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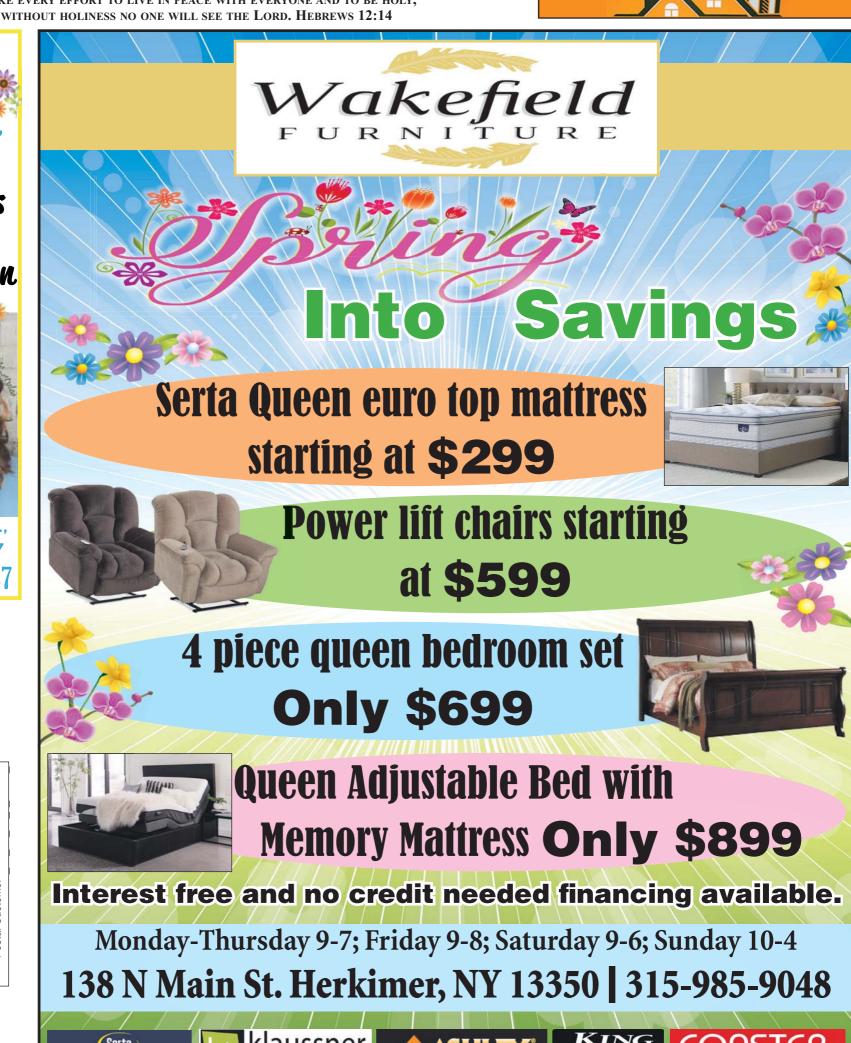
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2 • April 12, 2019 HERKIMER COUNTRY EDITOR



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HERKIMER COUNTRY EDITOR 4 • April 12, 2019

# Rabies clinic set for April 11

A rabies clinic will be held on Thursday, April 11 from 5:30 - 7 p.m. at the Ohio Community Rec. Center, 140 Nellis Rd., Ohio.

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

Bring the pet's rabies vaccination history to receive a three-year certifi-

Dogs should be on a leash and cats and ferrets should be in a carrier or pillowcase.

No exams will be given. A \$5 donation per pet is suggested to defray costs.

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

# **Registration Open** for Run and Walk

The Richfield Springs Community Center's 17th Annual Zone Run and Walk is currently accepting registrations for its Saturday, April 13 fundraising event, a part of the Route 20 Road Challenge.

Categories include a 5K, 10K, 2-mile walk and a kids "Little Loop."

Complete race information and pre-registration are available by going to www.richfieldspringscommunitycenter.org or www.runsignup.com/RSCC. Participants may also register race day from 8-9:45 a.m. at the Vet's Club, 13 Lake Street.

The kids "Little Loop" begins at 9:30 a.m., 10K at 9:45 a.m., 5K and 2-mile walk begin at 10 a.m. The races begin on Lower Lake Street. Participants return to the Vet's Club for awarding of trophies and the drawing of door prizes, special raffles and a 50/50 raffle. Free snacks for everyone and a complimentary draft beer for those registered runners/walkers 21 and over and also a soda/water for those either under 21 or for those wishing not to have a draft beer.

The Run and Walk's coordinator is Bill Kosina and can be reached by calling 315.749.3286 or e-mailing jabkos@verizon.net

For more information regarding the Richfield Springs Community Center and its programs, contact the Center at 315.858.3200, check out our website at www.richfieldspringscommunitycenter.org and Like Us on Facebook: Richfield Springs Community Center.

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JoAnn, your children and grandchildren

# **HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

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

Mon. April 1st - Sold 329 head, Cull ave. \$.42 top cow \$.76, Organic cull cows Ave. \$.75 top cow \$.92, Bulls/Steers \$.66 - \$.84, Bull calves top \$1.00 beef calf top \$2.20, heifer calves top \$.40 beef calf \$1.60, Dairy Feeders \$.30 - \$.92, Feeder heifers \$.80 - \$1.22, Feeder bulls \$.75 - \$1.25, Feeder Steers \$.80 - \$1.37.

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 & Feed sell Friday, 4/12 - 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. 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. All ready consigned: JD 7800 4WD, 2000 Freightliner F180 w/H&S 22' rear unload box; Killbros 350 Gravity Wagon w/auger; Knight 3130 Reel Auggie mixer w/3' conveyor; Badger 120 Dump wagon; H&S 501 Forage Wagon; Gehl 970 Forage Wagon; JD 3970 Chopper w/ 2 hay heads, 2 corn heads; Valmetal 5500 Bale processor; JD MX 10 Rotary Mower - used 1 year; JD 6 row cultivator; 20.8.38 set tires - used; 1225 Case IH 6 row corn planter liquid Fert. Pop up Fert. Applicator/with monitor/variable rate - new in 2015 with 750 acres of use; Int. 1460 Combine 6 row corn head; NH FP 230 2 row corn head w/ kernel processor metal alert tandem wheels with hyd. Tongue; Int. 510 Grain Drill; E-Z Trail 3400 Gravity wagon 340 Bu.; E-Z Trail 5000 Gravity wagon 500 Bu.- both like new; Case IH 781 chopper w/corn & Hay head; Glencoe soil saver chisel plow; 6 ton poly grain bin; TSC 3pt wood splitter; Shaver Hyd 8 post pounder; heavy duty gates & feeder panels; JD 7000 4 row corn planter; EZ trail 9x18 hay wagon; JD 8 pt. chisel plow; 55 KW Genpower Generator w/140KW surge like new; 8x8 Amish enclosed shed; plus small misc farm items. This is just a partial listing more calls everyday!

Mon. April 22nd - Normal Monday Sale & Monthly Organic Day. Special: Grassfed Organic Mixed herd consisting of 30 Milking age cows in all stages of lactation and 10 heifers all ages. Also 10 Organic Milking age cows from overstocked Dairy.

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. 2 Maine-Anjou cows ready to breed, 1 yrlg steer, 2 Angus feeders from one farm. 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

\*\*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

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# Herkimer County Country Editor

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

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# The health benefits of eating apples

The phrase, "An apple a day keeps the doctor away," is a familiar one that many people first heard as children. But some may be surprised to learn the phrase is as factual as it is familiar.

Apples are among the most cultivated and consumed foods in the world. They're also among the healthiest. Medical News Today, a market leader for medical news that is owned and operated by the United Kingdom-based healthcare publisher Healthline Media, listed apples among its 10 healthiest foods.

Apples provide an array of health benefits, lending credence to the notion that consuming one per day might just keep the doctor away.

• Apples may reduce risk for stroke. Apples

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are rich in antioxidants, including quercetin, which researchers have determined can help people lower their risk for thrombotic stroke. In that study, which was published in the European Journal of Clinical Nutrition in 2000, researchers studied more than 9,200 men and women over a 28-year period. Those who ate the most apples during that time had a lower risk for thrombotic stroke, a type of stroke that occurs when a blood clot forms in an artery that supplies blood to the brain. Such blood clots block the flow of oxygen-rich blood to the brain, producing long-term brain damage.

• Apples lower levels of bad cholesterol. "Bad cholesterol" refers to lowdensity lipoprotein, or LDL. LDL is considered bad because high levels of it lead to a buildup of cholesterol in the arteries, raising a person's risk for coronary artery disease. Thankfully, in 2011 researchers at Florida State University found that older women who consume apples every day had reduced their LDL levels by 23 percent in six months and even increased their "good" cholesterol levels by 4 percent over that period. Good cholesterol, also known as high-density lipoprotein or HDL, has been found to prevent arterial disease.

• Apples can help people maintain healthy weights. The flavonoid polymers found in apples inhibit enzymes that break down simple sugars. What does that mean for you? That means that the flavonoid

polymers in apples help you flush more of the sugar in apples out of your system instead of storing it as fat. That can help people maintain healthy weights. Fuji apples have the highest concentration of flavonoids, so people who want this particular benefit of apples may be best picking up these types from their local farmers' market.

• Apples can lower risk for diabetes. A recent cohort study published in BMJ (formerly the British Medical Journal) that involved researchers from the United Kingdom, the United States and Singapore found that consuming three servings per week of blueberries, grapes, raisins, apples, or pears reduced participants' risk for type 2 diabetes by 7 percent.



An apple a day could very well keep the doctor away, paving the way to a long, healthy life for apple afficionados.



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6 • April 12, 2019 HERKIMER COUNTRY EDITOR

# Emergency preparedness and people with disabilities

emergency preparedness plan for a person with a disability should include a personal support network or a "self-help team" consisting of family members and friends who know about the individual's special needs and who are willing to help if disaster strikes.

"If you have disabilities and need help in your daily routine, establishing a self-help team will help reduce the unnecessary panic, fear and inconvenience in an emergency," said Diane Ward, CHN of Herkimer County Public Health.

Members of a personal support network may be roommates, relatives. neighbors, friends and co-workers. They should be available during or immediately after the disaster. They should be trustworthy and care about safety of the person with the disability. They should know the person's capabilities and needs and be able to make the necessary health and safety arrangements following an emergency. Separate self-help networks for the home, school, workplace, volunteer site or any other place the person with the disability spends a lot of time.

American Red The Cross guide "Disaster Preparedness for People with Disabilities" advises including the following

315-823-1982

support network plans:

Do not depend on one person. Include a minimum of three people in each of your networks.

Think about what your needs will be during an emergency, and begin writing your plan. Describe your needs in the areas of personal care, personal care equipment, medications (prescription and over-the-counter medicines), adaptive feeding devices and electricity-dependent equipment and transportation. If you have a service animal, such as a seeing-eye dog, write that into the plan. Record the name and address of more than one medical facility if you are dependent on any life-sustaining equipment

Give the network members copies of your evacuation plans and relevant emergency documents.

or treatment.

Contact your local emergency information management office and fire department. Many maintain a registry of people with disabilities so they can be located and given assistance quickly in an emergency. Ask to add your name.

Arrange with members of your network to check on you immediately if local officials give an evacuation order or if an emergency occurs. Agree on how you and your network will communicate during and after an emergency. Consider knocking on a wall or door, using a whistle, bell or highnoisemaker, pitched hanging a sheet outside your window, or keeping paper and pencils handy for written communication.

Give network members copies of your house and car keys.

Show network members

how to operate and safely move the equipment that you use for your disability. Ask them to practice using it so that during an emergency they will feel confident helping you. Label your equipment, and attach instruction cards on how to use and move each item. Laminate the instruction cards for added durabili-

Show network members how to operate your wheelchair so they can move you if necessary. Label the chair with its size and instructions for storage and transportation.

Persons with disabilities should practice their disaster plan and review and revise it when neces-

sary, sharing all changes with their self-help network members. For more information on emergency preparedness, visit the New York State Department of Health website www.nyhealth.gov/environmental/emergency or call Herkimer County Public Health 315.867.1176.

# 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

#### April 12

Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting; 7 p.m.; Zion Lutheran Church New Hartford, NY; 315.327.8653, 315.853.5400, or Bpaulson909@msn.com

## April 13

Richfield Springs Community Center's 17th Annual Zone Run and Walk Participants may also register race day from 8-9:45 a.m. at the Vet's Club, 13 Lake Street, Richfield Springs. Call Bill Kosina and 315.749.3286 or e-mailing jabkos@verizon.net.

## April 18

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

### April 20

Golumbki and Easter Bake Sale 9:30 a.m. - 3 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer.

Kids Easter Egg Huntll a.m. - 2 p.m. Park located on Route 5S, Mohawk NY next to the Ft. Herkimer Church. More information contact Carol Vercz at 315.866.6791 or pvercz@twcny.rr.com.

#### April 25

Boardwalk To Better Health 10 a.m - 2 p.m. Herkimer College's Robert McLaughlin College Center, Herkimer.

Sip and Paint 6 p.m. At Easels on the Gogh in Herkimer. For more information or to make a reservation, call 315.866.6413.

Trivia Night Benefit for Haven of **Hope** 7 p.m. Come join the fun with our trivia master Courtney Llewellyn. Teams of up to six can play. \$8/person or \$40 for a team of six. Prizes awarded to the top three

teams. Call Joan Kark-Wren at To pre-register for 315.867.1176. 518.673.0141 for more information

#### April 27

Arts, Crafts and Vendor Fair 10 a.m - 4 p.m. East Herkimer Fire House, 193 Main Road, East Herkimer. For more information contact, Barbara Noyes at 315.866.5879.

Herkimer Elks Lodge Cash Bash Drawing 7 p.m. Herkimer Elks Lodge, 124 Mary Street, Herkimer. Tickets may be purchased by contacting the Herkimer Elks Lodge at 315.866.1439.

## May 2

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

#### May 4

Kuyahoora Valley Rotary The Kuyahoora Valley Rotary has two annual events (27th Annual Auction and the 21st Annual Fishing Derby) coming in the spring of 2019. The Auction will be May 4 and the Fishing Derby will be May 18. The Fishing Derby is for the grade school students of the Poland Central and West Canada Valley Central School Districts. Anyone wishing to donate call John at 315.725.2393 or Tom at 315.794.2995 or email to tomlin@ roadrunner.com.

#### May 8

Tobacco Cessation Program Freshstart Herkimer County HealthNet 3-week program; 5-6:30 p.m.; Little Falls Hospital, 4th floor, 140 Burwell St, Little Falls. Call Elyse Enea at 315.867.1552 or email eenea@ herkimercounty.org.

## **May 23**

2019 Rabies Vaccination Clinic 5:30 - 7 p.m. At Old Forge Fire Department, 116 Fulton St., Old Forge.

#### June 1

Motor-In Methodists of Acme Rd. Car Show 11 a.m. - 3 p.m. At Morning Star Church, 4224 Acme Rd. Frankfort. Registration fee is \$10 per car with judging at 2 p.m. and prizes awarded at 3 p.m. Proceeds benefit the Morning Star UMC of Ilion and Frankfort.

#### June 6

Rabies Vaccination Clinic 185:30-7 p.m. Middleville Fire Department, 41 North Main St., Middleville. To pre-register call 315.867.1176.

## June 19

abies Vaccination Clinic 5:30 - 7 p.m. At Ilion-Frankfort VFW Pavilion, 4274 Acme Rd, Frankfort. To pre-register for a clinic please call 315.867.1176.

#### July 11

2019 Rabies Vaccination Clinic. At Danube Town Garage, 438 Creek Rd., Little Falls. To pre-register for a clinic please call 315.867.1176.

## **Aug 28**

2019 Rabies Vaccination Clinic 5:30-7 p.m. Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center To pre-register for a clinic please call 315.867.1176.

#### Sept 19

2019 Rabies Vaccination Clinic 5:30-7 p.m. Cedarville Fire Department, 960 St. Rt. 51, Cedarville. To pre-register for a clinic please call 315.867.1176.

#### Oct 3

2019 Rabies Vaccination Clinic Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls. To pre-register call 315.867.1176.



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# Church 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

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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

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327 N. Prospect St Phone 866-4270 Friday 7 PM

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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

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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**

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THE SAI VATION ARMY

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

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

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

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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

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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

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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.

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Tuesday Trustee Meeting 7 PM
Wednesday Final Bible Study & Prayer Time at homes 7 PM Thursday Choir Practice 7 PM

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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

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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

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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

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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

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Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

**EMMANUEL BIBLE CHURCH** 

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

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HERKIMER COUNTRY EDITOR 8 • April 12, 2019

# Tom Bergen Memorial Bowling Tournament raises \$3,000 to support autism programs at Arc Herkimer

LITTLE FALLS, NY — The Bergen family of Little Falls announced the Tom Bergen Memorial Autism Awareness Bowling Tournament, held Feb. 23 and 24 at RD's Gorge View Lanes in Little Falls, raised \$3,000 to benefit the autism programs at Arc Herkimer.

The no-tap doubles team of Carrie Knopka Bass of Herkimer and her brother, Jay Knopka of Ilion, were presented trophies and cash prizes for logging in the highest scores.

"Our family and friends were delighted that Carrie, who is a friend and senior payroll accountant at Arc Herkimer, and her brother, Jay, were high scorers. It brings such meaning in that Tom was a volunteer at Arc Herkimer for 16 years. He worked side-byside with other volunteers, like Carrie, to help make events successful. Our family would like to thank everyone involved. The weekend has become very special."

To date, the Bergen family has raised \$9,000 in memory of their son and brother, Tom, who was diagnosed with autism, and passed away unexpectedly in 2016.

Other activities during the tournament weekend included a bake sale, prizes, 50-50 raffles, Chinese auction, and t-shirts for sale. For more information on the 2020 event. please contact Tammy Helmer-Bergen at 315.823.1865.

Tammy Helmer-Bergen, center, presents Jay Knopka, left, and Carrie Knopka Bass, right, with trophies and cash prizes for winning no-tap doubles at the Tom Bergen Memorial Autism Awareness Bowling Tournament. The February event raised \$3,000 for the autism programs at Arc Herkimer.

Photo courtesy of Arc Herkimer



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# Herkimer County HealthNet offering free pre-diabetes program

Mohawk Valley residents with prediabetes or who are at high risk for type 2 diabetes now have more resources to prevent diabetes. Herkimer County Health-Net is pleased to announce that there will be a free diabetes prevention program. The program helps participants reduce their risk for type 2 diabetes by learning to eat healthier, lose weight, become more physically active and manage stress.

The program will begin on Wednesday, May 8 and will

meet every Wednesday for 16 weeks from 6 - 7:30 p.m. at the Mohawk Reformed Church, 20 S. Otsego St., Mohawk. After the first 16 weeks, the program will meet once monthly for six months to continue to offer support and help participates stick to their new healthy lifestyle. The cost for this program is free and includes material to help you learn how to become more physically active, and learn skills to make healthy food choices.

Pre-diabetes is defined as having a blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as diabetes. A person with pre-diabetes is at high risk for developing type 2 diabetes, which can lead to serious health problems such as heart disease and stroke. While many are familiar with type 2 diabetes, fewer are aware of pre-diabetes, a serious health condition that affects 86 million Americans (more than one in three) and of-

ten leads to type 2 diabetes.

More than one in three American adults has pre-diabetes – a serious health condition that often leads to type 2 diabetes and other significant health conditions like blindness, heart attack or stroke. According to newly released CDC data, however, nearly 90 percent of the 84 million people with pre-diabetes do not know they have it and are not aware of the long-term risks to their health. Currently, about 30 million Ameri-

cans are living with diabetes.

Elyse Enea, program coordinator of Herkimer County HealthNet, said, "Small changes can prevent diabetes. With this program we are hoping to spark a change because the reality is that the majority of the public is either unaware or does not take prediabetes seriously."

If you are interested in attending the diabetes prevention program, contact Herkimer County HealthNet at 315.867.1552 or eenea@herkimercounty.org.

# by Keith Roach, M.D. Persistent cough can be tricky to treat

Dear Dr. Roach: I went through many tests for a cough that lasted for 30 years. No treatments worked. The only sign my doctor could find was that my throat had scars from coughing that long.

My allergy specialist had tried for years with all kinds of prescriptions, to no avail.

I am now living a normal life since a doctor prescribed tramadol (50 mg) twice a day. What a relief. My wife, grown children, friends and clients are happy. — L.G.

# To Your Good Health

**Answer:** I found only a single case report of tramadol being used for chronic cough, and it was effective in that patient. The authors advised further study on its use.

Tramadol is a pain medication distantly related to codeine. Its abuse potential is low, but there have been overdoses and deaths due to this drug, so I don't recommend its indiscriminate use. However, I have seen personally and received many letters from people with intractable coughing for years, so much so that I wanted to call attention to this as a possible treatment worth discussing with one's doctor for people with longstanding cough that has resisted diagnosis or treatment. I previously mentioned taking gabapentin for laryngeal neuropathy, a condition that is often unrecognized and that may present with a prolonged cough. I received many letters telling me it was effective.

Tramadol at the low dose (for an adult) you mention usually is safe.

Dear Dr. Roach: I have a very dear relative who had radiation seed therapy for prostate cancer in 2003 after a biopsy revealed a Gleason score of 7 (3/4). Afterward, his PSA was only 0.1 to 0.3 the first three years, and it rose only .3 more each year until 2015, when it was 2.7 recently. He is 83. He has been told he must have hormone treatment: shots, pills or both, by his VA provider, who is not a urologist and who says he should see one. He has no symptoms, he says, and he leads a very active lifestyle, with daily walking of 3 miles or more, bowling twice a week and extensive gardening and yard work. Could the rising PSA be due to normal exercise activity, including production from surviving prostate cells? — R.A.

Answer: Rising PSA after cancer treatment typically is due to cancer returning, not an increase in normal prostate. However, that does not mean that your friend "must" have treatment. Goals for cancer treatment in an 83-year-old man may be very different from those of a 20-year-old man. In his case, since it took about 10 years to increase by 10 times, it may be a very long time

before the probable cancer would be large enough to bother him, and it requires skill and experience to determine whether treatment, which can make quality of life worse, is worthwhile. Many urologists would recommend deferring treatment until and unless he develops symptoms.

I certainly would recommend that he go to see a urologist as his VA provider has recommended. He may be able to learn whether it really is the cancer returning and discuss his options. Shots and pills are options, but so is keeping a careful eye on it and not rushing to treat.

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# Whatchamacallits

Before I dive in to what this whatchamacallit actually is, I need to talk a little bit about the divide between the eastern Mohawk Valley and the western Mohawk Valley.

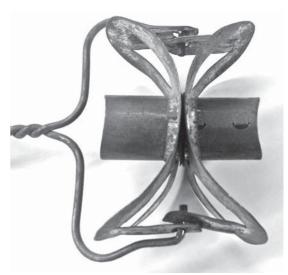
When our whatchamacallit collector Skip brought this item in, he explained that the tool was most likely used by bakers to help shape donuts (or anything else that may need a hole in the middle), quickly and easily. The baker would roll out their dough, push or pull this tool along the length of the dough, and the holes and rounded edges would appear nice and neat.

That's when the line was drawn. Others here at Country Editor suggested it could also be used to make chocolate jumbles (or jumbos – even the name is being debated). I had to confess I had no

Before I dive in to what this idea what they were talking hatchamacallit actually is. I about.

For background, I grew up in Schuyler and Millers Mills. I had only passed through Palatine Bridge, where our offices are, a few times in my life before I started working here. People from this half of the Mohawk Valley know and love chocolate jumbles/ jumbos. I had never heard of them and have definitely never eaten them. I polled my Facebook friends about this issue; those from this region love them and those from outside this area are clueless.

According to one recipe listed on Pinterest, these baked treats come from "a classic upstate New York recipe, handed down from person to person, made with chocolate



and molasses."

Luckily, my coworkers are fully prepared to educate me on this delicious treat. They most likely will not be using this whatchamacallit to make them, though.

**Do you have your own Whatchamacallit?**Send a photo and short description to cllewellyn@leepub.com.

# Planting containers and other April gardening tips

by Leonard Perry, UVM Horticulturist and Charlie Nardozzi, Garden Consultant

Proper planting of containers, sowing greens, and pruning woody perennials are some of the gardening activities for this month.

Container gardening remains a hot trend. When planting large containers for the deck or patio, save on soil by creating a false bottom. Most of the plants you'll use don't need more than about a foot of soil depth for their roots, so put some empty plastic soda or water bottles in the very bottom, then cover with landscape fabric or a piece of cardboard cut to fit to keep the soil from eroding. Plastic pots turned upside down also work, as do coarse and inexpensive wood shavings. Some use those Styrofoam packing "peanuts" (put in plastic bags so they're easily handled and contained).

Unless you have one large plant in a large pot, such as a tomato (there are compact ones now for smaller containers), you'll be combining several plants. For large pots such as barrel halves, think about a special plant for a "thriller", others for "fillers", and finally some "spillers" cascading over the pot sides. Examples might be an ornamental fountain grass or tall purple salvia for thriller, petunias for fillers, and lantana or blue fan flower for spillers.

you've If planted enough plants to fill the pot (allow room for some growth when planting), roots will fill the soil by mid-season and plants will need frequent watering. This is especially true for hanging baskets, with both container and plants exposed to drying wind. To keep plants from wilting and lessen your need to water more than once every day or two, incorporate a waterabsorbing product (usually granules or beads) into the soil when planting. These hold many times their weight in water, releasing it over time to the plants.

Also, make sure containers have holes in the

bottom so excess water can drain. Otherwise, a waterlogged soil will rot the roots and kill the plants. If your plants are wilted, but the soil is really wet, check to see if the pot has drainage holes, and that they are not plugged.

To get a head-start on fresh greens, sow seeds in a large, shallow container. Keep the container outside during the day and bring it in at night if the temperatures dip below freezing, or protect it in a cold frame. A window box with colorful greens is not only ornamental, but makes for easy picking and protection from hungry rabbits.

Woody perennials differ in the way they should be cut back in spring. If butterfly bush has died to the ground, cut the dead stems to the ground. Otherwise just shorten them by about one third. Cut back Russian sage, rue, and artemisias to about 8 to 12 inches from the ground. Don't prune lavender until new

growth appears, and then just shorten the stems by about one-third. Heather should be lightly pruned to remove the old flowers and the tips of the shoots, but don't cut back to brown wood, stay in the green. Wait until rose shoots and leaves emerge to prune, in order to know what stems died and which are living.

Now that spring is finally near, there is so much more you can do outdoors. Prune any tree or shrub branches that may have been injured or broken over winter by heavy snow and ice. If you want to prepare garden beds ready to plant, or to divide perennials, make sure to not work soil while it is still wet, or you will destroy its structure. If you haven't tested your soil in a year or two, now is a good time. Soil test kits are available from many complete garden stores. State universities (through Extension offices) offer quite accurate soil test kits and recommendations.





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# Poland Board of Education awards bids for Capital Project 2020

POLAND – At its regular meeting on March 21, the Poland Central School District Board of Education awarded bids to the lowest responsible bidders for the district's upcoming \$12.1 million capital project. The district dubbed the work Capital Project 2020 to represent the projected autumn 2020 completion date. Bids were awarded to the following contractors:

- CNY Construction Inc. (sitework): \$2,623,400
- Putrello Building Enterprises (general construction): \$4,356,000
- H.J. Brandeles Corporation (plumbing): \$596,000
- Giruzzi Plumbing & Heating (mechanical): \$1,241,000



• Northern Pioneer Contractors (electrical): \$1.631.600

The project was originally approved by voters on May 16, 2017, and just recently received final New York State Education Department approval. Bids were opened on March 12 and reviewed by the district's facilities committee on March 14, prior to being approved by the Board of Education.

"Balancing the need to create a safe and nourishing environment for our students with the need to be fiscally responsible has always been our goal in developing this project," Poland Superintendent Laura Dutton said. "This project has created a buzz of excitement in the district, and we are excited to showcase the final results to our community in 2020."

To keep the community up to date with the progress of the project, the district has created a Capital Project 2020 page at www.polandcs.org/capitalproject, and will send out a bi-monthly newsletter to district residents



To the casual observer, Passover and Easter may not to seem to have much in common. While the two holidays are celebrated by people of different faiths, they share certain similarities.

Both Passover and Easter celebrate fundamental tenets of their respective faiths. For Christians, Easter commemorates the death and resurrection of Jesus Christ, a moment that has shaped the lives of faithful Christians ever since.

During Passover, Jews honor a moment in history that helped free slaves from captivity and shape them into the people of Israel. In addition, historians believe that the Passion of Christ, which is the short final period of Jesus' life, occurred during the observance of Pesach, or Passover. During this time, Jesus went to Jerusalem in response to a mandate to appear at the Temple.

It also is believed that the Last Supper described in all four Gospels was likely a Passover seder. Liberation and rebirth also are at the heart of both holidays.









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# DEC announces state hunter education courses available before start of spring turkey season

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos reminded all new hunters planning to go turkey hunting this spring they must first complete a mandatory hunter education course before purchasing a hunting license. Hunter education courses are being offered throughout the state during April, but space is limited and classes fill quickly, so hunters are encouraged not to delay in registering for a course.

"Hunting and trapping are proud traditions in New York State that continue to be safely enjoyed by hundreds of thousands of residents and visitors each year," said Seggos. "Our state is fortunate to have the volunteer instructors who help educate safe, ethical hunters through DEC's

Sportsman Education Program, and I encourage all future hunters to sign up soon for one of the upcoming courses."

DEC works closely with thousands of dedicated DEC-certified instructors statewide to provide these training courses free of charge. DEC's online registration system makes it easy to view a list of all available courses with the student's proximity to course locations. Students can register from any device (smartphone, tablet or computer) 24 hours a day, seven days a week. To locate a nearby hunter education course, visit DEC's website or contact a local DEC office for assistance.

All hunter education courses require students to complete homework prior to attending the classroom and field session. Proof of the completed homework is required to attend the course. Students should register for the course well in advance of the course date to allow time to complete the homework requirement, which takes approximately three hours. All courses require successful completion of an in-person field day to earn certification for the course.

Access to the homework materials and online homework options can be found on DEC's website or follow the guidelines listed in the various course announcements when registering for a particular course. Course manuals and homework sheets are always available from DEC wildlife offices and hunter education instructors.

For more information visit www.dec.ny.gov/press/press.html.

# Herkimer County HealthNet will offer a free three-week tobacco cessation program

HERKIMER – Herkimer County HealthNet will offer a free three-week to-bacco cessation program called Freshstart beginning Wednesday, May 8 from 5 - 6:30 p.m. at Little Falls Hospital, fourth floor, 140 Burwell St., Little Falls. This program will meet every Wednesday for three consecutive weeks.

Freshstart is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings and group support.

Freshstart incorporates the most current guidelines for tobacco cessation support into face-to-face group support sessions. Program participants choose a combination of techniques and cessation treatments they will use in their quit attempt.

The Freshstart evi-

dence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt through information, activities and discussion. The evidence-based components of Freshstart include motivational intervention activities, practical counseling, social support and education about medication and different approaches to

Freshstart program participants can expect a participant guide handed out at the beginning of the first session to use in the program sessions and for personal review outside of class. They can also expect group support from other program participants, the opportunity to learn from past quit attempts and new techniques to incorporate

quitting.

into their future quit attempt.

For more information or to register for this program contact Herkimer County HealthNet, Program Coordinator Elyse Enea at 315.867.1552 or eenea@herkimercouty.org.

Herkimer County HealthNet is a 501(c)3 non-profit corporation, and its mission is to improve the health and well-being of individuals who live, work, play and learn in Herkimer County and the Mohawk Valley.















Ph. 518-853-4500 Fax 518-853-3917 Email randall@telenet.net

# "Beaver Believers" screening on April 18

"Beaver Believers," a new documentary, shows how people in several states are working with "nature's engineers" to solve our most important environmental problems. It will be screened at 6:30 p.m. on Thursday, April 18 at the Little Falls Public Library.

"Beaver Believers" tells how five west-

ern scientists – and a hairdresser – are partnering with beavers to tackle climate change "one stick at a time." This showing at the Little Falls library (10 Waverly Pl., 315.823.1542) is the first in the area. All are welcome at the free event sponsored by the educational nonprofit Beavers: Wetlands & Wildlife (518.568.2077).

# We're Hiring. Apply Today!

We provide a family-friendly workplace and paid training to ensure you're ready to make a difference in the lives of individuals in our community.

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**Direct Support Professionals:** HS diploma, valid driver's license. We are looking for energetic and caring direct support staff to support individuals with disabilities. No experience required. We have sites throughout Herkimer County. You can work in classroom and residential settings, and/or in the community. Community and Group activities Full Part-time/Pelief

activities. Full, Part-time/Relief positions.

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# Tai Chi at the Mohawk Homestead



Jackie Murphy, the Tai Chi Instructor from Herkimer County Offi ce of the Aging, was visiting the residents at the Mohawk Homestead and teaching them the art of Tai Chi, which is a great way to strengthen muscles, relieve arthritis and improve balance.

Photo courtesy the Mohawk Homestead





# **Explore the true meaning of Easter**

Bunnies and baskets, chocolates and candies. It's that time of year when parents scramble to ensure their children wake up to a trove of treats, and families decide on who is serving the lamb dinner this year.

These are some of the familiar Easter traditions, but much more is involved with the holiday than egg hunts and brightly adorned bonnets. For the religious, it can be important to delve into the true meanings behind Easter and let those discoveries help shape celebrations.

Easter, above all, is a religious commemoration of the resurrection of Jesus Christ. It is the culmination of the holy period known as Lent, and it the most significant date

Estate Planning Workshop set April 18

We invite you to attend an Estate Planning Workshop called How to Protect Your "Stuff" in 3 Easy Steps on Thursday, April 18, 2-4 p.m., at Mohawk Homestead, 62 E. Main Street, Mohawk, NY.

This workshop covers frequently asked questions and common misconceptions regarding:

- Wills and Trusts
- Asset Protection
- Nursing Home Issues
- Medicaid Qualification
- Estate Taxes

The workshop is sponsored by the Estate Planning Law Center, David J. Zumpano, CPA/ESQ, of New Hartford. Contact Mohawk Homestead at 315.866.1841 to register. Seating is limited. Reservations are required. There is no cost or obligation.

When it comes to sorting facts from fiction in estate planning, the Estate Planning Law Center provides leadership. They help their clients, and professionals in the field, create individual solutions that work. They have a variety of workshops designed, that teach fundamental Estate Planning concepts. Afternoon and evening sessions are regularly available.

on the Christian liturgical calendar.

Jesus Christ was the Son of God, who fulfilled the prophesies that he would give his own life for his people so they could enjoy eternal life after their own mortal bodies perished. Easter, from Jesus' very own words, marked a new covenant for the faithful.

According to scripture, Jesus was enjoying the Passover dinner when he sat down with his disciples. Understanding that this would be his last earthly meal and that someone close to him would betray him, he took bread and gave thanks to God for it. He broke the bread and said it was his body that should be given up so sins would be forgiven. He did a similar gesture with wine, indicating that it was his blood that should be shed as a sacrifice for all. Christ instructed the disciples to do the same ritual in the future in memory of him.

Jesus was subsequently

betrayed and turned over to the authorities. He was sentenced to crucifixion and perished on the cross. His body was cleansed and placed in a tomb sealed by a stone. His followers were unaware of the miracle that would ensue in the days to come. On Easter Sunday, the tomb was discovered open and empty. Jesus had risen from the dead, providing irrefutable proof that he was the Son of God. In turn. Jesus fulfilled all he was born to do  $\,$ and preached.

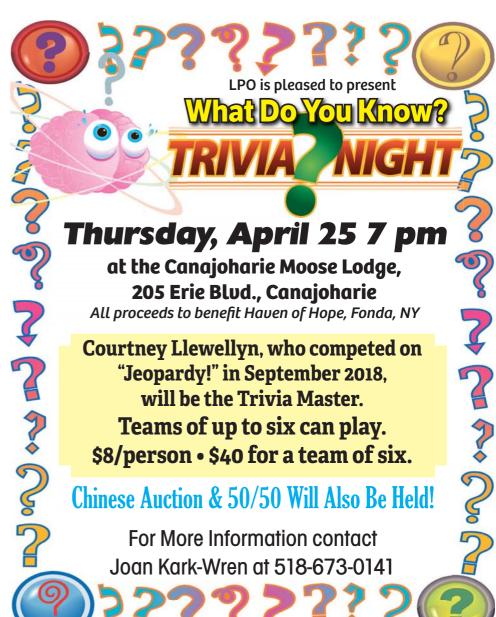
Easter did not always symbolize Christ's resurrection when it was first celebrated. It was once a pagan ritual of renewal and birth. However, when early missionaries began spreading Christianity's message, the holiday falling around the time of Christ's actual resurrection — was adopted to commemorate the religious miracle. Today it stands as a testament to ultimate sacrifice and the promise of eternal life for all who believe in him.











# Poland Board of Education awards bids for Capital Project 2020

POLAND – At its regular meeting on March 21, the Poland Central School District Board of Education awarded bids to the lowest responsible bidders for the district's upcoming \$12.1 million capital project. The district dubbed the work Capital Project 2020 to represent the projected autumn 2020 completion date. Bids were awarded to the following contractors:

- CNY Construction Inc. (sitework): \$2,623,400
- Putrello Building Enterprises (general construction): \$4,356,000
- H.J. Brandeles Corporation (plumbing):

\$596,000

- Giruzzi Plumbing & Heating (mechanical): \$1,241,000
- Northern Pioneer Contractors (electrical): \$1,631,600

The project was originally approved by voters on May 16, 2017, and just recently received final New York State Education Department approval. Bids were opened on March 12 and reviewed by the district's facilities committee on March 14, prior to being approved by the Board of Education.

"Balancing the need to create a safe and nourishing environment for our students with the need to be fiscally responsible has always been our goal in developing this project," Poland Superintendent Laura Dutton said. "This project has created a buzz of excitement in the district, and we are excited to showcase the final results to our community in 2020."

To keep the community up to date with the progress of the project, the district has created a Capital Project 2020 page

www.polandcs.org/capitalproject, and will send out a bi-monthly newsletter to district residents.

The most wasted of all days is one without laughter.

Nicolas Chamfort







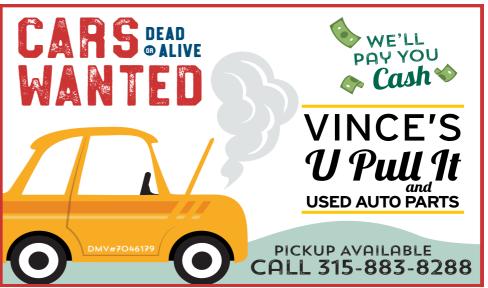
# Herkimer Elks Lodge Cash Bash



Herkimer Elks Lodge Exalted Ruler Scott Pizer (left ) and Trustee Jack Lynch are inviting you to participate in the Elks Lodge "Cash Bash" Raffle. Money raised in this event will support our community's youth activities, veterans, scholarships, junior bowling league, Boy Scouts and our major project, cerebral palsy. These community activities and many more have been supported by the Elks for many years. Drawing to be held April 27. Tickets may be purchased by contacting the Herkimer Elks Lodge, 124 Mary St., or 315.866.1439.

Photo courtesy of Herkimer Elks Lodge





HERKIMER COUNTRY EDITOR 16 • April 12, 2019

# King Crossword

#### ACROSS

- Trounce
- English word 13 Matterhorn
- 14 Worn uneven-
- 16 Savage
- shorebird 20 Pull an
- all-nighter
- cept
- board
- 27 Moreover
- cries
- sive
- 34 Meal for Oliver Twist
- 35 Moral principles 37 Larry's pal
- 38 Runs from the
- fuzz 39 Shooter
- ammo 41 Sharpen
- 45 Tureen acces sory 47 Inseparable
- 48 Marian, in "The Music

- \$ dispenser
- Miserables 12 Commonest
- ly 15 2012 movie
- 18 Midafternoon,
- in a way 19 Long-legged
- 22 Freudian con-
- 23 Use a key
- Python 29 Rodeo outopener 53 Wanted-
- poster datum 54 Hi-tech SFX 31 Strong adhe-
  - 56 Thick-soled

52 "Monty

- shoes
- 57 Slight amount 21 Long skirts 58 Attempt
- - Storage story 25 "Ulalume" "- Finest Hour'
- TV, radio, etc. Chemistry
- On cloud nine 30 Past 6 Parsley serv- 31 Moray or con-
  - © 2019 King Features Synd., Inc.

8 Bobby of

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Corral

23 Pitched

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26 Immigrant's

study (Abbr.)

24 Second per-

Vegan's no-no 32 Sch. org.

- hockey measure 9 Luau side 36 Practice pugi-10 "Born in the
  - 37 Sweet Spanish wine 40 Proclamation

33 Resistance

- Huff and puff 43 Go in 44 Irritable
  - 45 Glaswegian
  - Bagnold 48 Varnish ingre-
- 28 Big Apple let-49 Under the
  - 50 Life story, for

# 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

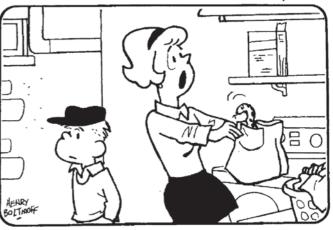
# **DIFFICULTY THIS WEEK:** ◆



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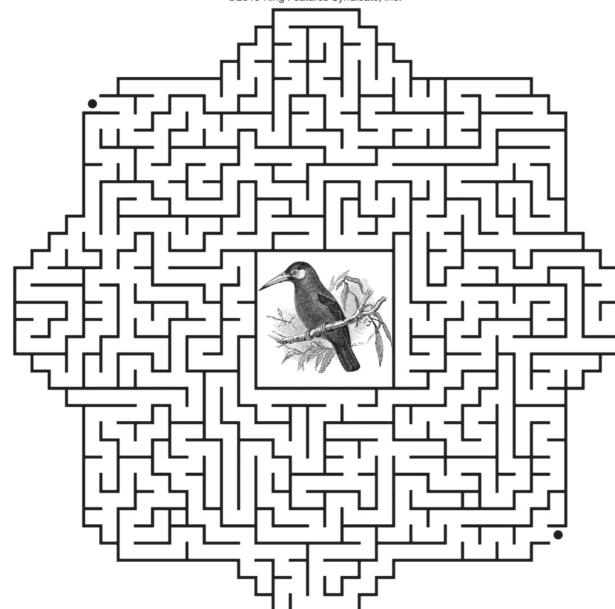
# **HOCUS-FOCUS** HENRY BOLTINOFF

Find at least six differences in details between panels.



ward. 3. Shorts are longer. 4. Items are missing from shelf. 5. There are more wall bricks. 6. Pipe is lower on wall. Differences: 1. Apron is missing. 2. Boy's cap is turned for

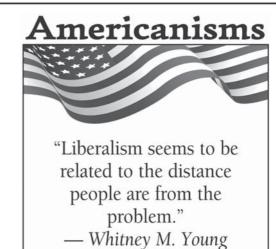
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There are five books side by side on a shelf. Their colors are gold, black, purple, brown and blue. The following information is known about the order of the books:

- 1) The black book is between the blue and the brown.
- 2) The gold book is not first and the brown is not the last.
- 3) The purple book is separated from the brown book by two books.
- A. What is the position of the gold book?
- B. If the gold book is not next to the purple book, what is the order, from first to last, of the five books?

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# **CNA Class graduates from VHS**



HERKIMER — Six students graduated recently from the first CNA program of 2019 held at Valley Health Services. The CNA program is comprised of 120 hours of classroom and clinical instruction including communication and interpersonal skills, basic nursing, personal care skills, mental health and social service needs, care of cognitively impaired residents, basic restorative services, residents' rights and supervised clinical training with nursing home residents. (L - R) Kaitlyn O'Donnell, Tammi King, instructor, and Jennifer Schermerhorn. (L - R) Jazmine Fralick, Amanda Malek, Samantha Humble and Dakota Avery.

Photo courtesy of Valley Health Services

# **Good Housekeeping**

#### Corkscrews with Spring Veggies

Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!

- 1 bunch (about 1 pound) leeks
- 1 package (16 ounce) corkscrew or bow-tie pas-
- 1 tablespoon margarine or butter
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 package (4 ounces) soft goat cheese, cut into small pieces
- 1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.
- 2. In large saucepot, prepare pasta in boiling salted water as label directs
- 3. Meanwhile, in nonstick 12-inch skillet, melt

margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

- 4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.
- Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

For thousands of tripletested recipes, visit our website at www.goodhousekeeping.com/recip efinder.

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18 • April 12, 2019 HERKIMER COUNTRY EDITOR

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#### **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/ Supplies157 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** 

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(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**

# $\star$ $\star$ $\star$ **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

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# **Help Wanted**

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16 words - \$4.20	17 words - \$4.30	18 words - \$4.40	19 words - \$4.50	20 words - \$4.60			
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26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60			
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# The Kitchen Diva

by Angela Shelf Medearis

#### Fiesta tacos are 'meal on the go'

I love discovering healthy ingredients and adding them to my favorite recipes. Lately, I've been experimenting with quinoa, which looks like small, grayish pearls and has a nutty flavor and a light, creamy texture. Quinoa often is referred to as a "grain," but it's actually a relative of leafy green vegetables like spinach and Swiss chard. I love combining it with rice or couscous.

Quinoa has a long and ancient history, and is native to South America. It's called the "the gold of the Incas," who recognized its protein-packed potential as a source of energy for their warriors. It's also perfect protein source for vegans, since it contains all nine essential amino acids.

Lysine is an amino acid found in quinoa that helps promote tissue growth and repair, and that might be one reason that warriors in battle valued eating quinoa. It's also a good source of magnesium, iron, copper and phosphorus. Eating quinoa has been found to be beneficial to those who suffer with migraine headaches. Magnesium helps to relax blood vessels — which prevents the pain, constriction and rebound dilation characteristic of migraines — and also reduces the frequency of headache episodes.

To prepare quinoa, place it in a fine mesh strainer, coffee filter or a piece of cheesecloth. Soak it for several hours, changing the soaking water or running it under cold water to remove the saponin. Saponin is a coating on quinoa that has a laxative effect. Some brands of quinoa come pre-rinsed for convenience.

Cooking quinoa is similar to preparing rice. Use two cups of liquid (water or broth) to one cup of quinoa, bring it to a boil, then cover and simmer for 14 to 18 minutes. The quinoa germ will curl and separate from the seed when it is fully cooked.

You can serve cooked quinoa for breakfast mixed with berries, yogurt, honey or almonds. It also can be purchased as a dry, flaked product that can be eaten like a breakfast cereal.

This recipe for Fiesta Tacos is perfect for breakfast, or can be served as lunch, or for dinner with a salad or steamed green vegetables. The quinoa and brown rice can be made ahead of time and refrigerated. Try these delicious tacos as a "meal on the go" for busy days.

#### Fiesta Tacos

- 1 tablespoon canola oil
- 1 medium-sized yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 cup black beans, rinsed and drained
- 1/2 cup water or low-sodium chicken, beef or vegetable broth
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 cup frozen corn or no-salt added canned corn, optional
- 10 whole-wheat tortillas
- 1 (16 ounce) jar of mild, chunky salsa
- $1/2~{\rm cup}$  shredded low-fat cheddar cheese, optional
- 1/4 cup sliced green or black olives, optional
- 1. In a large skillet, heat oil over medium heat. Saute onions until translucent. Add garlic to onion and cook

until garlic is turning golden.

- 2. Add the quinoa, brown rice, black beans and water or broth. Season mixture with the pepper, chili powder and the cumin. Turn the heat to high and cook, stirring occasionally, until mixture begins to boil. Add the corn, if desired. Cover and reduce heat to low; simmer, stirring occasionally, for 5 minutes.
- 3. Wrap tortillas in food-safe paper towels. Sprinkle paper towels with water on both sides. Heat the tortillas in the microwave for 30 seconds, or until warm and pliable.
- 4. Place 2 to 3 heaping tablespoons of filling in the center of each tortilla. Top with salsa and optional filling ingredients, if desired. Fold the tortilla in half and serve immediately. Makes 10 tacos, 2 tacos per serving.

Tip: You also can prepare the tortillas in advance, wrap them in individual pieces of microwave-safe plastic wrap and refrigerate or freeze them for re-heating in the microwave.

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# Dye eggs with all-natural ingredients

Coloring Easter eggs is a time-honored tradition passed down from generation to generation. Easter eggs symbolize rebirth, which fits in well with both religious and seasonal celebrations.

While there are many kits on the market that enable people to easily color eggs, there also are plenty of all-natural foodstuffs, like fruits, vegetables, herbs, and spices, that can get the job done just as effectively. For those who plan to eat the eggs afterward, natural dyes may be preferable to

dves from kits.

Below are a few tried and true methods for producing brilliantly hued eggs with items from the kitchen, courtesy of The Spruce and Martha Stewart.

#### **Beautiful blues**

Give chicken eggs a beautiful robin egg shade with red cabbage. Simply shred one cup of red cabbage into a pot. Bring the cabbage and roughly 4 cups water and 1 tablespoon salt to a boil. Reduce heat and simmer for 15 minutes. Let the broth cool. Strain out the cab-

bage and stir in 2 tablespoons of distilled white vinegar. Let the eggs sit in the dye for the desired duration to achieve light to dark blue eggs.

#### Perky pinks

Use beets to create pink and red eggs. Take 1 or 2 beets and roughly chop them. Combine with 4 cups water and 1 tablespoon of salt in a saucepan. Bring it to a boil, then reduce and simmer for 30 minutes. Strain the mixture and allow to cool. Add 2 tablespoons of vinegar. Use the solution for red and

pink eggs.

#### Happy yellows

Cast a sunny glow on eggs with a common household spice and some tasty carrots. Turmeric is touted for its anti-inflammatory benefits, but it also makes a great dye. Bring 1 tablespoon of turmeric, 3 to 4 sliced carrots, 1 tablespoon salt, and 4 cups of water to a boil. Reduce heat and simmer for 15 minutes. Let cool, strain and stir in 2 tablespoons distilled white vinegar. Use the dye for a lovely vellow shade.

# **Comfort Foods Made Fast and Healthy**

# by Healthy Exchanges Oriental Chicken Express

Today, Chinese dishes are almost as American as apple pie! This filling main dish is no exception.

- 1 1/4 cups diagonally sliced celery
- 1/2 cup chopped green bell pepper
- 1/4 cup diced green onion

- 1 (16-ounce) can fatfree chicken broth
- 3 tablespoons all-purpose flour
- 1 tablespoon reducedsodium soy sauce
- 1 1/2 cups diced cooked chicken breast
- 1 (8-ounce) can sliced water chestnuts, drained
- 1 (8-ounce) can pineapple chunks, packed in fruit juice, drained

3 cups hot cooked rice

- 1. In a large skillet sprayed with butter-flavored cooking spray, sauté celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.
- 2. Continue cooking

over medium heat until mixture starts to thicken, stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

- 3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.
- \* Each serving equals: 214 calories, 2g fat, 16g protein, 33g carb., 298mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

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# College Basketball Markets

- 1. Louisville, Ky.
- 2. Kansas City
- 3. Raleigh-Durham, N.C.
- 4. Greensboro-High Point, N.C.
- 5. Cincinnati
- 6. Charlotte, N.C.
- (tie) Indianapolis
- 8. Knoxville, Tenn.
- (tie) Nashville, Tenn.
- (tie) Norfolk-Portsmouth, Va.

Source: ESPN

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# - King Crossword — — Weekly SUDOKU

# Answers Solution time: 27 mins.



Answer

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

Just Like Cats & Dogs by Dave T. Phipp

WITH ALL THE SNOW MY IN-LAWS
COULD NOT MAKE IT. I'VE DECIDED TO
BEGIN LOOKING FOR JOBS IN ALASKA.

Stickelers Answer

- A) The gold book is in the fifth position.
- B) Purple, blue, black, brown, gold.



# To Your Good Health

by Keith Roach, M.D.
'Burning' tattoo
forces halt to MRI

Dear Dr. Roach: Can you please explain how an MRI machine affects the pigment in a tattoo? My friend's MRI procedure was stopped because she was experiencing a burning sensation at her lower eyelids, which had previously been tattooed with black ink. Does this happen only with black ink? Which colors are safer? – J.H.

Answer: Reactions between the ink in tattoos and MRI scanners are well-documented in the literature. Some inks – mostly black, red and brown – are made with iron or titanium oxides. Only 1.5 percent of people with tattoos have reported bad experiences in MRI machines.

Iron and titanium oxides conduct electricity, and the strong magnetic field in an MRI scanner can cause a current to travel between different tattoos or different portions of a tattoo - especially those with loops in the pattern. The electric current causes heat, and even can cause minor burns. Cold packs or ice placed on the area during MRI can minimize damage, but some MRI facilities will not perform an MRI on tattooed individuals, especially if the tattoo covers a large area.

If a magnet draws up the skin with a tattoo, then that area is at risk.

**Dear Dr. Roach:** I recently was diagnosed with transient global amnesia. I had never heard of this. My primary care doctor sent me for further testing, which included an MRI and MRA with contrast, and a CT scan. All were normal. Can you elaborate on this condition? – M.T.M.

Answer: Transient global amnesia is a cause of retrograde amnesia ("retrograde" meaning don't remember you things from the past, usually the past day to a month, but sometimes longer; "anterograde" means memory loss forward from the time of the event). Its cause is unknown, but it occurs more frequently in men and women over 50. Your doctor ordered the appropriate tests to make sure it wasn't a transient ischemic attack or stroke. Epilepsy sometimes can look similar to TGA, so sometimes an EEG is obtained.

As scary as it sounds, TGA usually doesn't happen again and doesn't predict a higher risk of developing memory troubles, stroke or epilepsy in the future.

**Dear Dr. Roach:** My wife has COPD. She is not coping very well. Her

doctors are treating her with the standard medications. She has heard about an experimental treatment where they take her stem cells and make them into something that is inhaled. Have you heard about this treatment? Is it safe? Each treatment is \$7,000. – J.W.

Answer: Stem cells are cells that can develop into many kinds of mature cells. In theory, they can grow and replace cells that have been damaged or destroyed due to a disease process. Stem cells hold great promise for many diseases, but there isn't enough information for me to make a recommendation for stem cells in COPD, for either safety or effectiveness.

If you are going to look into it further, I would recommend doing so only as part of a clinical trial. You can find out about clinical trials www.clinicaltrials.gov . I was able to find some trials on the site that are recruiting subjects. I also recommend www.closerlookatstemcells.org to anyone considering stem cell treatment.

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# PGA Championship trip winner announced



The PGA-Bethpage raffle drawing was held on April 1 at the Mohawk Homestead, and Cory Fowler of Ilion won the seven day pass for two as the 101st PGA Championship comes to Long Island May 13 - 19. This will be first PGA Championship contested at Bethpage State Park and the first time the PGA Championship has been on Long Island since 1939. (L - R) Joe Franco, administrator, Rose Mary Kane, resident of the Mohawk Homestead, and Sharon Murray, board member.

Photo courtesy of the Mohawk Homestead







# Before visiting an IRS office, taxpayers should call to make an appointment

Before visiting an IRS Taxpayer Assistance Center for in-person help with their tax issues, a taxpayer needs to call 844.545.5640 to schedule an appointment. All TACs provide service by appointment. The Contact Your Local Office tool on IRS.gov helps taxpayers find the closest IRS TAC, the days and hours of operation and a list of services provided.

Once they make an appointment, taxpayers will receive an automated email to the address they provide. The email will confirm the day and time of their appointment. Tax-

payers should consider the self-service options on IRS.gov before calling for an appointment. Taxpayers can resolve many questions online without taxpayers having to travel to a Tax Assistance Center.

Taxpayers checking on a tax refund status can:

- Use the "Where's My Refund?" online tool.
- Call 800.829.1954 anytime to access the audio version of this tool.

Before using these tools, a taxpayer should have their Social Security number, filing status, and exact refund amount ready.

Taxpayers who need

answers to tax questions

- Use the Interactive Tax Assistant, which asks the taxpayer a series of questions and provides answers based on their input.
- Check out Publication 17, which covers a broad range of topics and updates on tax law changes.
- Visit the IRS Tax Map to find tax information on a variety of tax topics.
- Visit IRS.gov for info about what to do when a letter from the IRS arrives.
- View Publication 5136, IRS Services Guide (PDF), for additional ways

taxpayers and tax professionals can get help.

Taxpayers who need to make a payment can:

- Use IRS Direct Pay on IRS.gov a free, secure electronic payment method from a checking or savings account.
- Visit the Electronic Federal Tax Payment System for online and phone options.
- Pay when using tax software when e-filing, Taxpayers can pay online, by phone, or with a mobile device using the IRS2Go app.
- View their balance online or refer to the information in the notice they

received to determine the amount owed. They can also access their tax account to view recent payment history.

- Make a cash payment in-person at more than 7,000 retail stores nationwide.
- Mail a personal, cashier's check or money order made payable to "U.S. Treasury" along

with a completed Form 1040-V, Payment Voucher. Taxpayers should never send cash.

Taxpayers who need forms & publications can:

• View, download and print federal tax forms and publications anytime. Dozens of IRS publications are available to download.

Source: IRS.gov























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