

Herkimer County Country Editor

May 24,
2019

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Delivered Weekly by the U.S. Postal Service

Volume 8
Number 50

LET THEM PRAISE THE NAME OF THE LORD, FOR HIS NAME ONLY IS EXALTED, HIS SPLENDOR IS OVER EARTH AND HEAVEN.
PSALM 148:13

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195/70-14	\$39 ⁹⁹	215/60-16	\$44 ⁹⁹	235/65-16	\$66 ⁹⁹
185/65-15	\$42 ⁹⁹	225/60-16	\$50 ⁹⁹	225/65-17	\$67 ⁹⁹
195/65-15	\$43 ⁹⁹	205/55-16	\$45 ⁹⁹	235/70-16	\$68 ⁹⁹
175/70-14	\$44 ⁹⁹	205/50-17	\$50 ⁹⁹	235/65-17	\$69 ⁹⁹
205/65-15	\$46 ⁹⁹	215/55-17	\$50 ⁹⁹	235/60-18	\$74 ⁹⁹
215/70-15	\$46 ⁹⁹	225/50-17	\$59 ⁹⁹	235/65-18	\$75 ⁹⁹
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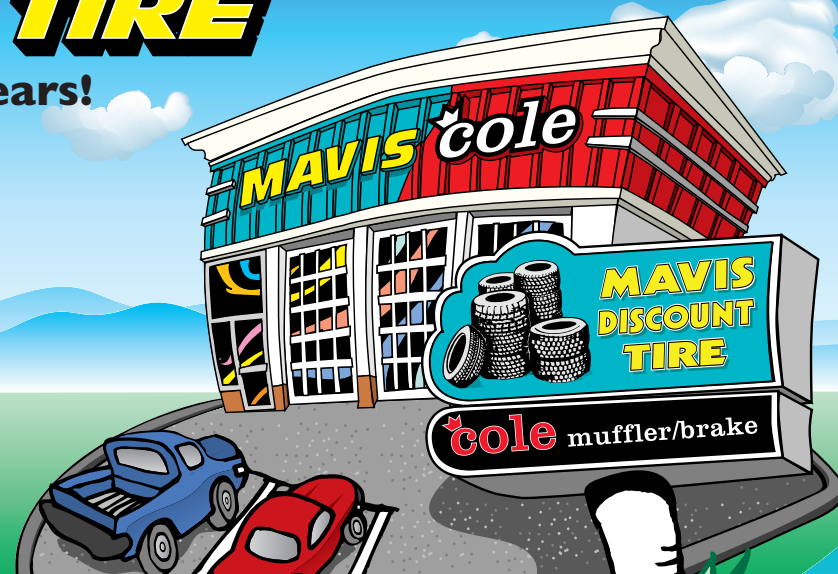
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Mohawk Valley Rotary Club selects Frankfort-Schuyler High School student for RYLA

HERKIMER – The Mohawk Valley Rotary Club is pleased to announce Allyson McNeil has been chosen to represent our club at the 2019 Rotary Youth Leadership seminar. McNeil is a junior at Frankfort-Schuyler High School.

Rotary Youth Leadership Awards is a Rotary International program designed to recognize and enhance leadership skills among selected young people. In Rotary's District 7150 (in Central New York) RYLA hosts a weekend leadership seminar that focuses on teens who have just completed their junior year in high school.

The seminar is held every year in July at Cazenovia College and includes skilled presenters who offer the keys to refining participants' skills and knowledge in the fields of leadership, decision-making, time management, ethics,

goal setting, responsibility, self-assurance, communication skills, service and teamwork.

"Our club is incredibly excited that we are able to sponsor Allyson in attending this great opportunity to learn leadership skills and take part in opportunities to reflect on the past/present while systematically and purposefully planning for the future," said Club President Elyse Enea Bellows.

Rotary Youth Leadership Awards is an intensive leadership experience organized by Rotary clubs and districts where you develop your skills as a leader while having fun and making connections. For more information on the Mohawk Valley Rotary Club contact their Facebook page at facebook.com/MohawkValleyRotaryDistrict7150.



The Mohawk Valley Rotary Club recently announced that Allyson McNeil has been chosen to represent the club at the 2019 Rotary Youth Leadership seminar.

Photo courtesy of Mohawk Valley Rotary Club

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Schedule of Events

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- ALL DAY** Nail-Pounding Contest
- ALL DAY** Screw-Driving Contest
- ALL DAY** Free Food & Drink
Including Ice Cream & Chicken BBQ
- 10:30-11:00** Farm Safety with Jeff Lee
Bring your family for a farm safety refresher course.
- 11:15-11:30** BOSCU Lumber with Sylvan Perochat
Presentation on a tree's journey from the forest to the sawmill, from the broker to the lumber yard, and ultimately to the consumer.
- 1:30** Skid Steer Rodeo
Try your hand at skid loader maneuvering in front of a crowd of spectators!



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6th Annual Walk for Wanda aimed to support diabetes prevention and living well with diabetes



(L - R) Elyse Enea, program coordinator, Herkimer County HealthNet; Althea Noyes, Walk for Wanda chairperson; and Alison J. Swartz, program coordinator, Herkimer County HealthNet.
Photo courtesy of Herkimer County HealthNet

LITTLE FALLS – Join Herkimer County HealthNet and volunteers for the 6th Annual Walk for Wanda event on Wednesday, May 15 in Eastern Park (adjacent to Benton Hall Academy) in Little Falls. The walk will start at 5:30 p.m. in Eastern Park (registration begins at 4:30 p.m. at Benton Hall, 1 Ward St., Little Falls).

The walk is in memory of Wanda Gifford, lifelong resident of Herkimer County who passed away in 2014 from complications due to diabetes. Proceeds from the Walk for Wanda Fundraiser will support Herkimer County HealthNet's type-2 diabetes prevention and living with diabetes programs for Mohawk Valley residents.

Althea Noyes, Walk for Wanda chairperson, said, "It's important that this walk and the funds that support it contribute to the work of Herkimer County HealthNet, mostly because the proceeds stay local. Preventing type-2 diabetes and living well with diabetes is an important focus."

Herkimer County HealthNet's Diabetes Prevention and Living Well with Diabetes workshops help participants enhance skills to maintain

active and fulfilling lifestyles. Our goal is to provide community education that supports development of the knowledge, skills and confidence to live well with diabetes and to learn new behaviors for diabetes prevention.

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

Register for the Walk for Wanda Fundraiser at www.eventbrite.com/wal

forwanda or at Herkimer County HealthNet's Facebook page at facebook.com/herkimer-countyhealthnet. Monetary donations can also be made directly to Herkimer County HealthNet and mailed to 320 N. Main St., Suite 3300, Herkimer, NY 13350.

For more information about the Walk for Wanda Fundraiser, call Althea Noyes at 315.823.4523. For more information about Herkimer County HealthNet, call 315.867.1552 or visit facebook.com/herkimer-countyhealthnet.

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Make good use of your final days as a student as graduation nears

Graduation is the culmination of a lengthy journey students take in pursuit of their academic and professional goals. As graduation day draws near, it can be tempting for students to take their foot off the gas and spend their time having fun with their fellow students before everyone goes their separate ways. Such an attitude can derail years of hard work. Though the temptation of celebrating with friends may be hard to resist, the following are some ways prospective graduates can stay on course as graduation day draws near.

- Maintain your academic focus. It can be easy to get caught up in upcoming celebrations and the next chapter in your life, but students should stay the academic course until their final day in the classroom. Keeping grades up is im-

portant, as no one wants to put graduation at risk when it is so close.

- Familiarize yourself with your school's guidance office. Guidance counselors often provide information on coursework and future schooling options, but they can guide you in other ways as well. Some guidance offices double as career placement services, helping students prepare résumés, cover letters and portfolios. Some also help students with career assessments that can guide them as they look to begin their careers as professionals.
- Gather some references. The organizers behind the Sales Innovation Expo, a professional networking gathering, indicate that 85 percent of jobs are filled through networking. Begin talking with all of the people you can, particularly



Taking certain steps leading up to graduation can help you focus more readily on the future.

during internships or volunteer opportunities. Contact trusted confidantes, be it current or former supervisors and professors, to serve as references.

- Have an idea of your next steps. It's not necessary to have everything mapped out just yet, but you should have a good idea of whether you're going on to more schooling, taking a vocational career tract, entering the workforce,

or even taking some time to travel. Create a road map on paper showing where you want to be and when.

- Plan for some downtime. After all of this hard work and dedication, set some time aside after the graduation celebration to recharge your batteries. Some time off can help you focus on the future when you're rested and ready to approach new goals.

Ladycarousel's Psychic Festival

June 1 - 2, 2019

Saturday 10AM-6PM • Sunday 10AM-5PM

847 Route 29A, Salisbury Center, NY 13454

A venue for readers/healers/vendors

Welcome to all that come in love, light and peace

Part of proceeds to be donated to Local Charities \$5 per person

For more information, please call: Shelley Schaaf (315) 717-5107

Comfort Foods Made Fast and Healthy

by Healthy Exchanges
Strawberry Lovers Pie
It's strawberry pie time! We've waited a year for the most magnificent fruit of all to be in season again. And what better

way to celebrate than with this scrumptious pie!

4 cups sliced fresh strawberries

1 (6-ounce) graham cracker pie crust

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

1 (4-serving) package sugar-free strawberry gelatin

1 1/2 cups water

1 cup reduced-calorie whipped topping

1/2 teaspoon vanilla extract

3 to 4 drops red food coloring

1. Evenly arrange strawberries in pie crust. In a large saucepan, combine dry pudding mix, dry gela-

tin and water. Cook over medium heat until mixture thickens and starts to boil, stirring often. Spoon hot sauce evenly over strawberries. Refrigerate for at least 2 hours. Cut into 8 servings.

2. In a small bowl, combine whipped topping, vanilla extract and red food coloring. Top each piece with a full tablespoon of topping mixture. Serves 8.

* Each serving equals: 157 calories, 5g fat, 2g protein, 26g carb., 225mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1/2 Fruit.

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Fri-Sat-Sun

May 31 - June 1 - June 2

(Route 5 leads you right to us!)

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So many great bargains.**

My sale is Saturday June 1 only
56 W. Grand St (Rte 5)
Palatine Bridge - 9AM - ?
(Little Brown house across from the stone school, near intersection of Rte 10 N)

Some furniture, dolls, bears, kitchen items, garden tools, decorations, toys, baby gates, antique oak slant front top desk, shoes, purses, jewelry, dishes & more!

Please no early birds - gates open at 9AM

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Did you know?

According to the National Fire Protection Association, roughly half of the injuries involving grills are thermal burns. Of the approximately 16,600 patients who visit emergency rooms for injuries involving grills each year, 8,200 are treated for thermal burns.

UPMC HealthBeat notes that thermal burns typically occur when a person touches flames or fire or hot molten liquid or

steam. Thermal burns also can result when touching a hot object, such as cooking pans, irons or heated appliances.

WebMD advises burn sufferers to call 911 immediately if the burn penetrates all layers of the skin; if the skin appears leathery or charred, with white, brown or black patches; or if the hands, feet, face, or genitals are burned. In addition, call 911 immediately if infants

or seniors suffer any burns, even if the burn does not appear severe.

Treatment will depend on the severity and location of the burn. In the immediate aftermath of a thermal burn, Stanford Children's Health advises cooling the affected area with cold water or a cold compress until the pain is reduced or alleviated. Avoid breaking any blisters that form, and protect

the burn with a dry, sterile gauze bandage or with a clean bed sheet or cloth. Do not attempt to remove clothing that is stuck to the burned area. In such instances, cut around the clothing and leave the burn intact. Resist any temptation to apply ointments, oils or sprays to the burned area, as these should only be applied when prescribed by a doctor.



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

May 24

Mohawk Valley Writers Meeting at the Ilion Free Public Library 1-3 p.m. This month's 500 word stories will be written using song titles for inspiration.

May 25

Golumbki and Pierogi sale. 9:30 a.m. to 2 p.m. At St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer.

May 28

Herkimer HealthNet Diabetes Self-Management Program. Herkimer County HealthNet offering free six-week diabetes self-management program on Tuesday, May 28, and will meet every Tuesday for six weeks, from 2-4:30 p.m. at the Mohawk Homestead, 62 E Main St., Mohawk. Contact Herkimer County HealthNet at 315.867.1552 or ee-nea@herkimercounty.org or register online at www.healthnetinc.org.

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.

Mohawk Valley Rotary Hosting Keeler's Traveling New York City Comedy Club w/ Headliner Comedian Ross Bennett. At Francesca's in Ilion. Tickets cost \$35. Doors open at 5:30 p.m. Show starts at 7 p.m. Contact www.facebook.com/MohawkValleyRotaryDistrict7150 for any questions. Proceeds benefit the Mohawk Valley Rotary clubs' service projects locally.

Salisbury Center Methodist Church Chicken BBQ. 3 p.m. until gone. Adults \$10. Children 5-12 years old \$5. Children under 5 free. Eat in or take out.

June 2

23rd Annual Rhubarb Festival: 1747 Nellis Tavern historic site, 7355 NYS Rt. 5 (east), St. Johnsville. 11 a.m.-4 p.m. Pie baking

contest at noon. Lunch and rhubarb goodies available. Raffle. Free tours. Free concert by Battenkill String Band: 1-3 p.m. Benefit by Palatine Settlement Society for restoration of 1747 Nellis Tavern. More info: Contact Mary at 315.866.2619.

Salisbury Historical Society's exhibit for 2019. "Agriculture Past to Present". 1-3 p.m. Opening day at the Frisbie House, 109 State Route 29A, Salisbury Center, 1-3 p.m.

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 7-9

Annual Schooling of Civil War Soldiers. Friends of the German Flatts Town Park, 555 Route 5S, Mohawk NY (next to Ft. Herkimer Church). June 8 Chicken BBQ by Squishy's BBQ and Catering from 1 p.m.-sold out. Garage Sale from 9 a.m.-5 p.m. along with 50/50 raffle and music. Advance sale tickets for the BBQ are available along with garage sale registration forms. BBQ dinners are \$12; Half - \$8. More info. contact Carol Vercz 315.866.6791; email: pvercz@wcnr.com.

June 15

Arc Herkimer Heart & Sole Awareness 5K with a wheelchair division. In concert with a day-long community celebration at Arc Park. Dads will run free when a family member signs up to participate in the 5K. Arc Herkimer will also host a free kids run throughout Arc Park beginning at 9:45 a.m. The run is scheduled to start, rain or shine, at 9 a.m. at Arc Park, 420 East German Street in Herkimer. For more information visit www.archerkimer.org or call Special Events and Fundraising Manager Kristen Smith at 315.574.7353.

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.

July 11

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

Aug. 3

Garden Tractors Pullers Association event. 10 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Family Fun Day.

Aug. 10

Garden Tractors Pullers Association event. 10 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Canal Days Celebration.

Aug 28

2019 Rabies Vaccination Clinic 5:30-7 p.m. Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. Register for a clinic at 315.867.1176.

Sept 2

Garden Tractors Pullers Association event. 9 a.m. Fonda Fair, Fonda, NY. For more information, contact 315.867.3541. Canal Days Celebration.

Sept 19

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

Oct 3

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

Herkimer County Country Editor

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Weekly SUDOKU

by Linda Thistle

	8				3	1			
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

1 Snapshot

6 America's uncle

9 Go back

12 Dawn

13 Pirouette pivot

14 "7 Faces of Dr. —"

15 Foolish

16 Current

18 Use mouth-wash

20 Stirred

21 Service charge

23 Exist

24 Nervous

25 Screws up

27 Point of view

29 Horseradish cousin

31 Medal earners

35 Mottled mount

37 Break suddenly

38 Went on all fours

41 Kreskin's claim

43 Have a go at

44 In the pink

45 Daughter of Muhammad

47 Oppressive

49 Danger

52 [Uncorrected]

53 Work with

54 Skip a sound

55 Superlative ending

56 Roulette bet

57 Rose

DOWN

1 Tire pressure stat

2 Barbarian

3 Asian wild asses

4 With

46-Down, cheese-topped sandwich

5 Phantom's bailiwick

6 "Hot"

7 Top-rated

8 "Family Guy" daughter

9 "Cats" inspirer

10 Money lenders

11 One over par

17 Deed holders

19 Wheat or rye

21 A handful

22 Geological period

24 Brewery product

26 Demolitions specialist

28 Specter

30 Morsel

32 Easternmost

Great Lake

33 Corn spike

34 Agent

36 Ribbed

38 Opted for

39 Indian royals

40 Vote in

42 They're calling Danny Boy

45 Blend together

46 See 4-Down

48 "— American Cousin"

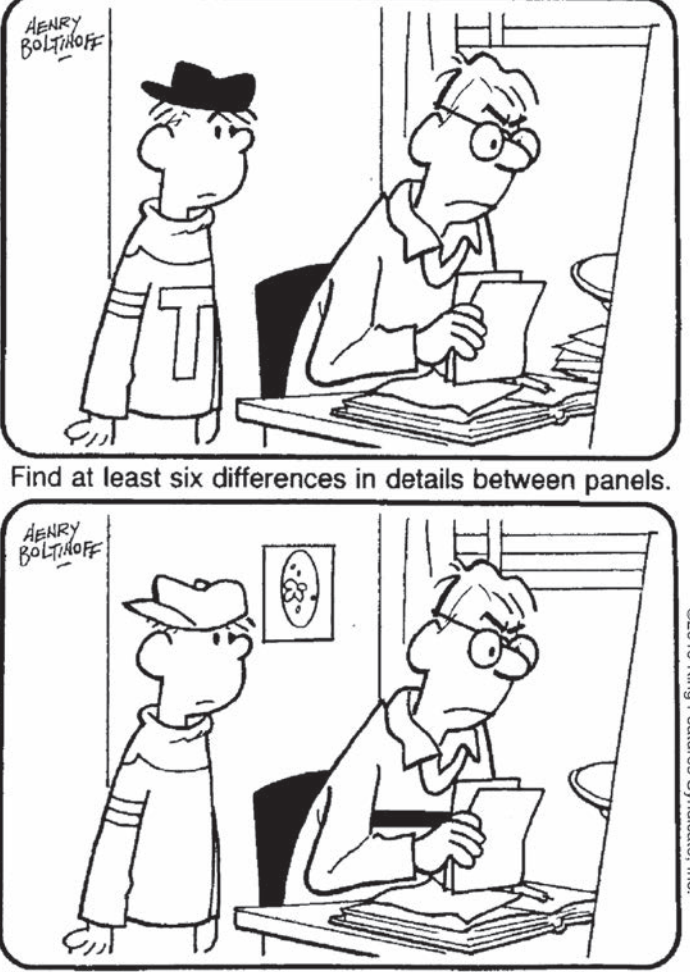
50 Altar affirmative

51 Started

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HOCUS-FOCUS

BY HENRY BOLTINOFF



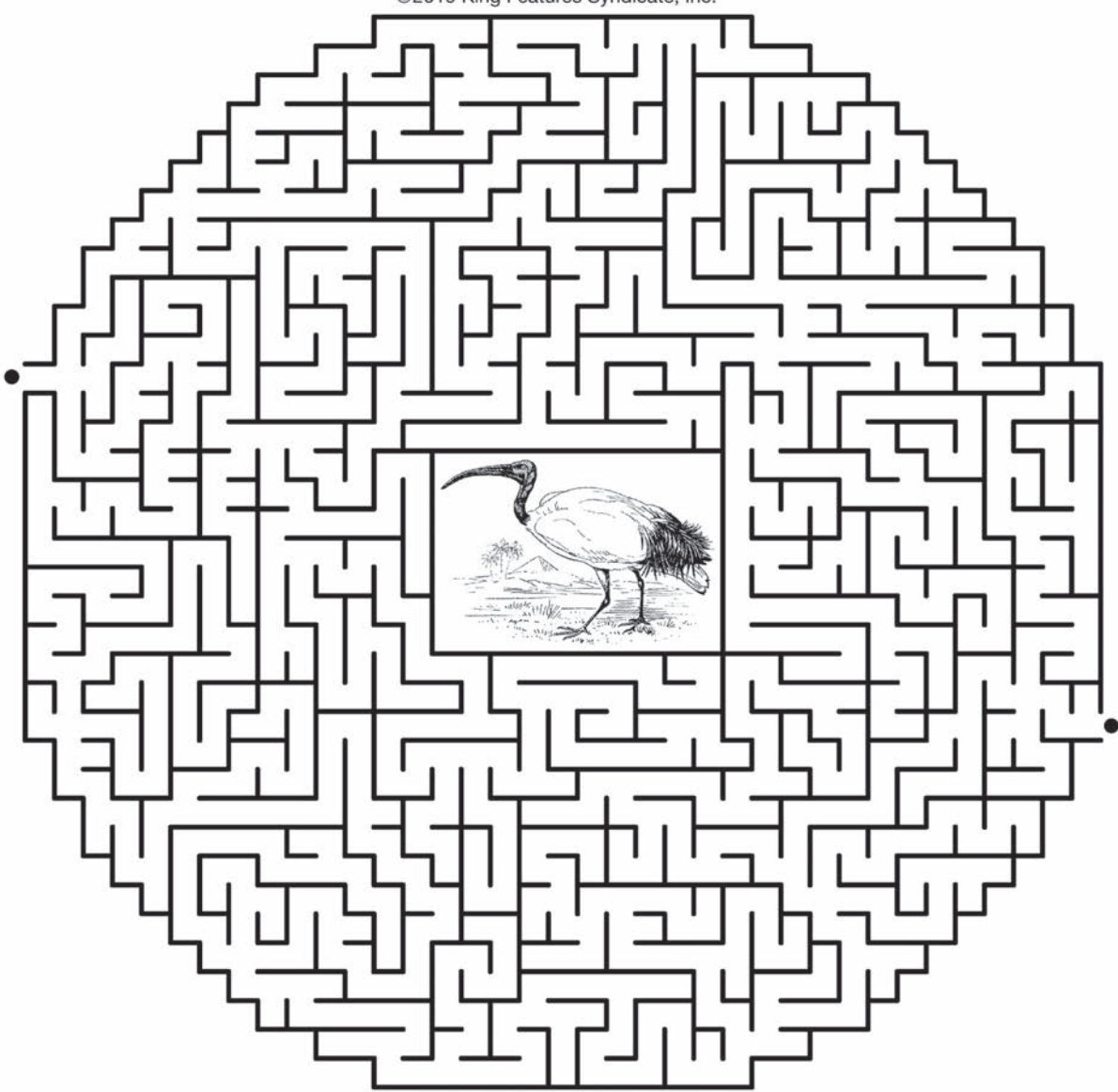
Find at least six differences in details between panels.

Differences: 1. Boy's hat is different. 2. Picture has been added. 3. Blinds are lower. 4. Man's sweater has a stripe. 5. Desk papers are missing. 6. Boy's shirt has no letter 'T'.

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Mega Maze

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Just Like Cats & Dogs

by Dave T. Phipps



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STICKELERS

by Terry Stickels

If 1/2 of 12 were 7,
what would be 1/3 of 18?

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Mohawk Valley Rotary Club collaborating with Ed View on dog park

The Mohawk Valley Rotary Club has been collaborating with Rotarian Ed View to help turn his vision of a dog park in Herkimer into a reality. Over the past 18 months, the rotary club has started raising funds through a GoFundMe campaign on Facebook, and many Rotarians have gotten behind the idea by hosting "dress down" days at their companies, donating the proceeds to the park fund.

The club recently wrote a grant requesting funding for the dog park to District 7150 that was approved. Mohawk Valley Rotary Club and District 7150 will be donating \$1,500 in trees and benches toward this project. Recently, View presented on the items

needed to make this dream of a dog park a reality. View, along with the rotary club, are raising money to purchase a fence, crusher run, directional signage and many other dog-pleasing features that will enhance the park. The main goal for the dog park is to create a safer, more active, pet-friendly community in the village.

If you are interested in learning more about the Mohawk Valley Dog Park in Herkimer visit facebook.com/MohawkValleyRotaryDistrict7150; the GoFundMe link is tinyurl.com/yyaxgtvq.

The Mohawk Valley Rotary Club is committed to many projects locally; some of these projects include the Youth Exchange Program, high school

scholarship program, Books For the World and the Mohawk Valley Dog Park project. They also host a food drive in

the months of November and December that benefits Catholic Charities of Ilion and the Salvation Army in Herkimer.



Rotarians and Dog Park Committee members (L - R) Steve Long, Denise Snyder, Elyse Enea Bellows and Scott Scherer.

Photo courtesy of Mohawk Valley Rotary Club

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— King Crossword — — Weekly SUDOKU —

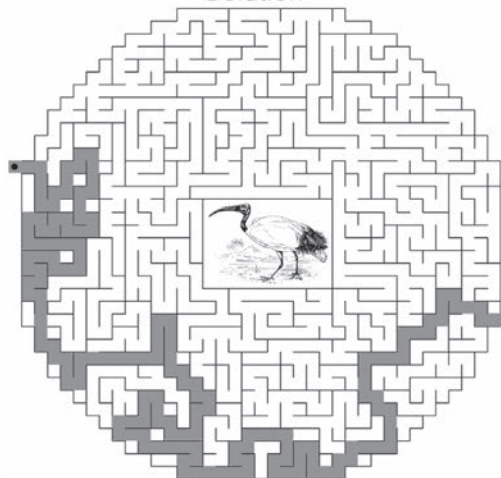
Solution time: 27 mins.

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

Mega Maze

Solution



Americanisms



"Leaders who don't listen will eventually be surrounded by people who have nothing to say."
— Andy Stanley

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Sticklers Answer

The answer is 7.
Here's one way to look at this:
12/2 is to 7 as 18/3 is to X.

Reasons a mutt should be your next dog

"Mutt" and "mongrel" have long had negative connotations, but there's no need to turn one's nose at mixed breed dogs.

Dogs of any kind, regardless of lineage, can be cherished companions who offer years of tireless love and affection. In fact, mutts have gained steam as dogs of choice thanks to new, more trendy monikers, such as "designer dogs" or "cross-bred pups." In addition, many well-recognized purebred dogs popular today were likely once amalgams of different breeds that were carefully crafted to acquire the desirable traits of popular breeds.

Many mixed-breed dogs are beautiful, well-behaved pets. The American Veterinary Medical Association states that 36.5 percent of American households have dogs. Many of those pooches are mixed-breed dogs.

Here's a look at what can make mutts stand-out pets.

- **Healthy pup:** Mixed-breed dogs may not be prone to genetic diseases specific to one particular breed and may be less likely to develop an inherited disorder. According to Dog Reference, something called "hybrid vigor" explains how a mutt's mixed ancestry makes it hardier and more robust. The average lifespan of a mutt is longer than that of most purebred canines. This doesn't replace the need for quality veterinary care, however.

- **Life-saving choice:** Animal shelters are often bursting at the seams with mutts. Choosing to adopt a mixed-breed dog can reduce overpopulation and ensure that dogs will not be euthanized.

- **Affordability:** Mutts are typically more affordable than pure breeds because a person is not paying for

lineage, show titles and AKC registration. Some mutts actually may be free if a family is giving away puppies.

- **Unique qualities:** No two mixed-breed dogs are the same — even among litter mates. That individuality can be an advantage.

- **Moderated traits:** Many purebred dogs were bred to serve specific purposes of the breed. A Border Collie, for example, is designed to herd and requires rigorous exercise to remain healthy both physically and mentally. Stripped of that primary job, a dog might be destructive or become depressed. Comprised of different breeds, a mutt may have a less intense drive to fulfill its breed standards, perhaps making it a more easygoing pet.

- **Trendy:** Thanks to puggles and labradoodles, it's now chic to have a mutt.

Mixed-breed dogs can be the ideal puppy pets and can be a first stop in one's search for a new canine pal.



You may get nothing "mutt" love from mixed-breed dogs.

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Herkimer BOCES Visual Communications Class design T-shirts for VHS

National Skilled Nursing Care Week

HERKIMER – In honor of National Skilled Nursing Care Week (May 12 - 18), Valley Health Services (VHS) and Herkimer County BOCES' Visual Communications class, instructed by Melinda Maycock, collaborated on a logo design contest in which Maycock's students submitted logos based on the theme "Living Soulfully."

The logos were voted on by VHS staff

and residents, and the winning logo was printed onto T-shirts for staff to wear during National Skilled Nursing Care Week. Wyatt McDonald, a junior at Central Valley Academy, Ilion, submitted the winning design. VHS provided a gift card to McDonald as a token of their appreciation as well as a class gift to the students and instructor for their professional graphic designs.

This national week's theme, Live Soulfully, celebrates skilled nursing centers, their residents and staff, showcasing how they achieve happy minds and healthy souls. Established by the American Health Care Association (AHCA), formerly known as Nursing Home Week,

it recognizes the essential role of skilled nursing care centers in caring for America's frail, elderly and disabled.

VHS' staff planned a plethora of events for residents and staff during Live Soulfully week, including a Soulful Memory Gathering, Café Night and "The Story of Me" project. Herkimer County BOCES Career and Technical Education students from the Culinary/Hospitality, Cosmetology and Child Family Services classes are providing the VHS residents with an Intergenerational Spa & Demonstration Day on May 15. Other fun activities during the week included music and memory entertainment, a Soulful Social and more.



(Center) Wyatt McDonald, displaying his T-shirt design for VHS. (Front row, L - R) Myranda Belmonte, Sarah Hamilton, Kiley Wren and Abigail Puznowski. (Back row) Matthew Gallagher, Cyrus Brown, Kathryn Marmet, Matthew Baldwin and Jennifer Loomis.

Photo courtesy of Valley Health Services

Little Falls community blood drive

A community blood drive will be held on Monday, June 3 from noon - 5 p.m. at the Little Falls Elks Lodge. Each donation can help save up to three lives. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED.CROSS (1.800.733.2767). Donors can save time by using RapidPass to complete their pre-donation reading and health history questionnaire online on the day of their donation. Visit redcrossblood.org/RapidPass to get started. Walk-ins are welcome.

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Create a safe, tick-free zone in your yard

Despite their diminutive stature, ticks are a big concern for people, particularly those with pets.

As the weather warms, ticks are out looking for a host to climb on and get a blood meal. Ticks are a significant concern because they can be infected with bacteria, viruses or parasites, says the Centers for Disease Control and Prevention. Lyme disease, ehrlichiosis, Rocky Mountain spotted fever, tularemia, and babesiosis are just a few of the many tick-borne diseases. These pathogens can be passed to humans and pets via the bite of infected ticks.

In 2018, at least one variety of disease-transmitting tick had been found in all of the lower 48 states, according to

the CDC. In addition, researchers at Cornell University identified 26 species of ticks along the East Coast alone. Preventing tick bites has never been more important. The process starts right in one's own backyard.

According to Consumer Reports and the New York State Integrated Pest Management Program, controlling wildlife that enters one's yard can help keep tick numbers down. Open access means animals can enter and so can ticks. Fencing and pest management solutions may help.

Other ideas include landscaping techniques that can reduce tick populations:

- Remove leaf litter from the yard.
- Clear tall grasses and brush around

homes and at the edges of the lawn. Mow regularly to keep the lawn short.

- Create a barrier between wooded areas and the yard if it abuts a forested area. According to Consumer Reports, a three-foot-wide path of wood chips or gravel can prevent tick migration by creating a physical barrier that's dry and sometimes too hot for ticks to tolerate. Such a barrier also serves as a visual reminder to anyone in your household to be especially careful if they step beyond the perimeter.

- Bag grass clippings, which can serve as habitats for ticks.

- Remove old furniture, trash and other debris that can give ticks places to hide.

- Remember to use a tick-repellent



Ticks are problematic, but various measures can help control tick populations in a yard.

product when venturing into wooded areas. Flea and tick products also are available for pets; consult with a vet.

CNA class graduates from VHS

HERKIMER – Six students graduated recently from the second CNA program of 2019 held at Valley Health Services. The CNA program is comprised of 120 hours of classroom and clinical instruction including communication and interpersonal skills, basic nursing, personal care skills, mental health and social service needs, care of cognitively impaired residents, basic restorative services, residents' rights and supervised clinical training with nursing home residents.



(L - R) Tammi King, instructor; Ericka Dykeman, Leonna Doles, Matthew Cramer, Brittany Gallt, Lauren Phillips and Emily Giarrusso.

Photo courtesy of Valley Health Services

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Enjoy safe backyard barbecues this summer

Backyard barbecues are synonymous with warm weather. And why wouldn't they be? Grilling over an open flame when the weather is warm embodies the

relaxing spirit of spring and summer, prompting many people to leave their oven ranges behind in favor of charcoal and gas grills.

As relaxing as backyard barbecues can be, they can quickly take a turn for the worse if cooks don't emphasize safety when grilling out. According to the National Fire Protection Association, an average of 9,600 home fires are started by grills each year. In fact, the Consumer Product Safety Commission notes that, between 2012 and 2016, an average of 16,600 patients went to the emergency room each year because of injuries involving grills.

Such statistics only highlight the need to balance the fun of grilling with safety when hosting a backyard barbecue or cooking for the family. The following are some steps people can take to ensure their backyard barbecues are safe.

- Recognize that gas grills pose a threat as well. It's easy to assume gas grills don't pose as great a threat as charcoal grills, which produce soaring flames once the charcoal is lit. But the NFPA notes that gas grills are involved in 7,900 home fires per year. No grill is completely safe, and cooks must emphasize safety whether they're using gas grills, charcoal grills or smokers.

- Only use grills outdoors. Grills should never be used indoors. Even if rain unexpectedly arrives during a backyard barbecue, keep the grill outside. If unexpected rain is accompanied by lightning and thunder, extinguish the fire in the grill and go indoors.

- Place the grill in a safe location. Grills should be placed well away from the home. Avoid locating grills near deck railings or beneath eaves and overhanging branches. Cut overgrown branches before lighting a grill fire if they are in close proximity to the grill.

- Keep your grill clean. The buildup of grease and fat, both on the grill grate and in trays below the grill, increases the risk of fire. Clean the grill routinely.

- Properly light the grill. Lighting gas and charcoal grills requires caution. Before lighting a gas grill, make sure the lid is open. If you must use starter fluid to light a charcoal grill, the NFPA advises using only charcoal starter fluid. Never add any fluids to the fire after it has been lit.

- Do not leave a grill unattended. Cooks should never leave a lit grill unattended. If you must leave the grill, only do so if another adult can stand in your stead. Lit grills pose a threat to children and pets, and unattended grills can be blown over by gusts of wind or tipped by wild animals, such as squirrels. Standing by a lit grill at all times can protect against such accidents and injuries.

Grilling is a favorite summertime activity. For more information about grilling safety, visit www.nfpa.org.



Balance the fun of grilling with safety when using the backyard barbecue.



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Whatchamacallits



Although most folks would not consider these items to be "Whatchamacallits," you may be surprised to discover that the invention of the rotary egg beater had a major effect on cooking. The rapid motion of the beaters — whether whisk-type, blade or mesh — aerated eggs, batters and whipping cream much more substantially and easily.

The beaters began to appear on the scene in the mid-1850s and the first patent was issued for a beater around 1865.

We have two examples of early mechanical egg beaters. One features a coiled wire, spring-like mixer and the other is a single whisk type. Both are operated by means of a hand-cranked gear. Modern electric kitchen mixers are

based on the mechanics of double-bladed rotary hand beaters.

My mother used to have a spring-like beater on a six-inch handle (no cranking involved) and it was trickier to use than you would think.

Our spring-type is marked P.D. & Co for Paine Diehl & Co, which were located in Philadelphia, PA. The best I can ascertain about them is they briefly manufactured implements and also issued The Keystone Cook Book in 1888.

The single whisk beater is a Dover-style rotary beater. I can't be certain it is an actual Dover egg beater. More than 1,000 patents have been issued to various beaters and/or modifications to this most handy kitchen helper.



Do you have your own Whatchamacallit?
Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

Kovels: Antiques and Collecting

by Terry and Kim Kovel
Moorish Chair

The major furniture styles used in the United States have names, some for royalty, others for talented designers and cabinetmakers. But by the 1900s, furniture was named for styles of art. Starting in the 1600s, there was Pilgrim, William and Mary (English King and Queen); Queen Anne (also English royalty); Chippendale (Thomas Chippendale, an English cabinetmaker); and American Federal, which included the American designs and pieces similar to Sheraton and Hepplewhite (Thomas Sheraton and George Hepplewhite, English cabinetmakers).

By the 1800s, furniture was designed and named for political changes, including Empire, Victorian and many revival styles that copied earlier ones. The 1900s had Mission (also called Arts and Crafts), Art Nouveau, Art Deco, Mid-Century Modern and Modern (also called Contemporary). The United States had many other less important design influences, and these were named for the countries that inspired

them: Japan, Egypt, the Shakers and even what is called Moorish style, a mixture of Turkish, Spanish and Arabian designs.

Decorators today like to have an “accent piece” in a plain contemporary room; something that is unique or at least very unfamiliar. Recently a pair of Moorish chairs were in an auction in New Orleans. They were made in the unfamiliar style and were carved, ebonized and had mother-of-pearl inlay. The backs were pierced with scrolled crests, and seat fronts that looked like small picket fences. The pair of unusual chairs were estimated at \$1,200 to \$1,800.

Q: We inherited a Handel lamp with a painted glass shade and are interested in finding out its value so we can sell it. It has a small amount of damage, but the lamp itself works. What do you think it’s worth?

A: Handel lamps in good condition can sell for over several thousand dollars. Reverse-painted shades sell for the highest prices, but even a bronze Handel lamp base without the shade can sell for a few hundred dollars or more. Most Handel lamps are marked. Look for marks on the base, rim and inside the bottom of the shade. If you find a four-digit number code on the shade, you may be able to find the value online. However, damaged shades are hard to sell. Reproduction Handel shades have been made and are of little value.

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- Cut glass, bowl, hobstars, alternating with divided diamonds, stars, rayed stars, 4 x 9 inches, \$20.
- Settee, Louis XV, cherry, serpentine back, two cushions, reeded arms, cabriole legs, 34 1/2 x 55 inches, \$185.
- Lamp, electric, glass, opalescent, nude woman, seated in waves, shell at back, footed, 23 x 13 inches, \$310.
- Rug, needlepoint, 20 blocks, animals, linen fold border, brown, 7 ft. 3 in. x 9 ft. 2 inches, \$660.

Tip: Do not light a closed cabinet filled with glass with light bulbs over 25 watts. Stronger bulbs generate too much heat. Some new types of bulbs are brighter and give off less heat.



This unusual chair is one of a pair of Moorish chairs offered in a recent auction. The design was inspired by furniture from many countries and would make a good accent piece in a plain modern room.

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

Millions of people hit the links to play golf recreationally, and many young stars of the game are inspiring others to try their hand at this difficult sport.

In its "U.S. Golf Economy Report," released in 2018, WE ARE GOLF, a coalition of golf's governing bodies, found there was a 20 percent increase in junior golf participation in the five years between 2011 and 2016. Plus, there were 2.5 million golfers who played for the first time in 2016, up from 1.5 million in 2011. Even more exciting for the industry is non-golfers interested in playing golf doubled to 12.8 million.

There has never been a better time to play golf. However, to the uninitiated, golf can be complicated. There are many different rules and all sorts of equipment to learn and lingo to follow. In fact, the experts at Golf Digest say that some people can be scared off even before they hit the green. Fortunately, all it takes is a little research to get started on learning about and ultimately embracing the game of golf. Here are six ways to get started.

1. Start off on a practice range and not on the golf course. The range is a great place to acclimate oneself to the game and practice your swings.

2. Hook up with someone who can show you the ropes. Going it alone can tame feelings of embarrassment from

being new to the game. However, having someone in your corner guiding you can make it easier to learn and love the game. Work with a local golf pro or enlist the help of a friend or family member with some golfing experience.

3. Learn all you can about the clubs, including which kinds are used for various types of shots. While a golfer is allowed to carry as many as 14 clubs in a bag, you will not need that many when first starting out, nor do you have to invest thousands of dollars in a set of clubs. It's possible to find used clubs online if you want to try the sport before committing.

4. Lean toward more loft when selecting clubs. Look for drivers that have at least 10 degrees of loft and fairway woods that start at 17 degrees, offers Golf Digest. This will make it easier for beginners to get the ball into the air and can reduce sidespin so shots fly more straight.

5. Pay attention to short shots as well as the long ones. Spend as much time practicing with wedges and the putter as the driver to really tighten up all of your shots.

6. Learn the proper grip and stance by working with a coach. Invest in a glove to avoid callused hands, as you'll be spending significant time practicing.

With these tips, novice golfers can get on the road to developing a great golf game relatively quickly.



Golf has seen an upswing in the number of people interested in getting started with the game.

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Downsizing as you age: Eight smart organization tips and tricks

(BPT) — It's easy to accumulate a lot of things throughout your life. From clothes and household goods to antiques and treasured keepsakes, decades of living often means decades of stuff. When you get to a certain age, it can be smart to start downsizing your belongings.

Sometimes downsizing is inspired by a move and other times it's simply a proactive effort to keep a home clutter-free and make things easier for the next chapter of life. Although it can feel overwhelming, with a few smart steps, the process can be easy and even enjoyable. Use these eight tips to get started:

1. Sort it out: Creating a system before organizing and downsizing can help the process go smoother. This can be as simple as getting large boxes and labeling them with Keep, Donate, Gift or Throw Away.

2. Enlist some help: Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items that you

find difficult to part with may not be things that your children want: books, figurines, antique furniture and silver servingware. Keep a few meaningful mementos, but consider parting with the items your kids aren't interested in inheriting.

3. Think about safety: Whether you're moving into a new home or preparing to age in place, it's important to consider safety factors as you age. Clutter is a trip hazard for seniors, so keep this in mind as you go through items. It might be time to get rid of throw rugs, exposed cords and cut down on end table clutter to make room for a lamp that provides extra light.

4. Consider your new space: If you're moving, evaluate how much space you will have in your new home to help decide what to keep. That massive claw-foot couch might not be suitable for a modest living room. Smaller storage space might mean getting rid of clothing you haven't worn for over a year or consolidating

printed photographs by transferring them into digital files and storing online for easy access by family.

5. Memory care concerns: Juliet Holt Klinger, senior director of Alzheimer's and dementia care at Brookdale Senior

Living, says if a loved one is moving into a memory care community you want the new space to be as comfortable and familiar as possible. "Set up the new apartment as close to the layout at home as possible. For ex-

ample, put the nightstand on the same side of the bed and decorate the room with familiar items," she suggests.

6. Peruse paperwork: Take this opportunity to get paperwork in order. Invest in a file cabinet and organize important documents, such as your will and advanced care directives. It's also smart to have electronic records of these types of documents and have a conversation with loved ones who need to be aware of their existence.

7. Make some money: After you have sorted through all the rooms in your home, consider having a garage or estate sale. This is a great way to make extra money off

of things you otherwise no longer use. Alternatively, take items to a consignment store or sell your goods online using a site like eBay, Craigslist or Facebook Marketplace.

8. Support a good cause: Take your unwanted items to a family in need or a local nonprofit. These can benefit a number of good causes you can feel good about. List items and get a donation slip so you can consider it as a deduction come tax time.

No matter the specific reason, it can feel great to downsize and organize your belongings. To learn more about memory care and assisted living, visit Brookdale.com.



Although downsizing can feel overwhelming, with a few smart steps, the process can be easy and even enjoyable.

Good Housekeeping

Creamy Lemon Chicken Pasta

Add some tang to your favorite boxed pasta.

12 ounces linguine
1 cup frozen peas
2 tablespoons olive oil
12 ounces boneless skinless chicken breasts, cut into 1-inch chunks
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
1/4 cup fresh lemon juice

4 ounces low-fat cream cheese, cubed, at room temperature

2 teaspoons finely grated lemon zest

1/2 cup grated Parmesan
1/4 cup flat-leaf parsley, roughly chopped

1. Cook linguine per package directions, adding peas during the last 2 minutes of cooking. Reserve 1 cup pasta cooking liquid, then drain pasta and peas.

2. Meanwhile, heat olive oil in large, deep skillet on medium-high. Season chicken with kosher salt and pepper and cook until golden brown on all sides, 4 to 5 minutes.

3. Add lemon juice to skillet and cook, scraping

up any browned bits. Add cream cheese and stir until melted; remove from heat.

4. Fold in lemon zest and Parmesan, then parsley. Toss with pasta (adding reserved cooking liquid, 1 tablespoon at a time as necessary). Serve immediately. Makes 4 servings.

* Each serving: About 595 calories, 17.5g fat (5.5g saturated), 37g protein, 360mg sodium, 74g carb, 3g fiber.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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Tips for grad party planners

Graduation is a milestone moment worthy of celebration. Whether newly minted graduates will be pursuing further education after donning their caps and gowns or embarking on their lives as professionals, come commencement season, graduates and their families should pause to celebrate and recognize the hard work it took for grads to earn their degrees.

Graduation parties provide perfect opportunities for grads to unwind and celebrate their achievements. People tasked with planning such festivities can heed the following tips to make sure the party is one grads won't soon forget.

- Personalize the affair. Much like birthday parties, graduation parties are celebrating a particular guest of honor. As a result, planners should not hesitate to personalize graduation parties so



Graduation parties provide perfect opportunities for grads to unwind and celebrate their achievements.

they reflect the grad who's being honored. If the guest of honor just earned his or her law degree, order a cake in the shape of Lady Justice. Planners tasked with honoring college grads on

their way to medical school can ask guests to don scrubs or white coats. Such personal touches can add fun to the festivities while still honoring the new grad.

- Ask grads before de-

vising the guest list. Since the day is all about the recent graduate, let him or her provide input about the guest list. Some grads may be uncomfortable serving as the focal point of a large

soirée, while others may prefer family gatherings or less formal affairs with only friends. The goal of the party is to celebrate the new graduate, so make sure they're comfortable with who is in attendance. If grads choose a friend-heavy guest list, plan a dinner out with family on another night.

- Invite teachers. Some graduates form strong bonds with teachers who helped them get through difficult coursework or provided invaluable advice during their academic careers. Make sure these people, who may include teachers past and present, are invited to the party, and recognize their

role in helping the guest of honor achieve his or her academic and professional goals.

- Speak with other parents/planners. Graduation season is a social time of year. Planners and parents can speak with one another to ensure that parties are not scheduled on the same day. This allows all graduates to enjoy their moment in the sun and ensures friends won't miss the chance to celebrate one another's accomplishments. Planners and parents can even coordinate parties together if graduates express a desire to do so.

Paw's Corner

by Sam Mazzotta

Give CBD to pets? Jury is still out

Dear Paw's Corner: What is your take on using CBD oil on cats or dogs? A friend told me that giving it as a supplement could ease my dog's separation anxiety. — Gary F., Tallahassee, FL

Dear Gary: While there is no solid scientific proof indicating that CBD (cannabinoid), a nonintoxicating part of the marijuana plant, has an effect on pets, you can find quite a bit of anecdotal evidence from pet owners. Most are very confident that the supplement helps calm their dog or cat.

I've spoken with a few pet owners who have had positive experiences supplementing their pet's diet with CBD, which can be obtained legally over the counter in several states. For example, a friend was struggling with anxiety-induced aggression in one of her dogs — during thunderstorms, he would begin snarling

and snapping at her other male dog. Daily supplementation with CBD oil has reduced the aggression, she said.

Now, CBD oil isn't a cure-all to treat every health or behavioral issue affecting a pet. It can help with anxiety. Its effects seem to be very subtle, on par with Bach's Rescue Remedy, a daily homeopathic supplement. But it's not a substitute for behavioral training and regular outdoor exercise — both of which can have a profound effect on a dog's behavior.

CBD supplements like oil or chews can be given daily at feeding time. Be sure to follow the dosage instructions on the package. The key seems to be making the supplements a daily routine, and increasing the dose may not work. But for owners trying to improve their dog's well-being, it may be a supplement worth trying.

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Unique ways to conserve fuel

Defensive driving has long been touted not only as a safe way to operate a motor vehicle, but also a cost-effective one. When driving defensively, drivers are less likely to make sudden stops or accelerate quickly, each of which can waste fuel.

But even the most conservative motorists might want to do even more to conserve fuel. Fortunately, there are many unique and simple ways to conserve fuel and save money.

- **Park in the shade.** According to Natural Resources Canada, using a vehicle's air conditioning system increases its fuel consumption more than any other auxiliary feature. In fact, NRC notes that air conditioning systems can increase fuel consumption by as much as 20 percent. That's because vehicle AC systems require en-

gines to work extra hard, which in turn requires them to consume more fuel. By parking in the shade on hot days, drivers won't need to crank their AC systems in order to overcome the summer heat.

- **Listen to traffic reports.** It's well known that idling greatly decreases fuel economy. Before leaving for work or to run errands around town, tune in to local traffic reports in the hopes that you can avoid potential traffic jams that contribute to the needless consumption of fuel. If there's no way to avoid traffic during your daily commute, consider investing in a vehicle with stop-start technology, which shuts the engine off when your vehicle comes to a halt before restarting it once you take your foot off the brake. The Union of

Concerned Scientists notes that this technology can reduce fuel consumption by as much as 5 percent.

- **Make sure your gas cap is tight.** A loose gas cap can adversely affect fuel economy. According to Napa®, a loose gas cap is a common contributor to poor fuel economy. Loose gas caps allow fuel vapors to leak and that decreases your vehicle's fuel efficiency. After filling up at the pump, be sure to close the gas cap tightly. Many caps will indicate how many clicks it takes to make sure the cap is closed as tightly as possible. In addition, periodically inspect the cap for cracks or leaks, replacing it if necessary.

- **Drive distraction-free.** Today's cars are technological marvels. But all those bells and whistles can be distracting,



Conserving fuel is a goal for many drivers, and that goal can be achieved in a wide variety of ways.

and distracted drivers are less likely to pay attention to how they're driving. That can make for unsafe and fuel-inefficient driving. When driving, do your

best to minimize distractions, turning off your smartphone and directing all of your focus to the road and how you're navigating it.

Senior News Line

by Matilda Charles

SeniorSafe Act lets banks call the cops

Congress took a big step last year to protect our financial interests. The SeniorSafe Act gives immunity to bank employees who call the authorities if they think a senior is being scammed.

It's not quite that simple, but that's the end result. Too often when seniors are being scammed, they go to the bank to ask about transferring or withdrawing large sums of money and wiring it to others. In scams, that can mean fake grandchildren or fake IRS employees who have scared us. It's estimated that seniors lose \$3 billion per year to financial exploitation.

Until now, the bank was unable to step in, even if it knew something was wrong, being told that privacy was more important than mere suspicions. Now certain bank employees, specially trained to identify

questionable activities, will have immunity, or freedom from a lawsuit.

And it's not just banks. Other types of financial institutions also will be given this ability to help. Our investment advisers, brokers, insurance agents, credit unions and others also can train and designate certain employees to act. In return, the institution itself also gets immunity for the disclosure of private information to law enforcement.

That's not to say it's now required that banks and other institutions call the police if they suspect a senior is being financially exploited. Authors of the bill hope that by providing immunity it will encourage financial institutions to step up after they're trained.

A few states already have this protection against financial elder abuse, but now it's federal, and all states will need to follow the law. If enough financial institutions sign up for the program, it could go a long way toward helping seniors to avoid being victims.

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Mon. May 27th - Normal Monday sale & Monthly Organic Day. From overstocked Dairy - 15-20 Grassfed Organic Cows SCC runs 200,000 cattle will have SCC checked prior to sale - mostly Fresh with a few bred back cows. The fresh cows are mostly Holsteins - rest of herd is mixed. Another Madison Cty. Dairy overstocked Grassfed Herd sends 20-25 Milking age cows Holsteins and Crosses in all stages of lactation - this herd SCC is 140,000 never over 200,000. All AI sired and bred A2-A2 and polled for many years and will have DHI info at sale time. Also 10-12 Certified Organic bred heifers from short bred to springers from one herd.

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

The Country Editor

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

or **518-673-0111**

or email classified@leepub.com

Announcements

★ ★ ★ ★ ★ 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**

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.**

LOOKING FOR VENDORS friends of German Flatts town Park will have a garage sale on June 8th, 2019 from 9am-5pm at 555 Rte.5S Mohawk NY. (Next to Fort Herkimer church) Contact Carol Vercz to register 315-866-6791 email pvercz@twcny.rr.com FREE! must supply own table/chairs.

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

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

INSULATION: All Types. New/Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation 315-822-5238. www.upstatesprayfoam.com

Business Opportunities

FREE! Before 1910 Carriage barn. Ship lap wood, metal roof, Potsdam New York. Looking for someone to take down and take away for no charge, keep yourself. Call Debbie at 315-269-5758 anytime.

Construction Services

ANTHONY MACRI



PAVING CONCRETE MASONRY

Commercial & Residential

Call With Your Needs

315-866-2733 or 315-717-3333

Custom Services

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



Employment Wanted

HELP WITH ODD JOBS: Yard work, housekeeping, small dog walking, garage cleaning, stacking wood, assistance for elderly. Keep an honest student busy this summer. 315-219-9777

Estate Sales

DOLGEVILLE SALE: Friday, Saturday, May 24 & 25, 9am to 5pm. 3 Stewart St. (behind Dollar General). Antiques, furniture, baseball items, jewelry, dishes, glassware, dolls, kitchenware, much more. No early birds!

ESTATE SALE: May 24 & 25, June 1st. 9am-3pm, 2712 Route 28, Mohawk, Vickerman Hill. Washer, dryer, lawn tractor, furniture, tools, housewares, much more.

Farm Machinery For Sale

3 pth Side Arm Extension



M.X. Martin 5' offset cutter arm extension, new!

\$4,950 or BRO

Located in Canajoharie, NY
518-210-2066

Construction Services

For Rent

DOLGEVILLE: Apartment. Duncell Street, enclosed porch, circular driveway, near stores, \$595+ security, heat, electric. 315-942-4824.

HALL FOR RENT: AMERICAN LEGION POST 845, 128 South Litchfield St., Frankfort. Call for details 315-894-4700, if no answer call 315-717-6157

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

ILION available June 7th. 1 bedroom apartment, hardwood floors, deck, enclosed porch, off street parking, no pets, \$495 plus utilities 315-717-4470.

Farm Market Items

DAMIN FARM SAUERKRAUT USDA Inspected BEEF & PORK CHICKEN

EBT & Credit Cards Accepted
8075 St. Hwy 5
St. Johnsville, NY 13452
518-568-2643
Open 7 Days a Week 9am-6pm

Farm Supplies

Farm Supplies

Mohawk Valley Ag LLC Dutchman Stoves LLC Mohawk Valley Fabrics

95 Willet Street, Fort Plain, NY 13339
518-993-2543

- IBA Dairy Supplies • Animal Health Specialties
- White Pine Shavings • Poulin Grains
- Hay & Grain Preservatives • Bird Seeds
- Muck Boots • Georgia and Rocky Shoes
- D-S Stoves • Blaschak Coal • Alaskan Stoves
- Chimneys & Firewood • Meadow Creek Grills & Seasonings • Fabrics • Socks • Coats
- Sewing Supplies • Novelty Items and More!

---COUPON---

Come See Our New

BARBECUE SHOWROOM

10% OFF All Barbecue Seasonings

With This Coupon • Expires June 30, 2019

For Rent

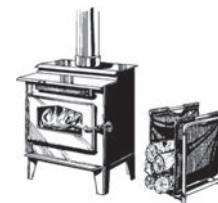
MOHAWK: Large one bedroom first floor apartment, utilities included, updated, w/own porch, \$700/month +security/references. Large one bedroom upstairs apartment, utilities included, \$600/month +security/references. No smoking/pets. 315-717-8729



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

Wood For Sale

SPRING FIREWOOD SALE.
cut winter of 2019. Cut and
split hardwoods, 10 or more
face cords, \$65/face cord.
Free delivery 315-894-0117



DRY FIREWOOD \$60 per
tote bin. 745 Burrell road, Lit-
tle Falls 315-823-0523

CLIP & SEND

FOR SALE: JD 325 Hydro-
static drive, 54" deck, new
Kohler 18 engine, 5 hours,
new battery, new starter,
\$1,700. 315-360-0019

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour www.crossettrees.com **Asking \$8,500.00** All Broker inquiries welcome. 315-894-8557

BOILING POT PHOTOGRAPHY 518-378-3279 Graduation Photos, Weddings, Baby and more. Find us on Facebook

Insured

- 315-750-0903 Frankfort:



Country Editor

PO Box 121, Palatine Bridge, NY 13428 **Ph: 518-673-3011 OR 800-836-2888**

\$4.00/14 words
\$0.10 each additional
per week

Deadline Friday 2pm

Fill Out This Form OR

Call Us To Place Your Reader Ad

• CLASSIFIED READER AD FORM •

Today's Date	# of Weeks to Run	Starting Issue Date (Friday Date)
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COPY: (First 14 words \$4.00, each additional word 10¢, phone number counts as one word)

			14 words - \$4.00	15 words - \$4.10
16 words - \$4.20	17 words - \$4.30	18 words - \$4.40	19 words - \$4.50	20 words - \$4.60
21 words - \$4.70	22 words - \$4.80	23 words - \$4.90	24th word - \$5.00	25 words - \$5.10
26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
31 words - \$5.70	32 words - \$5.80	33 words - \$5.90	34th word - \$6.00	

Name (Print): _____

Farm/Company Name: _____

Street: _____ County: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Fax #: _____ Cell #: _____

Email Address: _____

Payment Method: ☐ Check/Money Order ☐ American Express ☐ Discover ☐ Visa ☐ MC

Card #: _____ Exp. Date: _____ MM / YY

* (REQ.) Card Security Code #_____

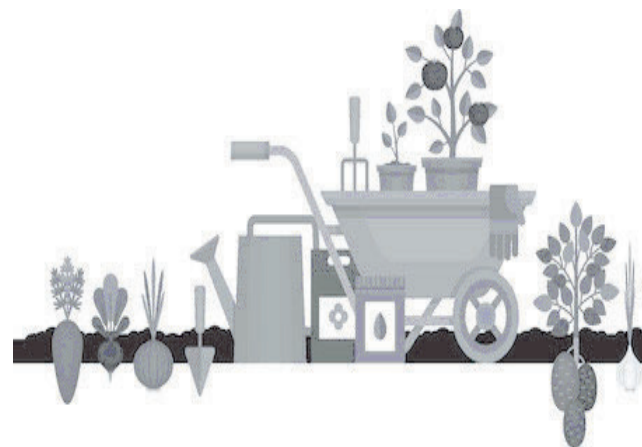
Name on Credit Card (print): _____

Signature: _____ Today's Date: _____

Amount Paid: _____

Ph: 518-673-3011 or 800-836-2888 • Fax: 518-673-2381 • Email: classified@leepub.com

Mail: Country Editor, PO Box 121, Palatine Bridge, NY 13428



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

**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. Bellinger St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

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

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

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
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
METCHODIST CHURCH
OF HERKIMER AND LITTLE FALLS**
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship 8:30 & 10am
Sunday School 10am during school year

**CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)**
Branch President Blake Francisco
Gros. Blvd., East Herkimer
Phone 315-866-8095
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 Iffirstpres@gmail.com
www.presbylif.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
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

**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

**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

**Pohlig's**
Area's Leading
Wallcovering Store
315-823-2640
634 E. Main Street
Little Falls, NY 13365

**COLLIS
True Value.
HARDWARE**
Help Is Just Around The Corner
104 N. Main St., Herkimer,
Ph. 866-0826

**DANS AUTO
REPAIR**
Old Fashioned Service and Honesty
Dan Hight - Owner/Operator
6500 State Route 5
Little Falls, NY 13365
Shop Phone 315-508-5061
**Cell 315-868-8166
or 315-868-1575**

**BIG
M**
SUPERMARKET
Lamberson St.,
Dolgeville • 429-8518

**LYNCH
Heating
& Cooling**
11 South Main St.,
Dolgeville
518-527-9881

**115 Court Street
Herkimer, NY
(315) 866-4590**
**40 West James Street
Richfield Springs, NY
(315) 858-1810**
Same Ownership

**Humphrey Memorials, Inc.**
3051 State Rte. 28,
Herkimer, NY 13350
*Monument Sales & Engraving
Professional Memorial Cleaning
Specialty Sandblast & Etching*
315-866-4471
humphreymemorials.com

**Big
Willy's
Pizzeria**
894-2057 • 894-7855
**121 East Main St.
Frankfort, NY**

**Main Street
Chiropractic**
Health and Wellness Center
• Flexible Walk in Hours
Dr. Kathleen Fusco
• Insurance Not Necessary
8841 N. Main Street
Poland, NY 13431
(315) 826-7772

**W.E. AUTENRITH
SONS, INC.**
Funeral
Home
845-8532
Newport, NY
Eric J. Newman, Director

**NTC
NET**
Newport
Telephone
Company

**Whitcomb AUTO
SALES**
6500 St. Rt. 5, Little Falls, NY 13365
Thomas C. Whitcomb, Owner
Phone 315-823-1320
www.whitcombautosales.com

**Whiter-Hendrix
Funeral Home, Inc.**
Since 1893
"When Experience Matters"
**100 Otsego Street
Ilion, New York
894-3781**

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Home
Health Care**
Providing Care In The Home
(315) 866-7932
703 Middleville Rd.,
Herkimer, NY 13350

**DIEDRICH
Associates
Valley Realty**
315-866-7702
Cell 315-868-4339

**W.E. AUTENRITH
SONS, INC.**
Funeral
Home
845-8532
Newport, NY
Eric J. Newman, Director

Drowsy driving

Almost everyone is aware of the dangers of drinking and driving. However, not everybody may be aware that driving while drowsy can be equally dangerous. Fortunately, by taking the proper steps, drowsy driving can easily be avoided.

Drowsy driving is classified as either falling asleep when driving or not paying attention to the road or traffic around you. Diane Ward of Herkimer County Public Health warns that drowsy driving can result from lack of sleep or severe fatigue. It can be just as dangerous as driving drunk, because falling asleep even for a few seconds can result in serious injury or death to you or someone else.

Although drowsy driving can lead to serious injuries or even death, there are ways to avoid it completely. Ward recommends either pulling over or taking a brief nap, or, if possible, switching to another licensed driver if you start experiencing signs of sleepiness. The warning signs of drowsy driving include, but are not limited to, inability to stop yawning, difficulty keeping your eyes open, inability to recall the last few miles driven and daydreaming or disconnected thinking. Other signs can include sloppy driving, such as weaving between lanes, missing traffic signs or driving on the rumble strips on the shoulder of the road.

Many of us can become fatigued as the workday progresses. Those who fall into this category should consider other alternatives before attempting to drive home while fatigued. You might carpool with someone who lives in your neighborhood, if possible, or use public transportation if available. If these options are not viable, call a family member to pick you up. If you must drive, take a short nap before starting out.

"Shift workers are at high risk for drowsy driving because they typically get less sleep and keep longer hours than traditional workers," Ward said. Also, our bodies are governed by internal clocks, making it harder for people who work at night to sleep during the day.

It is a common misperception that turning up the radio, singing, eating or opening up the window will prevent you from falling asleep behind the wheel. However, the reality is that none of these activities will keep you awake when driving.

"If you must drive while fatigued, try following up a cup of coffee or two with a short nap," Ward said.

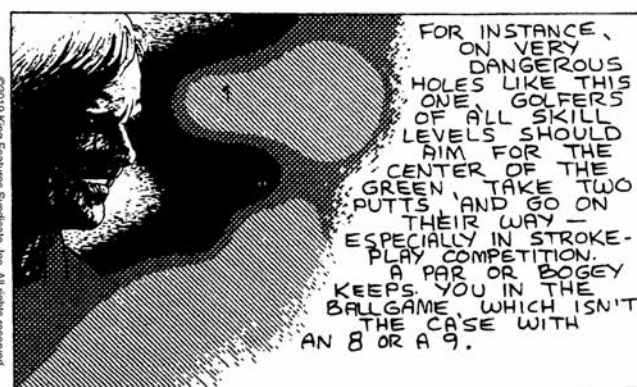
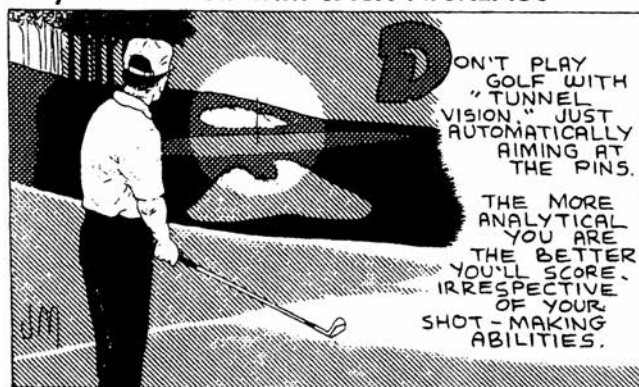
"Sleeping will allow the caffeine to take effect, making you more alert for your trip home. However, if you consume caffeine regularly, this strategy may not work out for you."

Becoming a new parent can significantly increase the likelihood of drowsy driving. Getting enough sleep can often seem impossible when bringing a newborn home. However, not getting the rest you need can put you, your baby and other drivers in harm's way.

"If you consistently have problems falling asleep or staying asleep, you may be suffering from a sleep disorder. You should consult your healthcare provider if these symptoms continue. Also, talk to your healthcare provider about the side effects of any medications you are taking," Ward said.

For more information about drowsy driving and ways to prevent it, visit the State Health Department's website at health.ny.gov/prevention/injury_prevention/driving_drowsy.htm.

Play Better Golf with JACK NICKLAUS



COUNTERTOP CREATIONS

For Quality Service & Customer Satisfaction
Call Countertop Creations

Custom Built
COUNTERTOPS and KITCHEN CABINETS

315-867-4189

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Top causes of wrinkles

Getting older brings about many physical and emotional changes. Wrinkles are one such physical change that is widely associated with aging.

Some people begin fighting wrinkling long before their first wrinkle even appears. A poll of 2,000 women conducted by DermStore found that around 30 percent of women under 35 regularly use anti-wrinkle products. The average millennial user starts at age 26 compared to the average currently 55-year-old woman, who began using wrinkle-reduction products at around age 47.

As skin ages, its natural tendency is to become less elastic. However, other factors also contribute to the formation of wrinkles. Understanding the main

culprits behind wrinkles can help people combat them more effectively.

- **Exposure to UV light:** The Mayo Clinic says that ultraviolet radiation speeds up the natural aging process and is the primary cause of early wrinkling. UV from the sun can break down the supportive connective tissue in the skin, which includes collagen and elastin fibers. Using sunscreen and staying out of the sun as much as possible can help.

- **Exposure to pollution:** Pollution can cause free radical damage that contributes to wrinkling, advises Maral Skelsey, M.D., director of the Dermatologic Surgery Center of Washington. Other data indicates those who live in urban settings

have more wrinkles and age spots than those who live in rural areas. Washing off skin contaminants from the air each day may be beneficial.

- **Smoking:** The contaminants in cigarette smoke can damage the skin, promoting wrinkles, states the skincare company Nivea. Also, dragging on a cigarette purses the lips and can form deep wrinkles around this area of the face.

- **Poor diet and stress:** Stress and eating unhealthy foods, such as a diet high in sugar, may contribute to premature aging of the skin. According to Kristina Goldenberg, MD, board-certified dermatologist of Goldenberg Dermatology, after sugar is ingested it goes through a process called



Avoiding wrinkle triggers and following a dermatologist's advice on skincare products and care can help people stave off wrinkles.

glycation, which involves binding to different proteins in the body. These proteins include collagen and elastin. By binding to

these building blocks of the skin, sugar weakens collagen and elastin and will lead to an appearance of fine lines and

wrinkles. Stress can increase cortisol levels that affect the skin's ability to stay hydrated and elastic.

Genevieve Smith celebrates 90th birthday



Genevieve Smith celebrated her 90th birthday on April 17 at the Mohawk Homestead. She chose to have a steak dinner for her special meal. She and her friends enjoyed a special cake and ice cream for the celebration.

Photo courtesy of the Mohawk Homestead

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