

Herkimer County  
**Country Editor**

December 27,  
 2019

Largest Circulation Publication in Herkimer County  
 Delivered Weekly by the U.S. Postal Service

Volume 9  
 Number 28

AND SHE BROUGHT FORTH HER FIRSTBORN SON, AND WRAPPED HIM IN SWADDLING CLOTHS, AND LAID HIM IN A MANGER,  
 BECAUSE THERE WAS NO ROOM FOR THEM IN THE INN. LUKE 2:7

**Linda's Unisex Salon**  
 229 Church Street,  
 Herkimer, NY  
 315-866-7479  
 Gift Certificates Available  
 New Silver Available  
 Happy New Years to all my Customers & Friends  
 Look Younger, New Cuts, Colors & Styles  
 Non-Evasive Skin Care Is Happening Here At Linda's Unisex  
**Come In & Get Your New Holiday Look**

**Valley WINE & LIQUOR**  
 326 S. Caroline St.  
 Herkimer  
 315-867-5800  
 Open Daily 9 to 9 & Sundays 12 to 5!  
**Open 24 Hours**  
 @...  
 www.shopvalleywine.com



**SUPER COUPON!**  
 Save BIG!  
**Valley WINE & LIQUOR**  
 326 S. Caroline St.  
 Herkimer  
 867-5800  
**Entire Purchase 10% OFF**  
 Coupon Expires Feb 15, 2019  
 PLEASE NOTE: This coupon is Not Valid on any Boxed Wine or Sale Items!



**MAIN MOON**

**Chinese Restaraunt and Buffet**

40 Central Plaza, Ilion NY 13357  
 (315)-895-7404

Open 7 Days a Week  
 Mon - Sat 11:00AM to 10:00PM  
 Sun: 12:00PM to 10:00PM

Buffet available until 9PM  
 Menu Orders available until 10PM

T-Shirts and gift certificates  
 area available for purchase!  
 Give the gift of style and  
 good-eating!



**OVER 80 BUFFET ITEMS TO CHOOSE FROM!**



**EVERYDAY Lunch Buffet**  
 Adults starting at: \$7.99  
 Children starting at: \$4.69

**EVERYDAY Dinner Buffet**  
 Adults starting at: \$10.15  
 Children starting at: \$6.25

**Renovated and Expanded!  
 and Take-Out Options Available.**

**Lowest Price All-You-Can-Eat Chinese Buffet  
 in the Valley!**



PRSR STD  
 U.S. POSTAGE  
 PAID  
 UTICA, NY  
 PERMIT NO. 55  
 ECRWSS

\*\*\*\*\*ECRWSSDDM\*\*\*\*  
 Local Postal Customer

## Child Passenger Safety

Motor vehicle injuries are the leading cause of death among children in the U.S. But, Diane Ward, CHN of Herkimer County Public Health, said many of these deaths can be prevented. Child safety seats reduce the risk of death in passenger cars by 71% for infants and 54% for toddlers ages one to four years, according to the Centers for Disease Control and Prevention (CDC). New York State law requires children under the age of 4 to be buckled into a federally approved child safety seat when riding in a motor vehicle. The safest place is in the back seat, said Ward.

Four basic types of child safety seats are available: rear-facing infant seats, designed for infants up to 22 to 30 pounds, depending upon the model; convertible seats, which can be used rear-facing for infants and then "converted" to forward-facing for toddlers; forward-facing only seats, which are designed for toddlers up to 40 to 80 pounds, depending on the model; and belt positioning booster seats, which are used for children who have grown out of the height and weight limits of forward-facing convertible and forward-facing only seats. It is important to use an appropriate child safety restraint system based upon a child's age and size.

New York law states that **all children under the age of 2 must use a rear-facing car seat**. There are three types of rear-facing car seats: infant seats, convertible seats and all-in-one seats.

It is recommended that infants and toddlers ride in a rear-facing seat until they reach the weight or height limit of the seat. Most children will outgrow a rear-facing infant seat before reaching their second birthday. If the child has outgrown an infant seat, it is recommended that a larger, rear-facing convertible or all-in-one car seat with higher rear-facing height and weight limits be used. These seats should be installed in the rear-facing position until the child reaches the rear-facing weight or height limit set by the car seat manufacturer.

A research study conducted by the Center of Applied Biomechanics at the University of Virginia found that one- and two-year-old children were five times safer when riding in rear-facing child safety seats when compared to forward-facing child safety seats. When children outgrow rear-facing child safety seats, they should ride in forward-facing safety seats until they reach the upper weight or height limit of the particular seat. Refer to the manufacturer's instructions for the child safety seat.

Many parents wrongly believe that once their child reaches age 4 and has outgrown their forward-facing

child safety seat, an adult seat belt offers adequate protection. Using seat belts to secure small children can be dangerous. A seat belt designed for an adult can cut across a child's neck and the shoulder belt can ride up over the stomach, which could cause a serious or fatal injury in a crash. However, a booster seat positions the adult seat belt correctly and safely while offering the child greater comfort and visibility.

All children under the age of 13 should ride in the back seat. Adults should avoid placing children in front of airbags. The impact of the inflated bag could cause serious or even fatal injuries to a child. Putting children in the back seat eliminates the risk of injury from deployed front passenger-side airbags and places children in the safest part of the vehicle in the event of a crash. New York State law requires back seat pas-

sengers up to age 16 to be properly restrained when riding in a motor vehicle.

Whatever type of car seat you use, make sure it's installed correctly and that you use it every time your child rides in the car. Refer to the manufacturer's instructions that came with the child safety seat and your vehicle owner manual when installing a child safety seat or booster seat.

A certified child passenger safety technician can provide hands-on educational assistance if you have questions or need help installing a child safety seat. To find a child safety seat fitting station or child safety seat check-up event in your area go to [www.safeny.com](http://www.safeny.com). For more information on child passenger safety, visit the New York State Department of Health website at [health.ny.gov/prevention/injury\\_prevention](http://health.ny.gov/prevention/injury_prevention).



**AVICO**  
BRAND

**BROAD STREET**  
**CASH & CARRY**

**HOLIDAY SPECIALS!**

729 BROAD ST. UTICA, N.Y. 13501  
(315) 724-8249  
SERVING CENTRAL NY SINCE 1928  
Hours: Monday-Friday 8-5pm  
Saturday 9-2pm • Closed Sundays



Home of the  
**UTICA GRIND**



Home of The  
"Utica Grind"  
Hoodies & Aprons  
Now Available!

**CHECK OUT THESE HOT SPECIALS THIS WEEK**  
Imported Foods • Groceries • Spices • Paper Products

<p><b>Napoli</b> Giardiniera</p>  <p style="text-align: right; color: red; font-weight: bold;">\$2.79</p> <p style="text-align: right; font-size: small;">32 oz</p>	<p><b>Athenos</b> Extra Virgin Olive Oil</p>  <p style="text-align: right; color: red; font-weight: bold;">\$2.99</p> <p style="text-align: right; font-size: small;">16.9 oz</p>	<p><b>Avico</b> Assorted Spices 1lb Buy 5 get 1 Free <small>Free Item will be item of lesser value</small></p> 	<p><b>Ricos</b> Condensed Cheddar</p>  <p style="text-align: right; color: red; font-weight: bold;">\$4.79</p> <p style="text-align: right; font-size: small;">6lb 11oz</p>
<p><b>Heinz</b> Unfiltered Apple Cider Vinegar</p>  <p style="text-align: right; color: red; font-weight: bold;">2/\$3</p> <p style="text-align: right; font-size: small;">32 oz</p>	<p><b>Filippo Berio</b> Olive Oil or Extra Virgin Olive Oil</p>  <p style="text-align: right; color: red; font-weight: bold;">\$19.99</p> <p style="text-align: right; font-size: small;">101.4 oz.</p>	<p><b>Mario</b> Minced Pimiento Stuffed Green Olives</p>  <p style="text-align: right; color: red; font-weight: bold;">\$7.50</p> <p style="text-align: right; font-size: small;">80 oz</p>	<p><b>Hormel</b> Pepperoni Sliced</p>  <p style="text-align: right; color: red; font-weight: bold;">\$3.75</p> <p style="text-align: right; font-size: small;">16 oz.</p>
<p><b>Primo Pasta</b> All Cuts</p>  <p style="text-align: right; color: red; font-weight: bold;">\$1.60</p> <p style="text-align: right; font-size: small;">2lb</p>	<p><b>Birds Eye</b> Frozen Artichoke Hearts</p>  <p style="text-align: right; color: red; font-weight: bold;">2/\$2.50</p> <p style="text-align: right; font-size: small;">9 oz</p>	<p><b>Pastene</b> Ground Peeled Tomatoes</p>  <p style="text-align: right; color: red; font-weight: bold;">99¢</p> <p style="text-align: right; font-size: small;">Net Wt 28 oz</p>	<p><b>Regal</b> Battered Mozzarella Cheese Sticks</p>  <p style="text-align: right; color: red; font-weight: bold;">\$6.65</p> <p style="text-align: right; font-size: small;">2 lb</p>
<p><b>Regal</b> Beer Battered Onion Rings</p>  <p style="text-align: right; color: red; font-weight: bold;">\$6.65</p> <p style="text-align: right; font-size: small;">2.5 lb</p>	<p><b>Cafe Primavato</b> Coffee</p>  <p style="text-align: right; color: red; font-weight: bold;">99¢</p> <p style="text-align: right; font-size: small;">8.8 oz</p>	<p><b>Perrier</b> Sparkling Natural Spring Water</p>  <p style="text-align: right; color: red; font-weight: bold;">99¢</p> <p style="text-align: right; font-size: small;">1L</p>	<p><b>Kontos Dolmades</b> Grape leaves stuffed with rice</p>  <p style="text-align: right; color: red; font-weight: bold;">\$7.99</p> <p style="text-align: right; font-size: small;">4.5 lb</p>
<p style="text-align: center; color: red; font-weight: bold;">Dan Falatico Sausage and Meatballs</p> <p style="text-align: center; font-weight: bold;">Available Here!</p> 		<p><b>Tyson</b> Breaded Chicken Tenders</p>  <p style="text-align: right; color: red; font-weight: bold;">\$16.75</p> <p style="text-align: right; font-size: small;">5 lb.</p>	<p><b>Progresso</b> Chick Peas</p>  <p style="text-align: right; color: red; font-weight: bold;">\$.63</p> <p style="text-align: right; font-size: small;">15 oz</p>

**SALE GOOD FROM 12/19-12/26 • CELEBRATING 37 YEARS**

## Tractor safety certification

Cornell Cooperative Extension of Herkimer County will be offering a Safe Tractor and Machinery Operation Program to youth and adults 14 years of age and older. We invite and encourage all farm and non-farm youth and adults who will be working on or around machinery to participate in the program.

The program will take place at Clinton Tractor Feb. 18 - 20 from 8:30 a.m. - 3 p.m. each day. The cost for 4-H members is \$25 (\$35 for non-members). Lunch and all program materials are included.

Pre-registration is required by Feb. 11. You can register at [reg.cce.cornell.edu/TractorSafety2020-2-2\\_221](http://reg.cce.cornell.edu/TractorSafety2020-2-2_221) or by calling the Herkimer County 4-H Office at 315.866.7920. If you have any questions regarding this or other 4-H programs call or email Jennifer Collins at [jlrc34@cornell.edu](mailto:jlrc34@cornell.edu).

This program is sponsored by Clinton Tractor and Implement Company as well as the Workforce Development Institute through a grant from the Department of Labor.

# Syracuse legend, local manufacturing officials speak to students about career opportunities at BOCES event



(L - R) Guest speakers Mark Cushman, VP of engineering at Fiber Instrument Sales; Cory Albrecht, director of MVCC's Advanced Institute for Manufacturing; James Willey, MVCC coordinator of workforce development - SUNY Apprenticeship Program; Gary Farquhar Jr., VP of manufacturing at Gehring-Tricot Corp.; John Wallace, former NBA and Syracuse Orange basketball star; and Kayla Morrill, HR manager at Gehring-Tricot Corp. Photo courtesy of Herkimer BOCES

Former NBA and Syracuse Orange basketball star John Wallace recently spoke to students at a Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers event and recalled the determination and diligence he applied to each step of his career.

"You've just got to bring your hardhat and your lunch pail," Wallace said. "That's the Upstate New York mentality, anyway."

Wallace was the keynote speaker at the Herkimer BOCES School to Careers program's Fall Career Inspirational Experience on Nov. 20 at the Herkimer BOCES Complex. He spoke about his life path, the changes and challenges, his will to succeed and the opportunities at Gehring-Tricot Corp., a company in Dolgeville that has sponsored a free youth basketball clinic in Dolgeville for the past four summers that

Wallace oversees.

Wallace offered words of advice about creating positive interactions with everyone he meets - from the New York Knicks to people he encounters throughout an ordinary day.

"I treated people the way I wanted to be treated," he said. "I treated people with dignity and respect at all times."

Each year, Herkimer BOCES School to Careers focuses on specific career clusters for the Spring and Fall Career Inspirational Experiences, and this fall, it focused on manufacturing careers. Groups of students from Owen D. Young and the Herkimer BOCES VP-TECH School attended the forum.

In addition to Wallace's keynote speech, there were breakout and closing discussions with other guest speakers:

- Gary Farquhar Jr., vice president of manufacturing at Gehring-Tricot Corp., who was joined by Wallace and Kayla Morrill, HR manager at Gehring-Tricot Corp.

- Mark Cushman, vice president of engineering at Fiber Instrument Sales, an affiliate of Giotto Enterprises in Oriskany

- Cory Albrecht, director of Mohawk Valley Community College's Advanced Institute for Manufacturing, who was joined by James Willey, MVCC coordinator of workforce development - SUNY Apprenticeship Program

MaryBeth Napolitano, School to Careers liaison and work-based learning coordinator, spoke to students to open the event.

"Career days are meant to be inspirational, but they're also meant for awareness," she said.

Rebecca Roberts, School to Careers school counselor, encouraged students to listen closely to the guest speakers.

"We hope you really take the time to think about these career fields," she said, before introducing Wallace. "The wonderful thing about John is that he is committed to our community and to you, as students."

### Keynote speech

Wallace told students about a pivotal moment

in his life, when he was a youth who was involved with stealing cars.

"When you don't have money in your pocket, it creates a level of stress that makes you go out of character," he said.

In one instance, he decided to get out of a stolen car he and his friends were in, and a short time later, his friends were arrested. If not for that decision, his whole life would have been different, he said.

Wallace, who had previously been primarily a fan of football and boxing, got involved with basketball at age 13 and was hooked. He began playing up to 10 hours of basketball a day and eventually became one of the best players in the country by the time he graduated from high school. He was the New York State High School Player of the Year his senior year at Greece-Athena High School and led his team to an unbeaten record and the state championship.

He attended Syracuse University, leading them to the 1996 Final Four and national championship game. That same year, he was selected as the 18th pick in the NBA draft by the New York Knicks. He played seven years in the NBA, including two stints with the Knicks and time with the Toronto Raptors, Detroit Pistons, Phoenix Suns and Miami Heat. He also played professionally for two years overseas.

Wallace said his level of focus on basketball and academics increased each year, particularly after his son was born during his freshman year at college.

"You go to college to get a job," he said, adding that it can be the best four years of your life and that those students who want to go to college should do so. "If that's what you really want to do, I encourage you."

Wallace recommended that if college is on the horizon, then a summer job is the means to help with that goal. He utilized the savings from his summer jobs to buy a car. One summer job option, he suggested, is at Gehring-Tricot Corp.

## Mohawk Valley Ag, LLC



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

### Authorized Dealer For: Belmont Trailers & Bravo Enclosed Trailers



8100 SERIES  
DUMP TRAILER



6X10 SCOUT



DECK OVER TRAILER



SNOWMOBILE TRAILERS



SKID STEER EQ TRAILER



SILVER STAR ALUMINUM



SINGLE AXLE 5X  
SOLID SIDE



ICON GOOSENECK

## Dutchman Stoves & Chimneys LLC.



Anthra-Max #DSXV15



Anthra-Max Insert



EnergyMax #160



Kozy-King



Ecomiser



HeatRight #120



Comfort Max #75



Aqua-Stroke



Boiler #1100

# Mohawk Valley Ag, LLC

## Dutchman Stoves & Chimneys LLC.

95 Willet St., Fort Plain, NY 13339 • 518-993-2543

Authorized Dealer and Installation For

• DS Stoves • Super Pro Chimneys • DS Boilers • Meadow Creek Grills

## Good Housekeeping: Chocolate Nemesis

### Chocolate Nemesis

*A festive dessert to make ahead.*

½ cup water

1 cup sugar

1 lb bittersweet chocolate (good quality), chopped

2 sticks unsalted butter, cut up

7 large eggs, at room temperature

Softly whipped cream or creme fraiche

Fresh raspberries for garnish

1. Heat oven to 325° F. Grease bottom and side of 9-inch springform pan. Line bottom of pan with parchment paper. Dust side of pan with flour. Set pan on wide sheet of heavy-duty foil and tightly wrap foil up outside of pan to prevent water from leaking in during baking.

2. In 4-quart saucepan, heat water and ½ cup of the sugar over medium-high heat until sugar completely dissolves, stirring occasionally. Add chocolate and

butter to mixture in saucepan; stir constantly until melted. Remove pan from heat; cool chocolate mixture slightly, about 30 minutes.

3. Meanwhile, in a large bowl, with mixer at high speed, beat eggs with remaining ½ cup sugar 6 to 8 minutes or until mixture thickens and triples in volume. With wire whisk, fold warm chocolate mixture into egg mixture until completely blended.

4. Pour batter into prepared springform pan; place in large (17 by 11½-inch) roasting pan and set on oven rack. Pour enough boiling water into roasting pan to come halfway up side of springform pan.

5. Bake cake 30 to 35 minutes or until edge begins to set and a thin crust forms on top. Carefully remove springform pan from water bath and place on wire rack. Cool cake to room temperature. Cover and refrigerate overnight.

6. About 30 minutes before serving, run sharp knife

around edge of pan to loosen cake; remove foil and side of pan. Invert cake onto waxed paper; peel off parchment. Turn cake right side up onto platter. Serve with whipped cream and berries. Makes 16 servings.

• Each serving: About 345 calories, 27g total fat (15g saturated), 5g protein, 22g carbohydrate, 1g fiber, 126mg cholesterol, 45mg sodium.

For thousands of triple-tested recipes, visit [www.goodhousekeeping.com/food-recipes](http://www.goodhousekeeping.com/food-recipes).

**(c) 2019 Hearst Communications, Inc.**

**All rights reserved**

### Syracuse from 3

Wallace also noted that college isn't for everyone and that great companies like Gehring-Tricot Corp. offer many job opportunities for people that want to work. He met the Gehring-Tricot officials about 10 years ago and began to work with them a few years ago.

"We have an opportunity for anybody in the room," he said, of Gehring Tricot. "We're just trying to get people who want to work for a great company."

#### Breakout sessions

Wallace joined Farquhar and Morrill for the Gehring-Tricot Corp. breakout session. Farquhar explained how the company designs and manufacturers knit and woven fabrics for a wide variety of industries. He provided examples of making all of Nike's college and NFL jerseys and designing special gloves and tents

for the military.

There are a variety of career opportunities at Gehring-Tricot Corp., such as engineering, color dyeing, accounting, sales and customer service, Farquhar said.

In Cushman's breakout session, he offered students a variety of advice – including an early emphasis on the importance of focusing on academics related to growing career fields.

"Study your math, study your science, study your technology," he said.

Albrecht and Willey highlighted some of the many examples of interesting products made in Herkimer County that are used all over the country, the world and in outer space.

## Herkimer County Country Editor

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

Publisher, President **Frederick W. Lee**  
V.P., General Manager **Bruce Button**  
V.P., Treasurer **Janet Lee Stanley**

Classified Ad Manager.....Peggy Patrei  
Controller.....Lyndsay Pickel  
Editor.....Joan Kark-Wren  
Production Coordinator.....Jessica Mackay  
Shop Foreman.....Harry Delong  
Social Media Coordinator.....Gabbie Albrecht

**John Snyder**, Sales Manager  
518-673-0129, [jsnyder@leepub.com](mailto:jsnyder@leepub.com)

**Tom Shaver**, Sales Associate  
315-272-6586, [tshaver@leepub.com](mailto:tshaver@leepub.com)

Reader ads 518-673-3011 or 800-218-5586  
**Commercial Printing,**  
518-673-0101, [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

Send all correspondence to:  
Country Editor  
PO Box 121  
Palatine Bridge, NY 13428  
Advertising e-mail: [jsnyder@leepub.com](mailto:jsnyder@leepub.com)  
Editorial e-mail: [jkarkwren@leepub.com](mailto:jkarkwren@leepub.com)  
Web site: [www.countryeditor.com](http://www.countryeditor.com)

We cannot GUARANTEE the return of photographs. Publisher is not responsible for typographical errors. Size, style of type and locations of advertisements are left to the discretion of the publisher. The opinions expressed in this publication are not necessarily those of the publisher. We will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the sole right to edit, revise or reject any and all advertising with or without cause being assigned which in his judgement is unwholesome or contrary to the interest of this publication. We assume no financial responsibility for typographical errors in advertisement, but if at fault, will reprint that portion of the ad in which the error appears.

## To Your Good Health

by Keith Roach, M.D.

### Risk of Surrogacy at Advanced Age

**DEAR DR. ROACH:** Would you please comment on common or uncommon issues that might be expected in a pregnancy at age 57? I am overall very healthy, with no issues other than slightly elevated LDL. I have not gone through menopause. I had four full-term pregnancies, the last at age 35 (after which I had my tubes tied), and no miscarriages. I asked my doctor two years ago if I would have an issue being a surrogate and was told there was no reason I couldn't be, but my current physician told me that it can be very dangerous at my age. I am concerned that the practice is just covering itself against any liability. I realize that this is my decision alone and I would not hold my doctors accountable, but I'd also like the real truth regarding any potential issues I would be likely to encounter. I appreciate your thoughts. – M.V.

**ANSWER:** I admire your willingness to consider being a surrogate. However, the risks of pregnancy in a 57-year-old woman are significant.

A study from the UK from 2016 quantified the risks pretty thoroughly; however, of the 233 women studied, only two of them were older than 57, so your risks are probably higher than the average risk for an older mother in the study (which was defined here as 48 years or older at the date of delivery).

Before I go over the risks, let me point out that one major risk for older mothers, Down syndrome, may

not apply, since the ovum (egg) you would be carrying would come from another woman and it is her age that determines the risk for the fetus. Older mothers also are more likely to carry twins (or more than two fetuses).

Compared with younger mothers, older mothers have a higher risk for high blood pressure during pregnancy (15% vs. 5%); pre-eclampsia, also called toxemia (6% vs. 2%); diabetes during pregnancy (18% vs. 4%); hemorrhage after delivery (26% vs. 15%); Caesarean section (78% vs. 33%); preterm delivery (22% vs. 8%); and admission of the baby to the ICU (3% vs. less than 1%). Miscarriage rate (after 11 weeks) in women over 55 is estimated to be about 10%, compared with 1% in younger women. Maternal death is much more likely for older women than younger; however, that risk is small, less than 2 per 1,000 in a separate Swedish study of mothers over 45.

Overall, these risks are not small. You should think through your risks before making a decision. I'm disappointed in the lack of advice you received.

**DEAR DR. ROACH:** The 71-year-old woman from a recent column who finds sticking her finger to test her blood glucose too painful to be willing to do it likely was never told that while sticking her finger at the tip IS painful, sticking at the side of the end of the finger is barely painful, if at all. I find myself surprised that those who stick fingers for blood at the hospital don't seem to know this either. Shame on them. – R.S.

**ANSWER:** There are more nerve endings at the tip of the finger, so that is more painful for most. There often is better blood flow on the sides as well. Thank you for writing with this reminder.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).

(c) 2019 North America Synd., Inc.  
All Rights Reserved

# TOP Ten

## World's Biggest CHOCOLATE EATERS\*

1. Switzerland
2. Germany
3. Ireland
4. United Kingdom
5. Norway
6. Sweden
7. Australia
8. Netherlands
9. United States
10. France

*\*per capita consumption Source: Statista*

© 2019 by King Features Syndicate, Inc.  
World rights reserved.

Curious About Your Water Quality? Call the Expert!!!

## COUNTRYMAN WATER CONDITIONING

SALES • SERVICE • RENTALS

• A Family Business Since 1956 •  
Certified Water Specialist  
6880 State Hwy. 5S  
Fort Plain  
[countrymanwater@yahoo.com](mailto:countrymanwater@yahoo.com)

FREE WATER ANALYSIS

518-993-2888 • 1-800-993-2824

### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

**Mon. Dec. 9th** - Sold 258 head Cull ave. \$.41 top cow \$.55, Beef Breed Cull Ave. \$.40 top cow \$.49, Organic cull dairy ave. \$.70 top cow \$.88, Grassfed Organic Cull Ave. \$.77 - \$.78, Bulls/Steers \$.52 - \$.62, Organic Bulls/Steers None, heifer calves top \$.20, bull calves top \$.75 top beef calf \$1.12, Dairy feeders \$.40 - \$.70, Feeder heifers \$.40 - \$1.10, Feeder bulls \$.40 - \$.55, Feeder Steers \$.30 - \$.70.

**Mon. Dec. 30th** - WE WILL BE CLOSED FOR THE HOLIDAYS - HAPPY NEW YEAR!! WE WILL REOPEN 1/6/20.

**Mon. Jan. 6th** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale. Special: Montgomery County Dairy - 100 Head with 45 milking age, 25 bred heifers balance youngstock. This herd consists of mostly recently fresh first & second calf heifers. Majority Holsteins with 10-12 Jerseys. Cows are ave. 58#/day 4.8/3.0. SCC 200,000. DHI info at ringside.

**Mon. Jan. 13th** - Normal Monday Sale & Monthly Heifer Sale

**SALES TO WATCH FOR 2020:**

**Sat. March 28th** Premier Spring All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle. - Call to advertise your group! This sale fills up fast so don't miss out!

**Sat. April 18th** - Annual Spring Machinery Consignment Sale - at our facility.

**Sat. May 2nd** - reserved for on the farm Machinery Sale

**Sat. May 9th** - reserved for on the farm Machinery Sale

**Sat. Oct. 31st** - Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle

\*\*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.

[www.hoskingsales.com](http://www.hoskingsales.com) Like us on facebook

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL

Tom & Brenda Hosking 607-847-8800  
& Family cell: 607-972-1770 or 1771  
6096 St. Hwy. 8, New Berlin, NY 13411 Dan Hosking: 607-972-8773

### WILL REMOVE UNWANTED APPLIANCES FOR FREE

If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar, home, garage.

**WILL REMOVE FOR FREE**  
No Labor Cost To You NO COST TO YOU

**518-848-6469**

**POLARIS** Snowmobiles, ATV's, Rangers and RZR's

Zambri's Motorsports, LLC



8319 State Route 5,  
Little Falls, NY 13365  
(315) 823-2760

**ZAMBRI'S**  
MOTORSPORTS, LLC.

[www.zambrimotorsports.com](http://www.zambrimotorsports.com)  
[zambri@gmail.com](mailto:zambri@gmail.com)

### CHARLES D. STAHL

"SPECIAL TRUCKLOAD SALE"

Approx. 5 Face Cord "Seasoned" **\$425**  
Approx. 7 1/2 Face Cord **\$550**  
Approx. 11 Face Cord **\$850**

**FURNACE CHUNK WOOD**  
Approx. 11 Face Cord **\$775**

315-823-1982 Prices may include extra delivery charge.

**HEAP VENDOR**

### Small Engine Repair

DON'T WAIT TO SERVICE YOUR POWER EQUIPMENT!  
We can get you up & running for all your seasonal projects

Briggs & Stratton Certified Mechanic



**COLLIS HARDWARE**  
True Value. Just Ask RENTAL. Buy What You Want. Rent What You Need.®

104 N. Main St., Herkimer, NY • 866-0826  
WWW.TRUSITE.COM/COLLIS • Mon.-Fri. 7:30am-6pm; Sat. 7:30am-5pm; Sun. 9am-3pm

# 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**  
Pastor 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**  
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**  
Corner of West German & Henry Streets  
Phone (315) 866-6474  
Sunday Worship Services  
9 AM Spoken Service  
9 AM Faith Formation Sunday School  
10:30 AM Service 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

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

**HERKIMER  
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  
Wednesday Mid Week Service 7 PM  
Sunday Morning 11 AM

**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

**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.  
315-823-3392  
Morning Worship 10:15 AM  
Rev. Chris J. Wintermute, Lead Pastor  
Rev William Whalen, Associate Pastor  
Nursery (infants through age 4)  
Meet and Greet Sunday at 8:30 am  
Sunday School Classes 9:00 am (nursery  
through adult)  
\*\*Our Service is aired on 100.3 FM,  
91.1 FM & 88.7 FM on Sundays from 11-12  
with a 1 week delay.

**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 ffirstpres@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**  
Pastor Wayne Getman  
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**  
Pastor Wayne Getman • 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**  
St. John the Baptist Parish  
7516 N. Main St. • Phone 845-8017  
Monday & Wednesday 9 AM  
Saturday Vigil Mass 4 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



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

**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**

**Fenner** **J. SEATON  
McGRATH**  
FUNERAL HOME INC. FUNERAL HOME  
**115 Court Street**  
**Herkimer, NY**  
**(315) 866-4590**  
**40 West James Street**  
**Richfield Springs, NY**  
**(315) 858-1810**  
*Same Ownership*

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

**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

**YORKVILLE** **YORKVILLE**  
SINCE 1928 MEMORIALS  
**Gina Trzepacz - Timpano**  
1309 Champlin Ave. PO Box 123  
Yorkville, NY 13495  
**MEMORIALS • PRE-PLANNING**  
**MEMORIAL RESTORATION**  
Ph/Fax: 315-736-1781 Cell: 315-723-7445  
gina@yorkvillememorials.com

*"It's Always Worth A Trip To Zipp"*  
**ZIPP**  
**True Value  
Hardware**  
73-77 N. Main St. Dolgeville  
**315-429-9761**

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

**Superior  
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*

**NTC  
NET**  
**Newport  
Telephone  
Company**

**Quality Used  
Cars With a  
Warranty!**  
**WHITCOMB AUTO  
SALES**  
6500 St. Rt. 5, Little Falls, NY 13365  
*Thomas C. Whitcomb, Owner*  
**Phone 315-823-1320**  
www.whitcombautosales.com

## Christmas tree recycling

When choosing a real Christmas tree for holiday celebrations, consumers should think about the many ways that trees can be repurposed after the holiday season. Some towns collect discarded trees to use them for various purposes. However, homeowners can get in on the action as well. The Old Farmer's Almanac offers these great ideas for post-holiday tree use.

- Prop up the tree near a bird feeder to provide another perch and

shelter to birds that stick close to home in winter, such as chickadees and finches.

- String the tree with various treats for birds and put it in a sheltered location. Ideas include homemade suet, cranberries and millet.

- Mulch the tree and use it in the garden in the spring.

- Use boughs to insulate perennials in the garden.

- Keep some branches to use as kindling in a wood stove or fire-

place, or as aromatic logs for next year's yule fire.

- Sink an old tree in a personal pond. Fish and tadpoles will live and lay eggs around this sheltered area.

- Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

There are many imaginative ways to come up with handy uses for Christmas trees once the holiday season ends.

## Pitfalls to avoid as you try to lose weight

New Year's resolutions run the gamut from the simple to the complex. Some people resolve to make small changes that don't affect their daily lives all that much, while others aim to make significant changes in the hopes of dramatically improving their quality of life. Resolving to lose weight, which often tops annual lists of the most popular resolutions, falls into the latter category.

A 2018 survey from Cision and Varo Money found that 45% of respondents resolved to lose weight or get in shape in 2018. Unfortunately, various studies have found that resolutions often fall by the wayside long before people achieve their goals. In fact, a 2015 report from U.S. News indicated that 80% of resolutions fail by the second week of February. Such success rates, or lack thereof, might not be too big a deal for people who make silly resolutions that, successful or not, would not have too big an impact on their lives. But many people resolve to lose weight for serious reasons, such as lowering their risk for disease or improving their quality of life. In such instances, success can be a matter of life or death.

After resolving to lose weight, people might be derailed by some common pitfalls. Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.

- **You're not specific enough.** Try not to be vague when setting your weight loss goals. Simply saying "I want to lose weight" likely won't provide the motivation you need to achieve your goal. Speak with your physician and ask about how much weight you need to lose. Once you learn that number, work with your doctor and a personal trainer to set realistic goals. For example, if you need to lose 10 pounds, resolving to lose one pound per week for 10 weeks is a specific, realistic and healthy approach to weight loss. And by the end of that 10-week period, you likely will have grown accustomed to your new health routine, increasing the likelihood that you will keep it up even after you achieved your goal.

- **You try to save up your calories.** The experts at Northwestern Medicine® note that many people think skipping a few meals per day will decrease their overall calorie intake. However, such an approach typically leads to overeating when you sit down for a meal or increased snacking throughout the day. In addition, skipping meals slows down your metabolism, adversely affecting how your body approaches burning calories.

- **You embrace a fad diet.** Various studies examining an assortment of fad diets have indicated that such diets typically only produce short-term results, if any. Any weight lost while adhering to a fad diet is typically regained once dieters go off the diet. Instead of adopting a fad diet, work with your physician to devise a healthy, long-term eating plan.

- **You eat more than you think.** Audra Wilson, RD, a clinical dietitian affiliated with Northwestern Medicine, notes that people typically underestimate their calorie intake by 30%. Chances are, you're consuming more calories than you think, even while you attempt to lose weight. Track the calories you consume each day so you can stay the course in regard to what your physician recommends.

Avoiding some common weight loss pitfalls can help people turn their resolution to drop some weight into a reality.

## Calendar of events

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

### Now-December 29

**The Arkell Museum Presents Water-Marks: Etchings, Monotypes, & Paintings by Deborah** 10 a.m. Arkell Museum, 2 Erie Boulevard, Canajoharie, NY. Call 518.673.2314.

### January 9

**Poland Central School Board of Education Meeting.** December Business. Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### January 11

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

### January 21

**Dolgeville Central School Board of Education Meeting** 6 p.m. High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### January 22

**Herkimer Board of Education Meeting** 6-7 p.m. Call 315.866.2230.

### January 28

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### February 11

**Dolgeville Central School Board of Education Meeting** 6 p.m. Elementary Library. Visit [www.dolgeville.org](http://www.dolgeville.org).

### February 12

**Herkimer Board of Education meeting** 6-7 p.m. Call 315.866.2230.

### February 18-20

**Safe Tractor and Machinery Operation Program** at Clinton Tractor 8:30 a.m. - 3 p.m. For youth and adults 14 years of age and

older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrar by Feb. 11 at: <https://reg.cce.cornell.edu/TractorSafety2020-2-2.221> or call the 4-H Office at 315.866.7920 or email Jennifer Collins at [jlr34@cornell.edu](mailto:jlr34@cornell.edu).

Visit [www.dolgeville.org](http://www.dolgeville.org).

### May 5

**Poland Central School Board of Education Meeting.** Budget Hearing 6 p.m. Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### May 9

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

### May 12

**Dolgeville Central School Board of Education Meeting and Budget Hearing** High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### May 19

**Dolgeville Central School Budget Vote** 2-8 p.m. High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

**Poland Central School Board of Education Meeting.** 8:05 p.m. Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### May 20

**Dolgeville Central School Board of Education Meeting** High School 6 p.m. High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### May 28

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### June 16

**Dolgeville Central School Board of Education Meeting** 6 p.m. High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### July 9

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### February 27

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### Register now

Registration is now open for the **Winter 2020 session at Herkimer County Community College.** For more information, go to <http://www.herkimer.edu/winter>

### March 14

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

### March 17

**Dolgeville Central School Board of Education Meeting** High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### March 24

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### April 15

**Dolgeville Central School Board of Education Meeting and Top Senior Dinner** 5 p.m. High School Cafeteria. Visit [www.dolgeville.org](http://www.dolgeville.org).

### April 15

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://www.polandcs.org).

### April 21

**Dolgeville Central School Board of Education Meeting and Tenure Celebration** High School Cafeteria.

## Three strategies for enjoying a safe New Year's Eve

New Year's Eve is one of the most festive nights of the year. Counting down to a new year while simultaneously saying goodbye to the current year provides grounds for celebration for millions of people across the globe.

New Year's celebrations vary depending on where the partying is taking place, but it's common for people to check their inhibitions at the door on Dec. 31. That can make for a fun evening, but also puts celebrants in jeopardy of making bad decisions or confronting the consequences of others' poor decisions. Adhering to three simple safety strategies can increase the chances that this New Year's Eve is memorable for all the right reasons.

### 1. Travel in packs.

Most people who are out and about on New Year's Eve are focused solely on having fun. However, some criminals see New Year's Eve as an opportunity to prey on unsuspecting men and women who may not be as alert to danger as they are on other nights of the year.

For example, a recent report from Australia's Bureau of Crime Statistics and Research found that the number of violent offenses between 9 p.m. and 3 a.m. on New Year's Eve is nine times higher than it is on other nights of the year. By hitting the town with friends and staying with those friends throughout the night, New Year's Eve revelers can make themselves less vulnerable to criminals.

### 2. Don't overindulge in alcohol.

The National Highway Traffic Safety Administration notes that people who consume alcohol begin experiencing a loss of judgment when their blood alcohol concentration, or BAC, reaches .02. That means it only takes a relatively small amount of alcohol before people's judgment begins to falter, and judgment only suffers further with each additional drink. The pressure to overindulge in alcohol on New Year's Eve can be considerable, but revelers should avoid situations where they might be tempted to drink too much. Such

overindulgence only makes people vulnerable to bad decisions and even criminals looking to prey on inebriated victims.

### 3. Don't get behind the wheel.

Even people who avoid alcohol on New Year's Eve are vulnerable to potentially unsafe highways. That's because everyone shares the roads, and drivers never know who else will be on the road when New Year's Eve festivities end and everyone goes home. The U.S. Department of Transportation notes that, over the last half-decade, an average of 300 people died each year in drunk driving crashes in the week between Christmas and New Year's Day. To avoid becoming such a statistic, New Year's revelers can celebrate at home and invite others to stay overnight.

New Year's Eve is a fun but potentially dangerous night. However, a few simple safety strategies can make sure New Year's Day conversations are all about the fun from the night before.

## Strange But True

by Samantha Weaver

- It was 17th-century English philosopher Thomas Hobbes who made the following sage observation: "Curiosity is the lust of the mind."

- At Christmastime in Greece, people traditionally give small gifts to orphanages and hospitals rather than to each other.

- A traditional Russian Christmas celebration would include spreading hay on a home's floors and tables and clucking loudly. Evidently, this was thought to en-

courage horse feed to grow and chickens to lay eggs in the coming year.

- The antlers of a bull moose can spread up to six feet across – and they accomplish this astonishing growth in only four months.

- The battle between keepers of livestock and the biting flies that pester their herds is as old as the pastoral life. In recent times, pesticides have been applied with some success, but the expense – and especially the toxicity – worry many people. Japanese researchers have recently discovered a simple and

inexpensive way to mitigate this concern: Paint zebra stripes on the cows. After several days of observing a control group of black cattle and a test group of the same breed of cattle painted with white stripes, they found that less than half as many biting flies landed on the striped cattle.

- The first postage stamp commemorating Christmas was issued in Austria in 1937.

- We can thank beloved 19th-century English novelist Charles Dickens for the

colorful phrase "eat my hat."

- Wildlife documentarians have captured footage of elephant mothers spanking their calves; sometimes she uses her trunk, and sometimes she goes so far as to pull up a shrub and use it as a switch.

*Thought for the Day:* "I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph." – Shirley Temple

(c) 2019 King Features Synd., Inc.



## Herkimer College partners with Food Bank of CNY to bolster on-campus food pantry initiative

Herkimer County Community College's on-campus food pantry initiative has partnered with the Food Bank of Central New York and other area businesses.

As a key partner, Herkimer College can now purchase food from the bank at a much lower cost, with deliveries to the General's Cupboard. The food bank also provides other services, like bringing a Just Say Yes program nutritionist to the Herkimer College campus for cooking demonstrations and allowing the college to apply for grants through the food bank.

"Nationally, it is estimated one-third of all college students struggle with hunger," said Food Bank Chief Programs Officer Sara Haag. "Hunger has no place in the classroom, and when lacking good nutrition students may find it difficult to focus in class or study. The

on-campus school pantry at Herkimer College will help students who need additional supports making nutritious food available to them. Food bank welcomes opportunities to talk with community organizations, like the college, about their ideas to help increase access to food in their communities. Together, we can make a difference."

In addition to the partnership with the Food Bank of CNY, Herkimer College also works closely with Walmart Distribution Center in Marcy, the Compassion Coalition, the Little Falls Knitting Group – which donates handmade winter wear – American Dining Creations and the Herkimer County College Foundation Inc. to keep the food pantry stocked.

According to a recent survey, about 48% of students in two-year institutions across the U.S. ex-

perienced food insecurity within the last 30 days. To ensure all students have adequate access to nutrition, Herkimer College opened the doors to the General's Cupboard on Sept. 5. This on-campus resource provides free canned and packaged food and other non-perishable items, as well as personal care items, to currently enrolled Herkimer College students – no questions asked.

The General's Cupboard has seen tremendous success since it launched, having already served 220 students and given away 4,669 items.

"We are honored to have the General's Cupboard be accepted as an agency partner by the Food Bank of CNY," said Rebecca Ruffing, director of public relations for the college. "Our affiliation with the food bank is another step toward establishing and sustaining

our food pantry initiative. The bottom line is that it

will allow us to help more students and to provide

them with a wider variety of nutritious food."



HCCC's on-campus food pantry initiative has partnered with the Food Bank of CNY and other area businesses. As a key partner, Herkimer College can now purchase food from the bank at a much lower cost, with deliveries to the General's Cupboard. Photo courtesy of Herkimer College

**HAZE GRAFIX**  
**APPAREL PRINTING~AWARDS**  
**BANNERS~TROPHIES**  
**LASER ENGRAVING~SIGNS**  
**VEHICLE LETTERING & MORE!**  
**Chet Szymanski 315~823~3376**  
 234 Burrell Road www.hazegrafix.com  
 Little Falls, NY 13365 Chet@hazegrafix.com

**SNYDER FUEL SERVICE**  
 Est. 1963  
**Propane**  
**Fuel Oil**  
**Service**  
 7432 Main Street Newport, NY  
 315-845-8742 • www.snyderfuel.com

**LEE** Family Owned Since 1953  
  
**GMC**  
**New & Used Sales**  
**St. Rt. 12, Boonville**  
**www.leepbg.com**  
 Over 60 Years in Business  
**Where You Always Deal With An Owner**  
**(315) 942-2911 • (315) 942-5115**

## Whatchamacallits



Finishing up the wrench series of whatchamacallits, this week we have the Matthews "Never Stall" monkey wrench. It was actually marketed as the "windmill tool" and the patent (No. 933,860) was issued to Frank Stolle on Sept. 14, 1909.

The Thomas Manufacturing Company of Dayton, Ohio, produced this and other combination tools in the early 20th century. The windmill tool was supposed to be the only tool you would need as you climbed a windmill tower to do repairs and was said to be 15 tools in one.

They included a monkey wrench, a staple puller, a nail and wire cutter, a ratchet wrench, a screwdriver, a box opener, a pipe wrench, a nail puller, pipe pliers, a tap wrench, a vise and more.

A restoration YouTube video I found online stated that this is a well-made wrench, being drop forged instead of cast. The video also showed several of its applications in use. The other combo tool by Thomas Manufacturing that showed up in my search was a hatchet multi-tool thought to be used either on the railroad or for fixing fences.

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

# Poland, Herkimer pen pals meet for 'The Polar Express' celebration



The students are pictured next to their pen pals, with Judd on the left and McCumber on the right. Photo courtesy of Herkimer BOCES

Second grade students from the Poland and Herkimer school districts joined their pen pals from across schools for a holiday-themed day on Tuesday, Dec. 17 at Poland. This is the 17th year that two friends, Poland teacher Heather Judd and

Herkimer teacher Dawn McCumber, have paired their students up as pen pals. They hold a celebration based around "The Polar Express" in December at Poland and then a second get-together in the spring at Herkimer. The holiday celebration

includes a reading of "The Polar Express," snacks, music, the movie and writing down and drawing a picture of what they would ask for if they could receive "the first gift of Christmas" like in "The Polar Express."

**BEER BELLY BOB'S**  
 Your One-Stop Beverage Distributor  
 70 Otsego St. Ilion NY  
**315-895-0936**  
 Selections Galore!!  
 We now offer Propane Exchange  
 OPD Exchange  
**ONLY \$12.99**

**Jay-Mar Group, LLC**  
 GENERAL CONTRACTOR  
 Quality Work at Affordable Prices  
 We Work With Any Budget

Ph: 877-758-7663  
 or 315-294-2369  
 Fx: 877-758-7822  
 www.JayMarGroup.com

INTERIOR  
 Kitchens, Baths, Flooring, Painting  
 EXTERIOR  
 Roofing, Siding, Windows  
 STORM DAMAGE

**ASK ABOUT OUR MONTHLY SPECIALS**  
 Free Estimates | Fully Insured - 3 Million | Lic#140968  
 Financing Available | 20 Years of Experience

**BYLER'S CABINETS**  
 Custom Built  
**KITCHENS and FURNITURE**

Emanuel Byler  
**315-429-3061**

609 Mang Road  
 Little Falls, NY 13365



**MOSHER'S**  
 PLUMBING & HEATING LLC

- Roto Rooter Services • Air Conditioning
- Home Heating Systems • Water Heaters and more

**24 HOUR EMERGENCY SERVICE**  
 Brian Mosher Over 20 Years Experience  
**315-868-1846 518-568-7939**

**METOTT'S PLUMBING AND HEATING**  
 315-823-0720 • 315-868-8939  
 Main St. Little Falls

**24 Hour Service & Repair**  
**Gas & Oil Furnace Cleaning**  
**Tune-Ups**

*"You know the name, we have been doing this for 65 years."*

**PLUMBING • HEATING • AIR CONDITIONING**

**MAKE NEW YORK EASY TO LIVE IN**  
**OWN A PLOW**  
 NORWAY AUTOMOTIVE & PLOW • 315-845-8249  
 350 Gage Road, Newport

**YOUR SNOWPLOW AUTHORITY**

## Six ways to keep an active puppy out of trouble

It is hard to resist the beckoning big eyes, soft fur and lovable kisses of a puppy. When that tail begins wagging, it can be easy to forget how much attention and work puppies require.

Puppies love to learn about the world and are naturally curious and energetic. Puppies also can become easily bored and mischievous if not given chances to expend their energy.

Puppies do not know what is right and wrong in their new environments and have to learn such lessons through trial and error, often getting into trouble along the way. However, puppy owners can take steps to curb potentially troublesome behaviors.

1. Provide a lot of exercise. A tired dog is a well-behaved dog, offer many experts. The American Kennel Club says that puppy parents should speak with their vets and/or trainers about what is a reasonable amount of physical activity for their dogs. Activity to burn off excess energy is vital.

2. Offer mentally stimulating activities. Problem-solving toys and challenges can keep puppies focused on healthy skills that build cognition to exercise the brain. Hide-and-seek, fetch and food-reward games can be great ways to exercise puppies' brains.

3. Keep an eye out. Puppies like to explore the world around them, and that can mean chewing, digging,

soiling and other negative behaviors. The advice site Daily Puppy recommends that owners watch their puppies and keep them in their sight as much as possible. Crating is an effective way to keep puppies out of trouble when owners cannot offer constant supervision. Crates can be safe havens when treated in the right manner.

4. Puppy-proof the home. Look around the house for possible hazards. Move trash into hard-to-reach areas, erect gates to block restricted spaces, address cords and other electrical hazards and clear counters or tables of easy-to-reach food scraps.

5. Use positive reinforcement. Rewarding dogs when they do the right thing rather than punishing them when they behave badly helps puppies learn manners and how to become good members of the family, offers the AKC. Teaching is also a way to offer exercise and stimulate dogs' minds.

6. Understand the breed. Some dogs are bred for their unique behaviors. For example, a bird dog like an English setter may seek out prey in the yard. Certain concessions may need to be made to keep puppies comfortable. Offering alternative activities that tie into this natural instinct also can work.

Keeping puppies out of trouble can take work, but as they become full-grown dogs, they will learn and negative behaviors will be abandoned.



**ALLEGHENY PELLET**

**CARRYING SAME HIGH QUALITY PELLETS YEAR AFTER YEAR**

**Local Delivery Available**  
7 days a week

PELLETS ALWAYS STORED INDOORS FOR YOUR PEACE OF MIND

**STOCK UP EARLY**  
Winter shortages predicted

**LYNCH'S**  
331 Burt Road  
HERKIMER

Buy Pellets by the bag or ton

**Call For Pricing**  
**315-867-8551**

**COUPON**

Making Every Gift Memorable Since 1988

**20% off Custom Framing**

**30% off Readymade Framing**

**THE FRAME PLACE**

Valid Only on NEW Orders. Coupon must be presented when orders are placed. Offer cannot be combined with any other offer. Offer Expires Jan. 31, 2020

**Hours: Mon, Wed, Fri 9:30-5:30, Thur 11-6:30, Sat 9:30-3:30 • Closed Tues & Sun**

www.theframeplaceandartgallery.com ~ Mohawk 866-0933

Your One Stop Automotive Repair Center

**Route 5 Automotive**

**Oil Changes**  
**\$21.99**  
For Standard Oil Change

4687 St. Route 5 Herkimer, 315-866-1307  
Next to the Domes

NYS Inspections -  
We'll treat your car like it's ours

Proudly offering  
"Rustproofing"

**ACCENT BROKERAGE INC.**  
28 W. Main Street 2nd Floor  
Mohawk, NY 13407  
www.accentbrokerage.com  
Licensed Real Estate Broker

**Phone: 315-219-5990**

Rebecca Smith - R.E. Broker  
Kelly Gauthier - R.E. Salesperson  
James Caiola - R.E. Salesperson  
Erin Dibble - R.E. Salesperson  
Brett Wellington - R.E. Salesperson

**128 Putnam Place, Frankfort**  
Adorable 2 bedroom ranch home w/galley kitchen, DNR, LVR, Office, FMR in bsmt, 3 bathrooms. Workshop in bsmt, one car attached garage and nice size lot. House has new roof!!

**225 S 4th Ave., Ilion**  
Bring your tools and let the work begin - 4 bedroom, 1 bath Cape Cod with LVR and eat in kitchen. One car detached garage, nice lot. This is being sold as is - as seen. Cash offers proof of funds required.

**OPEN SUNDAYS**

**T & J FRUITS / VEGETABLES & GREENHOUSES**  
CELEBRATING 47 YEARS

We Carry McCadam Cheese,  
Hapanowicz Kielbasa & Queensboro Tub Butter  
WE ACCEPT ALL MAJOR CREDIT CARDS & EBT CARDS

TONI ANN & JOE WISH EVERYONE A MERRY CHRISTMAS & SAFE NEW YEAR!

**NOW IN:**  
FIGS, CUPPED DATES  
LARGE BUTTERNUT & SPAGHETTI SQUASH,  
WINTER SQUASH

IDA RED, NYS MCINTOSH APPLES,  
CORTLANDS, HONEY CRISP  
**10LB. BG. POTATOES \$3.99**  
SUNTAN PEPPERS 99¢/LB  
LONG HOT PEPPERS \$1.99/LB

STAR BAKERY BABKA & ITALIAN BREAD  
CROGHAN BOLOGNA &  
JALAPENO CHEDDAR CROGHAN BOLOGNA  
NINE VARIETIES OF PIEROGIES  
EXTRA SHARP CHEESE  
NYS MAPLE SYRUP & HONEY

221 S. Caroline St., Herkimer • (315) 866-7272  
Serving You 7 Days A Week All Year Round  
Open: 8am-6pm

HAPPY

Customers like you give us so many reasons to celebrate!  
Thanks so much for dropping in on us this year. With gratitude in our hearts, we wish you and yours a wonderful holiday season.

**ACE Hardware**  
**Little Falls Fuel & Hardware Store**  
441 West Main Street, Little Falls  
315-508-5329

HOLIDAYS

*Happy New Years!!  
From our Family  
to Yours!!  
Thank you for  
an amazing 2019!*

# Nathan Galinsky residents celebrate the reason for the season



Nathan Galinsky Apartments collected toys to donate to a local organization through Catholic Charities. The residents were excited to give in hopes every child would have a present under the tree on Christmas morning. Happy holidays from the staff and residents at Nathan Galinsky Apartments. (Front row, L - R) Rosilda Beadle, Rick Butler and Ann Pargansky. (Back row) Sharlene Moshier, Jane Ervin, Barbara Hennings, Katy Wilson and Annette Main. Photo courtesy of Nathan Galinsky Apts.

## Skiers - Snowmobilers - Hikers - Hunters Ever Get COLD feet ??

**Looking for the WARMEST Socks?**  
Our Alpaca socks are up to 5X warmer than wool and are Naturally "water and odor" resistant. Alpaca breathes better than any other Natural fiber so your feet stay Warm, Dry and Comfortable!



**Made in the USA!**

**Skier Socks**  
\*70% Baby Alpaca \*Designed For Skiers  
\*Infused w/ Aloe Vera \*Odor Resistant

Stocking: Hats, Gloves, Mittens, Fur Hats, Sweaters, Capes, Jackets, Socks, Slippers, Boot Inserts, Yarn, Scarves and more!

Over 40 Styles of Alpaca Socks in stock!  
Dress - Skier - Hunting - Diabetic - Kids - Running - Hiking - Slipper & more.

**PACA GARDENS** 27 West Main St., Little Falls, NY 13365  
Mon - Fri: 10am - 5pm / Sat: 10am - 4pm  
PH. 315-823-1100



**Oil Changes • Custom Wheels**  
**Car & Truck Accessories**  
**Tire Repair • New & Used Tires**  
**Truck Tire Services**  
**On the Farm Service**  
**Construction Site Tire Services**  
**Goodyear National Accounts**  
**Multi-Line Dealer**

**518-673-5399**  
THE TIRESHOP.BIZ  
**OPEN MON.-SAT. 8-6**  
155 Erie Blvd., Canajoharie, NY

**RIDGELINE ROOFING**  
A Jay-Mar Group Company



Commercial • Residential • Industrial  
Single Ply Certified • Shingle Certified  
Up to Lifetime Warranties

**844-945(ROOF) 7663**  
**RidgelineRoofingContractors.com**  
**For IMD Service 315-294-2369**

**METAL ROOF SPECIALS**  
Lowest Prices

Licensed & Insured

**SNOW'S HERE - NOW IS THE TIME TO GET READY!**

**BOWEN'S POWER SPORTS**

**25% - 50% Off**  
**SPECIALS ON SELECT CLOTHING**

Great Selection of New & Used Skidoo Snowmobiles

**U-HAUL**  
**CAN-AM**  
**SUZUKI**  
**SKI-DOO**

2761 State Route 51  
Ilion, NY 13357  
**315 894-1128**

*Ring in the*  
**NEW YEARS**  
*Here!*

at the  
**Little Falls American Legion**  
100 West Main St. • 315-823-9862

**Tues., December 31st • 9PM - 1AM**

Live Music By  
**Pine Ridge Mountain Band**  
Featuring *Bob Willman*  
Southern Style Rock 'n Roll & Classic Rock

**Public Welcome - No Cover**  
**Donations Accepted**

**HERKIMER HEARING AID CENTER**  
in the Prospect Complex 200 N Prospect St, Herkimer

**Specializing** in Hearing Loss & Hearing Aids for **Over 20 Years!**



**If you suffer from:**

- Ringing In The Ears / Tinnitus
- Difficulty Understanding Conversations
- Moderate, Severe or Profound Hearing Loss
- Problems With Your Existing Hearing Aids

**Let our Board Certified provider help you.**

- Expert Evaluations For All Ranges Of Hearing Loss
- Unrestricted Access To The Best Hearing Aid Components
- Customized Treatment With **YOUR** Specific Prescription
- Best Comprehensive Care For **YOUR** Unique Hearing Loss

**0% INTEREST PAYMENT PLANS**  
HIGHEST QUALITY CARE SATISFACTION GUARANTEED  
**GET THE BEST CARE AND SAVE HUNDREDS!**

Competitive Insurance-Style Discounted Hearing Aid Program Available **If Necessary**. No 800# For Approval, Simply Come In.

**No Marketing Gimmicks. Just Professional Care.**  
**ENJOY THE SOUNDS OF LIFE AGAIN!**

**Marcus Boehm, BC-HIS** Board Certified in Hearing Instrument Sciences  
Appointments: **315-866-6728**  
[www.herkimerhearing.com](http://www.herkimerhearing.com)

# LEE'S SHOPS at WAGNER SQUARE

CANAJOHARIE, NY

24 CHURCH STREET  
CANAJOHARIE, NY 13317  
(UNDER THE VILLAGE CLOCK)

518-673-0292

JUST 1 MINUTE OFF EXIT 29 NYS THRUWAY

Stop by our shop to sign up for our Loyalty Program!!

## Loyalty Members Receive:

Exclusive to Loyalty Member

SALE Invitations

Special Event Early Bird Invitations

And More!

Winter Hours:

7 Days a Week 10am-5pm

Planning a visit with 4 or more?  
Call ahead and we will have refreshments  
and treats for your group.

REMEMBER US FOR  
ALL YOUR GIFTING NEEDS!

Birthdays • Anniversaries • Weddings • Christenings  
• Valentine's Day • Mother's Day • Father's Day

We now offer Self Serve  
Tea • Coffee • Hot Chocolate  
in our Tinsel Tea Room



Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare

SOMETHING FOR EVERYONE & EVERY BUDGET!

## Steven Entwistle, Sr. recognized for six years on CCE Herkimer County Board of Directors



Steven Entwistle, Sr. (L) was recognized for six years of dedicated service to the Cornell Cooperative Extension (CCE) of Herkimer County Board of Directors by Executive Director, Gareth Livermore (R). He was Board President for four years and co-chaired the search committee for the new Executive Director this year. Entwistle is a partner at Entwistle Dairy Farm in Litchfield.  
Photo courtesy of Herkimer County CCE

## The key to happiness Goes in the ignition



Licari Motor Car, Inc.



## CARS DEAD OR ALIVE WANTED

WE'LL PAY YOU  
Cash



## VINCE'S U Pull It and USED AUTO PARTS

PICKUP AVAILABLE  
CALL 315-883-8288

# Poland kindergarteners build gingerbread houses with family guests



Students and guests work on their gingerbread houses in Kress's classroom. Photo courtesy of Herkimer BOCES

Poland Central School District kindergarteners were joined by members of their families or other invited guests on Tuesday, Dec. 17 to build

gingerbread houses. Kindergarten teachers Carrie Roark, Kristina Kress and Julie Dutcher put on the Kindergarten Student Gingerbread House

Project. Students and their guests got creative as they put their edible houses together to bring home.



**Doggie Styles Grooming Salon**  
All Breeds Welcomed.

**(315) 867-5732**  
6 W. Main St., Mohawk  
Book Early and Often

**VALLEY VIEW MASONRY LLC**  
Specializing in Concrete Work

Garages • Basements • Sidewalks  
Flat Pours • Stamp Concrete  
Stone Work • Foundation Replacement  
Flat Pours • All Types of Concrete  
Free Estimates

**Gideon Fisher 518-673-5458**  
**John Fisher 518-669-5754**  
280 Buel Road, Canajoharie, NY 13317



**GOLD STAR ROOFING**

• Shingles • Metal Roof • Standing Seam  
• Free Estimates • Fully Insured

**518-281-6455**  
360 County Highway 151 • St. Johnsville, NY 13452

Interest Free Financing on New Installs  
Qualified Buyers Only

**Krenichyn's PLUMBING & HEATING, INC.**  
TRANE  
It's Hard To Stop A Trane!

\*Tis The Heating Season - Service & Check Your Furnace

**315-866-6494**  
3005 State Route 28  
Herkimer, NY 13350



**Liberty Smokeland**  
62 Central Ave  
Ilion, NY 13357  
(315) 895-0685

Liberty Smokeland - The Name Says it All  
Everything You Need!

**Ron Fobare's Painting & Home Remodeling**

Painting, Dry Wall & Dry Wall Repair, Textured Ceilings, Water Damage, Replacement Windows & All Home Repair  
Fully Insured

No Job Too Small  
Over 35 Years Experience  
**315-570-1985**

**COUNTERTOP CREATIONS**

For Quality Service & Customer Satisfaction  
Call Countertop Creations

Custom Built  
**COUNTERTOPS and KITCHEN CABINETS**

**315-867-4189**  
713 State Hwy. 162, Sprakers, NY 12166

**Country Carriage Auto Body**

**315-826-7535**

• Frame Straightening • Expert Painting  
• Towing Available • Hunter 4-Wheel Alignment

**Complete Collision Repairs**

**COLLINS REPAIR SERVICE**

Collision, Auto Body

INSURANCE CLAIMS WELCOME

Over 30 Years Experience  
RUSSELL COLLINS, OWNER  
2923 State Route 168, Mohawk  
(315) 866-7040 • collinsrepair58@gmail.com

# Weekly SUDOKU

by Linda Thistle

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

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!

© 2019 King Features Synd., Inc.

# King Crossword

### ACROSS

- 1 Grill fill
- 6 Easily split rock
- 12 Give in
- 13 Beer gut
- 14 Fitting
- 15 "Camelot" role
- 16 First victim
- 17 Bullets and such
- 19 Big bother
- 20 Director Kazan
- 22 Unruly group
- 24 Trouble
- 27 Taj Mahal city
- 29 "— Mis-behavin"
- 32 New Orleans neighborhood
- 35 Criterion
- 36 Yanks
- 37 Sauce source
- 38 That girl
- 40 Send forth
- 42 Raw rock
- 44 Sheltered
- 46 Capri, e.g.
- 50 Swiss city
- 52 Country
- 54 TV's Superman portrayer
- 55 Nasal qualities
- 56 First-born
- 57 Have a hunch

	1	2	3	4	5		6	7	8	9	10	11
12										13		
14										15		
16						17	18				19	
			20	21				22	23			
24	25	26		27			28		29		30	31
32			33					34				
35						36					37	
			38	39		40			41			
42	43			44	45				46	47	48	49
50				51				52	53			
54									55			
56									57			

### DOWN

- 1 "— Your Enthusiasm"
- 2 Reed instrument
- 3 More than enough
- 4 Whopper
- 5 Unwavering
- 6 Unwanted email
- 7 Ricochet, in billiards
- 8 Shack
- 9 Occupies
- 10 Gulf War missile
- 11 "Comin' — the Rye"
- 12 Masseur's workplace
- 18 Theater canopy
- 21 Fond du —, Wis.
- 23 Scull need
- 24 Sternward
- 25 Anger
- 26 Diminished
- 28 Increases
- 30 Ultramodernist
- 31 Have a go at
- 33 Ultimate
- 34 "— was saying ..."
- 39 Icicles' homes
- 41 Saturn's largest moon
- 42 Storybook baddie
- 43 Stagger
- 45 Survive
- 47 Deadly septet
- 48 Playgoers' box
- 49 Type measures
- 51 Previous night
- 53 Shock and —

© 2019 King Features Synd., Inc.

# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

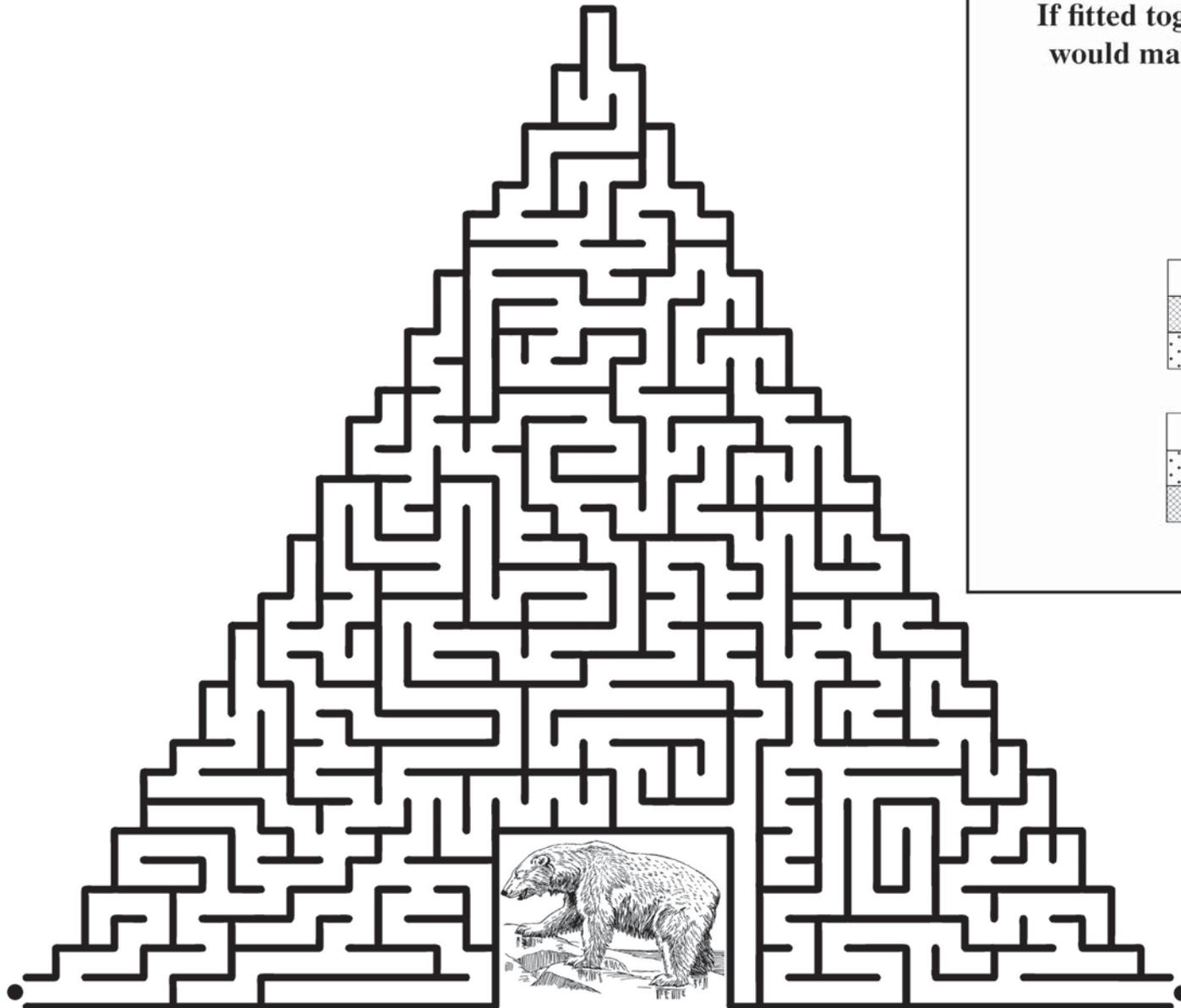


Differences: 1. Plant on mantel is missing. 2. Man has moustache. 3. Fireplace has more stones. 4. Mitten is black. 5. Shirt zipper is gone. 6. Earmuff has added band.

©2019 King Features Syndicate, Inc.

# Mega Maze

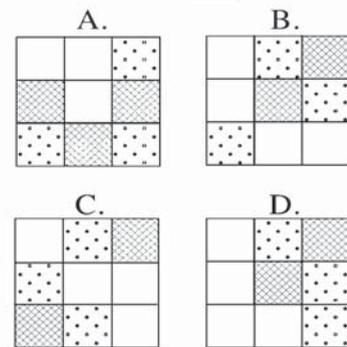
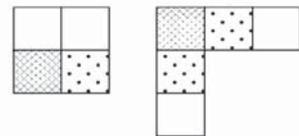
©2019 King Features Syndicate, Inc.



# STICKELERS [sic]

by Terry Stickels

If fitted together, the two sections on top would make what larger shape below?



©2019 King Features Syndicate

# Happy New Year 2020!

## Home repairs that can sink budgets fast

A home is the most substantial investment many people will ever make. Once down payments have been made and closing costs have been paid, homeowners may still be staring down sizable expenses as they begin to tackle any repairs that need to be made.

Home maintenance and renovations involve a certain measure of trepidation. Even after vetting contractors and establishing budgets, homeowners may worry that repairs will unearth problems that snowball into expensive fixes. Planning ahead for such projects and learning to recognize issues that tend to be costly can help homeowners weather any storms that may arise.

- **Foundation issues:** A strong foundation is key to any home. If there is a problem with the foundation, it can be unsafe to live in the house. The foundation repair company Foundation Experts advises that foundation fixes can range from \$4,000 to upward of \$100,000 depending on the scale of the job. Clogged gutters and water pooling around the foundation can contribute to damage, so water issues must be remedied first.

- **Roof damage:** A roof is a key barrier between the indoors and outdoors. Roofs must remain in tip-top shape. The home improvement resource HomeAdvisor says that a roof repair or replacement can cost between \$3,000 and

\$12,000. But homeowners also must budget for the cost of removing the old roofing materials and fixing any damage to the interior of the home. Inspecting the roof and making repairs as you go is key to avoiding a big headache.

- **Siding replacement:** Another costly project can be replacing the siding. Siding may need to be replaced if there is water/wind damage or penetration from insects. Spot repairs may be relatively inexpensive. However, the home improvement resource Modernize says the average siding installation project can cost between \$5,500 and \$15,000 depending on the materials homeowners choose.

- **HVAC update:** Keeping a home at a comfortable temperature is also a matter of safety. If a system gives out, homeowners may be scrambling for a solution. Yearly inspections and upkeep, which includes changing system filters regularly, can help identify potential problems. Neglect is one of the main contributors to the failure of heating and cooling equipment. Based on national averages, a whole-house HVAC system can cost between \$4,000 and \$12,000.

These are some of the more costly repairs homeowners can expect. Keeping on top of the home will help mitigate damage and could extend the life of major home components.

## Preventing childhood falls

"Injuries from falls are a leading cause of hospitalization and emergency room visits among children in New York State," said Diane Ward, CHN of Herkimer County Public Health.

Hospitals treat more than 100,000 fall-related injuries to children each year. These injuries account for more than \$100 million in emergency department visits and \$50 million in hospitalizations.

Falls most often occur at home, on the playground and while playing sports.

"The good news is that parents, caregivers and coaches can take steps to prevent childhood fall-related injuries. For children under the age of five, in-

juries most often occur right at home," Ward said.

To reduce the risk of a fall-related injury in the home, parents and caregivers should:

- Use approved safety gates on both the top and bottom of staircases

- Use window guards on all windows above the first floor, ones that prevent the window from opening more than four inches

- Keep stairways free from clutter

- Secure any area rugs

- Use slip-resistant mats and stickers in bathtubs and showers

- Never leave small children unattended on any elevated surface (such as a changing table or even a bed), or in the bathtub or shower, and

- Use safety belts and straps in high chairs and car seats.

"For children from age five to nine, playgrounds are the most common location for falls," Ward said.

To reduce the risk of children being injured at the playground, caregivers should take the following precautions:

- Never leave children unattended

- Make sure the equipment being used is age-appropriate

- Check equipment for wear and have any hazards repaired, and

- Ensure that the areas around and under playground equipment are covered or filled with soft materials.

Sports-related activities are a leading cause of falls for tweens and teenagers – those from 10 to 19. Parents and coaches should:

- Always supervise children playing sports and engaging in other recreational activities

- Make sure children wear the appropriate protective gear

- Make sure children have a yearly check-up

- Check the playing fields for hazards such as broken glass, trash or uneven

surfaces, and

- Make sure that children prepare for physical activity by warming up first.

"Childhood falls are a common source of injury, but recognizing the risks to children and taking steps to reduce the risk of falls and the severity of their consequences are things we can do to protect our children," Ward said.

To learn more about preventing childhood falls, call the Growing Up Healthy Hotline at 1.800.522.5006 or visit the New York State Department of Health website at [www.health.ny.gov/prevention/injury\\_prevention/children/toolkits/childhood\\_fall](http://www.health.ny.gov/prevention/injury_prevention/children/toolkits/childhood_fall).



### — King Crossword — Weekly SUDOKU —

Answers

Solution time: 24 mins.

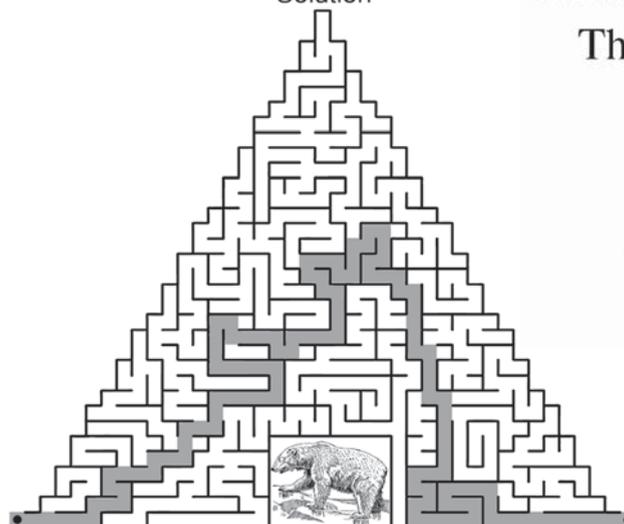
	C	O	A	L	S		S	C	H	I	S	T
S	S	B	M	I	T		P	A	U	N	C	H
P	R	O	P	E	R		A	R	T	H	U	R
A	B	E	L		A	M	M	O		A	D	O
			E	L	I	A			M	O	B	
A	I	L		A	G	R	A		A	I	N	T
F	R	E	N	C	H	Q	U	A	R	T	E	R
T	E	S	T		T	U	G	S		S	O	Y
		S	H	E		E	M	I	T			
O	R	E		A	L	E	E		I	S	L	E
G	E	N	E	V	A		N	A	T	I	O	N
R	E	E	V	E	S		T	W	A	N	G	S
E	L	D	E	S	T		S	E	N	S	E	

Answer

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

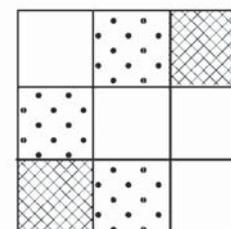
### Mega Maze

Solution



### Stickelers Answer

The answer is "C."



## Advertising Consultant

The Country Editor is looking for an advertising consultant in an established territory. Full time, outside sales experience helpful, but we would be willing to consider an outgoing person with a competitive spirit.

Guaranteed salary plus commission and mileage. You must be motivated & enjoy working with local businesses.

Send your resume by email to [jsnyder@leepub.com](mailto:jsnyder@leepub.com)

## CNA class graduates from VHS

(Front row, L - R) Graduates Emily May, Tasha Laporta, Trent Hall and Jeniffer Castro-Garcet; Tammi King, instructor; and Danielle DeGrosielliers, graduate. (Back row) Tanya George, administrative assistant/staff development. Photo courtesy of Valley Health Services



Five students graduated recently from the fourth CNA program of 2019 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.



Tell winter to bring it on with this great offer.

Be ready for winter with the Grand L Series. Featuring front and rear mount snow blowers and blades and rotary sweepers, winter won't know what hit it. And with financing this low, you can bring one home. Visit us today.



6-YEAR LIMITED POWERTRAIN WARRANTY

\$0 DOWN 0% APR 60 MONTHS



2991 State Highway 5S,  
Fultonville, NY  
518-853-4500  
www.randallimpls.com  
M-F 8AM-5PM • SAT 8AM-NOON

KubotaUSA.com

© Kubota Tractor Corporation, 2019. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, safety and product information, consult your local Kubota dealer. For the complete disclaimer, go to KubotaUSA.com/disclaimers and see the posted disclaimer. \$0 Down, 0% A.P.R. financing for up to 60 months on purchases of select new Kubota L Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Some exceptions apply. Example: 60 monthly payments of \$16.67 per \$1,000 financed. Offer expires 12/31/19. For complete warranty, safety and product information see dealer or KubotaUSA.com.

**BigDog Motors, Inc.** 

[www.bigdogmotorsinc.com](http://www.bigdogmotorsinc.com)

**Used Cars** ⇒ NYS Inspections (7 days/wk.)  
⇒ Save your ins. deductible

**FRANKFORT**

The key to happiness  
Goes in the ignition

**Licari Motor Car, Inc.**



# Country Editor

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

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

**Announcements**

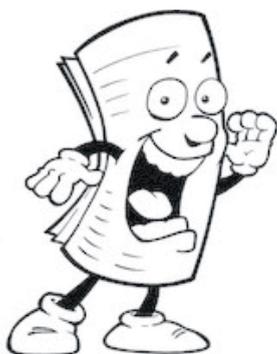
**Announcements**

**Holiday Early Advertising Deadline**

• **January 3rd Issue** •  
**Thurs. December 26<sup>th</sup> • 5:00 PM**  
 For as little as \$4.00 - place a classified ad in  
*The Country Editor*  
**Call Peg at 1-800-836-2888**  
**or 518-673-0111**  
 or email [classified@leepub.com](mailto:classified@leepub.com)

**Announcements**

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



★ ★ ★ ★ ★  
**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.**

**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.

**Antiques**

**WANTED TO BUY:** Fossils, Printers Blocks, Stereoview Cards, Old Beer Trays Taps & Steins, Stained Glass Windows, Large Marbles, Oak Bookcases & Display Cases, Decorated Crocks & Jugs, Old Christmas & Halloween, 1920's Postcards, Ladies Hankies & Hosiery, Quilts, Tin Signs, Early Comics, Lionel Trains, Costume Jewelry, Pocket Watches, Scrapbooks, Old Games, Picture Frames, Old Bottles, Model Boats, Old Pepsi & Coke Things, Glass Negatives, Sheet Music, Old Instruments, Nautical Things, Cigar Stuff, Collections, Old Drawings by Fritz Vogt, Weird Lamps, Retro and "MCM". We absolutely **DO NOT** Buy anything with a Barcode OR says Made in China OR Made After 1975. "Keeping it old!" Free House Calls, Cash Paid!! **WE R FUN!** Showcase Antiques, Little Falls, 10-5, Leave Message 315-823-1177 Dave or Deb.

**Auctions**

**AUCTION ITEMS WANTED!** Turn your unwanted items into cash. Drop off your items or we can pick up. Payments in 7 days, 25% commission. Auctions every Tuesday at 5PM. JR's Auction, 7403 St Hwy 5, St Johnsville. 518-993-4668



**Building Materials/Supplies**

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

**Building Materials/Supplies**

**Scratch & Dent Appliances**

Refrigerators .....\$85-\$599  
 Washers .....\$399-\$499  
 40 gal. LP water heater \$419  
 28-50 gal. electric...\$279-\$329  
 Shower/Tub unit.....\$298  
 52" Ceiling Fans.....\$59  
 Freezers .....\$519-\$769  
 Dehumidifiers .....\$175

**Reject ISO Insulation**

1/2" - 7" .....\$8.00 - \$35.00

**Reject Plywood & OSB**

7/16" - 3/4".....\$7.00 - \$15.00

**Prehung Exterior Doors**

Starting at \$190.00

**Custom Sizes Available**

Clear Fiberglass Roofing.\$1.10 LF

#2 Galvalume Roofing.....\$1.35 LF

27" Cov. White Metal .....95¢ LF

1/2"x16" Trusscore type\$1.67 LF

36" PVC Agtuff Panel...\$1.25 LF

4' x 8' Glassboard .....\$20-\$26

2"-3 1/2" Deck Screws 25 lb..\$69

White Vinyl Lattice .....\$16

2x4x12 Economy.....\$3.40

2x6x16 Economy.....\$6.30

9x100 Housewrap.....\$45

1x6x18 Clay PVC Trimboard\$18

12"x24"x3/8" Porcelain Tile.\$1.75

**Adirondack Discount Sales**

302 Bacon Brook Rd

Dolgeville, NY 13329

**315-429-3184**

**Buildings For Sale**

**HERKIMER:** One bedroom apartment, second floor, \$525/month, utilities not included. Security required. No pets. 315-866-4511, 315-717-4959

**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](mailto:commercialprint@leepub.com)

**For Rent**

**LITTLE FALLS, 2 APARTMENTS, CAN BE FURNISHED,** hardwood floors, newly painted, immediate occupancy, washer/dryer, off-street parking. No pets, no smoking. \$750/mo. plus utilities. One month's security required. Call Grace at 315-508-5380 or 315-868-8018.

**DOLGEVILLE APARTMENT** 6 Dunkel St., near Big M; Remsen House, 4 bedroom, 2 bath, garage. 315-942-4824



**LITTLE FALLS:** West Shore Street, 2 bedroom apartment, 2nd floor, includes heat & appliances, \$425 month plus utilities. Call 315-563-1980

**For Rent**

**LITTLE FALLS:** West Shore Street, 2 bedroom apartment, recently renovated, includes heat, \$495 month plus utilities. Call 315-563-1980

**LITTLE FALLS:** Studio, small & large one bedroom apartments available. Newly renovated. Located within 50 yards of grocery shopping, banks, McDonald's & post office. Sewage, water & trash removal included. Rents from \$400 to \$575. 315-823-1200

**VILLAGE OF FRANKFORT:**

Two bedroom apartment, second floor, all electric, no pet policy, no smoking policy. full management/ample parking. Take a visual tour [www.crossettres.com](http://www.crossettres.com) contact 315-894-8557 email: [louise@crossettres.com](mailto:louise@crossettres.com) for application



**VILLAGE OF FRANKFORT: APARTMENTS (2).**

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

**For Sale**

**MOVING SALE:** 150 lb. weight set w/bench, \$125; 2 reproduction rifles, new, \$50 each; 3 Bosso statues, \$65; 100's of cassettes, never used, 50c each; loads of taxidermy animals, deer, fox, bears, coyote, mule deer; toolbox full of tools, \$150; Amanda 22 cubic chest freezer, used very little, paid \$1,000, \$450. 607-264-3618.

**RAFFLE TICKETS - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100.** Other quantities available. **SELF-INKING STAMPS:** Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

**Help Wanted**

**ESTABLISHED** Non-dairy farm looking for full time help. Competitive salary and benefits package. Opportunity available for overtime. Must be available weekends. Live-stock experience a must, experience operating farm equipment a plus. Apply to Caruso Cattle, 205 Jackson Rd., Frankfort, NY. Call 315-733-3965.

**Help Wanted**

**LOOKING FOR FEW LABORERS** to work in the hide warehouse. Hours are Monday thru Saturday. Please apply to Caruso Cattle at 205 Jackson Rd., Frankfort, NY Monday through Friday 9 to 2. Serious Inquiries only. Phone 315-733-3965

**Miscellaneous**

**Corrugated Signs,** Gift Certificates, Invitations, Labels, Magnets, Business Cards, Rack Cards, Banners, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Signs, Pull-Up Banner Stands, Feather Banner Stands, Door Hangers, Envelopes, Posters, Calendars, Self-Inking Stamps, Flyers/Brochures. *Call with your needs.* **Lee Newspapers Inc. 518-673-0101** or [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

**Professional Services**

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

**Real Estate For Sale**

**PENN MOUNTAIN BAR-BRILL,** Route 12N, Joslyn Rd, Remsen. Work here, live here, 3 bedroom apartment, \$125,000. 315-942-4824

**COMMERCIAL PROPERTY FOR SALE ILION:** Property surveyed. **Asking price \$165,000.00.** Take a visual tour [www.crossettres.com](http://www.crossettres.com) All Broker inquires welcome. Email [louise@crossettres.com](mailto:louise@crossettres.com) OR Crossett Real Estate Services 315-894-8557

**Services Offered**

**13 OR 14-MONTH PHOTO WALL CALENDARS ONLY \$15.00!**

- Bring in your USB, SD card, or photos for us to scan
- Email your photos to: [commercialprint@leepub.com](mailto:commercialprint@leepub.com) Call **518-673-0101 Lee Newspapers Inc.** 6113 State Highway 5, Palatine Bridge, NY 13428

**8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00.** Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

**J & J HOME MAINTENANCE:** Wall and Foundation Repair, Stucco, Pressure Washing, Painting, Chimney Repair. Insured, Experienced. 315-868-1110

# Country Editor

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

## Snowblowers

HUSQVARNA Snowblowers instock. Pricing starts at \$799.00. Large selection-quality service. Call Randall Implements @ 518-853-4500 or stop in to 2991 State Highway 5S, Fultonville.



## Tires & Tire Repair Service

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555



CLIP & SEND

MAIL  
OR CALL



# 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)

**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



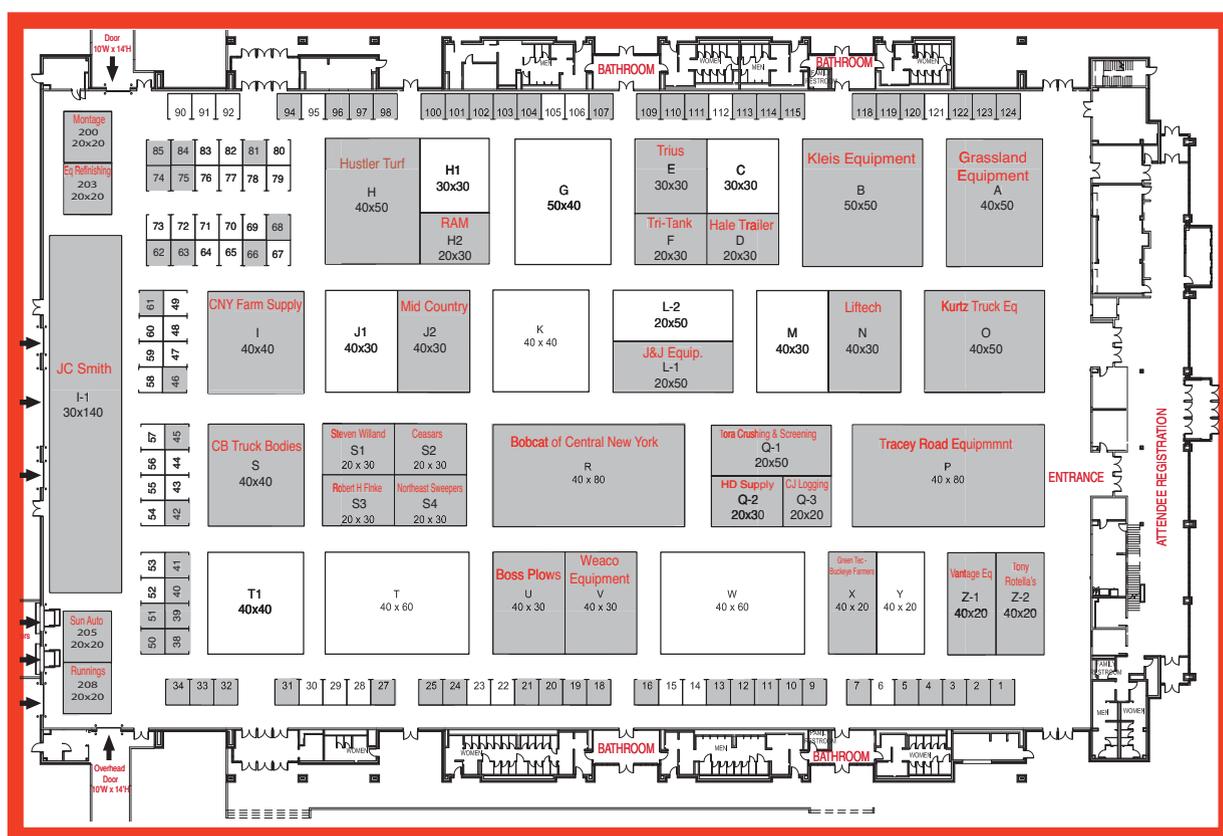
# HARD HAT EXPO

## April 8 & 9, 2020

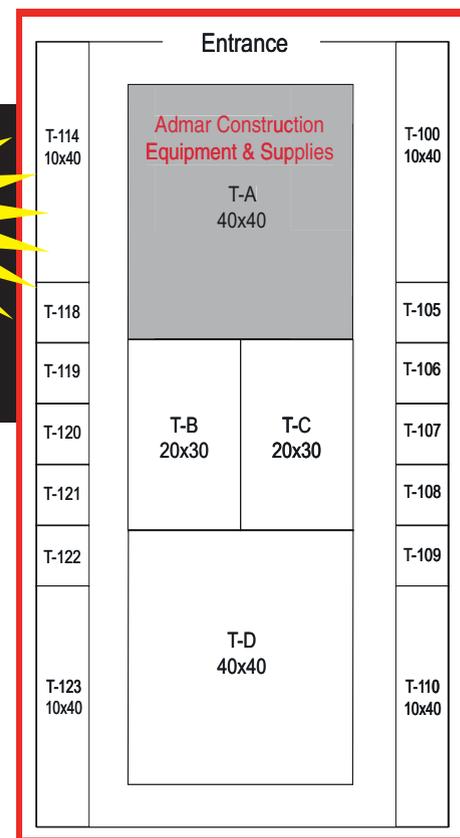
### NYS Fairgrounds • Syracuse, NY Wednesday 8-4 • Thursday 8-3



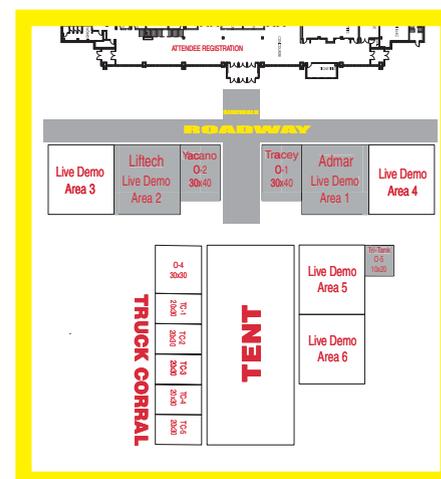
#### Indoor Areas



#### Tent



#### Outside Areas



### Don't Miss Your Chance to Exhibit

- Absolute Auctions & Realty, Inc • 18
- Admar Construction Eq. & Supplies • T-A, Demo Area 1
- Alfred State College / School of Applied Technology • 31
- Allied Spring • 16
- American Safety & Supply Inc. • 100
- Auctions International • 39
- Automatic Lube Systems, Inc • 103
- Beck Equipment / Gorilla Hammers • 50, 51
- Better Power, Inc • 38
- Blair Supply • 107
- Bobcat of Central New York • R
- Boss Snowplows • U
- Brenntag Lubricants
- Burly Attachments • 3
- Business Lease Consultants Inc • 104
- C. Michael Exteriors, Inc • 1
- Carpenter Industries • 111
- CB Truck Bodies • S
- Ceasars • S-2
- Central Petroleum Co. • 32
- CJ Logging Equipment • Q-3
- ClearSpan Fabric Structures • 2
- CNY Farm Supply • I
- Compass Wire Cloth • 94
- Countryside Foaming • 96
- C.P. Ward • 19
- Cutler Communication Sales • 123
- D&W Diesel, Inc • 4

- Dig Safely New York • 11
- Eagle Associates • 119
- Eastern Metal Signs & Safety • 41
- Emerald Equipment Systems Inc • 9
- Empire Hydraulics & Machine • 27
- Equipment Refinishing / J's Graphics • 203
- Grassland Equipment / Toro • A
- Green Tec - Buckeye Farmers • X
- Hale Trailer Brake and Wheel • D
- HD Supply - AH Harris
- Hiawatha Fasteners • 42
- Hill Top Tire • 24, 25
- Hustler Turf • H
- J&J Equipment LLC • L-1
- JC Smith Inc • I-1
- Kepner Equipment • 98
- Keystone Concrete Products • 113
- Kleis Equipment • B
- Kurtz Truck Equipment • O
- Leaffilter North of New York • 68
- Liftech Equipment Companies • N, Demo Area 2
- Liquitube Marketing International • 122
- Machinery Trader • 20
- Martin Truck Bodies • 74, 75
- McQuade & Bannigan Inc • 124
- Metalico • 110
- Mid Country Machinery Inc • J-2
- Mirabito Energy Products • 21

- Montage Enterprises • 200
- Northeast Sweepers & Rentals • S-4
- NYLICA • 115
- NYS Assoc. of Town Superintendents of Highways • 10
- Outdoor Power / Cub Cadet • 84, 85
- Quality Craft Tools • 33, 34
- R.P. Recovery • 46
- RAM - Eventnext • H-2
- Reliable Products / Mid York Products • 62
- Renewal By Andersen • 5
- Robert H Finke & Sons, Inc • S-3
- Roy Teitworth Inc • 13
- Runnings • 208
- S&S Tractor Parts, Inc • 114
- Safety Compliance Services • 7
- Schaeffer Specialized Lubricants • 66
- Screen Machine Industries • 118
- Seedway, LLC • 81
- Skillsignal LLC • 63
- Sno Depot • 120
- Specialty Tire • 101, 102
- Steel Sales Inc • 109
- Steven Willand Inc • S-1
- STS Trailer & Truck Equipment • 97
- Sun Auto Group • 205
- Syracuse Builders Exchange • 12
- Tony Rotella's • Y
- Tora Crushing & Screening • Q-1

- Tracey Road Equipment • P
- Tri-Tank • F, O-5
- Trius Inc. • E
- Unique Paving Materials Corp. • 45
- Universal Auto Parts • 61
- Vantage Equipment • Z-1
- Weaco Equipment • V
- Wells Communications • 40
- Yacano Enterprises LLC • O-2

Brought to you by



800-218-5586  
mstanley@leepub.com  
www.hardhatexpo.com