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HERKIMER COUNTRY EDITOR

### **Rabid raccoon found in Fairfield**

Herkimer County Public Health received word on Thursday, April 11 from Wadsworth Labs that a raccoon that was sent in to be tested for rabies on April 10 from the town of Fairfield has tested positive for rabies.

The raccoon was found in the back yard 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 practic-

#### ing the following:

1. Vaccinate your pets against rabies.

 Make sure animal enclosures are secure so small animals cannot get in.
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). Due to the high percentage of bats that can carry the rabies virus, if there is any possibility a bat found in a house had contact with a person or an animal in the house, 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 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 May 2 at the Dolgeville Fire Department, 20 South Helmer Ave., Dolgeville, from 5:30 - 7 p.m.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at www.herkimercounty.org.

### West Winfield race to benefit those battling hunger

#### by Courtney Llewellyn

In New York State, more than 2.3 million people are struggling with hunger – and 750,000 of them are children, according to Feeding America. In order to help those dealing with this issue in West Winfield, a 5K race benefit will be taking place Saturday, May 11.

The 5K Run/Mile Walk for Hunger is part of the annual Route 20 Road Challenge, a series of races that take place along the Route 20 corridor between Lafayette and Duanesburg. This race is being organized by Mary Lou Pustay.

"I have been holding this race for many years, initially starting off as a fundraiser for CROP (Communities Response to Overcome Poverty)," Pustay explained. "Starting last year, I decided to change the name of the run/walk to the West Winfield 5K Run/Mile Walk for Hunger. This is a run/walk which now benefits our local food bank in West Winfield. We have several families that benefit from this and I love being able to help my community in this way!"

The 5K (3.1-mile) route starts and ends at the Federated Church in West Winfield at 452 East Main St. – which is also Route 20. The course has a few rolling hills but is mostly flat. The walk goes through West Winfield Town Park and does a loop around town, also ending at the Federated Church.

The race and walk begin at 9 a.m. and the cost to enter is \$15. To register for the 5K Run/Mile Walk for Hunger, and to see a list of other upcoming races that are part of the Route 20 Challenge, see www.nyroute20.com/events/2019-roadchallenge.

A 5K Run/Walk for Veterans will take place in West Winfield on June 15, and come August, to celebrate the 20th anniversary of the Route 20 Association, a 108-mile relay run will be finishing in West Winfield as well. More information on that event will be published in a future edition.

### VRS hosts Living with Alzheimer's event For mid-stage caregivers

HERKIMER – Valley Residential Services (VRS), in collaboration with the Alzheimer's Association, is hosting a Lunch n' Learn event, "Living With Alzheimer's: For Mid-Stage Caregivers," on Monday, April 29 from noon - 3:30 p.m. at VRS, 323 Pine Grove Rd., Herkimer.

This is the second of three parts in the education program of the Alzheimer's Association. Discussion will address symptoms associated mid-stage with Alzheimer's disease, communication issues and behavior care, providing personal care and medication management as well as home safety, driving and wandering. The conversation will also provide an overview of care options including day programs, in-home care and other living choices, as well as caregiver needs.

Advance registration is



ley required. Call ces 315.617.4025 ext. 100 for more information or to

Call schedule your reserva-100 tion. The third program or to in the series is scheduled

for Monday, May 6, and will focus on late stage Alzheimer's disease.



#### Maintenance Mechanic

Richardson Brands is now accepting applications for a Maintenance Mechanic. This position is responsible for supporting all manufacturing operations, production equipment, facility maintenance and upkeep. Knowledge of hydraulics, pneumatics, electrical, HVAC, carpentry, welding, machining and fabricating a plus. Minimum of 5 years of experience in a manufacturing environment. We offer a competitive benefit package. Wage offer commensurate on experience.

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ENT

### Fran Stubley's 90th birthday



Family and friends gathered at the Mohawk Homestead on April 11 to celebrate Fran Stubley's 90th birthday. Fran sang and danced with John Seymour and many family members – a great time for all.

Photo courtesy of the Mohawk Homestead



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#### HERKIMER COUNTRY EDITOR

**Rethink your kitchen layout** 

Kitchens are the most popular rooms in many homes. Even though The U.S. Bureau of Labor Statistics states the average person spends just 68 minutes each weekday consuming food, and around 37 minutes preparing meals, the kitchen is not just a spot for food. It also is a gathering place for conversation, homework and family time.

In recognition that so much time is spent in this heart of the home, many people are embracing some of the more popular trends concerning kitchen layouts to maximize the comfort and efficiency of these rooms.

#### **Communal zones**

Unlike the days of yore when the kitchen was utilitarian, today's home floor plans make kitchens a focal point of a home. Food preparation also is no longer a solitary task. Thanks to larger kitchen footprints and multiple zones set up for meal creation, a greater number of people can hang out in the kitchen and help with meals. You'll find multiple sinks, large islands and more counter space are key components of modern kitchen layouts. **Dining nooks** 

Kitchen designs are bringing back banquette seating in a cozy nook. This design is a practical use of space, and can fit in large and small



Kitchens are the hub of the household, and modern design trends cater to a growing need for a multipurpose space.

kitchens alike. It also can give a kitchen a high-end look, as built-in banquettes can highlight a bay window or seem custom-made for the space. Banquette seating can fit a number of people comfortably and provides a sensible and casual dining spot solution.

#### Family table

The trend experts at Southern Living magazine indicate that formal dining and living rooms are now used infrequentlv. As a result, kitchens have evolved to accom-



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modate meal prep and dining. A large family table in the center of the room brings people into the kitchen to get more involved with food, according to San Francisco designer David Kensington.

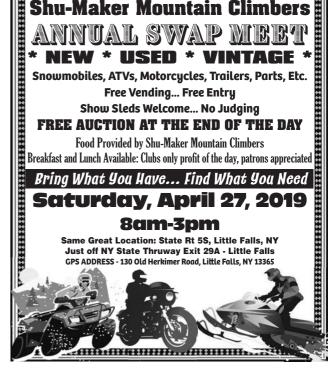
#### **Counter culture**

Taking a page out of a favorite corner diner or bar, kitchens are increasingly outfitted with a large island flanked by chic counter stools, according to the design pros at Domino. Family members can pull up a stool and grab a quick snack. It's also a great place for

friends to engage in conversation while a host or hostess prepares cocktails and appetizers for an evening soirée.

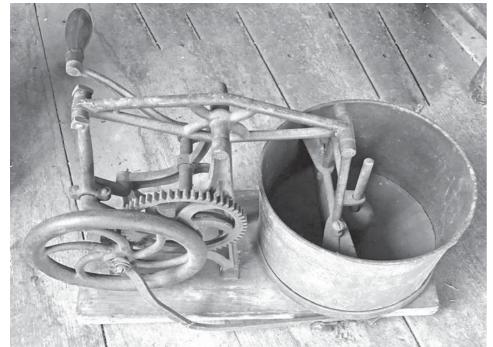
#### Work zone

Many families like to have an area of the kitchen set up as a tech zone where kids can do their homework and even parents can do some work, such as paying bills. Setting aside an area of counter space as a small desk area can be a great idea. Such areas also help parents keep a watchful eye on children while they're surfing the internet.



<u> .....</u>

## Whatchamacallits



Isn't this an interesting looking piece of history?

This whatchamacallit is the great-great-grandfather of the Magic Bullet, an ancestor of the food processor. (We know, because we have DNA tested it.) This lovely kitchen tool could be used to finely grind up anything that needed to smaller and smoother, from apples to ground chuck.

As far as our esteemed whatchamacallit researchers can tell, this vintage piece of equipment comes from about the 1860s. It is a hand-cranked, gear-driven food chopper or hasher. As the user turns the handle for the gears, the chopper rotates around the bucket.

First sold by Laroy Starrett from Athol, MA, there were several sizes of the hasher available and the company eventually even patented a washing machine following this design using a dasher instead of a chopping blade. Starrett, ever the helpful homemaker, also patented a butter working machine a few months before registering the hasher.

Starrett wrote in a monograph that the inspiration for the device came from watching a river boat with a walking beam engine.

In good condition, one of these antique food processors can fetch up to \$600!

To see a short video of the food hasher in action, visit facebook. com/OVpennysaver.

### **Church Services**

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

DOLGEVILLE New Hope Christian Fellowship Pastor Pat Andreol 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

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

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

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

> **LINITED 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 ednesday Night 6:30 pm Phone 315-895-0926 Wedr Christianassemblyofschuyler.com

<u>FRANKFORT</u> 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

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

Friday 7 PM

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

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CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 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@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street

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

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

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

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

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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. Nurserv (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 Iffirstores@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 AN

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 Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

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

MOHAWK CHURCH OF THE BLESSED SACRAMENT

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

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

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

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

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

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

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

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

SALISBURY CENTER Full Gospel Assembly of God Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service



### Herkimer County rabies clinic set for May 2

A rabies clinic will be held at the Dolgeville Fire Department, 20 S. Helmer Ave., Dolgeville, on Thursday, May 2 from 5:30 - 7 p.m.

All cats, dogs and ferrets three months or older must be vaccinated

even if they stay indoors. Every dog and cat needs two rabies vaccinations one year apart, then one every three years. Ferrets must be vaccinated every year.

Dogs should be on a leash and cats and ferrets should be in a carrier or pil-

lowcase.

No exams will be given. Bring the pet's rabies vaccination his-

tory to receive a three-year certificate. A \$5 donation per pet is suggested to defray costs.

Herkimer County rabies clinic set for May 23

A rabies clinic will be held at the Old Forge Fire Department, 116 Fulton St., Old Forge, on Thursday, May 23 from 5:30 - 7 p.m.

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

tory to receive a three-year certificate. Dogs should be on a leash and cats and ferrets should be in a carrier or pillowcase.

No exams will be given. A \$5 donation per pet is suggested to defray costs. Visit our website to view a complete listing of our rabies clinics and to preregister by calling 315.867.1176. Visit our website to view a complete listing of our rabies clinics and to preregister by calling 315.867.1176.





### **Paw's Corner**

#### by Sam Mazzotta Adopting a shelter dog

Dear Paw's Corner: I read that stray dogs from foreign countries are being put up for adoption here and bringing new diseases with them. My family wants to adopt a dog, but now we're uncertain about doing so. How can we make sure we're

getting a healthy dog? -Julie in Alexandria, LA Dear Julie: You should certainly do some research before taking that super-cute puppy home from a shelter. Rescue shelters have

gone through some dramatic changes in the past decade, and perhaps the most notable change is that dogs eligible for

adoption are often shipped from a shelter in one region of the country to another region. Dogs from overseas also are being acquired by some shelters as demand for rescue dogs — particularly the "adorable" one or popular breeds - outstrips supply.

There is little federal regulation - the USDA

doesn't track how many dogs are imported from other countries, for example - and states are only just beginning to tighten rules to ensure the health of dogs shipped across state lines. There are reports of newly adopted dogs developing severe illnesses, including a new strain of canine distemper virus -

a highly contagious disease that closely resembles rabies.

Here are some important questions vou should ask.

• Where did the dog come from? Was it surrendered locally, sent from another state or unknown? • Ask for copies of

health records. Has the dog been given vaccina-

• If the dog comes from another state or country, was it quarantined after arriving (at least 48 hours

tions yet?

in some states)? Take the dog you adopt to a veterinarian as soon as possible for a health check and to get any needed vaccines.

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### **Calendar of events**

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

#### 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 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 Noves 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.

#### April 29

VRS' hosts Living with Alzheimer's event. For mid-stage caregivers. Lunch n' Learn event. Living With Alzheimer's: For Mid-Stage Caregivers. 12 to 3:30 p.m. at VRS, 323 Pine Grove Road, Herkimer. Please call 315.617.4025 ext. 100 for reservation. Third program on May 6 will focus on late stage of the Alzheimer's.

#### 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.

A One Day Bus Trip to visit Hartford, CT and the Mark Twain House. Departing from Clinton

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.

Chicken Bar-B-Que. 3:30 p.m.-?. Dining room or take outs. Adults \$10. Children \$5. Stratford United Methodist Church, 1511 St. Rt. 29A, Stratford, Call 315.429.7058.

#### Mav 8

Tobacco Cessation Program Freshstart Herkimer County HealthNet 3-week program; 5-6:30 p.m.; Little Falls Hospital, 4th floor. 140 Burwell St, Little Falls. Call Elyse Enea at 315.867.1552 or email eenea@herkimercountv.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 11**

West Winfield race to benefit those battling hunger. The 5K Run/Mile Walk for Hunger is part of the annual Route 20 Road Challenge. The route starts and ends at the Federated Church in West Winfield at 452 East Main St., Route 20. 9 a.m. \$15. To register see www.nyroute20. com/events/2019-road-challenge.

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.

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 315.866.6 413.

Rabies Vaccination Clinic. 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd. East Herkimer. To pre-register call 315.867.1176.

H.A.L.O. (Helping Animals Live Organization) will be holding their annual "Spring Trash & Treasure Sale". 9 a.m.-4 p.m. Herkimer V.F.W., 129 Mohawk St., Herkimer, NY. Proceeds benefit H.A.L.O.and their cat shelter H.A.L.O. House in Little Falls. If anyone would like to donate clean, gently used items for the Sale, please call Debbie at 315-219-0384.

Town of German Flatts Drop-Off. 8-11 a.m., at the Town of German Flatts Town Garage, Creek Road, Mohawk. This is for Town of German Flatts residents including Ilion and Mohawk at no charge. There is a \$4 charge for tires up to 19 inches. Must have permit which are available at the Town Clerk's Office, 66 E. Main Street, Mohawk. For more information call 315.866.1370.

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









### Sullivan expedition subject of American Revolution Round-Table History Talk

On Thursday, May 9 the American Revolutionary War Round-Table of Upstate New York and College's Mc-Siena Cormick Center for the Study of the American Revolution are proud to present "Amateurs Talk About Tactics, but Professionals Study Logistics: Supplying the Sullivan Expedition of 1779" by Robert Mulligan. The event starts at 6:30 p.m. with time for socializing and networking followed by the program at 7 p.m. The event will be held at Siena College, 515 Loudon Rd., Albany, in the Roger Bacon Build-Room 202, also ing, known as Key Auditorium. Parking is free in Lots L, F or G.

In 1779 George Washington sent a quarter of the Continental Army into the unknown Iroquoian lands of central New York to destroy the towns and crops and to capture hostages to secure the good behavior of the Iroquois. Over 40 towns were destroyed, and thousands of acres of

**Emanuel Byler** 

315-429-3061

cropland laid waste before the harvest. Since no hostages were taken, the enraged Iroquois warriors were free to continue their raids upon the frontiers of New York and Pennsylvania.

To explain the expedition's failure, a scapegoat was needed. The lack of supplies, and the lateness of their arrival, was given as the reason for the failure of the expedition. Was this in fact true? Using the papers of Commissary General of Issues Charles Stewart, held at the library of the New York State Historical Association, as well as the many other published accounts of the Sullivan-Clinton Campaign, this talk reviews the considerable difficulties faced by the Army in mounting and conducting the expedition.

Robert E. Mulligan Jr. graduated from SUNY Albany and the Cooperstown Graduate Program in Museum Studies. He began his career as curator of Fort Ticonderoga, and then for a quarter

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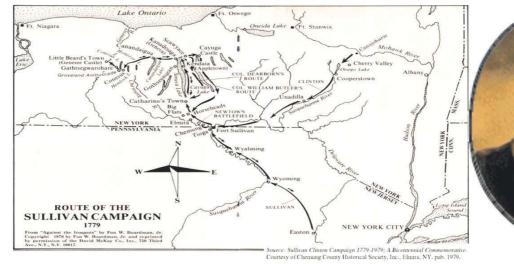
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Sullivan Expedition 1779 map and General John Sullivan.

Photo courtesy of Brian Mack

century was associate curator of military history at the New York State Museum.

Light refreshments will check or credit cards are be served after the presentation. There will also be a book sale (cash,

accepted). To register, provide your names and telephone number in an 518.774.5669.

email to arrthudsonmohawkvallevs@gmail.com or calling by



### Arc Herkimer Golf Open features mentalist Robert Channing

In celebration of the nonprofit's 50th anniversary, the Arc Herkimer Golf Open will feature Robert Channing, mentalist, ESP practitioner and hypnotist on Thursday, June 6 at Mohawk Valley Country Club in Little Falls.

Proceeds from the golf open support underfunded and unfunded programs for individuals with disabilities and others in the community. Robert Channing will bring his command of the strange and incredible mysteries of the mind to the golf open. Imagine driving the ball or navi-

gating a course while driving a golf cart – both while blindfolded. Channing will amaze, engage and entertain golfers both while golfing and at the end of the day, all for a great cause.

The ticket price of \$150 is all inclusive for golf, cart, lunch, games, cocktails, grand buffet dinner and more. A vast array of prizes and contests this year also includes a silent auction for topflight items and a ticket drawing for a golfer to putt for \$10,000. All registered golfers will be eligible to win an annual membership to Mohawk Valley Country

Club. Waterfront Grille will cater the event.

Captain and crew registration begins at 9:30 a.m. with a shotgun start at 11 a.m. To register for the Arc Herkimer's golf open, visit archerkimer.org . To be-

come a sponsor, or for more information, contact Kristen Smith, Arc Herkimer special events and fundraising manager, 315.574.7353 at or ksmith@archerkimer.org

Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout our community.



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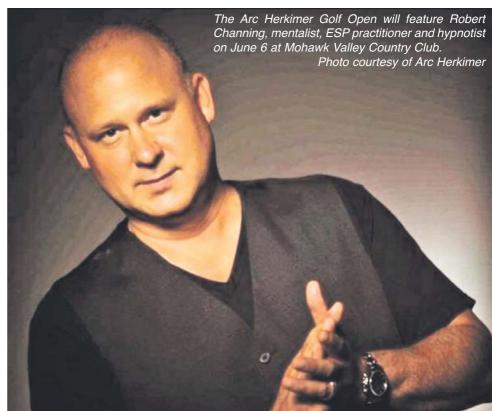




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### Six runners to wear Boilermaker charity bibs to raise runds for Arc Park

HERKIMER – Arc Herkimer is one of 11 organizations named a 2019 charity bib partner for the July Boilermaker Road Race. In turn, six Arc Herkimer employee runners are now enrolled to wear bibs to run and raise \$500 each to help fund installation of water fountains in Arc Park, a regional park created for recreation for all abilities in Herkimer.

The organizations were selected by a committee of volunteers organized by Boilermaker Community Outreach Director Rebecca Kearns. Since its inception in 2013, the Boilermaker Charity Bib program has raised over \$600,000 for area nonprofits.

Arc Herkimer's runners include Angela Cook, Shayna Huyck, Keith Johnson, Brittany Neff, Abbigail Perkett and Audrey Piccione.

To assist the runners in raising \$500, individuals can donate at www.archerkimer.org under Ways to Give. They can select their favorite runner or choose to share the donation amongst the six to help with their fundraising goals. Arc Park opened in June 2017 as a nine-county, regional destination available to people of all ages and abilities. The vision of community integration for people with and without disabilities has been realized as thousands of people have used the facilities.

Arc Herkimer President/CEO Kevin Crosley said, "We cannot be more pleased to be a 2019 Charity Bib partner to help make Arc Park in Herkimer an even healthier place for families. Due to funding limitations, Arc Park was constructed without bathrooms and water fountains, features that encourage greater and extended use of the park. Visitors, while overwhelmingly positive, have noted the absence of both. Bathrooms will be installed in spring 2019. We will utilize the funds raised by Boilermaker Charity Bibs to construct two water fountains. Humid summers are now routine in Central New



Arc Herkimer Boilermaker Charity Bib runners (L - R) Angela Cook, Shayna Huyck, Keith Johnson, Brittany Neff and Abbigail Perkett. They will be running to raise funds to install water fountains in Arc Park. (Missing from photo: Audrey Piccione.)

Photo courtesy of Arc Herkimer



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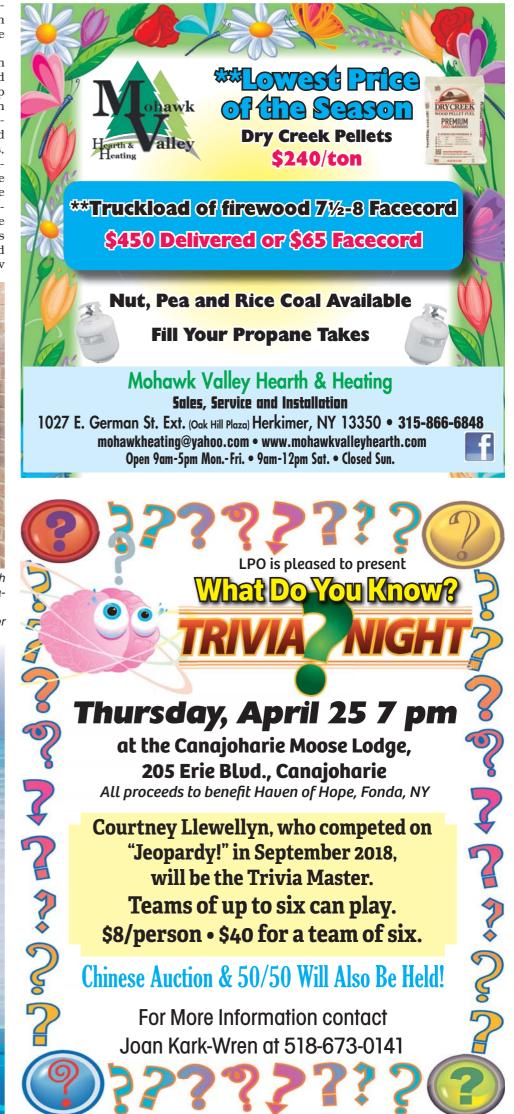
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York, and hydration is fundamental to healthy play and recreation." Questions can be directed to Frank

Reid, Arc Herkimer Vice President, Strategic Development at 315.574.7347 or freid@archerkimer.org.



#### April 26, 2019 • 13

### Kuyahoora Valley Rotary Science Fair winners

At the Kuyahoora Rotary Club's April 9 meeting, students from Poland Central School (PCS) who won prizes at the annual PCS Science Fair presented their projects. The Rotary Club sponsors the prize monies for these Science Fair awards.

Connor Broadbent got a \$50 award for his project "And You Thought It Was Clean." He took samples from things like credit card terminals and grew them in Petri dishes. Yuck! They were loaded with germs.

Natalie Hobin also won \$50 for extending the life of Christmas trees using six different solutions for her project titled "Pine Tree Preservation."

Ryann Dunn won \$100 for her project, "Stroop Neo Sociological Test," but she was too sick to attend the meeting. We are proud supporters of the annual student science fair at PCS and also proud of these young scientists.



Science fair winners Natalie Hobin and Conner Broadbent (Ryann Dunn was absent from the meeting). Photo courtesy of Kuyahoora Valley Rotary

### A little auto care goes a long way

(NAPS) – Performing simple preventative maintenance on your vehicle will go a long way toward protecting your vehicle investment, say the experts.

"Buying a new car today comes with a hefty price tag when you add up the down payment, monthly car payments and higher insurance rates. Neglecting its care can mean even higher costs down the line in the form of more extensive repairs and lost resale value," explained Rich White, executive director of the nonprofit Car Care Council. "By following a proactive auto care plan, the typical car should deliver at least 200,000 miles of safe, dependable, efficient and enjoyable performance."

The organization recommends following a vehicle service schedule, keeping a free copy of its "Car Care Guide" in the glove box and performing the most common routine maintenance procedures to keep your vehicle performing at its best.

Consider this checklist:

• Check all fluids, including engine oil, power steering, brake and transmission, as well as windshield washer solvent and antifreeze/coolant.

• Check the brake system annually and have the brake linings, rotors and drums inspected at each oil change.

• Check the tires, including pressure

and tread. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.

• Check the hoses and belts to make sure they're not cracked, brittle, frayed, loose or showing signs of excessive wear.

• Check the heating, ventilating and air conditioning (HVAC) system as proper heating and cooling performance is critical for interior comfort and safety reasons, such as defrosting.

• Check the wipers and lighting so that you can see and be seen. Check that all interior and exterior lighting is working properly and replace worn wiper blades so you can see clearly when driving during precipitation.

"Be sure to fully inspect your vehicle annually, including performing a tuneup and wheel alignment," continued White. "If you ever suspect there is a problem, it's a good idea to address it quickly before minor repairs become more complicated, expensive repairs."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

To order a free copy of the "Car Care Guide," visit www.carcare.org .

Being entirely honest with oneself is a good exercise. Sigmund Freud



### America's Greatest Heart Run & Walk



Team Hannaford's customers and associates raised \$7,410 from its loal stores in Utica, New Hartford, Clinton and Herkimer. Photo courtesy of Michael Rondenelli, Herkimer store manager

The Hannaford Team participated in America's Greatest Heart Run & Walk at Utica College in March. There were 5,000 walkers who participated and the event raised \$960,000.

Local Hannaford stores had another good showing from Team Hannaford. Between their customers and associates, they raised \$7,410 from five local Hannaford store teams. The five stores include Mohawk Street in Utica, Commercial Drive and Kellogg Road in New Hartford, and the Clinton and Herkimer stores. The money was raised through associate pledges, associate fundraisers, kiosk dollars, registration dollars and heart sales through the registers.





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Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group

to include categories "may be appropriate" and "not recommended." This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking,



anything under five hours is not recommended based on data reviewed by sleep experts. Many older adults do not get enough sleep due to insomnia, states Jack Gard-

ner. MD. a neurologist certified in sleep medicine. They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that over time, insufficient sleep can impact metabolism, mood, memory and heart function.

Various strategies can help people get more sleep and enjoy better sleep quality.

• Create a luxury bed environment. Splurge on the largest mattress you can afford and one that is comfortable for both parA roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed

ing you up. Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it easier for them to doze off than complete quiet. It can also block out extraneous noises.

• Keep electronics out of the bedroom. It can be challenging to disconnect from electronics, but it is

essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

• See your doctor. If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.



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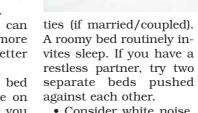
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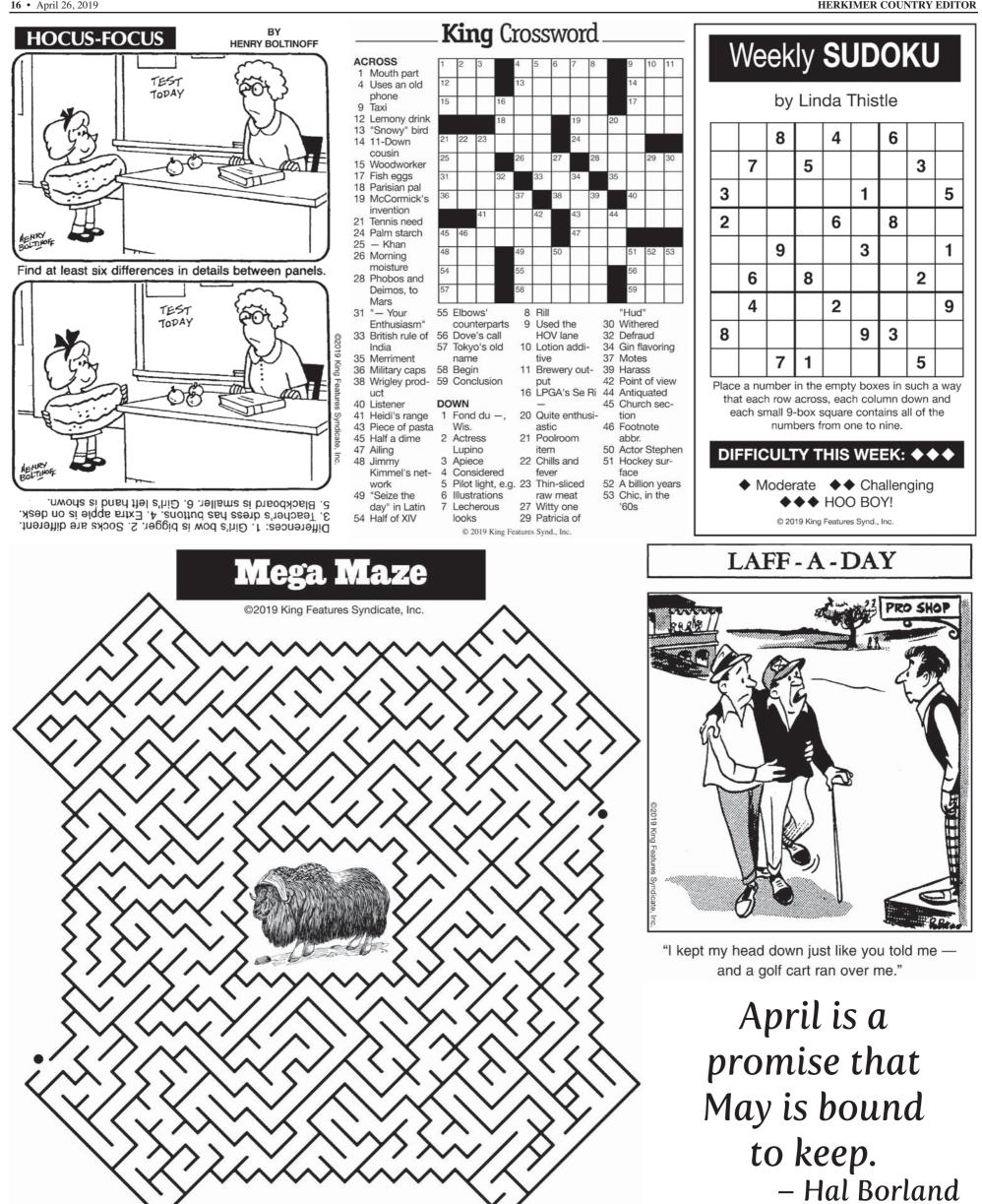
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• Consider white noise. The sounds of the house or outdoors may be keep-



### Ready, set, mow: An easy 10-minute lawn mower tuneup

(BPT) — The incredible look of lush, green grass. The feel of soft lawn beneath your toes. The smell of the freshly cut yard on a warm sunny day. A healthy lawn starts with good maintenance and the most important step is mowing. Is your lawn mower ready to go?

A lawn mower is an investment, and if you take a few proactive maintenance steps, you'll keep it running efficiently all season long. However, research from Briggs & Stratton Corp found that only 30 percent of mower owners are performing regular maintenance. Think lawn mower maintenance is a timeconsuming headache? It doesn't have to be. All it takes is 10 minutes and you'll give your gas-powered mower the tuneup it needs to run its best and extend its life. Expert tip for before you get started: Disconnect your spark plug wire and leave it disconnected for the entire tuneup.

#### Step 1: Lube it up

Oil is the lifeblood of the engine, so it's essential to change it with each passing season. Over time oil gets dirty and can harm the machine components. Be sure to use new oil made specifically for small engines of outdoor power equipment. This will help ensure maximum efficiency and protect the engine.

Wondering what type of oil you need for your mower and how much to use? Access an interactive oil finder tool to help answer those questions and more at www.BRIG-GSandSTRATTON.com/o ilfinder.

Keep in mind, changing the oil on your mower is faster, easier and less messy when you use an affordable oil removal kit. These kits allow you to easily extract old oil and add new with mini-





mal mess and headache. Step 2: Let the air flow

As you can imagine, lawn mower air filters catch all kinds of dirt and debris while you mow the lawn. Over time, this debris can block the airflow needed for your engine to run well. If you own a walkstyle mower, the engine likely has a paper or foam filter.

Pleated paper air filters should always be replaced once visually



dirty. If your mower uses a foam filter, you may be able to clean it by hand using dish soap and hot water, allowing it to dry completely before replacing it back in the machine.

Keep in mind, changing the air filter should be done seasonally and is surprisingly simple. Take off the filter cover using a screwdriver if necessary, remove the old filter and replace it with a new one. If your mower uses a foam filter, there are likely extra steps involved, so be sure to check your engine operator's manual or the new filter box for instructions.

#### Step 3: Get fresh gas

Did you know that gas can go bad in as few as 30 days? This bad gas can potentially clog the engine's fuel system, which could lead to your mower not starting and require costly repairs. Adding a fuel treatment to your red gas can every time you fill it can help prevent this type of damage. Learn more at keepfuelfresh.com.

Once you complete these three simple steps, reconnect the spark plug wire and you're ready to mow. In just minutes you can tune up your mower and help it work at peak performance so you can mow efficiently and then sit back and enjoy your freshly cut lawn.



#### Antiques

1170

1187

1180 Trucks

Vacuum

1190 Vegetable

1200 Veterinary

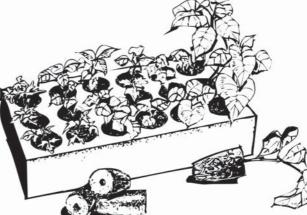
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### **Kovels: Antiques and Collecting**

#### by Terry and Kim Kovel Rabbit doorstop

Where did the Easter bunny come from? There is no suggestion of an egg-laying rabbit or hare in the Bible's scriptures. There were stories about decorated eggs at Easter as early as the 1300s. And children made nests for the colored eggs. In America, the bunny arrived in the early 1700s with Ger-

man immigrants in Pennsylva-The nia. idea of eggs at Easter was universal, but instead of a bunny. countries had foxes, cuckoo birds hares and more. The rabbit symbolizing Easter is now a fluffy, young bunny, e v e n though it was an adult rabbit in earlier years. Α doorstop shaped like rabbit а probably was not originally made as a symbol of Easter. but it could have been.

The iron figure of a sitting rabbit was made in the early 1900s by Spencer Manufacturing Company, in Guilford, CT. The 15inch-high doorstop was so rare it auctioned at Bertoia in New Jersey for \$5,400 - three times theestimate.

**g:** I have a picture of John F. Kennedy autographed to my family. During World War II, my father was in the Navy with Pierre Salinger, President Kennedy's press secretary. I'd like to have the picture appraised, but there are no political auctions around here. Some reports are that a signed picture stating it's to our family could be worth thousands. I won't

send it to any online companies. How can I get the value?

A: You can contact auction houses that have political auctions to find out if there is any interest in the photo. If the auction is interested in it, take a picture of the photograph, making sure it's clear enough to read the autograph, and send it to them with the details of

how your family got the picture. Don't be disappointed. It isn't worth thousands of dollars. A picture autographed to someone usually is worth less than a picture with an autograph that is not "to" anyone.

*Q*: I found an old Mountain Dew bottle and brought it home and washed it. There is a misprint on it. It reads "it'll

tickle vore nnards." Does that make it valuable?

A: The Pepsi-Cola Company introduced Mountain Dew in 1964. "It'll Tickle Yore Innards" was part of the slogan used on bottles and cans from 1965 to 1969. Error bottles are not rare, and the error doesn't add to the value. Mountain Dew bottles with that slogan sell for about \$5.

#### **Current prices**

• Fun house mirror, carnival, wood frame, blue, lighted marquee, 1930s, 81 x 33 inches, \$1,160.

• Mochaware, sugar, lid. marbleized bands. brown, blue, flower finial, 1800s, 4 1/4 inches, \$2,195.

• Letter box receptacle, U.S. mail, eagle and shield front, brass, Cutler Mfg. Co., 21 x 36 inches, \$4,350.

• Doll. automaton. dandy smoker, black, papier-mache head, marbled wood cabinet, 1935, 37 1/2 x 18 1/2 inches, \$8.055

Tip: Decorated glasses news, tips and resources, given as promotions at fast food restaurants often fade in sunlight.

For more collecting

visit www.Kovels.com . (c) 2019 King Features Synd., Inc.

**ORGANIC MARKETING AGENCY** Weekly Sales Every Monday approx. 11:30 with Misc. & Small animals followed by Dairy & Livestock Mon. April 15th - Sold 297 head, Cull ave. \$.47 top cow \$.59, Orgnaic cull dairy ave. \$.80 top cow \$.98, Bulls/Steers \$.65, Bull calves top \$1.65, heifer calves top \$.35- top beef calf \$2.50.Lambs 40#-70# \$1.30 -\$2.50. cull sheep \$.42 - \$1.20. 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

**HOSKING SALES LLC – CERTIFIED** 

will start taking animals in on Sat. the 27th anything that needs to be preg. Checked we would like to have here by Sunday 11AM. 15 Wagyu - F1's feeder cattle and 2 Reg. Wagyu bulls. 2 Maine-Anjou cows ready to breed, 1 yrlg steer, 2 Angus feeders from one farm. A group of 40 head from one farm – mostly preg. Brood cows due May - June. Expecting a large number of beef breed feeders and brood cows.

Mon. May 6th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Mon. May 13th - Normal Monday sale & Monthly Heifer Sale

Mon. May 20th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Mon. May 27th - Normal Monday sale & Monthly Organic Day

#### Watch for 2019 Sales:

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

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

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

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& Family	SALES LIE	cell: 607-972-1770 or 17
6096 St. Hwy. 8, New Berlin	n, NY 13411	Dan Hosking: 607-972-87

# **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.

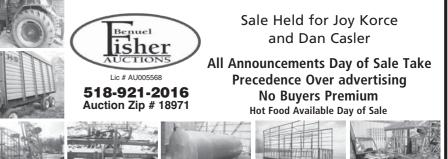
HAY ELEVATORS: 2 transport elevators; 1 skeleton elevator. BALERS: Case IH RB 444, single owner, good condition; John Deere 348 sq. baler with #42 ejector; NH baler model 310, nice; BBM 7x4 bale shredder, skid steer mount, hyd. drive, like new.

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.



Iron doorstops were made by many cast iron toy makers. This rabbit doorstop was made in Connecticut. Bertoia Auctions sold it for the high price of \$5,400.



50th Annual **Mohawk Valley Spring Machinery Consignment Sale** Sat. April 27, 2019 • 9:30 AM

1300 State Hwy 163, Fort Plain, NY

Selling over 2000 items including new 11Lx15 Implement tires, 10x12 storage shed, garden tools, shop tools, hay and tillage equipment, pickup trucks and Much More.

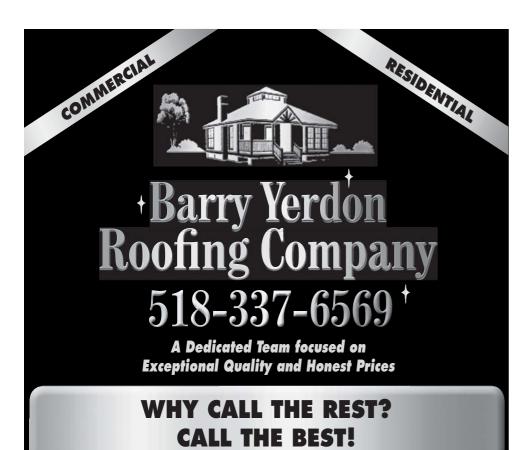
**Refreshments** Available

Go to Auctionzip.com #35160 for up to date info Terms: Cash or Check, Photo ID

**Armitstead Auctions** 518-993-2290 · 315-404-9731

### How to identify poison ivy

Poison ivy is an unwelcome guest on many properties. Unfortunately, many people don't recognize the presence of poison ivy until it's too late and they've already fallen victim to the uncomfortable, itchy red rash that is the plant's hallmark.



\*Locally owned and operated for over 15 years\*

# Broad Street Flea Market INDOOR FLEA MARKET

# **SPRING OPEN HOUSE**

SAT. & SUN. - APRIL 27TH & 28TH

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807 Broad St, Utica, NY Wednesday - Friday, 10am - 5pm Saturday - Sunday, 10am - 4pm (315) 941-0925 According to Poison-Ivy.org, a website providing information about poison ivy, poison oak and poison sumac, the rash from poison ivy may first appear as just a slight itchy spot. But that spot will gradually get worse and can even cover your entire body with giant red sores if left untreated or if it goes undetected for too long. That only highlights the importance of learning to recognize poison ivy on a property and taking the appropriate measures to prevent anyone from coming into contact with it.

#### Is all poison ivy the same?

Many people may be surprised to learn that all poison ivy plants are not one and the same. Poison-Ivy.org notes that there are different types of poison ivy in different places, so curious homeowners should visit the site to determine how to identify the type of poison ivy specific to where they live. Eastern poison ivy grows on the ground, climbs and sometimes appears as a shrub. And despite its name, Eastern poison ivy grows from the East Coast to the Midwest, affecting people in middle American states like Kansas and Nebraska. Eastern poison ivy also can be found in some parts of Texas and Arizona.

### What are some telltale signs of the poison ivy plant?

Eastern poison ivy is the most widespread poison ivy plant, and these are some of its characteristics. (Note: People who live outside of regions where Eastern poison ivy grows can learn about the characteristics of plants in their area by visiting www.Poison-Ivy.org).

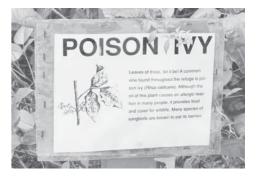
• Poison ivy plants always have leaves of three. No poison ivy plants have more than three leaves.

• Poison ivy always grow left, then right. That means that the stem/branch of leaves closest to the root of the plant will always lean left. Subsequent stems/branches of leaves can lean right. Stems/branches of poison ivy leaves are never side by side.

Poison ivy plants never have thorns.The edges of poison ivy leaves are never saw-toothed or scalloped.

• Poison ivy leaves will appear differently depending on the season. In spring, Eastern poison ivy leaves will appear red. As spring turns into summer, the leaves will gradually appear more green. Come autumn, the green leaves will look as if they were brushed with red, with some leaves featuring patches or spots of red.

The poison ivy rash can be very uncomfortable. Learning to identify poison ivy plants can help people avoid the rash.



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### The effects of stress on your body

Stress affects people of all ages from all walks of life. Though work is a primary source of stress for many people, a recent survey from the American Psychological Association found that stress is more than just work-related.

In its 2017 "Stress in America" survey, the APA found that the future of the nation, money and violence and crime were significant sources of stress for more than half of survey participants. That's a dangerous notion, as the Mayo Clinic notes that the effects of the stress on the human body are considerable. Though everyone experiences and responds to stress differently, these are some of the more common effects of stress, courtesy of the Mayo Clinic.

Mental side effects

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**27th Annual Auction** 

May 4th, 2019

The Auction will be at

**Snyder Fuel Service**, Main St., Newport, NY.

Viewing of auction items will start at 9AM and the auction will start at **10AM sharp**.

Anyone wishing to donate for this year's auction

please call John at 315-725-2393

or Tom at 315-794-2995.

All donations are greatly appreciated.

Kuyahoora Valley Rotary Club

Stress can have an adverse effect on mood and has even been linked to depression, which the World Health Organization reports is the leading cause of disability across the globe. People suffering from stress also may experience anxiety, restlessness and feelings of being overwhelmed. In addition, stress can compromise a person's ability to focus, adversely affecting a person's ability to complete their work-related tasks. That's not insignificant, as 61% of respondents in the 2017 "Stress in America" survey reported that work was a significant source of their stress.

#### **Physical side effects**

Stress affects more than the mind, manifesting itself physically in various ways. The Mayo Clinic reports that common physical side effects of stress include headache, muscle tension or pain, including chest pain, fatigue and a change in sex drive. Upset stomach also may be a byproduct of stress. People dealing with stress may even have trouble sleeping.

#### Behavioral side effects

Behavior also can be affected by stress, which may cause some people to abuse drugs or alcohol. Some may even turn to tobacco, either becoming a smoker or smoking more if they're already smokers. Smoking has been linked to a host of negative physical side effects, including an increased risk of developing cancer. Angry outbursts, social withdrawal and overeating or undereating are some additional potential side effects of stress on the body.

Coping strategies can be highly effective at alleviating stress and its negative side effects. Learn more about such strategies at www.stress.org .

### **Applications due by May 1**

The application deadline is May 1 for the 40th Annual Friendship Craft Festival sponsored by the Church Of Christ Uniting in Richfield Springs. It will take place on

Saturday, June 8 from 9 a.m. - 3 p.m. in Spring Park on Scenic U.S. Route 20. Applications received after May 1 will be accepted only at the discretion of the Registration Chairperson. For information, an application

and festival details go to





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might be part of a dying breed are not wrong to harbor such suspicions, as auto industry insiders note that the production of sedans has been in decline for about a decade. According to LMC Automotive, which tracks the auto industry, many auto manufacturers are responding to consumer demand for taller vehicles by producing more trucks, SUVs and crossovers at the expense of sedans. In fact, LMC Automotive estimates that by 2022, 84% of the vehicles sold by General

Sedan owners who suspect they

Motors in the United States will be SUVs or trucks. And GM won't even be leading the pack in that regard, as LMC estimates Ford (90%) and Fiat Chrysler (97%) will be almost exclusively manufacturing some type of truck or SUV. While trucks and SUVs might first have taken hold of the U.S. automotive market. other countries are now following suit. According to the automotive research firm JATO Dynamics, SUVs, including crossovers, accounted for more than one in three cars sold across the globe in 2017.





