. By allowing the wearer to pull their foot straight up and out of the

boot, and by using their full body weight to hold the boot in place, far greater leverage and a much more secure grip are possible than what can be achieved with hands alone.

Plus, this cast iron beauty just looks really nice by the door.

Do you have your own Whatchamacallit?
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Phone 315-895-0926
Christianassemblyofschuyler.com

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Deacon: Micheal Carbone
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Sunday 9:00 am; Tuesday & Thursday 9:00 am

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Rev. Thaddeus Franta
305 Main Rd., East Herkimer
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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

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LUTHERAN CHURCH**
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Corner of West German & Henry Streets
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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

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OF LATTER-DAY SAINTS (MORMONS)**
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Gros. Blvd., East Herkimer
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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)
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EPISCOPAL CHURCH**
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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
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36 Second Street
Reverend Bob Wallaber
Sunday Worship 10 AM
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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
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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

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Sunday Worship Service 10AM
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Little Falls, NY 13365
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Rev. Robert Lindsay
24 Rte. 29
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Sunday School 9:30 AM
Worship Service 9:30 AM

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

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

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

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

**MOHAWK
CHURCH OF THE BLESSED
SACRAMENT**
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH
H. Ed Reed, Pastor/Teacher
167 Ward Rd.
Phone 858-1282
www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER
Pastor Gene Kipper
27 E. Main St.
Phone 868-1790
Sunday Services at 10 AM
Intercession - Tuesdays at 7 PM
Free Community Dinner the last
Thursday of the Month at 6 PM

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Sunday Worship at 9:45am

UNITED METHODIST
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Morning Service 11 AM

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High School Auditorium
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Middleville, NY 13406
Phone 315-292-1303
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St. John the Baptist Parish
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Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

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VRS to host Annual Senior Health & Wellness Fair: Boardwalk to Better Health

HERKIMER, NY — Valley Residential Services will host its annual senior health & wellness fair, Boardwalk To Better Health, on Thursday, April 25, 10 a.m. to 2 p.m., at Herkimer College's Robert McLaughlin College Center, Herkimer. MVP Health Care® is the lead sponsor for this im-

pactful event.

The Boardwalk To Better Health event will have more than 20 exhibitors showcasing their services, providing blood pressure and other screenings, providing information and giveaways to attendees in an effort to help them get on the path to a healthier lifestyle.

There will be speakers throughout the day, including Brandon Partenza, PT, DPT, Valley Health Services Doctor of Physical Therapy, Kim Ross, CNS, Certified Nutrition Specialist, Kim Ross Consulting, LLC, and Lynn Olmstead, MVP Medicare Product Advisor, MVP.

Seniors can expect to gain a plethora of information about downsizing and remaining independent in one's home, estate and gift planning, assisted and enriched housing, safety and security, physical health, Medicaid or Medicare, bone health and balance, nutrition, neurological health and car-

diovascular health. The event is free and open to the public. For more information, please contact Connie M. Castellano, Director of Community Relations and Fund Development, Valley Health Services, at 315.866.3330 ext. 2329 or by email at ccastellano@valley-healthservices.org.

Little Falls Community Blood Drive

A community blood drive will be held on Monday, April 8, from noon to 5 p.m. at the Little Falls Elks Lodge. Each donation can help save up to three lives. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED.CROSS

(1.800.733.2767). Donors can save time by using RapidPass to complete their pre-donation reading and health history questionnaire on-line on the day of their donation from a computer or laptop. Visit redcrossblood.org/RapidPass to get started. Walk-ins are welcome.

Did you know?

It's easy to underestimate the level of know-how required to be an automotive mechanic, and just how essential the job is. There are an estimated 30,000 parts on the average car, and data from the International Organization of Motor Vehicle Manufacturers indicates around 74,705,000 cars were produced in 2018. Auto mechanics are in high demand. Although many high schools offer adequate training to prepare individuals for a job in automotive mechanics, most mechanics are now expected to have completed an associate degree or certificate program in automotive training to keep up with ever-evolving vehicle technology. Students can enroll in a vocational education program, receive a certificate and then go on to employee training. Upon completion of that training, students can become master mechanics. Training and schooling typically takes two years. Salary.com reports that the average automotive mechanic salary in the United States was \$38,551 as of December 2018.



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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

Mar 29

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

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.

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 Little Falls Boy Scouts Troop 31.

Pierogi and Golumbki Sale. 9:30 a.m. - 2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$8 a dozen and golumbki sell for \$26 a dozen, \$13 a half-dozen or three-piece for \$6.50.

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. Contact Caroline Drake at 315.360.7582 or emailckdrake1947@gmail.com.

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 dessert. 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 or email admissions@herkimer.edu.

The 100th Anniversary Celebration Ilion Chapter 31 Women of the Moose. At 4274 Acme Road, Frankfort. Cocktail hours 4-5 p.m. Buffet at 5 p.m. Music to dance follows. Donation \$16 per person. For tickets call Marion at 315.894.5447. Ticket deadline is April 1.

Apr 7

VRS Open Houses. 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 Shephardson, Director of Community Life, at 315.219.5700 extension 3239.

Chicken BBQ. 12 p.m. - sold out. First Presbyterian Church, 90

Apr 8

Morgan St. Ilion. Take out orders. To pre-order, call 315.542.4241. Sponsored by the Board of Deacons. BBQ chicken cooked by leaders of Boy Scout Troop #9.

Little Falls Community Blood Drive. 5 p.m. At the Little Falls Elks Lodge. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED.CROSS (1.800.733.2767).

Apr 9

Do you have concerns about falling?. Dates: Tuesdays - April 9, 16, 23, 30; May 7, 14, 21, 28. 10 a.m. - 12 noon. Classes at John Guy Prindle Apartments, 80 E. North St., Ilion. Classes will be in the Community Room. Cost: Class is free. For more information or to sign up, please contact Jackie Murphy at 315.867.1371.

Apr 11

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

Apr 18

How to Protect Your Stuff in 3 Easy Steps. Apr 18 19. 2-4 p.m. At Mohawk Homestead, 62 E Main Street, Mohawk. Contact Mohawk Homestead at 315.866.1841.

Apr 25

Sip and Paint. Apr 25 19. 6 p.m. At Easels on the Gogh in Herkimer. Jill Rae Vennera will take people through the steps of painting a Spring picture. \$35/person and includes your canvas, paints, and lots of fun. Refreshments provided. Courtesy of Ilion Wine & Spirits. For more information or to make a reservation, call 315.866.6413.

HALO host 11th Annual Chinese Auction

by Daniel Baldwin

Volunteers of the Helping Animals Live Organizations (HALO), Bug Country disc jockeys Dave Silvers and Brittany Lee, and other local residents returned to the Herkimer VFW on St. Patrick's Day for the 11th annual HALO Chinese Auction.

Not much has changed from last year's auction, according to Lee. Just like last year, residents purchased a ticket and placed their bid on one of the many gift baskets and items out on display. The Bug Country radio station helped HALO again in spreading the word through the radio waves and providing musical enter-

tainment at this event, and all the proceeds raised at this auction went straight to the organization's animal shelter in Little Falls.

"We kind of went with the idea that if it ain't broke, don't fix it," Lee said. "Keep it the way it is because we have such a success with it every year, we don't want to change it up too much."

HALO had another good turnout raising more money than they did last year.

"It takes a great amount of work to get together all these baskets," HALO volunteer Terry Cognito said, "and it takes a great amount of people to run the show.

So we're just so proud of our volunteers, and of the community that is so helpful to us. We make more money every year. It's fun for us, and we enjoy it. It's our time to get together and see the people in the community, and we're happy to do it."

The number of items that the organization purchased and received increased from last year. HALO displayed many gift baskets, gift certificates, and lottery tickets, but they also had new and unique gifts like a wheelbarrow filled

with garden supplies, guitars, and some paintings.

"There's a lot more great items this year," Lee said. "We always have a large amount of gift certificates that we receive from local organizations and businesses, and we can't thank those businesses enough because when they donate their time or their item to us, they are helping us sustain HALO, which is such a

HALO 10



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Dave Silvers and Brittany Lee helped HALO again in this year's auction by providing music.

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- Must be admitted by April 15, 2019
- One promotion per apartment
- Full security deposit required



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Christine Shepardson at 315.219.5700 Ext. 3239

HALO from 9

wonderful thing to us. So we have a little bit more this year than normal. There are just different items that you don't always see every year."

HALO volunteers put together a bake sale at this year's auction, and members of the VFW cooked up some hot dogs for the guests. Bug Country even sold some t-shirts with Brittany Lee's name on them.

"I had t-shirts that are called 'Charities,' Lee said. "So I pick different

charities to sell these shirts, and whatever shirt is sold, the profits go to that event for that day. That is brand new this year."

When HALO first held their auction 11 years ago, it was small. It was not widely known throughout Herkimer County and the room where the first auction took place was small. But the number of people who attended the auction and the money raised at this event has steadily grown each year. The animal organization moved out of the small room and into the Herkimer VFW. The HALO vol-

unteers and Bug Country radio station's staff worked hard to spread the word and make this fundraiser bigger and more popular each year, and thanks to their hard work and the community's donation, this auction is now HALO's biggest fundraiser of the year, according to Lee.

"When we first started it, it was very small," Lee said, "and we didn't know what to expect. Over the years we built it and built it, and learned from each previous year, so that we could do better each year, and make it more community friendly. We keep our prices very low so that people can come out and afford it and have a great chance at getting really cool and fun items. So the important

thing over the years for us is to just build it and learn from it each year, so that we can make it bigger and better, and it has grown dramatically over the past 11 years."

Cognetto and the rest of the HALO volunteers could not thank Bug Country and the VFW enough for their help.

"The VFW does so much for our community here," Cognetto said. "They have been so helpful. Someone always runs the bar and kitchen for us. Dave Silvers and his wife have been loyal volunteers for many years now. They're the ones that get all the advertising done. We could not do it without having them advertise for us."



This year's auction was a great success as more and more people attended this event and tried to win one of the many items available.

Photos by Daniel Baldwin

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Chinese Auction & 50/50 Will Also Be Held!

For More Information contact

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Poland Career Exploration Day features 30-plus speakers

POLAND – Poland Central School District students recently learned about various career options as they heard from some of the more than 30 local professionals who visited the school.

One keynote speaker was Marc Barraco, the Mohawk Valley regional representative for Gov. Andrew Cuomo, and a student asked what he does most often during

his job.

"The first answer is: a lot," Barraco said. "And the second answer is: It can change at any time."

Barraco went on to explain details of his job including helping people with grants, visiting schools, meeting with businesses and addressing topics ranging from the state budget and school funding to the legalization of marijuana.

He also talked about working on issues such as the hospital being planned for downtown Utica, recent flooding in Whitesboro and discolored water in Ilion.

"It's kind of anything and everything," he said. "We're really trying to do everything we can to make this region a better place."

Poland guidance counselors, administrators and

teachers teamed up with the Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers program to develop the Poland Career Exploration Day, which took place for kindergarten through 12th grade on Friday, March 8, at the school.

Students had different schedules and speakers depending on grade level. Another keynote speaker for grades 7-12 was Jose

Miguel Longo, director of career services at SUNY Polytechnic Institute, and he provided students advice about preparing for college, going to college and advancing to a career. "You're going to get out of college what you put into it," he said.

Longo spoke about the importance of planning, internship and more. He said that at college, there is nobody there telling you when to go to class and when to study.

"Time management is very, very critical for a college student," he said.

Timothy Thomas, Mohawk Valley Community College associate dean of physical sciences, engineering and applied tech-

nologies, was the keynote speaker for grades 4-6. He talked about the impacts of robots on the manufacturing and agriculture industries.

"Your humanness will gain in importance as artificial intelligence advances," he said.

Robots might be faster at bolts, but humans still have advantages as well, Thomas said.

"Robots don't have the ability to form relationships with people," he said. "People have the ability to form relationships with people."

Samantha Brown, recycling coordinator for the Oneida-Herkimer Solid

POLAND 12

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Marc Barraco, the Mohawk Valley regional representative for Gov. Andrew Cuomo, speaks to students during the Poland Central School District Career Exploration Day.

Photos courtesy of Herkimer BOCES



Timothy Thomas, Mohawk Valley Community College associate dean of physical sciences, engineering and applied technologies, speaks to students during the Poland Central School District Career Exploration Day

POLAND from 11

Waste Authority, spoke to kindergarteners and first-graders.

"We handle everything that you get rid of – whether it be garbage or recyclables," she said.

Brown said most people stop thinking about their garbage and recyclables after the items are picked up from their house, but the next steps are what make up many of the jobs at the Oneida-Herkimer Solid Waste Authority.

She also covered other topics – such as telling students about the recycling process and dis-

cussing the dos and don'ts of recycling.

Father and son writing duo Gary and Justin VanRiper, authors of "The Adirondack Kids" series of books, spoke to stu-

dents in kindergarten through sixth grade. They talked about how they started writing books together and provided what they consider to be the No. 1 writer's tip.



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A sincere thank you to our friends, family and the surrounding community.

On January 11, 2019 we lost our beloved children, Michael, age 7, Richard, age 6, and Jackson, age 1 to a house fire. It was then we realized what a good community we actually have; people we didn't even know stepped up to help. First we would like to thank The Herkimer Fire Dept and the many other fire departments that put the fire out, and MOVAC for letting us take over their building all day. The Herkimer Police Dept.- you were a big help. Investigator Chad Manley and DA Jeff Carpenter, thank you for keeping us informed on what was happening throughout the entire day, a huge thank you for that. Thank you, Shirley Jackson, Theresa Corsette, and many others, for all your hard work setting up the Celebration of Life for our beloved boys. To Herkimer Walmart, Johnstown's Walmart Distribution Center, Pepsi, Frito Lay and many other businesses that donated food for that day. To our Rusty Nail Family, you are amazing. The Benefit for us was awesome; thank you for all your hard work and dedication to create such a well-organized event. To all the businesses, friends, and family that donated baskets, or items for the Chinese Auction - they were all outstanding and well appreciated. Thank you also for the food donations to help this benefit be a success. To family, friends, and the surrounding community that have helped us throughout these last few months, we can't thank you enough. Thank you to our moms, dads, grandparents, sisters, brothers, aunts, uncles, cousins and best friends for everything that you've done to help us get through this tragic loss. Our lives have changed but we are trying to live a normal life. We hope that we didn't forget to name anyone that may have helped us, there are too many to name.

**Thank you all so very much, we love you all,
Courtney Dedicke and Michael DeCarlis**



Herkimer BOCES VP-TECH launches Mentor Mondays

HERKIMER – Having a helpful mentor could be invaluable for students as they prepare for their future careers, and now it's built into the Valley Pathways in Technology Early College High School at Herkimer-Fulton-

Hamilton-Otsego BOCES.

Mentor Mondays were recently started to allow VP-TECH students to meet with local professionals once per month on a Monday to discuss specific topics and ask questions.

"This is the first time we're doing something like this," VP-TECH business teacher Andrew Carpenter said. "We want students to know what to expect when they do go and interview for jobs. It's really about making connections for them. They could use these mentors as a resource if they want to."

The first Mentor Monday took place on Monday, Feb. 11 at Herkimer BOCES, with a focus on workplace etiquette such as how to dress, communicate, arrive on time and

make good impressions. The second Mentor Monday took place Monday, March 11 with job interviews as the theme. Students learned about topics such as preparing for interviews and how to dress and participated in mock job interviews.

Mentor Mondays are for VP-TECH freshmen, sophomores and seniors. (VP-TECH juniors are in classes at Herkimer College at the time.)

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

vanced manufacturing and connections with local businesses.

The mentors for the first Mentor Mondays event were S. Michael Steiger, principal architect at SMSA Architectural Services; Gary Farquar, a manager at Gehring Tricot; Tim Fitzgerald, associate vice president of economic development at Mohawk Valley EDGE; David Paciello, broker/owner at One Realty Partners; Jim McCoy, Indium Corporation talent acquisition supervisor; and Alexa Boucher, transaction coordinator at One Realty Partners.

Mentors touched on a variety of workplace etiquette and other topics during the first Mentor Monday.


Farquar stressed the importance of verbal

HERKIMER 14




Tim Fitzgerald, associate vice president of economic development at Mohawk Valley EDGE, meets with a group of VP-TECH students as part of the first Mentor Mondays event.

Photos courtesy of Herkimer BOCES



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HERKIMER from 13

communication and watching the way you say things. For example, the tone in which you say "good morning" could make a big difference.

"You could have the best of intentions," Farquar said. "It's all in the delivery."

Fitzgerald spoke with students about the value of the VP-TECH program and how it relates to what they can expect in future jobs.

"Being able to multitask and focus on more than one thing is very important," Fitzgerald said.

Paciello pointed out that when working with other cultures, you have to remember that there could be cultural differences and various perspectives. He also talked about participating in video conferencing and concentrating on what you and the other person mean by what they're saying because you can



Gary Farquar, a manager at Gehring Tricot, meets with a group of VP-TECH students during a Mentor Mondays event.

still lose some of the visual communication you have in person.

He also gave other advice such as looking the part and arriving prepared. "First impressions are everything," Paciello said.

When the topic in McCoy's group shifted to job interviews, he shared the same point of view, not-

ing that sometimes people don't think about how to dress for an interview.

"You never get a second chance at a first impression," McCoy said.

McCoy touched on a variety of other topics such as timeliness. "The number one thing we look for in people is to be where when you're supposed to be there," he said.

Near the end of Boucher's session, students started asking questions about college – such as costs, sports and balancing jobs and classes.

"Sometimes, it's over-

whelming," she said. She offered some additional advice about living at home during college if it fits with your plans.

"If you are going to go with something that's going to cost a lot of money either way, it is what it is," she said. "If you want to save some money, stay home."

At the end of the first Mentor Monday, Steiger said he enjoyed talking with the group of students assigned to him. He said he was glad to see this program taking place and thinks it will be helpful for the students. "It's a good group," he said.



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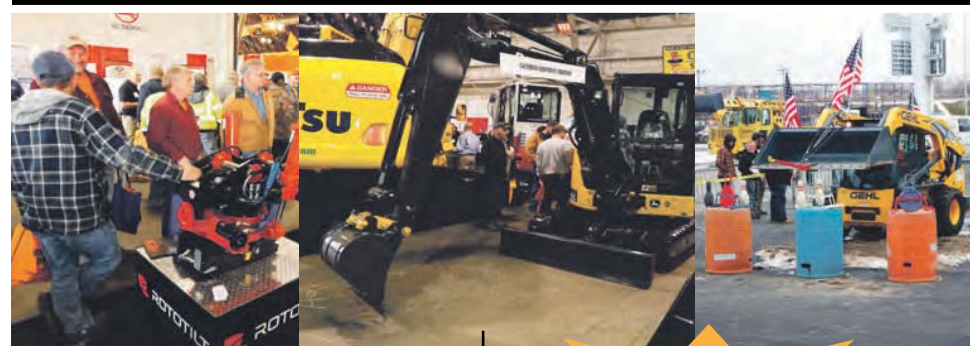


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Mohawk Valley Rotary welcomes volunteer from Joseph's Experience

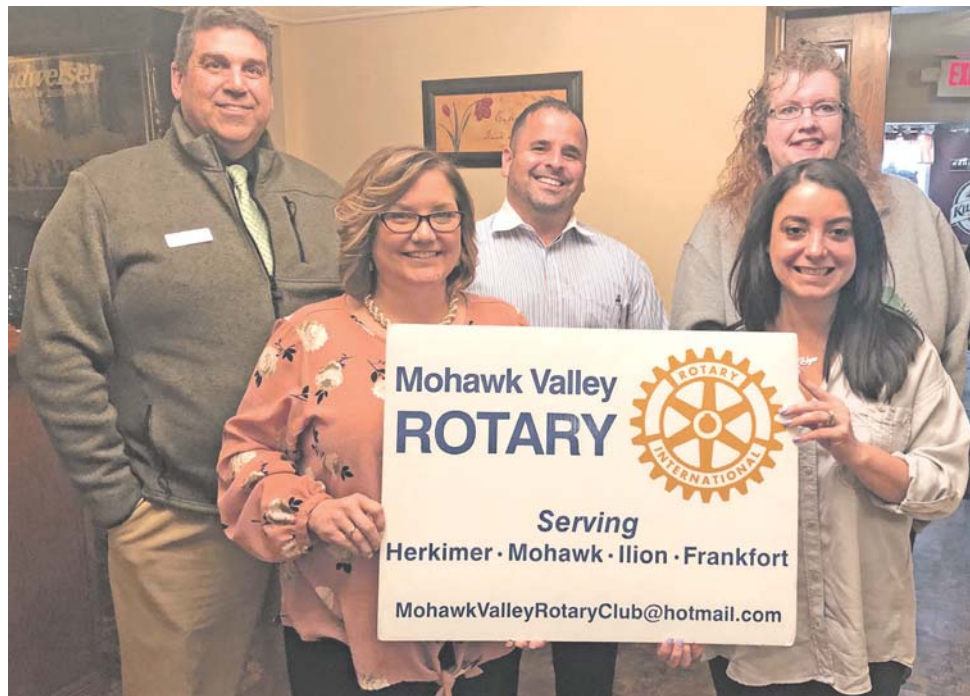
Kathy Roginski joined Rotarians recently at PK's in Herkimer to discuss Joseph's Experience, a non-profit organization with a mission to enhance the quality of life of children, adults and their

families who are affected by severe medical conditions such as cancer and leukemia. Joseph's Experience aims to empower these individuals and students through effective action and leadership

of qualified volunteers.

Roginski is a volunteer and board member who discussed their upcoming 2019 Cops & Celebrities Basketball Classic Event being held on Saturday, March 30 at Clinton High School. For more in-

formation on how to donate or volunteer visit www.josephs-experience.com. For more information on being a guest speaker at the Mohawk Valley Rotary Club see www.facebook.com/Mohawk-ValleyRotaryDistrict7150.



(Back row, L - R) Steve Long, Dan Enea and Kathy Roginski. (Front row) Michele Hummel and Elyse Enea Bellows.

Photo courtesy of Mohawk Valley Rotary

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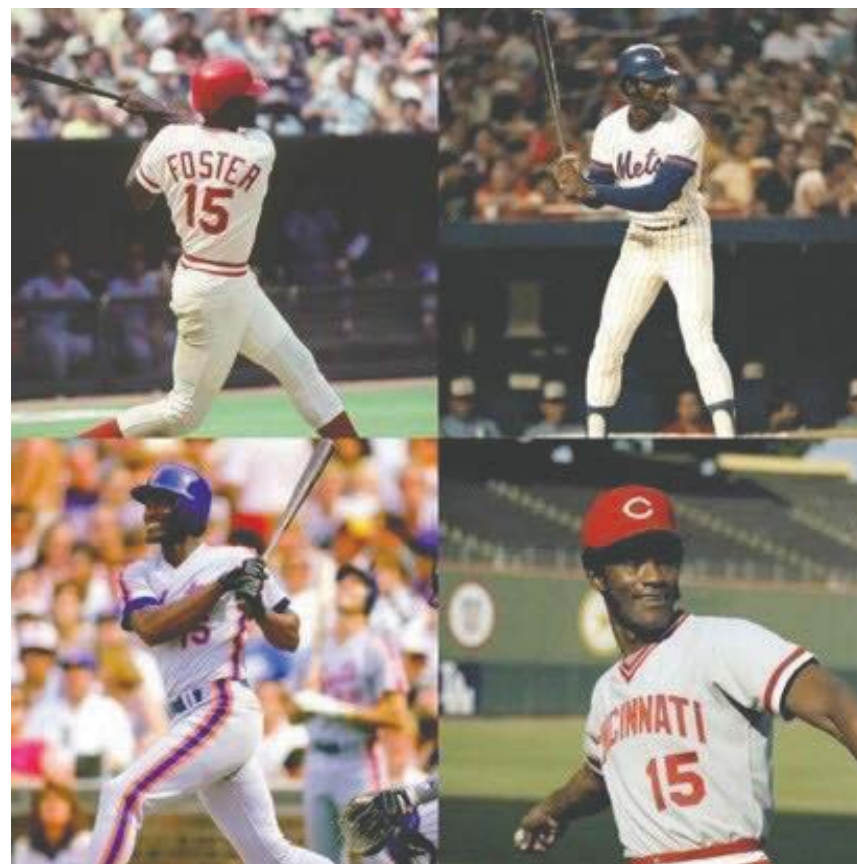
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Former National League MVP and "Big Red Machine" slugger George Foster is set to speak at the Mohawk Valley Baseball Hall of Fame Dinner on April 12, 2019 at the Travelodge in Little Falls.

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 a 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.

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Long sand-wich
- 4 Loathe
- 8 Den
- 12 Web address
- 13 Pianist Gilels
- 14 Competent
- 15 Swelled head
- 16 India's movie industry
- 18 Happen again
- 20 Thanksgiving veggie
- 21 "Show Boat" composer
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- 37 Declare
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- 50 "American Gothic" painter
- 55 Hearty quaff
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- 57 Spherical do
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- Bartlett
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- 47 Smear
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- 52 Santa — winds
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- 54 Raw rock

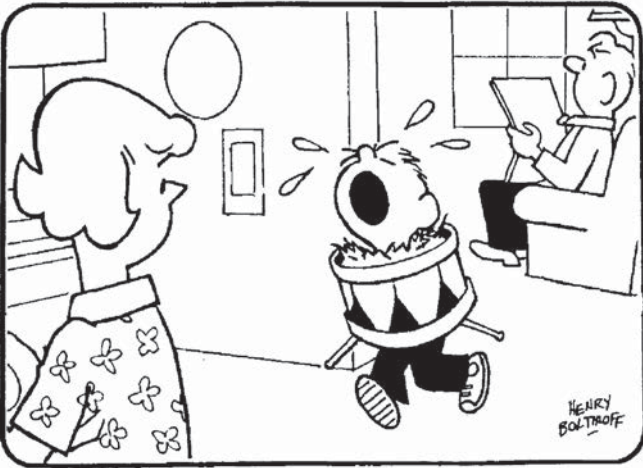
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window has been added. 2. Drum design is different. 3. Chair ruffie is missing. 4. Picture has been moved. 5. Mom's earring is missing. 6. Mom's hand is not seen.

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Mega Maze

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Americanisms



“To be the man, you’ve got to beat the man.”
— Rick Flair

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“In the spring, I have counted 136 different kinds of weather inside of 24 hours.”
— Mark Twain

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Year of the pumpkin

For many, pumpkins are associated with autumn, sweet desserts, and holiday festivities.

Pumpkins and other crops in the Cucurbitaceae family originated in Central America, where Native Americans would either roast and consume strips of pumpkin flesh, or dry the skins and weave them into mats. When European colonists arrived in the Americas, they prepared a dish believed to be a precursor of modern pumpkin pie. They cut the top off the pumpkin, removed the seeds, and filled the inside with milk, spices, and honey before baking it over hot ashes.

The popular tradition of pumpkin carving was derived from an Irish custom of carving jack-o'-lanterns out of turnips and potatoes, and placing an ember inside to ward off evil spirits. When Irish immigrants arrived in America in the 1800s, they brought this custom with them and applied it to pumpkins.

Today, pumpkins are a staple for fall decorations and recipes. Eating pumpkin provides numerous health benefits: they are high in fiber, potassium, iron, and vitamins A, B and C while being low in calories, fat, and sodium. Pumpkin is excellent in baked goods, soups, casseroles, pasta, and sauces. Cook with pumpkin throughout the year to support heart health and healthy blood pressure.

What is a pumpkin?

As a member of the Cucurbitaceae family, pumpkins are related to squash, cucumbers, and melons. Most varieties that we classify as pumpkins belong to the species Cucurbita pepo, which also includes varieties of winter squash, summer squash, zucchini, and gourds. These pumpkins are characterized by round fruit with a thick shell that has smooth, slightly ribbed skin and a deep yellow to orange color.

Some winter squash varieties from the species Cucurbita maxima (Jarrahdale, Turk's Turban, and all giant pumpkins) and Cucurbita moschata (Long Island Cheese, Rouge Vif D'Etampes) are sometimes also considered pumpkins due to their similar appearance.

The diversity among varieties that are classified as pumpkins is incredible! With sizes ranging from 4 ounces to over 1,000 pounds, various unique shapes, and brilliant colors like orange, yellow, white, green, blue, gray, pink, and tan, there are endless opportunities to select the perfect pumpkin.

Choosing the perfect pumpkin

When selecting a pumpkin for cooking, it is best to choose a "pie pumpkin" which has dense, sweet flesh. Pik-A-Pie is a go-to favorite! The sugars and lower moisture of these types hold up best in cooking. It is also easy to grow pumpkins for harvesting edible seeds. To save time, choose a naked-seeded (hull-less or semi hull-less) pumpkin with seeds that do not need to be hulled before eating. The variety Naked Bear is an excellent all-around choice for cooking, edible seeds, and making pumpkin seed oil. Pepitas, an AAS Winner, has a strong handle, beautiful golden orange rinds with dark green streaks. The pumpkin is delicious, with nutritious flesh and bountiful "naked" tender, succulent, nutty seeds for roasting!

When selecting pumpkins for carving and fall decoration, choose varieties that suit your style! Traditional carving pumpkins are medium to large in size, deep orange, and lightly ribbed with a strong handle. Some standards are Gladiator, Magic Lantern, and Howden. If you'd like to get creative with your carving, try a warted (Warty Goblin), yellow (Mellow Yellow), or white pumpkin (Super Moon [AAS Winner] and Lumina).

For painting, look for a small pumpkin

with a strong handle and a smooth surface. An excellent choice is All-America Selections Winner Hijinks.

Add additional interest to fall décor using miniature pumpkins with unique colors and patterns. Miniature pumpkins are typically less than 2 pounds and can be found in a variety of shapes and colors; Hooligan, Baby Boo, Jack Be Little, and All-America Selections Winner Wee-B-Little are favorites that can add a perfect pop of color.

How to grow pumpkins

To have mature pumpkins for use in autumn, plant seeds between late May and mid-June after all risk of frost has passed. Seeds can be direct sown or started indoors and should be planted at a depth of 1" into well-drained soil that has warmed to 70°F. To ensure fruit set and yields, allow sufficient space between each plant. Give small pumpkins a 12 ft. area, large pumpkins a 24 ft. area, and giant pumpkins a 36-48 ft. area per plant.

Pumpkins perform best when they are fertilized throughout the growing season and fruit set will be strongest if the flowers are pollinated by bees. If pumpkin flowers are not pollinated completely, the fruit will start growing but will abort before full development. To ensure a bountiful pumpkin harvest, encourage bees in your garden or pollinate the flowers by hand.

When the pumpkins have matured, the stem holding the fruit will begin to

dry. Harvest the pumpkin by carefully cutting the vine on each side of the fruit stem, leaving a nub at the point where the stem meets the vine. This will encourage the stem to maintain strength as it dries down and will minimize infection by microbes that can cause decay.

To keep longer-lasting pumpkins, wash the fruits in a diluted bleach solution, allow them to dry, and place them in a cool shady spot after harvest. Then they'll be ready to carve, decorate, or use in the kitchen.

As pumpkins grow in the garden it is incredible to observe the changes throughout the season, and rewarding to finish with a harvest of beautiful, versatile fruits. The uses of pumpkins in the garden and kitchen are limitless, so let your creativity bloom!

Source: National Garden Bureau



King Crossword

Answers

Weekly SUDOKU

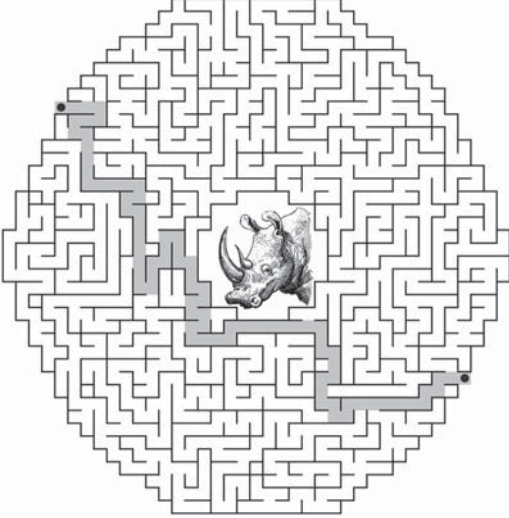
Answer

Solution time: 25 mins.

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Solution



Just Like Cats & Dogs by Dave T. Phipps



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Herkimer BOCES forum aims to address shortage of trained LPNs

HERKIMER — The Herkimer Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program recently hosted an LPN Forum with representatives from several local healthcare facilities to address a shortage in the region of licensed practical nurses.

Herkimer BOCES Adult Practical Nursing Program Coordinator Sara Nicolette recently conducted a survey of

healthcare facilities within a 15-mile radius of the program's location at the Remington Educational Complex in Ilion. The survey identified 610 jobs within that area requiring an LPN. Of those jobs, 123 of them were currently open – not counting openings in clinics.

The Herkimer BOCES Adult Practical Nursing Program offers a full-time class, a part-time day class and a part-time

evening class. The program is expected to have about 35 graduates this year becoming certified as LPNs, but even three times that amount wouldn't fill all the local jobs, Nicolette said.

"It's almost a crisis," she said. "We need to fill that gap. We really do."

The LPN Forum took place on Thursday, March 7, at the Herkimer BOCES William E. Bussacker Complex in Herkimer with more than 20 people in attendance. Discussions included recruitment, retention and how local healthcare facilities and Herkimer BOCES can work together to ensure more local adults are trained for available LPN jobs in the region.

Nicolette, who also is a member of the New York State Education Department Practical Nursing Advisory Board, said dur-



Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program Coordinator Sara Nicolette speaks to representatives from local healthcare facilities during the Herkimer BOCES LPN Forum to address a shortage of trained licensed practical nurses in the region. Herkimer BOCES offers a full-time LPN program and part-time day and evening programs for local adults. For more information, visit www.herkimer-boces.org/LPN or www.facebook.com/HerkimerBOCESLPN.

Photo courtesy of Herkimer BOCES

ing the forum that private funding from healthcare facilities to help employees attend the Herkimer BOCES program is one avenue that would help.

"I think a certain amount of the answer is to grow your own," she said. "If you grow your own, somehow they stay a little better."

Valley Health Services Director of Nursing Melissa Ippolito said Valley Health Services selects

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Here's a quick overview of tax reform changes and where taxpayers can find more info

Major tax law changes affect every taxpayer filing a 2018 tax return this year. To help taxpayers understand these changes, the IRS created several resources that are available on IRS.gov.

Here's a quick overview of key changes on IRS.gov:

Tax rates lowered. Starting in 2018, tax rates are lower for most income brackets. The seven rates range from 10 percent to 37 percent.

• Check out this resource: Publication 5307, Tax Reform Basics for Individuals and Families (PDF)

Standard deduction nearly doubled. For 2018, the basic standard deduction

is \$12,000 for singles, \$18,000 for heads of household and \$24,000 for married couples filing a joint tax return. Higher amounts apply to people who are blind or at least age 65. Along with other changes, this means that more than half of those who itemized their deductions in tax year 2017 may instead take the higher standard deduction on their 2018 tax return.

• Check out this resource: Publication 501, Dependents, Standard Deduction and Filing Information (PDF)

Various deductions limited or discontinued. New limits apply to mortgage interest. Additionally, taxpayers

can no longer deduct miscellaneous itemized deductions for job-related costs and certain other expenses. The law also limits the state and local tax deduction to \$10,000, \$5,000 if married and filing a separate tax return.

• Check out this resource: Instructions for Schedule A, Form 1040 (PDF)

Child Tax Credit doubled, and more people qualify. The maximum credit is now \$2,000 for each qualifying child under age 17. The income limit for getting the full credit increased to \$400,000 for joint filers and \$200,000 for other taxpayers.

• Check out this resource: Publication

972, Child Tax Credit (PDF)

New credit for other dependents. Taxpayers can claim a \$500 credit for each dependent who doesn't qualify for the Child Tax Credit. This includes older children and qualifying relatives, such as a parent.

• Check out this resource: Tax reform **Personal and dependency exemptions suspended.** This means that taxpayers filing a tax return can no longer claim an exemption for themselves, a spouse and dependents.

• Check out this resource: Publication 17, Your Federal Income Tax

Source: IRS.gov

HERKIMER from 21

employees to take the Herkimer BOCES program and supports the employees with salary, tuition and time for studying for their state LPN exams.

"We actually make it mandatory now," Ippolito said, of the studying time at work.

That type of support is very helpful especially for students in the full-time program, Nicolette said.

"All our programs are scholastically very challenging," she said. "The full-time program has the additional challenge of very limited time to process the material, work and attend to family responsibilities."

The part-time day and evening programs provide other options for students, Nicolette said.

"It allows people to take care of their family and take

care of their work obligations," she said.

The LPN jobs in the survey Nicolette conducted mostly have starting salaries in the \$17 per hour range — with signing bonuses, benefits and tuition assistance often available as well, she said. There are LPN options in a variety of healthcare settings — not just nursing homes, Nicolette said.

"They're good jobs," she said.

There is a persistent myth that LPNs are being phased out of the healthcare industry, but that's very much not the case, Nicolette said.

"Well, they said that 43 years ago when I was an LPN," she said. "They're still here, and there's still a need for them."

For more information about the Herkimer BOCES Adult Practical Nursing Program, visit www.herkimer-boces.org/LPN or www.facebook.com/HerkimerBOCESLPN.

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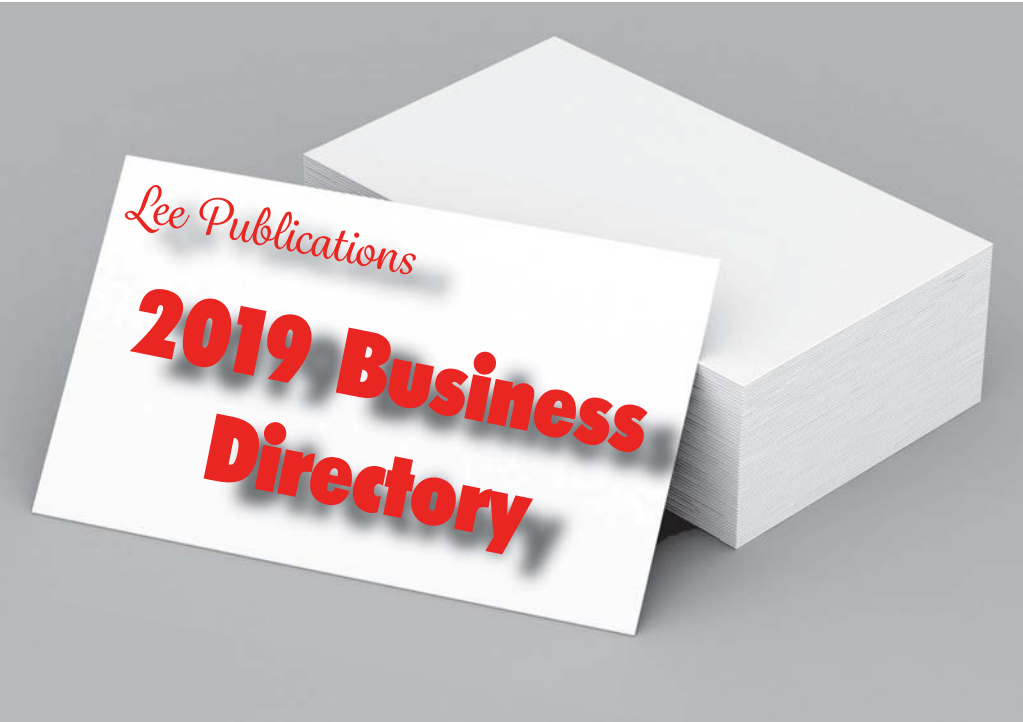


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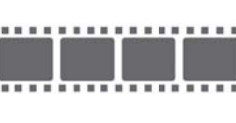
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