

Herkimer County  
**Country Editor**

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Delivered Weekly by the U.S. Postal Service


April 19,  
2019

Volume 8  
Number 45

O GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS STEADFAST LOVE ENDURES FOREVER!  
PSALM 118:1

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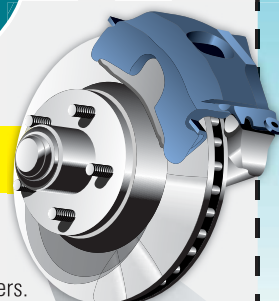
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Tasty bites for Easter meals

Easter dinner is a special occasion, presenting an opportunity for family and friends to gather, celebrate their faith and give thanks for their blessings.

Traditional dishes tend to find their way to the Easter dinner table, but no meal would be complete without some sort of deviled eggs appetizer. Deviled eggs make good use of hard-boiled eggs that may not have been colored, or even those that have been dyed and can now be safely repurposed as food.

“Debonaire Deviled Eggs” from “Southern Appetizers” by Denise Gee (Chronicle Books) teaches home chefs how to craft tasty, aesthetically pleasing eggs.

Debonaire Deviled Eggs  
Serves 8 to 12

12 large eggs

- 1/4 cup mayonnaise
  - 4 slices bacon, cooked and crumbled (optional)
  - 3 tablespoons sweet pickle relish
  - 2 teaspoons prepared mustard
  - 1/4 teaspoon salt
  - 1/8 teaspoon ground black pepper
  - Sprigs of fresh savory or another herb for garnish
- Turn the eggs bottom- (wider-) side up in the carton. Use a pushpin to delicately poke one hole squarely in each center.

Fill a large saucepan or small Dutch oven with 2 to 2 1/2 quarts of water (enough to cover the eggs; use two pans if cooking all the eggs at once). Bring the water to a rolling boil.

Use a slotted spoon to add six eggs to the pan (work-

ing quickly but carefully to get them in at the same time); boil the eggs for 6 minutes.

Remove the pan from the heat. Let the eggs sit for 6 minutes for slightly soft yolks; add about 40 seconds for firmer yolks).

Remove each egg with a slotted spoon and place it on a kitchen towel. Repeat with the remaining six eggs. Let the eggs cool to room temperature, about 20 minutes, before peeling. (Store in the refrigerator, unpeeled, for up to 1 week; peeled for up to 4 days).

Peel the eggs under cool running water. Slice the eggs in half lengthwise, gently scooping out the yolks into a medium bowl. Add the mayonnaise, three-fourths of the crumbled bacon (if using), pickle relish, mustard, salt, and pepper. Stir to combine (and adjust seasonings as desired). Use a small spoon (or better yet, a piping bag) to insert the filling into the egg halves. Garnish with the remaining chopped bacon and savory, if desired, before serving.

Note: Large eggs are best used for egg plates and are easier to eat in one or two bites.

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Deviled eggs make good use of hard-boiled eggs.

## Rabid raccoon found in Frankfort

Herkimer County Public Health received word on Thursday, April 4 from Wadsworth Labs that a raccoon that was sent in to be tested for rabies on Wednesday, April 3 from the town of Frankfort has tested positive for rabies.

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

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

1. Vaccinate your pets against rabies.
2. Make sure animal enclosures are secure so small animals cannot get in.
3. Spay or neuter all animals to reduce the number of strays.
4. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If there is any possibility that a

bat had contact with a person or an animal in a house, due to the high percentage of bats that can carry the rabies virus, call Public Health and we will make arrangements to have the bat tested.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment

with their vet as soon as possible to have them vaccinated against rabies. Herkimer County Public Health's next rabies clinic will be held on Thursday, May 2 from 5:30 - 7 p.m. at the Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at [www.herkimercounty.org](http://www.herkimercounty.org).

## Bus trip to Hartford, CT

A one-day bus trip to visit Hartford, CT, and the Mark Twain House is being held on Saturday, May 18, departing from Clinton and Herkimer. The bus will stop first at Bushnell Park in Hartford where you will have time on your own to explore the nearby attractions of the Capitol Building, Museum of Connecticut History, the Old State House and the Wadsworth

Athenaeum Museum of Art. In the afternoon, we'll visit the Mark Twain House and Museum, home of America's greatest author, where he wrote some of his most important works, including "The Adventures of Tom Sawyer." The cost is \$60 per person. For more information or to sign up, call the Herkimer County Historical Society at 315.866.6413.

## Kateri's Thrift Store spring sale starts April 23

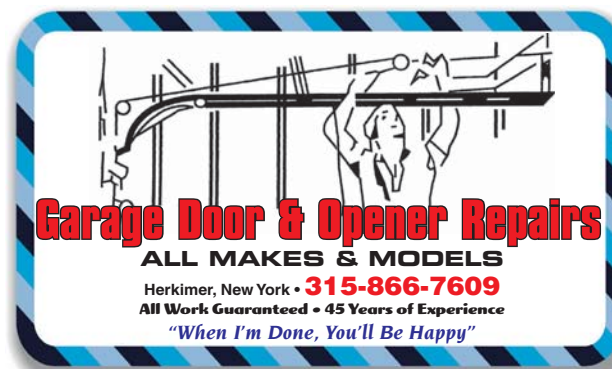
Kateri's Thrift Store, a program of Catholic Charities of Herkimer County, located on the lower level of the Little Falls Community Center, 45 Furnace St. in Little Falls, will be featuring its "Spring is Almost Here Sale" beginning Tuesday, April 23 through Friday, May 3.

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

The store is open Tuesday - Friday from 10 a.m.

- 3 p.m. Donations of gently used clothing and household items can be dropped off at the store during regular business hours, Tuesday - Friday.

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



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## To Your Good Health

by Keith Roach, M.D.

### Medication doesn't stop vertigo's spinning

**Dear Dr. Roach:** I have a terrible case of vertigo. I'm not sure what causes it or what I can do to prevent it from happening to me again. I was given two medications, promethazine for nausea and meclizine for vertigo, but still the problem persists. Can you offer some kind of help? — J.G.

**Answer:** Vertigo is the sensation of movement when not moving. Although it is classically described as a spinning sensation, some people feel as if they or the world is moving in other ways.

There are many causes of vertigo, but we generally break them down into two groups: pe-

ripheral causes, from the vestibular nerve, which connects your brain with the organ of balance in the inner ear; and central causes, from the brain itself. Peripheral causes are much more common and generally are labelled "benign," even though they can be quite severe. Central causes are most commonly attributed to vestibular migraine and poor blood flow to the brainstem.

Only a careful exam and, occasionally, more sophisticated tests can reveal the underlying cause of the vertigo. The most common cause is benign paroxysmal positional vertigo, and I suspect that is what you were being treated for, having received a nonspecific treatment for vertigo. Although it is

commonplace, I disagree with this treatment if it is used for more than a day or two, and then only in people whose symptoms are severe.

Most people get relief from an office treatment called the Epley maneuver. They can continue at home with other exercises. I would suggest that you ask your doctor about these procedures, and if he or she isn't familiar with them, it might be wise to consult with an expert. In any event, vertigo is a symptom that can arise from several distinct medical conditions. You should find out what your diagnosis is.

**Dear Dr. Roach:** I would like your opinion of taking a vitamin B complex capsule. A friend recommended it, but the

dose of one to two capsules a day makes my urine turn bright-yellow. The daily values are from 3,000 to 8,000 percent, and that seems pretty high to me. I don't enjoy taking it, because it smells and tastes unpleasant, but I'm mostly concerned about getting too much of a "good" thing. -- R.W.

**Answer:** Here's the good news: B vitamins are necessary, and your body is able to get rid of any excess. In fact, the yellow color of your urine is exactly that, your body spilling off the B vitamins you don't need. There are a few medical conditions that benefit from B vitamins.

Here's the not-so-good news: You almost certainly don't need so much, and most people

don't benefit from taking vitamins at all. A healthy diet with lots of fruits and vegetables gives you most of the B vitamins your body needs. (Vitamin B-12, by contrast, is found only in animal products, which is why vegans require supplementary B-12.) If you choose to keep taking a vitamin just for general health, I would change to a brand that has lower doses and isn't unpleasant to take.

I don't recommend stopping megadose multivitamins suddenly. This is particularly important for vitamin C, where symptoms of deficiency can show up temporarily in people who suddenly stop high doses.

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## Potential culprits behind thinning grass

Thick grass is often a hallmark of a healthy lawn. If grass begins to thin, homeowners may feel as though all the time and effort they spent tending to their lawns was for naught.

Thinning grass can be caused by any number of

things. And while it might take a little effort to address, thinning grass can be treated if homeowners correctly identify that cause of the problem.

### Leaf spot

The Center for Agriculture, Food and the Environment at the University

of Massachusetts Amherst notes that leaf spot diseases affect both cool- and warm-season turfgrasses. Various fungi can cause leaf spot. Symptoms and the timing of the appearance of leaf spot will vary depending on which fungi is causing

the problem. For example, *bipolaris sorokiniana*, which affects grasses in warm, wet summer months, produces small spots that are dark purple to black. *Drechslera poae* is another fungi that causes leaf spot, and it also produces dark pur-

ple to black spots. However, it tends to appear in the spring when the weather is cool and moist. Understanding the different fungi and when they typically strike can help homeowners identify what is causing their grass to thin. In such situations, professional landscapers can be invaluable resources as well.

### Stripe smut

The University of Maryland Extension notes that stripe smut primarily poses a threat to Kentucky bluegrass that is older than three years. Pale green streaks that run parallel to the veins in the leaves and leaf sheaths are symptomatic of stripe smut, which tends to be noticed in spring and fall, when weather is cool. As the disease progresses, stripes turn black or a silvery gray, causing the leaf blade to shred and

curl. After the blades have shred, they turn brown and die. The grass thins because stripe smut makes it vulnerable to problems like drought.

### Ascochyta leaf blight

Lawns suffering from ascochyta leaf blight will become straw-colored. According to the lawn care and pesticide experts at Ortho®, when a lawn is affected by ascochyta leaf blight, its healthy grass blades will be mixed in with diseased grass blades. Most prevalent in the spring, this disease can affect grass at any time during the growing season. That's because the ascochyta fungi invade leaf blades through wounds, such as those that can result from mowing. Ortho notes that dull lawn mowers can contribute to the disease, which might disappear on its own and can even return after it's seemingly been cured.

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## Food Sense registrations for May 2019

Attention Food Sense customers: Customers will receive increased quality of food, variety of food, more specials' options and an introduction to the pantry box, produce box and protein box as "specials." Food Sense is still a great way for families to save money and purchase quality foods for less. The price for Food Sense packages are \$20.50.

Food Sense is a food co-op program offered through the Food Bank of Central New York and local non-profits. There are no restrictions – if you eat, you qualify.

**Registration sites for the community Food Sense Program are as follows:**

- Ilion: First Presbyterian Church, 90 Morgan St., Monday, May 6 - Friday, May 10 from 10 - 11:30 a.m.

- Old Forge: Nicolls Memorial Presbyterian Church, 228 Crosby Blvd., Friday, May 3 - Thursday, May 9 from 9 a.m. - 1 p.m.

Delivery date for both sites is Friday, May 24.

**The projected list of foods for the May Food Sense package includes:**

Ground beef, 1 lb.  
Pork tenderloin, 1.7 lbs. (avg.)  
Breaded fish sticks, 1 lb.  
Chicken tenderloins, 1.3 lbs. (avg.)  
Hot dogs, 1 lb.  
Macaroni salad, 16 oz.  
Shoe string French fries, 20 oz.  
Pork and beans, 15 oz.  
- Frozen strawberries, 1 lb.  
- Frozen corn, 1 lb.  
- Fresh produce

**The specials for May 2019 are:**

- BBQ ribs: 3 lbs. for \$7.25 – ribs in a honey BBQ sauce and fully-cooked.

- Chicken breasts: 2.5 lbs. for \$5.50 – boneless, skinless breasts, individually quick frozen.

- Pollock fillets: 2 lbs. for \$4.50 – wild caught, individually frozen and vacuum packed.

- Produce box: \$14.50 – includes apples (5), oranges (5), potatoes (5 lbs.), pineapple (1), grape tomatoes (1 pt.), cucumber (1), salad mix (1 bag) and carrots (1 lb.).

- Beef sandwich steaks: 21 oz. for \$6.50 – 100% beef, quick and easy to prepare.

- Onion rings: 2.5 lbs. for \$4.50 – ready to cook and can be cooked in the oven or fryer.

- Sweet Italian sausage: 3 lbs. for \$9 – sweet sausage locally made in Utica.

For more information contact Catholic Charities of Herkimer County at 315.894.9917.

by **Samantha Weaver**

- It was 19th-century French novelist Gustave Flaubert who made the following sage observation: "Our ignorance of history makes us libel our own times. People have always been like this."

- Visitors to Chicago might want to keep in mind that in that city, it's against the law to dine in any establishment that is on fire.

- In 1856, a soldier of fortune (who was also a journalist, doctor and lawyer) by the name of William Walker and his hand-picked group of mercenaries took over Nicaragua. Walker appointed himself dictator, thus securing for himself the distinction of being the only native-born American citizen to become head of state of a foreign nation.

- If you're like the average American, you consumed more than 250 eggs last year.

- You might be surprised to learn that the giant bullfrogs of South Africa have sometimes been known to attack lions.

- If you like to go out and hit the greens on a nice summer day, you might want to consider this fact the next time you're thinking about breaking out the irons and putters: More people are struck by lightning on golf courses than any-

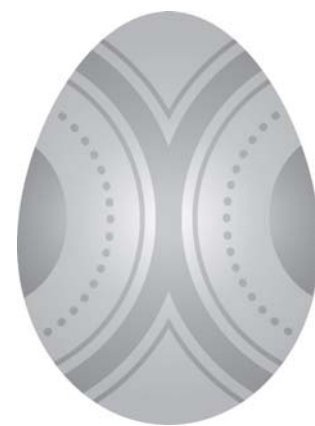
where else.

- Mike Edwards, one of the founding members of the British band Electric Light Orchestra, met with an untimely death decades after he left the group. In 2010, as Edwards was driving in the rural southwest of England, a farmer lost control of a 1,300-pound bale of hay. This wheel-shaped bale rolled down

a hill and over a hedge, and just happened to smash into the van Edwards was driving.

Thought for the Day: "I am prepared to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter." — Sir Winston Churchill

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## Whatchamacallits

Not all boot jacks can be as ornate as the one we shared a few weeks ago, but that's just fine. They are first and foremost tools, and something that gets the job done doesn't necessarily have to be pretty.

A boot jack (also known as a boot

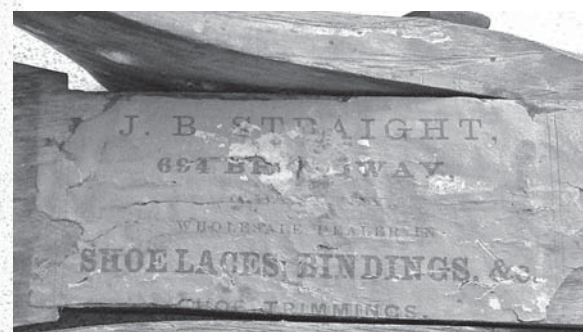
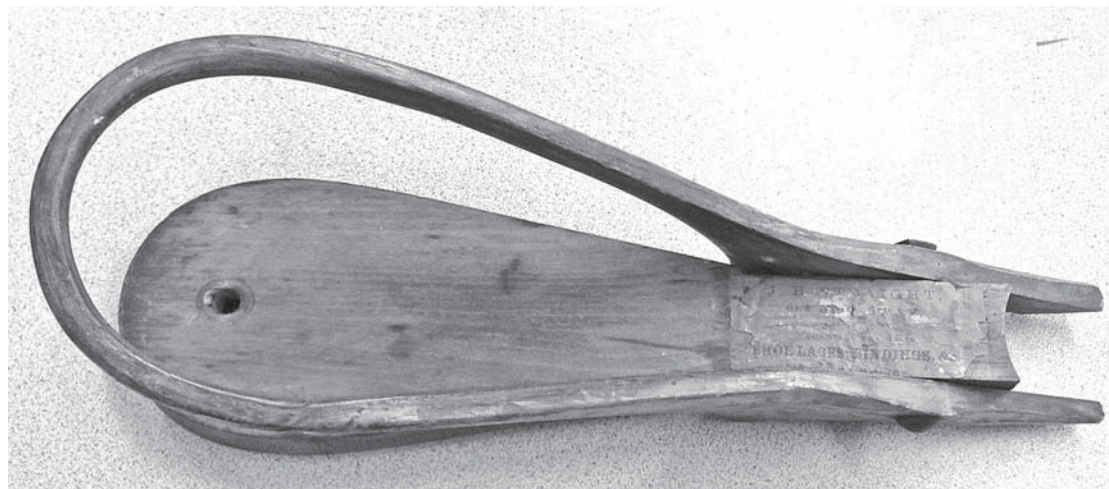
pull) usually has a U-shaped mouth that grips the heel of a boot, and a flat area to which weight can be applied. The person using it places the heel of their boot in the mouth of the jack, stands on the back of the device with the other foot and pulls

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 it can help keep your hands clean of whatever muck may be on your boots.

This wooden model features a hinge so that it may lay or hang flat when not in use. The sticker on it suggests it was sold by a business called J.B. Straight, formerly found at 694 Broadway in Albany, NY – in the capital city's warehouse district. It appears the business dealt in many things shoe-related, as the sticker reads "Wholesale Dealer in Shoelaces, Bindings, &c. Shoe Trimmings..." and more. Unfortunately, I didn't find much information about J.B. Straight while doing my research.



**Do you have your own Whatchamacallit?**  
Send a photo and short description to [cllewellyn@leepub.com](mailto:cllewellyn@leepub.com).

# Area Church Services

**COLD BROOK  
COLD BROOK  
UNITED METHODIST CHURCH**  
467 Main St.  
Sunday Worship 10:30 AM

**DOLGEVILLE  
NEW HOPE CHRISTIAN FELLOWSHIP**  
Pastor Pat Andreoli  
32 Spencer St.  
Sunday School 9:30 AM  
Sunday Worship 10:30 AM  
Tuesday Bible Study 7 PM

**GRACE BAPTIST CHURCH OF DOLGEVILLE**  
Paster Len Byarty  
12 Van Buren St.  
Sunday School (All Ages) 10-11 AM  
Morning Worship 11-12:30 PM  
Lunch 12:30-2 PM  
Afternoon Worship 2-3 PM

**DOLGEVILLE UNITED  
METHODIST CHURCH**  
Rev. Anthony Bradseth  
21 N. Helmer Ave.  
Church Phone 429-7381  
Sunday Church Service  
Oppenheim @ 9:30 AM  
Dolgeville @ 11 AM

**DOLGEVILLE CHRISTIAN FELLOWSHIP**  
Pastor Marvin Isum  
3 Elm St. Phone 429-8390  
Sunday Worship 10:30 AM  
Mid-week Service Tuesday 7 PM

**UNITED LUTHERAN  
PRESBYTERIAN PARISH**  
26 E. Faville Ave.  
Worship 11 AM

**ST. JOSEPH'S ROMAN  
CATHOLIC CHURCH**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
31 N. Helmer Ave.  
Phone 429-8338  
Mass 9 AM Sun, Mon & Wed

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

**EAST SCHUYLER  
CHRISTIAN ASSEMBLY OF SCHUYLER**  
Pastor Mark Sowersby  
3659 Route 5, East Schuyler  
Sunday Worship 10:30 am  
Wednesday Night 6:30 pm  
Phone 315-895-0926  
Christianassemblyofschuyler.com

**FRANKFORT  
OUR LADY QUEEN OF APOSTLES**  
414 Frankfort St., Frankfort, NY  
Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
Mass Schedule: Saturday 5:30 pm;  
Sunday 9:00 am; Tuesday & Thursday 9:00 am

**HERKIMER  
SS PETER and PAUL ORTHODOX CHURCH**  
Rev. Thaddeus Franta  
305 Main Rd., East Herkimer  
Phone 866-3272  
Wednesday Vespers 5PM  
Saturday Evening Vespers 5 PM  
Sunday Divine Liturgy 9:30 AM  
Holy Day Liturgy 9:30 AM

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

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

**CHURCH OF SAINTS  
ANTHONY and JOSEPH**  
Rev. Quy Vo, Pastor  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 6 PM  
Sunday Mass 10 AM

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

**OAK RIDGE FREE METHODIST CHURCH**  
Pastor Chris Schumske  
838 W. German St.  
Worship Service for adults & children  
8:30, 10:00 & 11:30 AM  
with iPraise for the children (K-5th grade)  
Phone 866-0575

**UKRAINIAN ORTHODOX CHURCH OF  
ST. MARY'S PROTECTRESS**  
326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

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

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

**THE SALVATION ARMY**  
Lieutenants John and Lori Wood  
429 N. Prospect St.  
Phone 866-1240  
www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

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

**CHURCH OF JESUS CHRIST  
OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
315-866-7189

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

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

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

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

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

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

**ILION  
MORNING STAR UNITED  
METHODIST CHURCH**  
36 Second Street  
Reverend Bob Wallaber  
Sunday Worship 10 AM  
November 1 - May 1  
4224 Acme Rd, Frankfort  
May 1 - November 1  
36 Second Street, Ilion

**ANNUNCIATION CHURCH**  
109 West Street, Ilion, NY  
Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
Mass Schedule: Saturday 4:00 pm; Sunday  
11:00 am; Monday & Wednesday 9:00 am

**LITTLE FALLS  
FIRST BAPTIST CHURCH**  
555 Albany St.  
Morning Worship will begin at 10:15 AM  
Rev. Chris J. Wintermute will be speaking  
this morning.  
Nursery (infants through age 4)  
Junior Church (K-4) during Morning

**FIRST BAPTIST CHURCH CONTINUED**  
Worship Service  
Sunday School Classes 9 AM  
(nursery through adult)  
Morning Worship Service 11 AM and is  
broadcast live over radio station WIZR, 930  
on the AM dial with a one week delay.  
Monday School Board Meeting 6:30 PM  
Tuesday Trustee Meeting 7 PM  
Wednesday Final Bible Study & Prayer Time  
at homes 7 PM  
Thursday Choir Practice 7 PM

**HOLY SPIRIT POLISH NATIONAL CATHOLIC  
CHURCH**  
Father Rafael Dadello  
615 E. Gansevoort St.  
Phone 823-0793  
Sunday Mass 11 AM

**ST. PAUL'S UNITARIAN  
UNIVERSALIST CHURCH**  
Minister Jeffrey J. Frank  
Mark Bunce, Organist  
565 Albany St.  
Phone 823-2284  
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE ROMAN  
CATHOLIC COMMUNITY OF LITTLE FALLS**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
763 E. Main St.  
Phone 823-3410  
Saturday Vigil Mass 4 PM  
Sunday Mass 10:30 AM

**EMMANUEL EPISCOPAL CHURCH**  
588-594 Albany St.  
Sunday Schedule:  
High Mass, Rite II 10 AM  
Nursery & Sunday School 9:45 AM  
(Sept.-May)  
Fellowship Coffee Hour 11:15 AM  
Choir Rehearsal 11:30 AM  
Holy Day Masses as announced  
Confessions by appointment

**LITTLE FALLS  
FIRST ASSEMBLY OF GOD**  
Senior Pastor Timothy Parisi  
559 E. Jefferson St.  
Phone 823-4043 • firstaglf@gmail.com  
Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

**HOLY TRINITY LUTHERAN CHURCH**  
512 E. Gansevoort St.  
Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
16 Jackson St.  
Phone: 315-823-3004  
Email lffirstpres@gmail.com  
www.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

**INGHAMS MILLS BAPTIST CHURCH**  
Rev. Gary L. Busch, Pastor  
Sunday Worship Service 10AM  
443 Inghams Mills Rd.  
Little Falls, NY 13365  
Pastor's Phone (315) 717-9936

**MIDDLEVILLE  
MIDDLEVILLE UNITED METHODIST**  
Rev. Robert Lindsay  
24 Rte. 29  
Phone 845-8730  
Sunday School 9:30 AM  
Worship Service 9:30 AM

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

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

**MOHAWK REFORMED CHURCH**  
Rev. Brian Engel, Pastor  
20 S. Otsego St.  
Phone 866-4292  
Email mohawkpastor@verizon.net  
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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

**NEWPORT  
FIRST BAPTIST CHURCH OF NEWPORT**  
7497 Main Street  
Pastor's Phone 315-790-1877  
Sunday Worship at 9:45am

**UNITED METHODIST**  
Rev. Robert Lindsay • Phone 845-8730  
Sunday School 11 AM  
Morning Service 11 AM

**KUYAHOORA COMMUNITY CHURCH**  
Pastor Dwayne Durand  
West Canada Valley  
High School Auditorium  
5447 St. Rt. 28  
Mailing Address PO Box 50  
Middleville, NY 13406  
Phone 315-292-1303  
www.kuyahorracc.org  
Weekly Service Sunday 10:08 AM

**ST. JOHN THE BAPTIST  
CATHOLIC CHURCH**  
Rev. Quy Vo, Pastor  
St. John the Baptist Parish  
7516 N. Main St. • Phone 845-8017  
Monday & Wednesday 9 AM  
Saturday Vigil Mass 6 PM  
Sunday Mass 8 AM

**PAINES HOLLOW  
PAINES HOLLOW UNITED METHODIST**  
Lay Servant Gregg Sponburgh  
Rtes. 167 & 168 • 315-866-1128  
Worship 9-10AM

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gina@yorkvillememorials.com

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# Mohawk Valley Rotary hosting Keeler’s Traveling New York City Comedy Club

HERKIMER – The Mohawk Valley Rotary has collaborated with Keeler’s Traveling New York City Comedy Club and is excited to present a must-see comedy event with headliner comedian Ross Bennett.

As seen on “The Late Show with David Letterman” and in comedy clubs throughout America, Ross Bennett has had countless TV appearances, was the winner of the Best Supporting Actor in a Comedy Web Series at the LAWEBFEST2016 and is a comedy club headliner. Bennett has performed at over 50 corporate events and hundreds of

fundraisers and charity events. Emceeding this event is radio personality Bill Keeler.

This event will take place on Saturday, June 1 at Francesca’s in Ilion. Tickets cost \$35, which includes a 90-minute show from headliner Bennett and one other up and coming act and crowd-pleasing appetizers. There will be a cash bar. Doors open at 5:30 p.m. and the show starts promptly at 7 p.m.

Do not miss this evening of fun and laughter! Tickets are \$35 each and are available from any Mohawk Valley Rotarian or through Eventbrite under Mo-

hawk Valley Rotary Club Night of Laughter. Contact a contact [www.facebook.com/MohawkValleyRotaryDistrict7150](http://www.facebook.com/MohawkValleyRotaryDistrict7150) for any questions.

Proceeds benefit the Mohawk Valley Rotary club’s service projects locally. Some of these projects include our Youth Exchange Program, high school scholarships, Books For the World, a dog park project and the Rotary Foundation. We also host an annual food drive in the months of November and December that benefit Catholic Charities of Ilion and the Salvation Army in Herkimer.

## VHS invites high school seniors to apply for scholarship

### *Scholarship for students pursuing higher education in healthcare field*

HERKIMER – Herkimer County high school students scheduled to graduate in June 2019 are eligible and encouraged to apply for the Valley Health Services Scholarship.

Applicants must be planning to pursue higher education in a field employable by a nursing home, such as nursing, accounting, healthcare administration, social work, dietetics and rehabilitation. Preference will be given to a senior who has worked or completed volunteer work in a nursing home.

In order to be eligible for selection, the student must submit an official school transcript showing a GPA of at least 85 and a typed essay of 500 words or less addressing specific educational plans and goals, the reason for career choice, pertinent experiences in a nursing home and volunteer time or employment in a nursing home.

The essays must be submitted by May 3 to Connie M. Castellano, director of community relations and fund development at Valley Health Services, 690 West German St., Herkimer, NY 13350.

## Medicare Savings Program (MSP)

**What is the Medicare Saving Program?** The MSP is funded by the State Medicaid program. It is also known as the Medicare Buy-In program that helps pay for costs if you are financially limited. The MSP will pay your Part B premium for you each month. This premium is taken out of your Social Security check on a monthly basis. In certain situations if your income is low enough it will pay for co-payments for Medicare covered services.

**To qualify as an individual your income needs to be under \$1,426 per month and for a couple your income needs to be under \$1,923.** If your income is above these levels you may still qualify. If you pay a Supplemental Insurance Premium not including your Medicare premium you can deduct that amount from your income and check the income guidelines. For example, if you are an individual with a monthly income of \$1,520 monthly and you pay a Supplemental Insurance premium of \$150 per month, you would still qualify for the Medicare Savings Program.

**For more information or to obtain an application contact NY Connects/Office for the Aging at 315.867.1124.**

## Calendar of events

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

### 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 Hunt** 11 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@twcnny.rr.com](mailto:pvercz@twcnny.rr.com).

### April 23-May 3

Kateri’s Thrift Store, 45 Furnace Street in Little Falls, will be featuring its “Spring is almost here Sale”. The store is open Tuesday through Friday from 10 a.m. to 3 p.m. 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.

### 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 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.

### April 27

**FUNTRAK Model Railroad Club annual “Valley Rail Sights” model train show.** Masonic Temple, 118 Morgan Street, Ilion. 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday. Refreshments available. Adults \$3, children \$2, maximum \$10 per family.

### April 28

**Easter Contata: Then Came the Morning.** 6:30 p.m. Middleville United Methodist Church, Route 29, Middleville. Free will offering. Refreshments. Presented by Valley Voices for Christ.

### May 2

**Rabies Vaccination Clinic** 5:30- 7 p.m. Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville. To pre-register 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](mailto: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 [eenae@herkimercounty.org](mailto:eenae@herkimercounty.org).

### May 9, 10 and 11

**Rummage Sale and Bake Sale.** Middleville United Methodist Church, Route 29, Middleville. Thursday 9-3. Friday 9-5. Saturday 9-12.

### May 18

**Mohawk Homestead Chicken Barbecue at The Mohawk Homestead** at 4:30 p.m. until all dinners are sold. Advanced sale tickets available for \$10 each by calling The Mohawk Homestead at 315.866.1841 or stopping at The Mohawk Homestead.

**A One Day Bus Trip to visit Hartford, CT and the Mark Twain House.** Departing from Clinton and Herkimer. Attractions include the Capitol Buidling, Museum of CT History, Old State House, and the Wadworth Atheneum Museum of Art and the Mark Twain House and Museum.” The cost is \$60 per person. For more information or to sign up, call the Herkimer County Historical Society at 315.866.6413.

### May 23

**2019 Rabies Vaccination Clinic** 5:30 - 7 p.m. At Old Forge Fire Department, 116 Fulton St., Old Forge. To pre-register 315.867.1176.

### June 1

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

### June 6

**Rabies Vaccination Clinic** 18 5:30-7 p.m. Middleville Fire Department, 41 North Main St., Middleville. To pre-register call 315.867.1176.

### June 15-16

**Garden Tractors Pullers Association event.** 11 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Happy Father’s Day.

### June 19

**Rabies Vaccination Clinic** 5:30 – 7 p.m. At Ilion-Frankfort VFW Pavilion, 4274 Acme Rd, Frankfort. To pre-register call 315.867.1176.

## VHS Café Night: Meet the 'Ice Cream Man'

HERKIMER – Valley Health Services (VHS) provides a weekly Café Night for residents and their families on Tuesdays, which is so popular that we have to ask "What is it about this event that brings on average 50 or more people to the first floor dining room every week?" After talking with residents and fami-

lies, we reached the same conclusion: Jim Greiner.

Greiner has been managing Café Night for over 10 years. He volunteers his time to scoop ice cream and make proportionately large sundaes for all who enter the doors of the dining room. However, this is not a one-man show as Bob Hughes also volunteers

during this event. The two men enjoy the smiling faces as they provide ice cream concoctions that appeal to everyone. With a variety of ice cream flavors and a multitude of toppings, the sky is the limit on Tuesday nights!

Greiner had a family member who was a resident at VHS and they

would come to Café Night every week. Greiner began volunteering his time and has been doing it ever since. He said that Tuesday night is one evening everyone looks forward to. "Who doesn't like ice cream, making their own sundae or having it made for them?" he asked.

The staff at VHS, nurs-

es, residents and families look forward to seeing Greiner and Hughes at the sundae bar every week for refreshing ice cream sundaes, lots of laughter and great conversation.

Greiner is also well known in Herkimer as an independent historian and researcher. He enjoys giving back to his community through volunteerism at VHS and Herkimer County Historical Society. Greiner is a retired history teacher, having taught at West Canada Valley High School. Additionally, he is a published author, having written several books

in the history genre that are available on Amazon.com. One to note is "Subdued by the Sword: A Line Officer in the 121st New York Volunteers," about the life of John S. Kidder during the Civil War as told through letters to his wife, Harriet, at home in rural New York.

Greiner keeps himself very busy with his writing and research activities. However, on Tuesday nights, he can be found at VHS doing what he loves, serving ice cream sundaes with Hughes for the enjoyment of residents, their families and VHS staff alike.



Jim Greiner has been managing Café Night for over 10 years.

Photo courtesy of Valley Health Services

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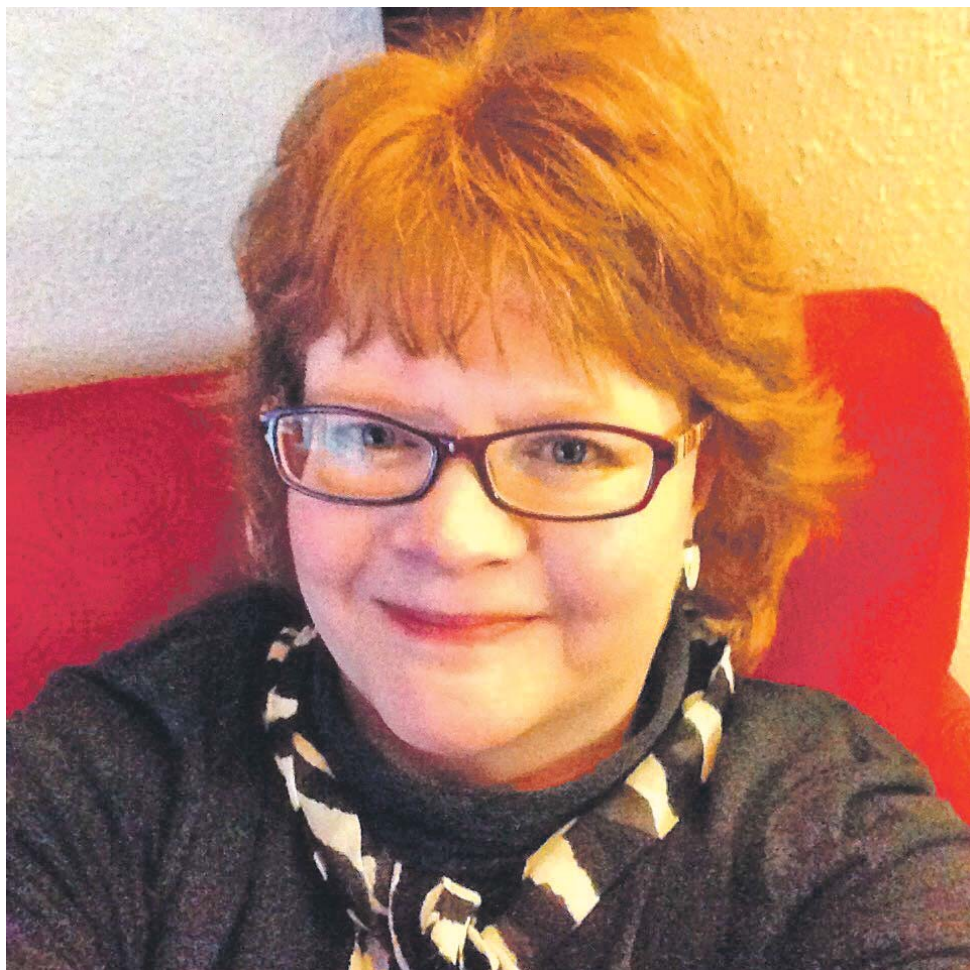


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## Herkimer Industries' Bakiewicz named judge for statewide competition



Suzanne Bakiewicz, Herkimer Industries' national business development director, was selected for a panel of judges to participate in the 2019 CRE-ATE (Cultivating Resources for Employment with Assistive Technology) Competition.

Photo courtesy of Arc Herkimer

Suzanne Bakiewicz, Herkimer Industries' national business development director, had the honor of being selected for a panel of judges to participate in the recent 2019 CREATE (Cultivating Resources for Employment with Assistive Technology) Competition in which college engineering students collaborate with rehabilitation organizations to develop inventions that help those with disabilities succeed in their jobs.

The April 10 event, sponsored by New York State Industries for the Disabled Inc. (NYSID), was held at the North Concourse/Empire State Plaza.

Herkimer Industries (HI), a division of Arc Herkimer, supports an integrated workforce of 150 people with and without disabilities. HI provides contract packaging, industrial sewing and package and product design services including sub-manufacturing and assembly solutions, quality assurance and worldwide distribution in the areas of safety products apparel and uniforms, LED lighting and signs and sewing and packaging solutions.

Bakiewicz loves and lives the mission of Arc Herkimer, HI and NYSID by developing market and product opportunities leading to more jobs

for New Yorkers with disabilities and helping to build a stronger, more integrated community. Student teams will compete to receive prize funds worth \$15,000, \$10,000 or \$5,000 to be shared between students, their universities and their rehabilitation organization partners. This is the biggest year ever for CREATE, with nine colleges and 11 NYSID member rehabilitation organizations producing 21 inventions.

For more information regarding HI, contact Bakiewicz at 315.574.7633 or sbakiewicz@archerkimer.org.

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## “Jeopardy!” alumna to host trivia night in Canajoharie

If you're good at playing Trivial Pursuit or filling in crossword puzzles – or you just like to hang out with your friends and have a good time – then you are invited to participate in the upcoming “What Do You Know?” Trivia Night in Canajoharie on April 25.

The event will be led by trivia master Courtney Llewellyn, who appeared on the game show “Jeopardy!” on Sept. 25, 2018. A native of Millers Mills, NY, she's also lived in Springfield, MA, and New Orleans, LA, and plans to bring her well-rounded knowledge challenge to those who would like to attend the trivia night.

The game will serve as a fundraiser for Haven of Hope in Fonda, a farm and residence providing transitional housing to homeless women in Fulton and Montgomery counties. Holistic living and work experience programs prepare women to work toward independent living and family unification. To participate in the trivia, the cost per individual is \$8, and teams of up to six cost only \$40. All funds raised will go to Haven of Hope.

“Being able to help a great cause like Haven of Hope while also getting people together to realize they know more than they think they do is a

win-win,” said Llewellyn. “It's going to be a great night.”

Prizes will be awarded to the top three teams in the trivia challenge, and a Chinese auction and

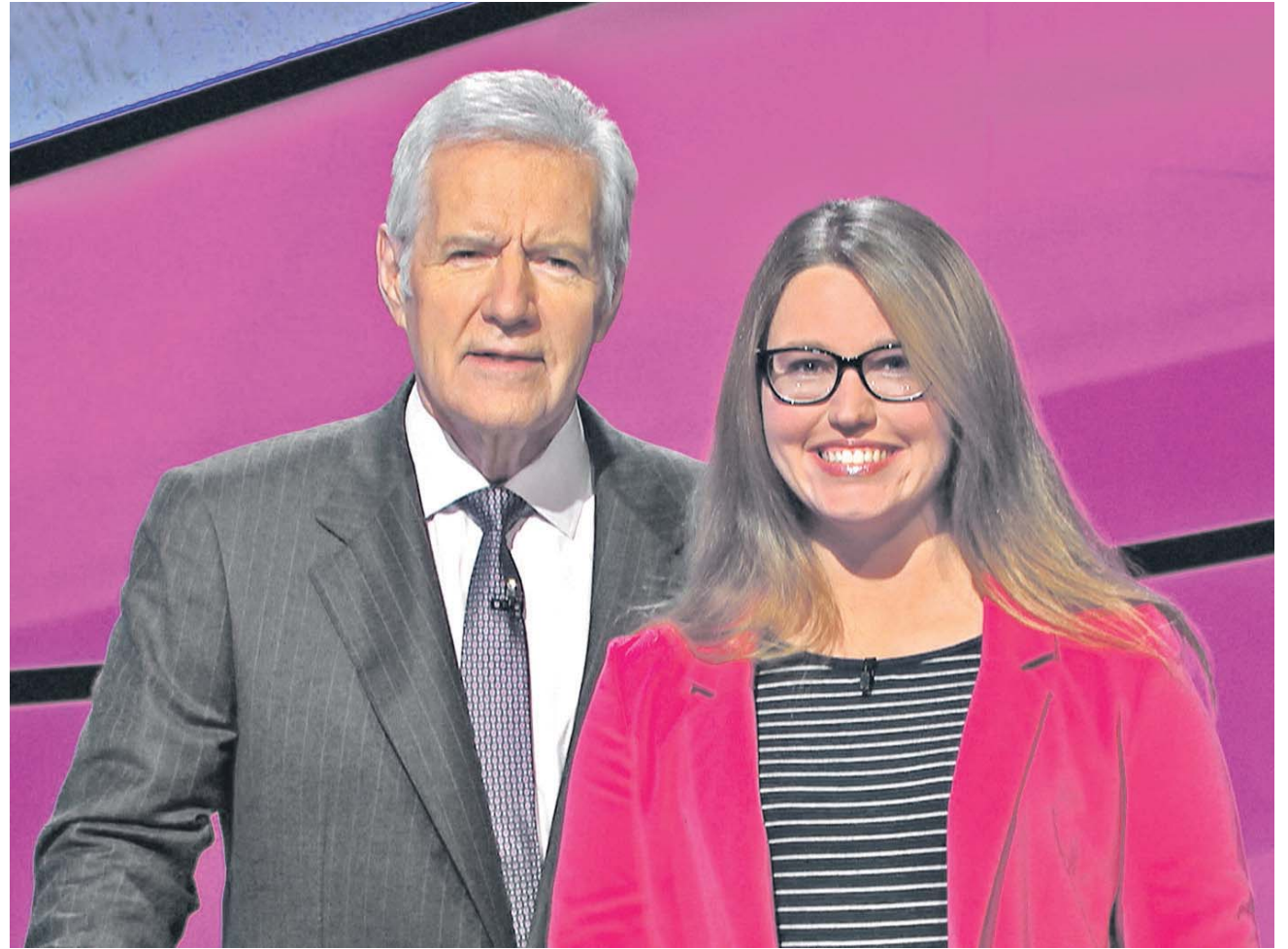
50/50 raffle will also be taking place to raise funds.

And if all that is not incentive enough, the Canajoharie Moose Lodge at 205 Erie Blvd. will also

be hosting a chicken barbecue that evening to feed the hungry trivia teams.

The “What Do You Know?” Trivia Night is taking place Thursday,

April 25 starting at 7 p.m. at the Canajoharie Moose Lodge. Teams are encouraged to arrive early to make sure they have seats for everyone on their teams!



Courtney Llewellyn, with “Jeopardy!” host Alex Trebek, will be hosting the trivia fundraiser.

Photo courtesy of Courtney Llewellyn

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## VHS receives 2019 Community Partnership Award at Herkimer BOCES Annual Meeting

*Valley Health Services provides opportunities, employment for Herkimer BOCES students*



HERKIMER – Herkimer-Fulton-Hamilton-Otsego BOCES Health Science Careers 2018 graduate Lyli Cirillo remembers distinctly how she felt when she was hired right out of high school as a certified nursing assistant at Valley Health Services (VHS) in Herkimer.

"Relieved," she said. "It was very relieving."

Cirillo, of Central Valley, worked as a resident assistant at VHS during her junior and senior

years at Herkimer BOCES and also participated in clinical there as part of the Health Science Careers class.

That's just one example of the strong collaboration between VHS and Herkimer BOCES – both with the Health Science Careers class for high school juniors and seniors and with the Herkimer BOCES Adult Practical Nursing Program.

**VHS 13**

VHS received the Herkimer-Fulton-Hamilton-Otsego BOCES 2019 Community Partnership Award during the Herkimer BOCES Annual Meeting on April 4. (L - R) Herkimer BOCES District Superintendent Sandra Sherwood, VHS Administrator Kathy Eisenhut, VHS Director of Nursing Melissa Ippolito, Herkimer BOCES Adult Practical Nursing Program Coordinator Sara Nicolette and Herkimer BOCES Director of Adult, Early Childhood and Outreach Education Mary Kline.

*Photo courtesy of Herkimer BOCES*

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### VHS from 12

For these reasons, Herkimer BOCES named VHS as the recipient of the 2019 Community Partnership Award during the Herkimer BOCES Annual Meeting on Thursday, April 4 at the William E. Busacker Complex in Herkimer.

Also at the Herkimer BOCES Annual Meeting, Herkimer BOCES District Superintendent Sandra Sherwood did a "Creating Opportunities for Growth" presentation, the Richfield Springs Central School Drumline directed by Paul Drake provided the entertainment and the Herkimer BOCES Culinary Hospitality program with instructor Dominick Mauro served hors d'oeuvres and a buffet dinner.

VHS Administrator Kathy Eisenhut and Director of Nursing Melissa Ippolito attended the Annual Meeting to accept the Community Partnership Award.

"They're so supportive of our program," Herkimer BOCES Director of Adult, Early Childhood and Outreach Education Mary Kline said. "Just above and beyond."

Eisenhut said the cooperation has benefited both sides – with VHS able to find strong candidates for jobs.

"We're very honored to accept the award," Eisenhut said. "It's a strong partnership we've had over the years."

### The partnership

VHS is a nonprofit organization that was founded in 1984. It has grown from 32 to 160 beds and is a long-term care and rehabilitation facility.

VHS provides skilled nursing and long-term care, short-term inpatient rehabilitation and subacute care, outpa-

tient rehabilitation, adult day health-care and palliative care.

There is a focus on providing quality care for the body, mind and spirit, Eisenhut said.

### Professional workplace

Herkimer BOCES Health Science Careers students do their clinical experience at VHS in spring as juniors and in autumn as seniors – totaling more than 100 hours. They work closely with residents and help with feeding, ambulation and personal care, such as dressing and bathing, Health Science Careers instructor Christe Zambri said.

Many students are hired to work there as a resident assistant while going to high school and as a certified nursing assistant (CNA) after graduating, Zambri said.

Eight current seniors and two juniors work as resident assistants at VHS, and about 15 CNAs there are from the Herkimer BOCES program, Ippolito said. There also are other students who go onto other careers in healthcare but still gain helpful experience through the clinical, she said.

### 'Our LPNs'

VHS regularly provides financial support for employees who are interested in joining the Herkimer BOCES Adult Practical Nursing Program. The organization also provides mandatory study time for those employees to prepare for their nursing board exams, and representatives attend the Herkimer BOCES LPN graduation ceremony.

VHS is there for students through the whole process – from a bad test to graduation, she said.



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## VHS is recipient of Herkimer BOCES' 2019 Community Partnership Award

HERKIMER – Valley Health Services (VHS) was awarded Herkimer BOCES' 2019 Community Partnership Award during the Herkimer BOCES Annual Meeting on Tuesday, April 4 at the Herkimer BOCES complex on Gros Boulevard in Herkimer.

VHS and Herkimer BOCES have had a strong partnership for over 20 years – collaborating on the academic and hands-on educational components for

BOCES' Health Science Careers program for high school juniors and seniors as well as the Herkimer BOCES Adult Practical Nursing Program.

BOCES Health Science Careers students do their clinical experience at VHS in spring as juniors and in autumn as seniors. They do more than 100 hours, working with residents and helping with feeding, ambulation and personal care, such as dressing and

bathing. The students get hands-on experience and are able to practice the skills they need for their certification exam.

"The clinical visits allow students to do basic nursing care, which is where everyone starts," said Kathy Eisenhut, VHS administrator. Not only does it give students great experience for the careers they're continuing, it also benefits VHS with finding strong candidates for

jobs. Many of the students are hired for Resident Assistant positions at VHS and decide to continue in their learning as Certified Nurse Assistants or Licensed Practical Nurses, which VHS provides tuition reimbursement opportunities.

"This award is a nice way to recognize the longstanding partnership, and we are so honored to accept this Community Partnership Award," said Eisenhut.

## Sweet treats make Easter special

From chocolates to marshmallows to caramel eggs to jelly beans, Easter is chockful of candy. And for those who think Easter is only child's play, guess again.

Americans spend up to \$2 billion on Easter candy each year, according to Sweet Services, an online candy retailer. The National Confectioner's Association says people in the United States consume nearly seven billion pounds of candy during the year, and Easter is the second-most popular holi-

day (behind Halloween) for indulging a sweet tooth.

Faith comes first for many Easter celebrants. But there's nothing wrong with enjoying some candy come Easter Sunday. Here's a look at the history behind some of the sweets the Easter Bunny might leave in your basket this year.

- **Chocolate eggs:** The first chocolate eggs were made in Europe in the early 19th century. Since then, they have become one of the most popular and recognizable treats associ-

ated with Easter. The chocolate egg is predated by edible Easter eggs made from sugar and pastry first designed in Germany. According to the "Guinness Book of World Records," the largest chocolate Easter egg ever made debuted in 2011. It was just over 34 feet high and weighed nearly 16,000 lbs.

- **Chocolate bunny:** The Easter Bunny also is a German incarnation. The seasonal bunny was introduced to America in the 18th century by German immigrants who believed in the

"Osterhase," an egg-laying hare they believed was a sign of new life and prosperity. Germans also introduced the first edible chocolate bunnies. The NCA says 76 percent of people eat the ears on chocolate bunnies first.

- **Jelly beans:** People aren't quite sure where the jelly bean originated, but some think it was based on a soft, chewy Middle Eastern sweet called Turkish delight and the hard candy shell of Jordan almonds. William Shraft, a Boston-based

confectioner, may have coined the phrase "jelly bean" when he urged people to send these sweets to Union soldiers fighting in the Civil War.

- **Peeps:** Peeps are owned and made by Just Born Inc., a Pennsylvania-based company started by Russian immigrants when they acquired the Rodda Candy Company in 1953. Just Born figured out a way to automate and streamline the process of making Peeps, and today they can produce 5.5 million per day.

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## This shaped me into the person I am today

### *Herkimer BOCES programs, nurses from childhood cancer treatments guide student toward nursing career*

At 11 years old, Erica Putch would spend from 6 a.m. to 6 p.m. on many Thursdays and Fridays receiving aggressive treatments for Hodgkin's lymphoma.

She would have two weeks off before returning to Upstate Medical Center in Syracuse for another Thursday and Friday of treatments. This lasted for three months.

"I hated hospitals," she said. "I hated everything, until the nurses made me feel comfortable. I wanted to be just like them."

A cancer survivor, Putch still has some health complications and goes to yearly checkups, but the way those nurses treated her served as an inspiration as she set her mind on a nursing career for herself.

"Nursing has always been my dream," she said. "To become a nurse."

Putch, of Herkimer, graduated from the Herkimer-Fulton-Hamilton-Otsego BOCES Health Science Ca-

reers program in high school, spent three years working as a certified nursing assistant at Valley Health Services in Herkimer, earned an associate degree from Mohawk Valley Community College, currently works as a phlebotomist at the St. Elizabeth Campus in Utica and is a student in the Herkimer BOCES Adult Practical Nursing Program.

She is succeeding in the Herkimer BOCES part-time day program, where she is training to become a licensed practical nurse, Nursing Program Coordinator Sara Nicolette said.

"She's a quality individual," Nicolette said. "She'll make a wonderful nurse. I would let her take care of me or my family any day."

#### Go for it

As a high school student at Herkimer, Putch heard about what is now the Herkimer BOCES Health Science Careers program during Sophomore Visitation Day and learned it would be a good option for beginning her nursing career.

"I wanted to start at the very bottom," she said, noting she thinks it's important for a nurse to work her way up the ladder in order to be capable of all aspects of the job.

Putch said the two-year Career and Technical Education program, which she took under then-instructor Brenda (Bouchard) Goodfriend when it was called Health Occupations, reaffirmed her aspirations for a nursing career.

"It was amazing," she said. "It was hands-on. The teachers were amazing. We did a lot of clinicals for that too. I just loved it. Once I started that program, I knew I wanted to continue on."

#### Here I am

Putch earned her associate degree in liberal arts and sciences from Mo-

hawk Valley Community College and went through a 2.5-month training program at MVCC to become a phlebotomist technician, which has been her job for the past three years at the St. Elizabeth Campus.

She was applying to schools to become a registered nurse, but her options were limited because she didn't want to move away. She heard about the Herkimer BOCES Adult Practical Nursing Program and that the two-year, part-time day program would also allow her to keep working while training to become a licensed practical nurse.

"I thought, 'Why not go for LPN?'" she said. "So here I am. I love it. It challenges me every day."

Putch has continued her phlebotomist technician job while attending the program – doing part-time work during the first year and now dropping down to per diem during her second year to focus on completing her studies.

#### The difference

When Putch is working with patients, she still remembers what it's like to be in a hospital bed.

"I do because I know exactly what they're going through," she said. "When a good nurse comes along, you feel better, and that's how I want to be with my patients."

The fact that Putch still reflects on her experience as a cancer patient when working as a nurse isn't surprising, Nicolette said.

"It shows clearly in her dedication," Nicolette said.

Putch said taking the Herkimer BOCES Health Science Careers class and now the Adult Practical Nursing Program has had a major impact on her life.

"This shaped me into the person that I am today," she said. "I wouldn't be who I am. I like who I am now. It's amazing – I used to be so shy. Now, I can talk to anybody."

Putch used to be hesitant when talking to people including patients, but she has learned when to tell jokes or offer other calming words. "I kind of realized what to say to make someone feel better," she said.

Everything about the nursing industry still comes back to those nurses who helped her as a cancer patient.

"I hated it, and I came to love it," she said. "They just made me feel so comfortable, and they're amazing."

Now, she feels that she is prepared to do the same for a patient in a similar situation to what she was going through. "Absolutely," she said. "It's just crazy seeing the difference in me."



Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program student Erica Putch studies from her nursing books in a classroom at the Remington Educational Complex in Ilion.

Photo courtesy of Herkimer-Fulton-Hamilton-Otsego BOCES

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## The Kitchen Diva

by Angela Shelf Medearis

### Step up your grilled cheese game

I love a grilled cheese sandwich for breakfast... and lunch, and dinner, and snacks. Okay, I love grilled cheese sandwiches anytime of the day! I'm not the only one who adores a little cheesy goodness from time to time. Grilled cheese sandwiches are one of the top comfort foods in the United States.

Research provided by some food historians states that cooked bread and cheese is an ancient food that has been enjoyed across many cultures, and is found from ancient Roman texts to the more recent French croque monsieur sandwich. Originally, this cheese and bread combo was made as an open-faced sandwich.

The modern version of the grilled cheese sandwich originated in the United States in the 1920s. James L. Kraft, of Kraft Cheese fame, invented and patented the cheese pasteurizing process. This prevented Kraft cheeses from spoiling when transported long distances across America.

If you've ever used the expression "the best thing since sliced bread," thank Otto Frederick Rohwedder of Davenport, Iowa. Rohwedder invented the first single loaf bread-slicing machine, but the prototype he built in 1912 was destroyed in a fire. It wasn't until 1928 that Rohwedder had a bread slicing machine that made distributing white bread easy and affordable. With the availability

of processed cheese and sliced white bread, the American-style grilled cheese sandwich gained popularity!

The beauty of grilled cheese sandwiches is the ability to mix and match cheeses, bread and seasonings according to taste. Adding sauteed vegetables or condiments enhances the flavor of the cheeses.

Using hearty breads like country white bread, ciabatta, multi-grain, pullman, pumpernickel, potato and sourdough will take your grilled cheese game to a new level! I have a few recipes to help you step up your grilled cheese game!

#### Grilled Cheese Sandwich

*Spreading mayonnaise on the bread and using melted butter to cook the sandwich adds flavor and a crispy texture. Go traditional or try the variations below for a delicious, grilled cheese twist!*

2 slices (1/2 inch-thick) Pullman or other white bread per sandwich

2 tablespoons mayonnaise per sandwich

1 tablespoon unsalted butter per sandwich

2 ounces (about 4 slices) thinly sliced American or Cheddar cheese, or combination of both per sandwich

1/8 teaspoon pepper, per sandwich, optional

1. Place bread on a cutting board and spread mayonnaise over top side of each slice.

2. Place a small skillet (non-stick or cast-iron) over medium heat. Add in 1/2 tablespoon of butter. When the butter is

melted, place 1 slice of bread, mayonnaise side down, in skillet; top with cheese or filling of your choice (see below); season with pepper, optional.

3. Top with second slice of bread, mayonnaise side up. When underside is golden brown, about 3 to 4 minutes, turn sandwich and add remaining butter to skillet. Press down gently on sandwich for even browning and to help melt cheese. Cook, 1 to 2 minutes until second side is golden brown and cheese is melted.

#### Stepped-Up Grilled Cheese

**Spicy Diner Grilled Cheese Sandwich:** Mix 2 tablespoons mayonnaise with 1/4 teaspoon Sriracha. Spread mayonnaise over top side of each slice. Prepare for cooking according to instructions above.

**Southwestern Grilled Cheese Sandwich:** 2 slices white bread with 1 slice Monterey jack, 1 slice Pepper Jack cheese, 1 slice Cheddar cheese, 4 to 6 pickled jalapeno slices. Prepare for cooking according to instructions above.

**Grilled Cheese With Pesto:** Spread pesto on 1 slice white bread. Top with 1 slice each provolone and mozzarella. Top with another slice of bread. Prepare for cooking according to instructions above.

**Grilled Cheese With Roasted Tomato:** Toss 4 halved plum tomatoes with 1 tablespoon olive oil, and thyme, salt and pepper to taste. Roast at 350 F for 1 hour; mash. Spread 2 slices sourdough bread with one-quarter of the tomato mix-



ture and sandwich with 2 slices cheddar. (Use the remaining tomato mixture for more sandwiches.) Cook, following recipe instructions above.

**Cajun Muffuletta Grilled Cheese Sandwich:** To 2 slices country white bread place 2 slices provolone and 1 tablespoon deli olive salad between the cheese, and season with 1/8 teaspoon Cajun seasoning. Cook, following recipe instructions above.

**French-Style Grilled Cheese Sandwich:** Spread 2 slices sourdough bread with Dijon

mustard and brie (remove the rind), and add some caramelized onions. Cook, following recipe instructions above.

**Spanish-Style Grilled Cheese Sandwich:** Spread the bread with fig jam. Build the sandwich by placing 1/4 cup grated Manchego cheese and 1 tablespoon sliced green olives between 2 slices white bread. Cook, following recipe instructions above.

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## Donna's Day: Creative family fun

by Donna Erickson

### Flying with kids

I was one of the last to board a spring break flight from snowy Minnesota to sunny Florida. As I stepped from the jetway into the galley and turned right, I couldn't help but smile when I saw a cabin filled to the max with families. Children of all ages were dressed in bright spring clothes, some wearing Mickey Mouse ears, and others waving Harry Potter wands, eager to visit theme parks and beaches. This was not the typical business-as-usual flight of coffee-carrying commuters preoccupied with their cellphones and computers.

This could be a long trip, I thought, as kids became fidgety in the second hour of the three-hour flight. Then, like magic, I looked up and

our own onboard "Mary Poppins" appeared. She interacted with preschoolers in row 18, then pivoted and engaged school-age kids in 22 with a word game she created. Before long she assisted a mom by carrying her restless son down the aisle announcing it was his first birthday. Spontaneously passengers and flight attendants joined in a rousing "Happy Birthday to Kyle."

"When kids get a little antsy, that's when I swing into action," said our Mary Poppins, aka Cindy Skrien, mom, educator and track coach. "There are so many things to challenge kids' minds and keep them entertained on a flight."

"New voices, faces, sounds, sights. Look at all the lights, buttons and latches that are fascinating and pure entertain-

ment to a young child. Read numbers and letters for the seats and match them up. Guess how many rows there are, then count on the way to rear restrooms.

"And always remember to slide the window shade up and watch the miles fly by. Discover fascinating sites on the ground. Even when it's dark outside."

Planning a summer trip by plane? Take tips and inspiration from Cindy, and consider these two pre-flight practical strategies to set the stage for keeping kids calm and engaged from takeoff to landing:

- When two adults fly with kids and it's time to preboard, don't all jump in line together. Instead, one adult should board with all the gear and get settled for the flight while the other adult remains in the waiting area to let out kids' wiggles, then board last.

- Always bring a wide assortment of healthy snacks and beverages. You'll never know if you'll be delayed in the plane prior to takeoff, or what the airline provides for in-flight food and drink.

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Flying from Minnesota to Florida, traveler Cindy Skrien assists a mom she met onboard in entertaining her 1-year-old son.



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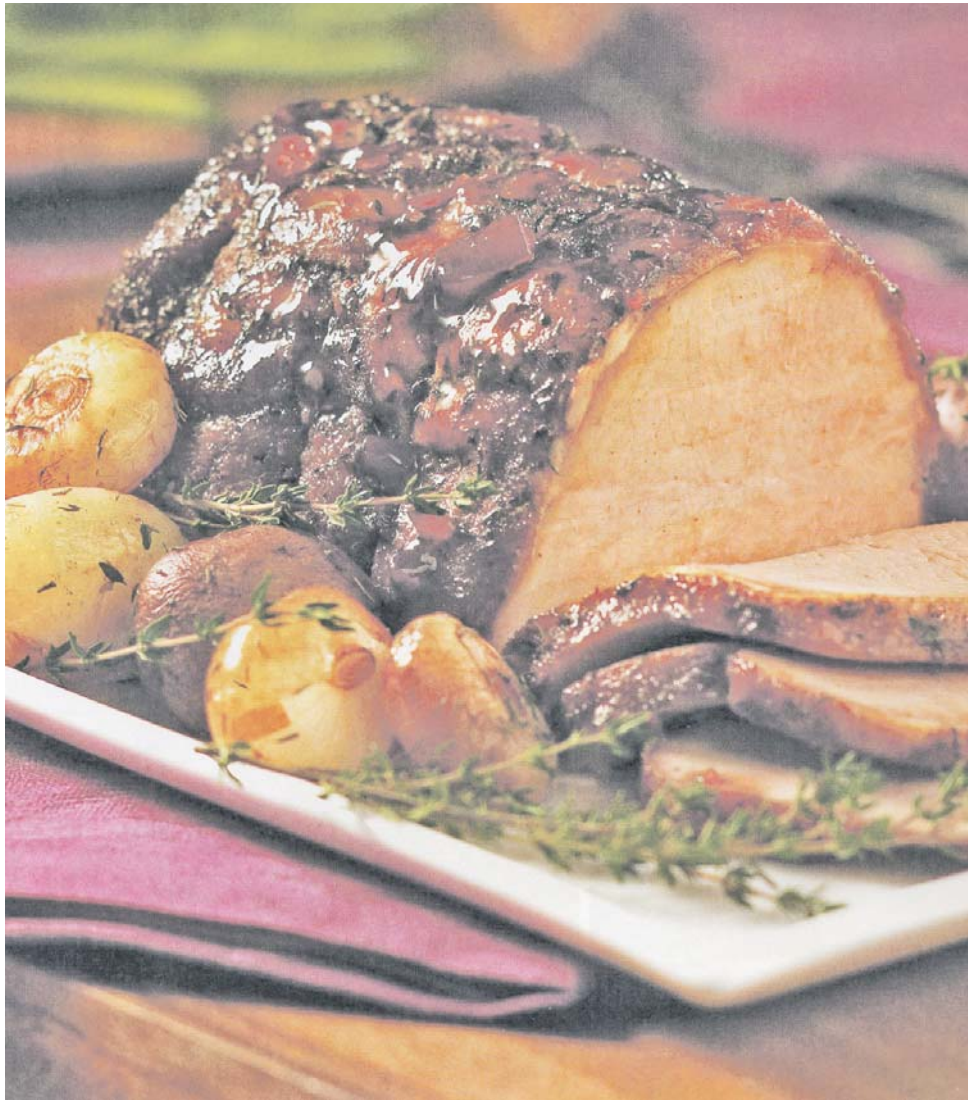
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## Fire up the smoker for Easter dinner



For much of the country, Easter Sunday typically falls during a time of year when the weather outside is still pretty chilly. But this year Easter falls on the third Sunday in April, increasing the chances that temperatures will be more spring-like and less reminiscent of winter.

Warmer temperatures on Easter Sunday means hosts tasked with cooking Easter dinner might be able to expand their culinary horizons and avoid the stove. Though they might not have considered it before, hosts might want to fire up their smokers to give their families something delicious and different to dine on this Easter Sunday. If the weather takes an unexpected turn for the worse, electric smokers can typically be used indoors, but check the manufacturer's instructions to confirm that.

Big meals are part and parcel for Easter Sunday, this recipe for "Pork Loin Roast with Hot Pepper Jelly Glaze" from Karen Putman and Judith Fertig's "Championship BBQ Secrets for Real Smoked Food" (Robert Rose) is a great way to take advantage of warmer Easter weather while still ensuring everyone has a full belly by the end of the meal.

### **Pork Loin Roast with Hot Pepper Jelly Glaze**

*Serves 4 to 6*

- 1 boneless pork loin roast (about 2 lbs.)
- 4 cups apple juice
- 1/2 cup Brown Sugar Rib Rub (see below)
- 1 cup hot pepper jelly
- Additional apple juice for spraying
- 1. Rinse pork under cold running wa-

ter and pat dry. Place in a large sealable plastic bag and pour in apple juice. Seal bag and refrigerate for at least 8 hours and up to 12 hours.

2. Remove pork from marinade and pat dry. Discard marinade. Sprinkle dry rub over the surface of the meat, coating evenly. Set aside.

3. Prepare a fire in your smoker.

4. Meanwhile, in a small saucepan, melt hot pepper jelly over medium-low heat. Keep warm by the smoker.

5. Place pork directly on the smoker rack, add wood to the coals and close the lid. Smoke at 225°F to 250°F, spraying with apple juice every 30 minutes, for 2 hours. Brush with hot pepper jelly, close the lid and smoke, spraying with apple juice every 30 minutes, for 1 to 1 1/2 hours, or until a meat thermometer inserted in the thickest part of the pork registers 160°F for medium, or until desired doneness. Let rest for 15 minutes before slicing.

### **Brown Sugar Rib Rub**

*Makes about 3 1/2 cups*

- 2 cups packed dark brown sugar or granulated maple sugar
  - 1/2 cup fine kosher or sea salt
  - 1/4 cup sweet Hungarian paprika
  - 1/4 cup chili powder
  - 1/4 cup ground lemon pepper
  - 1/4 cup granulated garlic
  - 1 tablespoon freshly ground black pepper
  - 1 teaspoon dried basil
  - 1 teaspoon dried thyme
- In a medium bowl, combine brown sugar, salt, paprika, chili powder, lemon pepper, garlic, black pepper, basil, and thyme.

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## Comfort Foods Made Fast and Healthy

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### Easy Banana Bread

*I don't know about you, but I do't think you can EVER have too many banana bread recipes! This one is about as easy as they get.*

1/2 cup fat-free sour cream

Sugar substitute to equal 1/2 cup, suitable for baking

1 cup mashed ripe bananas  
1 egg or equivalent in egg substitute  
1 teaspoon vanilla extract  
1 1/2 cups reduced-fat biscuit baking mix

1/4 cup chopped walnuts

1. Heat oven to 350°F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray. In a large bowl, combine sour

cream, sugar substitute, mashed bananas, egg and vanilla extract. Add baking mix and walnuts. Mix well to combine.

2. Spread batter into prepared loaf pan. Bake for 50 to 60 minutes or until a toothpick inserted in center comes out clean. Place pan on a wire rack and let set for 5 minutes. Remove bread from

pan and continue cooling on wire rack. Cut into 8 thick slices. Serves 8. Freezes well.

\* Each serving equals: 148 calories, 4g fat, 4g protein, 24g carb., 290mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat.

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## Kovels: Antiques and Collecting

by **Terry and Kim Kovel**

### Donald Duck Knockoff

Donald Duck is a Disney character and there are strict laws about copying

his likeness, so this wooden toy from the 1930s must be a knockoff. The duck could be a relative, but it certainly is not one sanctioned by The Walt Disney



Collectors like unique examples, even those that are mysteries. This wooden pull toy, a copy of Donald Duck, was possibly made in China in the 1930s. It sold at a Milestone auction in Willoughby, Ohio, for \$4,200.

Company. The wooden pull toy has a place to attach a string. Pull it, and Donald's legs "walk," the wheels turn and the tiny chick bobs back and forth. Toy collectors like early examples of comic characters that are rare and by unknown makers. This is the only one the Ohio auctioneer had ever seen. It is thought it was made in China in the 1930s. The toy, perhaps an Easter gift, sold on the 57th bid for \$4,200, well over the estimate.

**Q:** I have some blue-and-white dishes my grandmother said she took from the dining car on a B & O Railroad trip years ago. I know stolen paintings, ancient relics and other stolen items are confiscated and, if possible, returned to the original owners. Can I put my dishes in an auction?

**A:** Railroad dining cars and airplanes used to have special dishes made with their names and significant views or logos. And there have been "Railroad China" collectors for years. Some of the china was "liberated" by dinner guests, but much was sold at the railroad's gift shop. Most popular was the Centenary china first used in 1927 by the B & O Railroad for their 100th anniversary. It was so popular that they continued to use it for over 50 years, and later, even made copies that were sold at the gift shop. The original, and most expensive for today's collectors, are Centenary pieces with the rectangular "Scammell's Lambertson China Patent Applied For" mark on the back. It was used from

1927 until 1930-31, when the mark was changed to read "Design Patented."

**Q:** My six flat silver butter knives are stamped "Pat. Apld. For Puritan Silver Co." Are they sterling silver? Are they worth anything?

**A:** Puritan Silver Co. is a trade name used by Oneida Silversmiths on silver-plated flatware. Silver-plated flatware doesn't sell well. Young people don't want to bother to keep it polished, and it doesn't have the meltdown value that sterling silver has. Silver-plated butter knives sell for about \$1 each.

### Current prices

- Cut-glass bowl, hobstars, flared fans, notched miters, strawberry diamonds, 3 5/8 x 9 inches, \$20.

- Oushak rug, repeating triangular shapes, blue ground, green and blue flower border, 2 feet 7 inches x 6 feet 3 inches, \$100.

- Dinner gong, brass, wrought iron, relief repousse portrait, Roland A Ronceveux, scrolled support, 32 x 31 inches, \$475.

- Carousel horse, prancer, horsehair tail, leather tack, beige, spots, Armitage-Herschell, 46 3/4 x 13 3/4 inches, \$1,560.

Tip: Old, authentic carousel figures almost always have glass eyes or realistic horse-shaped eyes. Reproductions have human-shaped eyes, either Asian or Caucasian.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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16 Taj Mahal city  
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18 Including the latest info  
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23 Certain card  
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45 Medicinal plant  
46 Rembrandt works

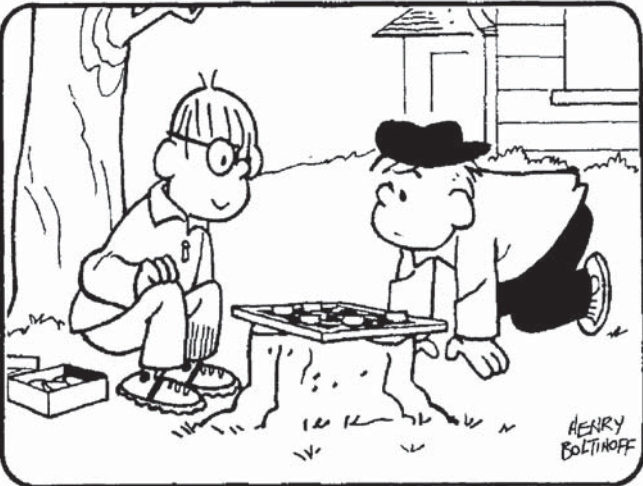
1 2 3 4 5 6 7 8 9 10 11  
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33 34 35  
36 37  
38 39 40 41 42 43 44  
45 46 47  
48 49 50  
51 52 53

47 Canine  
48 New Balance competitor  
49 Entanglement  
50 Trail behind  
51 Busy one  
52 Cruising  
53 Type measures  
**DOWN**  
1 Grand  
2 First course, often  
3 Saucy  
4 Tool used on cheese  
5 Two cubed  
6 Extra  
7 Speak halt-ingly  
8 Concerning  
9 Suitor  
10 Formerly, formerly  
11 Pledge-drive gift  
19 Admitting clients  
20 Author Fleming  
23 Bliss  
24 Have bills  
25 Barbie's friend  
26 Silent  
27 Discoverer's cry  
28 Dopey pal?  
29 "A mouse!"  
31 Rocket launcher  
32 Passel  
34 Lustrous black  
35 Hill that's steep on one side  
36 Villainous look  
37 Actress Sevigny  
38 "Phooey!"  
39 Hodgepodge  
40 Heard reveille  
41 Supermarket stack  
42 Between jobs  
43 Wander  
44 Early birds?

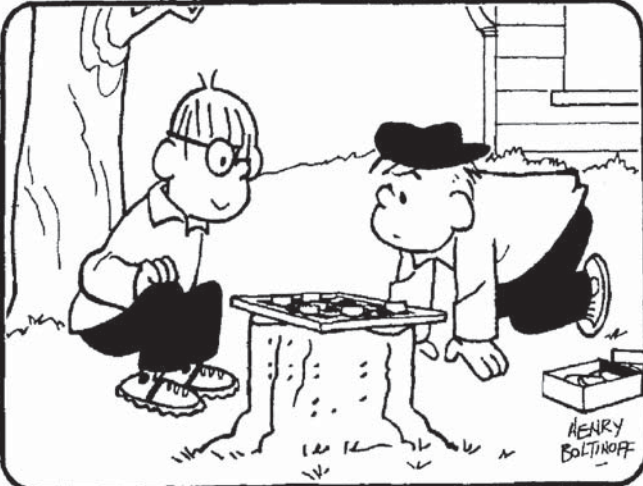
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's pants are black. 2. Box has been moved. 3. Garage is gone. 4. Shirt zipper is missing. 5. Tree stump is taller. 6. Boy's left arm can't be seen.

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Weekly SUDOKU

by Linda Thistle

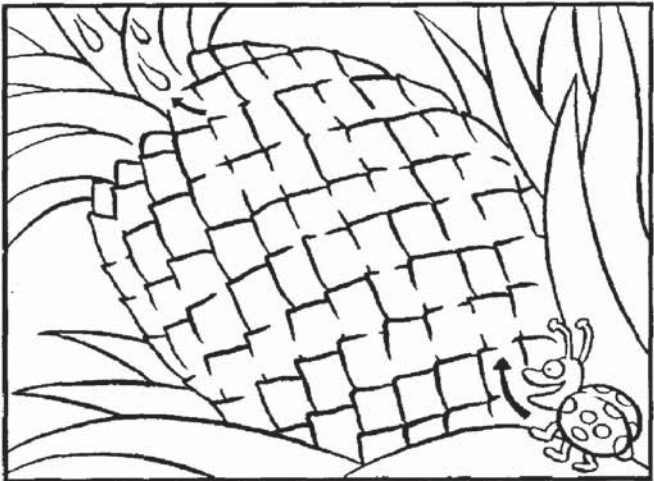
4	7		5					8
		3			1	7		
8				2			6	
		6			4	3		5
7			2					9
	9			1		6		
		7	6			5		
3			8		7		4	
	4			9				2

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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**A JUICY JOURNEY!** Can you help this little bug find his way across the mazy surface of this sticky pineapple to the nectar oozing from the stem?

**ODD MAN OUT!** To the right is a list of five words. Can you figure out which word doesn't belong on the list?

Answer: Abrasive. The other words all contain a "number" within themselves. (1. One. 2. Ten. 3. Eight. 5. Two.)

1. STONE  
2. STENO  
3. FREIGHTER  
4. ABRASIVE  
5. DRIFTWOOD

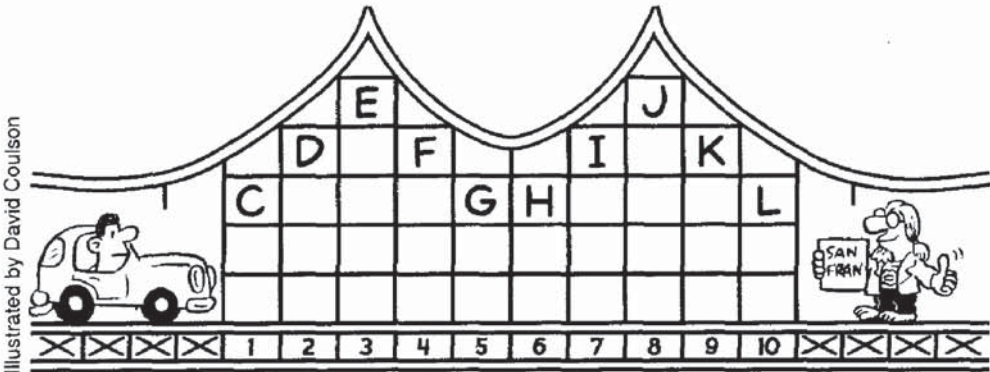
**LINK-UPS!** Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word in the right.

1. BET  
2. TAPE  
3. COW  
4. CORN  
5. MID  
6. END
- ICE  
GET  
RAYS  
RED  
EARS  
LED

Answers: 1. Betrays. 2. Tapered. 3. Cowled. 4. Cornice. 5. Midget. 6. Endears.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

**A WORD BRIDGE!**

The bridge above contains 10 supporting words. We give you the first letter of each word plus plenty of hints.

1. An unprincipled man.
2. A pointed missile.
3. An artist would use one.
4. A western card game.
5. What a musician looks for.
6. An actor who overacts.
7. A stork-like wading bird.
8. A short space of time.
9. Found under a ship.
10. To throw something in a high arc.

Answers: 1. Cad. 2. Dart. 3. Easel. 4. Faro. 5. Gig. 6. Ham. 7. Ibis. 8. Jiffy. 9. Keel. 10. Lob.

# Country Editor

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

## Number / Classification

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

## Announcements

### ADVERTISING DEADLINE

**FRIDAY • 2:00 PM**

(Week Prior to Each Friday Dated Paper)

For as little as \$4.00 - place a classified ad in

*The Country Editor*

Call Peg at **1-800-836-2888**

or **518-673-0111**

or email [classified@leepub.com](mailto:classified@leepub.com)

## Announcements

### SELF-INKING STAMPS:

Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. at 518-673-0101 or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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

### ★ ★ ★ ★ ★ ADVERTISERS

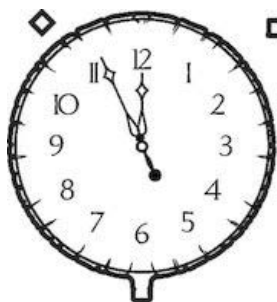
Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888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

**NEW HOURS:** Randy's Ridge, Ilion, Opens May 18th, Weekend visitors, Sat. Sun., Mon, only 10am-6pm located 216 Avery Road 315-894-0250.

## Antiques

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

## Announcements



## Antiques

**WANTED TO BUY:** BEECH-NUT Penny Machines, Wood Sap Buckets, Oak Bookcases, Decorated Crocks & Jugs, Old Paintings, Oak Frames, Old Christmas & Halloween, 1920's Postcards. Tin & Porcelain Signs, Decorative PYREX, Cabinet Cards, Scrapbooks, Holiday Blow Molds, Glass Negatives, Old Costume & Gold Jewelry, Quilts, Farm Primitives, Old Hats & Dresses, Pocket Watches & Knives, Early Comic Books, Railroad Items, Bakelite, Dairy Bottles, Cast Iron Toys, Griswold Pans, Old COKE & PEPSI Soda Signs, Large Thermometers, Civil War Items, Antique Baseball Stuff, Wood Boat & Plane Models, Taxidermy, Needlepoint, Doilies, Cigar Stuff, Hunting, Fishing, Advertising of all sorts. We absolutely DO NOT buy anything with barcodes, says CHINA, or made after 1975. **WE WANT OLD STUFF!** Free House Calls... Cash Paid... We R Fun! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-1177.

### Building Materials/Supplies

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### Buildings For Sale

Slightly Used 10x12 Cottage Shed with Vinyl Siding, \$2,000. Yoder Quality Sheds 315-858-0841

## Construction Services

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## Custom Services

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## Dogs

Looking for AKC male miniature schnauzer for stud service, good health, all shots, good mannerisms. For more information call: 315-894-1335.

## Estate Sales

**ESTATE SALE:** 465 Otsego Street, Ilion, NY. April 19th & 20th, 7am to 5pm. 65 years of accumulation. Furniture, linens, lawn stuff, hunting clothes, tools, books plus much more. No checks. Cash only.

## Construction Services

## Farm Market Items

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## For Rent

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

## For Rent

**MOHAWK:** Large one bedroom apartment. Utilities included. No smoking/pets. Country setting. \$700/month +security/references. 315-717-8729

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

**MOHAWK:** Downstairs apartment, one bedroom, parking, security deposit, no cats, smoke free, available May 1st. Good location. References, \$550. Call 315-866-0424

## For Sale

**ASHLEY** solid wood coffee table, deep drawer & storage lift top both ends, \$50; Dora TV w/remote, \$10; Kids bikes: \$15 and \$20. Antiques: rolltop desk; miscellaneous chairs & more. 315-894-1335

**TOTAL GYM,** As seen on TV, complete, paid, \$350, yours for \$150. 315-219-0624.

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

**SANYO VCR** player and first 2 seasons of the Sopranos tapes; assorted bells; punch bowl set. 315-520-3025

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# Improve life expectancy with some healthy habits

“Who Wants to Live Forever” is a song that appeared on the 1986 album “A Kind of Magic” by the rock band Queen. The song often sparks conversation about the potential benefits of immortality.

Immortality may not be possible, but many people aspire to improve their chances to live a long and prosperous life. A study published in the journal Lancet analyzed data from the 2016 Global Burden of Diseases project to generate life expectancy predictions from 2017 to 2040 for most countries. The United States saw the largest decline in ranking among high-income countries, as life expectancies in the United States are projected to fall from 43rd in 2016 to 64th by 2040, with an average life expectancy of 79.8. Life expectancy in the U.S. has dropped in each of the past two years, according to annual reports by the National Center for Health Statistics.

But there may be hope for Americans yet. Doctors and scientists continually study the lifestyles of people who

outlive their life expectancies. While genetics can play a role, so can following healthy habits, which have been identified to promote longevity.

- Don't smoke. Many smokers have been told that smoking trims 10 years off their life expectancies, and that statement is corroborated by a study published in 2013 in The New England Journal of Medicine that tracked participants over a span of several years. The good news is people who quit before the age of 35 can usually regain those lost years.
- Avoid drug use. Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has skyrocketed in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.
- Maintain healthy body mass. Moderate to vigorous exercise regimens and diets loaded with healthy foods can

keep weight in check. Maintaining a healthy weight has a host of positive side effects, including reduced risk of dying from cardiovascular disease. Cardiovascular disease is a leading killer in North America. According to the National Center for Health Statistics, nearly four in 10 adults and 18.5 percent of children in the United States are obese. According to the 2015 Canadian Health Measures Survey, 30 percent of adults in Canada are obese and may require medical support to manage their disease.

- Limit alcohol consumption. Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the Lancet suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking.

Simple, healthy lifestyle changes can help people increase their life expectancies.

— Weekly SUDOKU —

— King Crossword —

Answer

Answers

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

Solution time: 24 mins.

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

Americanisms

“No Taxes. Let’s just tip the government 15 percent if they do a good job.”

— Pat Paulsen

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Laff - A - Day

“Now we know why he went on that hunger strike.”

# PUBLIC AUCTION

## Tractors, Hay Equipment, Tillage Equipment

### Friday, May 3rd - 10:30 AM

Location: 437 Sandy Lane Rd., Little Falls, NY 13365

**TRACTORS:** International 684 gas tractor; Case IH Maxxum 5240A, 2851 hrs. **EQUIPMENT:** Kuhn tedder GF5202 THA, like new; Pottinger EuroTop 421A rake, like new; 2 bedding choppers; 3 pt. hitch scraper blade; Brillion Sure Stand SS10 seeder, 3pt. hitch, like new; Gehl 1085 forage chopper w/metal stop, good condition, forage blower Model 600; New Holland Model 489 haybine.

**HAY ELEVATORS:** 2 transport elevators; 1 skeleton elevator.

**BALERS:** Case IH RB 444, single owner, good condition; John Deere 348 sq. baler with #42 ejector; NH baler model 310, nice; BBM 7x4 bale shredder, skid steer mount, hyd. drive, like new.

**TILLAGE:** Case IH cushion gang transport disc; Kongskilde Vibro Master 3000 transport harrow, great condition; Unverferth Model 132 toolbar subsoiler, excellent condition; Allis Chalmers 1600 transport harrow; Case IH 3800 transport disc; International Model 420 3 bottom plow.

**HAY WAGONS:** Pequea 918 steel rack wagon; 6 wooden rack wagons; E-Z Trail metal rack wagon; 25 bales Brazilian green baler twine.

**FORAGE WAGONS:** Gehl with tandem gear; Dion with tandem gear; H&S with tandem gear.

**MISC:** AC-DC heavy duty welder; plastic feed cart; SS twin tubes; wooden firewood trailer; 3 pt. hitch wood splitter; 3 pt. hitch sickle bar mower; 1000 gal. Mueller milk tank w/cooling system; Mueller tank washer, good condition; Surge milk pump and milk jar; 4MR Gardner Denver vacuum pump; rubber cow mats; heavy duty Bush Hog Model 3800.

Sale Held for Joy Korce and Dan Casler

All Announcements Day of Sale Take Precedence Over advertising

No Buyers Premium

Hot Food Available Day of Sale

518-921-2016

Auction Zip # 18971

# Spring tips in the vegetable garden

by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Planning the garden layout, starting seeds indoors, and making coldframes are some of the spring activities for this year's vegetable garden.

In planning your veggie garden layout, avoid planting members of the same plant family in the same spot that they were in last year, or even the year before. This is called "crop rotation." Members of the same family are susceptible to the same diseases and insect infestations, and utilize the same nutrients. Planting crops from the same family in the same bed, year after year, can deplete soil nutrients, even with proper fertilizing.

For example, avoid planting members of the tomato family (tomatoes, potatoes, peppers, and eggplant) in the same place year after year. Likewise, the cucumber family contains this and melons and squash; the onion family has, in addition, leeks and garlic; the cabbage family has this crop and many others such as broccoli, cauliflower, kale, radishes, and turnips.

There are various other crop rotations you may read or hear about, but a simple one revolves around nutrient use. Leafy crops (lettuce, spinach, cabbage for instance) need lots of nitrogen, so start them out in beds that are new or enriched well with compost and manure. The next year, in this same bed, planting fruiting crops such as tomatoes, squash, cucumbers, and peppers. They don't want much nitrogen, but lots of phosphorus.

The third year, in that same bed, plant root crops

such as onions and carrots. These mainly need potassium, and grow fine if there is less nitrogen and phosphorus from the previous years. Finally, in year four, plant legume crops such as beans and peas that actually put nitrogen back into the soil. Add lots of compost and manure the fall of that fourth year, with other nutrients, and you'll be ready to restart your rotation the following spring.

I garden in several raised beds, and simply rotate crops among them from year to year—perhaps the simplest form of crop rotation and the minimum you should work toward. With this, I can usually manage a couple years between having the same crop in the same bed. Keep a simple layout map of your beds and plantings from year to year to help in your planning.

If you start seeds under grow lights or fluorescent shop lights indoors, check the tubes for signs of age. Tubes that have been used for two to three seasons probably have lost much of their intensity even though they look fine. Dark rings on the ends of the tubes are a sign they need to be replaced.

To get an early harvest of lettuce and other greens, dig out a large shallow container and sow some seeds. Grow them indoors until the weather warms enough to put them outside during the day. Keep cutting leaves from the outside of the plants to prolong the harvest. Or, you can sow seeds for a mesclun mix and cut off the leaves when still young. They will regrow for another harvest in a few weeks.

Long-season alliums, such as leeks and onions, should be started from seeds now. Sprinkle the seeds on top of seed-starting mix, keep it moist, and as soon as the seedlings emerge place the flats under grow lights. Snip the ends periodically to keep them about three to four inches tall and help them to grow strong.

Check seed packets and catalogs for recommendations, then plot out planting times for seeds you'll be starting indoors. You can find online sowing tables too, such as one I compiled ([pss.uvm.edu/ppp/pubs/oh90sowv.pdf](http://pss.uvm.edu/ppp/pubs/oh90sowv.pdf)). Don't try to get a jump on the season by planting earlier;

larger plants are more easily stunted than smaller ones and won't necessarily grow faster once they're transplanted outdoors. This is especially true for melons and squash that only grow when it is warm. Unless you give them protection, wait until at least late May to plant them outside.

Cold frames are handy for hardening off seedlings. You can make a simple cold frame by placing hay bales along the perimeter of a rectangle, and placing old windows or a glass storm door over the top. Purchased cold frames are convenient — some have thermostatically controlled tops that open automatically when the temperature inside hits a designated point. Since the midday sun can heat things up quickly, this feature is especially handy if you're away for long stretches during the day.

When your garden soil is dry enough to work in, sow peas, spinach and greens. Transplant cole crops such as broccoli, cauliflower, and cabbage into the garden. You'll need to buy cole crops as small plants if you didn't sow their seeds indoors back in March. Set up the pea trellis before you plant so you don't disturb emerging seedlings in the process.

Other spring tips for vegetables include planting a patch of asparagus which, being perennial, should last in that location for many years — it is a crop you do not rotate. Look into buying, or ordering, "seed potatoes" (not seeds, but rather small potatoes) of varieties you don't find in stores. I like to grow potatoes above ground in 15-gallon fabric-mesh bags, which you can buy just for this purpose.

Whether you're new to vegetable gardening, or with many years of experience, and have a mostly sunny site, grow tomatoes. There are so many tasty varieties, and heirlooms, that you just won't find in markets. There are newer varieties, too, that are compact for small spaces. In surveys of vegetable gardeners in Vermont, I've found that virtually all grow tomatoes. The other most-grown vegetables include salad greens, herbs, beans, cucumbers, and peppers.

## Herkimer College announces new degree program in Communication & Media

HERKIMER – Herkimer County Community College has announced a new associate in science degree program – Communication and Media.

Communication and Media A.S. will prepare students for transfer into a wide variety of bachelor's degree programs in media and communications. The program meets requirements for three SUNY transfer paths: 1) Communication: Media, 2) Communication: Non-Media and 3) Media Production.

The program is designed to enhance student commu-

nication skills utilizing digital media. Core areas of study include media production, visual communication, journalism, social media and human communication.

According to the U.S. Bureau of Labor Statistics, careers in communication and media are expected to grow by 6% between 2016 and 2026. The demand for new jobs is attributed to the increasing need to create, edit and disseminate information through a variety of emerging platforms.

"This program has been carefully crafted to prepare students for transfer while maintaining hands-on experience," said Blake Pitcher, associate professor of digital graphics. "We are very excited about the new program, as it was built on the long history and strong foundation of media excellence at Herkimer College."

For more information, visit [www.herkimer.edu/communication](http://www.herkimer.edu/communication) contact the Admissions Office at 315.574.4028 or [admissions@herkimer.edu](mailto:admissions@herkimer.edu).

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

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

**Mon. April 8th** - Sold 350 head, Cull ave. \$.43 top cow \$.55, Bulls/Steers \$.80 - \$.90, Bull calves top \$1.10 beef calf top \$3.00, heifer calves top \$.35, Dairy Feeders \$.40 - \$.66, Feeder Steers \$1.09 - \$1.26.

**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; Glen-coe 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. 2- 3 wheel Ferris Zero Turn Mowers & ¼ wheel zero turn - all in nice shape; Turf cat diesel front mower w/power steering hydrostatic. 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 yrld steer, 2 Angus feeders from one farm. Expecting a large number of beef breed feeders and brood cows.

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## How to control crabgrass before it appears

Homeowners who enjoy tending to their lawns know that grass is vulnerable to a host of problems, many of which appear at a time of year when lawn enthusiasts want to showcase the fruits of their lawn-and-garden labors.

Crabgrass is a common problem that appears in summer. According to Lowes, crabgrass plants produce thousands of seeds between midsummer and early fall. While the first frosts of late-fall or early winter kill the crabgrass plants, the seeds produced by the plants remain dormant throughout winter and then begin to grow as the ground temperature warms up with the spring and summer thaw. As a result, controlling germination, which is the development of a plant from a seed or spore after a period of dormancy, is the key to preventing crabgrass from becoming an unsightly blemish that can harm your lawn in summer.

A proactive approach to crabgrass can save homeowners the headaches of dealing with this unwanted guest taking over their grass. The following tips, courtesy of Lowes, can help homeowners reduce the likelihood of their lawns being overcome by crabgrass as summer hits full swing.

- Recognize that routine lawn maintenance may not be enough. Even lawns that receive sufficient TLC can fall victim to crabgrass. A proactive, crabgrass-specific approach to lawn maintenance is the most effective way to control the problem before it pops up.

- Apply a pre-emergent herbicide. Pre-emergent herbicides kill crabgrass seedlings as they germinate. While these herbicides are highly effective, they must be applied at precisely the right time. The right time to

apply them depends on weather patterns. For example, Lowes notes that homeowners who live in regions that might have experienced warmer than usual winters will probably need to apply the herbicides earlier than usual. While the manufacturer instructions should always be followed when applying herbicides, it's essential that homeowners take weather patterns into consideration as well.

- Wait until the ground temperature rises above 60°F. Applying herbicides when the ground temperature is below 60°F might render the products ineffective. Gauging soil temperature can be tricky, but Lowes advises monitoring shrubs and trees on the property. Once shrubs begin to bloom and trees bud, herbicide can be applied.

- Wait when treating newly seeded lawns. Pre-emergent herbicides might kill new grass seedlings, so homeowners with newly seeded lawns should wait until they have mowed their lawns three times before applying a herbicide.

- Emphasize uniform application. If a herbicide is not applied uniformly across the lawn, crabgrass can establish itself and ultimately spread to the rest of the lawn.

- Do not thatch or aerate after applying a herbicide. Thatching or aerating a lawn after applying a herbicide might break the product's chemical barrier, thereby rendering it ineffective.

Crabgrass can quickly spread on an untreated lawn. A proactive approach that prevents its growth can keep lawns looking great through summer.

## Mohawk Homestead to host chicken barbecue

A chicken barbecue is slated to be held at the Mohawk Homestead on Saturday, May 18 starting at 4:30 p.m. until all dinners are sold. According to Sharon Palmer and David Dudgeon, event organizers, it is recommended but not required that the public purchase advanced sale tickets. They are available for \$10 each by calling the Mohawk Homestead at 315.866.1841 or stopping at the Mohawk Homestead.

This will be a full meal with the chicken prepared by master barbecue chef Patrick "Butchie" Parese. A dessert is also included

with the half chicken, salt potatoes, coleslaw and roll. The take-out only meal may be picked up starting at 4:30 p.m. in the parking lot of the Mohawk Homestead at 62 East Main St. in Mohawk. The barbecue is a fundraiser to benefit the residents who call the Mohawk Homestead their home.

The Mohawk Homestead is a not-for-profit adult home providing loving care to seniors. For further information regarding the Mohawk Homestead contact Joe Franco, administrator, at 315.866.1841 or jfranco@mohawkhomestead.com.



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## Did you know?

Self-driving cars might once have seemed like a futuristic concept that may never come to fruition, but the future is now. In 2018, Waymo, once known as the Google self-driving car project, launched its commercial self-driving car service in Phoenix. While it's not widely available and safety protocols, including the presence of human safety operators behind the wheel, are in place, Waymo has made it possible for people to pay for self-

driving car rides. Tech industry insiders note that Google's fellow tech giants, including Apple and IBM, also are working on self-driving car services. And much like many things in the tech industry, the self-driving car market figures to evolve rapidly, making it seem as though the availability of self-driving cars became widespread overnight. However, today's self-driving vehicles are the byproduct of years of research and sizable financial invest-

ments.

For example, a little more than a decade ago, Darpa, the experimental laboratory of the Pentagon, hosted the Urban Challenge at an Air Force base in Southern California. At that event, which was one of a handful sponsored by the United States military, several driverless vehicles traversed real traffic conditions. That showcase was an integral component of the foundation of the modern self-driving car industry.

## Smarter driving for foggy weather

Weather patterns can be fickle. One moment it may be chilly and sunny, while the next warm and wet. As a new season arrives, fog may roll in along with it.

Fog occurs during extremely humid conditions. For fog to be present, some type of dust or air pollution also needs to be present in the air so that microscopic water particles can surround it. According to the National Geographic Society, fog occurs when water vapor, or water in its gaseous form, condenses. During

condensation, molecules of water vapor combine to make tiny liquid water droplets that hang in the air. You can see fog because of these tiny water droplets.

While fog can be a marvel to behold — completely obscuring landmarks or mountains in some instances — it can make driving challenging. Even seasoned drivers find fog is dangerous and difficult to drive in. The Federal Highway Administration says fog may contribute to more than 500 fatalities each year.

When driving in foggy conditions, drivers' full attention needs to be directed to the road. These tips also can help keep drivers safe when navigating foggy conditions.

- Reduce speed. Slowing down affords you more reaction time if traffic stops or if other hazards seemingly appear out of nowhere. Leave considerable space between cars.

- Engage the wipers. Improve visibility as much as possible by turning on the wind-

shield wipers and the defroster to help.

- Use low beams. Make sure your vehicle is as visible as possible to others. Turn on the low-beam headlights so your car is noticeable to other motorists. High beams can cause glare, so avoid them, however tempting it may be to use them.

- Drive in the right lane. Use the lines and reflectors on the right side of the road to help guide your direction, suggests AccuWeather.

- Remain engaged. Do not use cruise control or allow any distractions in the car when driving in fog. Turn off the radio, put your phone away and focus on driving.
- Take a break. If the fog is greatly compromising your visibility, pull over in a safe spot or parking lot until it dissipates. Make sure to put on your hazard lights. The California DMV says the best advice for driving in fog is not to do so.

Driving in fog can be tricky and unsafe. Always exercise caution when fog rolls in.

Do one thing every day that scares you.

Eleanor Roosevelt

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