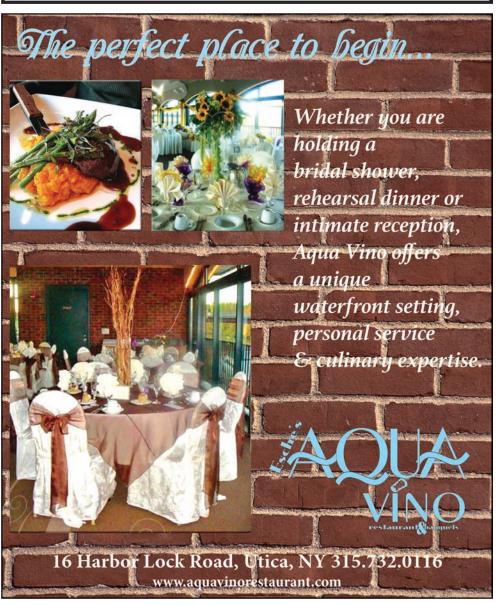


February 12, 2016 EDITOR









A Pleasantly Different Physical Therapy Experience

By Dr. Joe Martin, PT, DPT, OCS

From the very beginning of my days as a physical therapy student I had a different perspective of how the physical therapy experience should play out. While being an employee for other physical therapy companies was a necessity by nature, I continuously dreamed of owning my own physical therapy empire so that I could write the story the way I would like to see it. Enter Function Better Physical Therapy 2002.

It quickly became evident that the quality that I was most ridiculed for during all of my training turned out to be one of the biggest factors in the success of my company; Having more of a personal approach with my patients. I certainly understood then and I understand now that establishing a "Professional" Patient-Doctor relationship is important, but I also know now more than ever that developing a close, personal, compassionate relationship with patients is much more important than the "rushed, matter of fact, impersonal" encounters I have heard about over the past 20 years. I write the play book in my company and I have been fortunate to attract and retain fellow providers and administrative professionals who share in my vision. My approach to physical therapy is deeply rooted in my love and genuine care for my fellow human beings. I love everyone the same regardless of their socioeconomic status. So many people on "low income insurance plans" are treated poorly as human beings and when they come to Function Better they get treated like kings and queens like everyone else and they notice it.

I take a very artistic approach to evaluating and developing treatment plans for my patients and this is because of the notion that every patient, like every painting, is a unique original. Patients are people who not only have physical impairments, but who have real struggles in life like you and I. I have produced a video in recent years that was centered around establishing the human connection. I am fortunate

enough to have 60 dedicated minute initial exams getting to know my patients from a medical perspective and more importantly I get to learn so much more about what drives my patients, what holds them back, what real life struggles they are dealing with, what makes them happy, and what they really need to achieve while under my direction and guidance.

The experience may begin with a very warm greeting made up of some of the simplest things in life; a hand shake coupled with a smile, a hand placed on the shoulder, assistance taking off and hanging a coat, a brief moment of active interest and appreciation for a patient's willingness to allow me to have some involvement in his/her wellbeing. The examination is very thorough and the patient is empowered with knowledge about every testing procedure so he/ she knows what I am testing, why I am testing it, and what the result of the test means. Patient's love to be informed and they are surprised because so often in the medical community they get such an abbreviated exchange that they leave an encounter not sure of what is actually going on.

A provider who is in a rush is noticed by patients although they may never say anything because they feel that it is just the way it is; A provider who asks brief question after brief question without even looking the patient directly in the eyes is setting the tone of an impersonal encounter. Patients are people and people desire heartfelt communication and understanding. I am fortunate enough to intimately understand this very simple concept and it becomes the foundation of any great treatment experience.

Treatments are more effective when a provider is hands on and in the moment. Hurried providers who give patients a sheet of paper with stick figure exercises to accomplish on their own is not skilled, hands on physical therapy. Patients often tell me stories about seeing their therapist in the beginning of the treatment and left alone until it is

time to leave. There is no skilled observation and technique evaluation and correction, there is no encouragement or time for a heartfelt conversation. At Function Better, we are attentive to our patients. We are hands on. We use skilled treatments and we talk with our patients and we educate them. Their treatment time is a valuable opportunity for a Therapist to instill confidence and encouragement; without these elements patients often perceive their experience as low value.

Patient appreciation initiatives are also great contributors to an unparalleled experience. At Function Better, we often have patient appreciation events out at public bar/ restaurants and we even hire musicians to come into our physical therapy centers and play for our patients while they are going through their treatments. These were part of my vision from the very beginning. Music and especially live music is a "feel good.....feel better" offering that can aid in the overall happiness of our patients which is a critically important ingredient in the Function Better experience. Humor and laughter are also ranked very high on the Function Better experience "ingredient list" and so are the vibrant blue and green signature colors that are part of the décor at all Function Better locations. Our colors breathe energy and excitement and progress and patients love to be in such inspirational atmospheres.

A physical therapy experience says a lot about an organization, its management, and its culture, and it is evaluated ultimately by patients; At Function Better, we know intimately that in addition to providing high quality, skilled physical therapy we are in the business of creating happiness

Dr. Joe Martin is a Board Certified Physical Therapist with 6 Function Better Physical Therapy and Fitness centers throughout central New York and has been a Personal Trainer since 1990.

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An amazing and mysterious gift

By Joan O. Scharf

Three children sat on the couch impatiently waiting for their Grandfather's bedtime story. He made himself comfortable in the recliner beside them and said, "The story I plan to tell you tonight is a little scary.'

The fleecy blanket on the sofa was quickly tugged up underneath the youngest child's chin. "Is it a lot

Grampy reached over and patted the child's arm. "Only a little bit scary." And the story began.



It was barely light outside when Valentine's eyes snapped open. He awoke remembering it was his 12th birthday. Already he could see faint outlines of the room and his pants hanging on the wall peg beside the dresser. He kicked off the covers had swung his legs over the edge of the bed. His toes curled as they touched the cold bare wood of the upstairs bedroom floor. Shivering, he tiptoed to peer out the window.

Daylight crept along the horizon. It snowed during the night, and in the early rays of sun, the farmland fields and pastures looked newly whitewashed. He studied the clear crisp tracks of his father's recent footprints from the kitchen door below to the barn a short distance away. His father was already busy with the morning

Sounds from downstairs reached his ears. His mother rattled the iron lid of the kitchen stove as she added wood and stoked up the fire. His father would be back in for breakfast soon. Valentine had been helping with the evening milking for the past several years, and now that he was twelve, he would soon be expected to be out of bed for the morning barn chores as

His shirt from yesterday lay on the chair. Grabbing his pants off the peg, he quickly pulled on his clothes. As he thumped down the steps he could feel the warmth from the wood stove rising to greet him.

His mother turned from the kitchen counter. "Good morning. You're up early on a Saturday. Is there something special going on today?'

Valentine could see the eggs, flour, sugar and a baking pan in front of her. "Is that gonna be my birthday cake?"

She smiled, her eyes twinkling. "Oh, is today your birthday? I'd forgotten all about it."

"Ma, can we have company for my

"Well, guess what? Last week after church your father and I spoke with Aunt Rose and Uncle Frank, and if the weather stays good we're going over there tonight after chores. And yes, I'm taking your birthday cake with us."

Valentine, his dark uncombed hair falling over his eyes, grinned happily. Aunt Rose and Uncle Frank had three boys and two girls, all close in age. They had purchased the abandoned Austin farm several years ago, complete with all of its old furniture when the last elderly member of the Austin family died. The farm was four miles away. Travel by horse and wagon over rural roads was neither easy nor frequent, especially during the winter months, and occasions of getting together with family and friends were

For the rest of the day Valentine worked alongside his father without complaint, lending a hand whenever needed. With his help, chores were finished earlier than usual.

After the last cow was milked and the milk pails washed and put away, his father said, "OK, I'll get out the sleigh, and harness up the team. Go in the house and see if your Ma is ready."

Valentine entered to see his mother carefully remove three hot bricks from the oven. She wrapped them in the thick material laid out beside the stove, and gave them to Valentine along with a wool blanket to carry to the sleigh.

"Hot bricks? They baked birthday bricks instead of a cake?" The youngest child went into a fit of giggling and tipped over sideways on the couch at the thought.

The oldest child frowned at the laughing youngster: "Stop being silly! It was freezing cold outside, and the hot bricks helped to keep them warm on the way. Right, Grampie?"

"You got it right. They heated bricks and certain kinds of stones to warm fingers and toes on frosty rides. And sometimes hot stones were put into pans with long handles called warming pans. On chilly nights those pans were rubbed along the sheets to warm up beds in unheated rooms. And boy, that sure made a difference!'

The cake his mother made was secured in a large covered pot, and held on her lap as the team of horses pulled the sleigh over the snow packed dirt road. Excited to finally be on the way, Valentine watched his breath escape in misty white puffs.

Beside the fact that his cousins were fun to be with, Uncle Frank's farmhouse held a fascination for Valentine, and he loved going there. The big old rambling house had been added onto over the years, providing rooms on both floors with odd nooks and corners that made great hiding places. A beautiful oak staircase curved upward from the large front entrance hall, while a second steep narrow staircase near the rear of the house was referred to as the "hired man's stairway."

Dinner that evening was a noisy affair with the ten of them talking and laughing around Aunt Rose's large dining room table. There was plenty of hearty food, and Valentine's birthday cake topped with a generous layer of maple sugar frosting was a big success for dessert.

After dinner his mother offered to help Aunt Rose with the dishes and the children were excused from their usual nightly jobs. They grouped in the front hall eager to play, and Hide and Seek was the game of choice.

Ten year old Gracie was chosen to be "it." She sat on a polished oak step at the bottom of the front stairway and began the backward countdown from twenty. "Nineteen... eighteen... seventeen... she called out slowly, hiding her face against the newel post of the railing. The other five children, including Valentine, dashed up the stairs and scattered like frightened mice throughout the hallways and rooms.

Darkness arrived early during winter months, and kerosene lamps were lit for the evening hours. Aunt Rose had three lamps glowing upstairs. Two were set on small tables, one at each end of the long main hall. The third lamp shone from a stand in the side hall. Doors to the bedrooms and storage rooms had to stay open in order to have some light. The dim regions and shadows formed by the kerosene lamps made the game all the more exciting.

"Fourteen..." Valentine could still hear her. He crept down the side hall looking for a suitable spot to hide. AS he started to pass by one of the open doors, a tall slant-top desk caught his attention. It stood on legs, and the dark empty shaded area underneath drew him closer. It looked like the perfect place to hide.

Faintly, he could still make out the count. "Five... four..."

He slipped into the room and quickly slid on his back underneath the desk, scrambling to pull in his arms and legs and tucking them out of sight.

"Ready or not, here I come..." Gracie's voice floated upward, and then all was silent. He had no idea where the rest of his cousins were



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Outside the wind picked up. He could hear it whine around the windows and rattle the shutters, making it feel even colder upstairs than it already was. He shivered, and hugged his legs closer. From his hiding spot, he could peek out across the dusty bare floor and see the doorway outlined by lamplight.

Soft footsteps approached. A black shadow appeared on the hallway wall outside the door. Valentine held his breath and felt the hairs prickle on the back of his neck. He watched the shadow slowly grow to nearly six feet long, then shrink back to size as Gracie moved past the door. She hesitated, and then stepped back and entered the room.

Valentine watched her legs go by as she crossed to look under the bed. He saw her yank aside the long heavy maroon drapery that hung along the window as if she expected someone to jump out at her. She took another glance around before leaving, but crunched up in the protective dark area underneath the desk, he was invisible at her eye level. He listened to her footsteps tip-toe on down the hall.

Valentine let out a sigh of relief, and stretched his cramped hands open. Unexpectedly his fingers brushed up against something smooth on the rough wood underside of the desk. Twisting his head around to see, he could make out a faint rectangle of white. He cautiously wiggled it loose from the edge of the wooden frame. It was a picture. He inched himself out from under the desk and took it to the doorway near the lamplight.

He studied the faded black and white photograph. A young girl knelt beside a large dog. They both faced the camera, and the girl, pretty with dark braids, was smiling. One of her arms was draped around the dog sitting beside her. The dog was black with a single patch of white fur clearly shaped like a star in the center of its chest. Valentine continued to stare at the picture. It seemed strangely familiar. Had he seen the girl somewhere before, he wondered? He had the odd feeling that she was looking directly at him.

He heard laughter and several pair of running feet in the hallway. Gracie was shrieking, "I found you, Kenny!" Valentine paid no attention. He carried the photograph downstairs.

His mother and Aunt Rose were busy chatting as they put away the dishes. They both turned toward him when he entered the kitchen. His mother's eyebrows rose. "Games over already"

Valentine held out the photograph. "Aunt Rose, do you know who this is? I found it stuck under that old tall desk unstairs"

She wiped her hands on her apron. "Not sure I can tell you. That desk, like most of the furniture, was here when we moved in." Taking the picture close to the light, she turned it over and read aloud, "Rebekah Austin, age 12."

Her forehead creased. She looked at Valentine's mother, then at him. "I've seen this name before. I see it every time I go berry picking up on the little hill behind this house. It's carved on a tombstone. She's buried there along with the rest of her family. I heard most of them died young in a diphtheria epidemic about fifty years ago or so."

Valentine was quiet for a long minute. "Aunt Rose, can I keep this picture?"

"Of course," she answered.

His mother pulled him close and ruffled his hair. "Ahhhh, such a serious face. You look like you've seen a ghost. Put the picture away for now. It's your birthday, remember?"

His father, who had been visiting with Uncle Frank in the living room, joined them. He clapped his hands over his head. "Hey, I believe a boy deserves a present on his birthday don't you?"

Aunt Rose hustled to the back stairs and shouted up to the children, "Come on down! It's time for Valentine's birthday gift!"

Noisy footsteps clomped down the steps, and all five appeared in the kitchen, grins on their faces. It was obvious they were in on the secret. His father exchanged glances with his mother, and then stepped over to the heavy wooden door leading room the kitchen into the woodshed. He unfastened a long string looped around the door latch, walked across the kitchen, and handed the end to Valentine. "For your birthday. Follow it."

Puzzled, Valentine began gathering the string in his hand as it stretched across the kitchen floor. It disappeared under the woodshed door. He pressed the latch as his father followed holding up a kerosene lamp. The string continued through the shed and draped up over a stack of wood. Carefully climbing around the woodpile to the other side, Valentine dropped to his knees.

The string was attached to the collar of a small furry black puppy curled up on an old rug. He gently lifted the little dog to his lap. Sleepy eyes opened to look up at him, and Valentine's focus was drawn to the white star shaped fur patch on its chest.

"Well, what do you think?" His father stood close by, holding up the lamp as the rest of the family crowded behind.

Gracie said, "Isn't he cute? We all knew about it ahead."

"And for your birthday, I made 'em a collar outa some extra harness my Pa had in the barn," Kenny added.

"I always wanted a dog. Thank you!" Valentine's voice was choked. "And I already know his name. It's Star."

"Star?" his mother asked. "Why did you pick that name? Does it have anything to do with that picture you found upstairs?"

"What picture are you talkin' about?" his father asked.

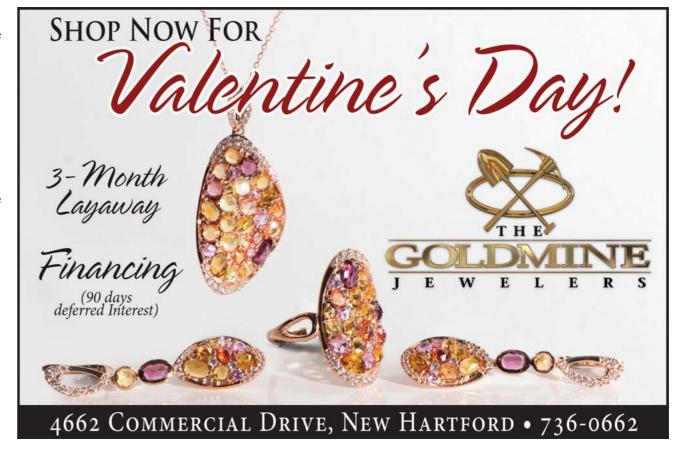
Valentine fished the photo out of his breast pocket and handed it to his father. "I think she wanted me to find it, Pa. She used to live right here in this house. She was twelve, like me...and look at her dog. Looks just like this one, only bigger. It's even got the same sorta marking on its chest."

His father squinted at the picture under the lantern. "Hummm... kinda does seem like she sent you a message. Maybe you're right. His name should be Star."

The grandfather stopped speaking and folded his hands in his lap, indicating the story was finished. The middle child inched closer and said in a low voice, "Have you ever seen a ghost, Grampie?"

"Well, can't say that I've ever seen one, but there are some things that happen that make me wonder. Guess that's why they're called mysteries."





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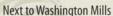




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Bon voyage Bowie

-A tribute to an infinite musical contribution

By Carly Proulx



5:00am Jan. 11th, 2016 came the usual kind of early as I unplugged my cell phone, a far enough reach from my bed to stretch myself awake, and fingertip swiped off the alarm. Behind my nightstand was my other alarm now sounding its awful wrench of a sound, piercing the length of my narrow I bedroom, and reverberating its "errerr" overture through the walls into my neighbor's slumber before signaling to my brain the need for my body to become a sloppy excuse for a 90 degree angle. This routine is the norm per my weekday mornings, and is followed by a third step in which I exercise my right thumb, scrolling up the cell to read any assortment of late night texts from friends, family, or foe. Only this morning I'd received one from a friend that read "David Bowie is dead."

The words hardly made sense, as death, more often the unexpected kind breeds this sort of stunned, shell shocked confusion. Any other Thursday morning my muscles would make a brief attempt to resist existence, and following the synchronization of a deep breath with the shedding of my covers I'd begin my zombie strut to the kitchen. Filling the kitty's empty food bowl as she claws up my calves, and turning on high the right front burner me and my blank stare would then slinky ourselves into a chair to wait out the water's boil. However, this morning I couldn't simply sleepy eyed side drool phase two of my routine. I repeated the words "David Bowie is dead" softly under my breath as if trying to extract from memory my part in a play, though in no hurry for the rest of the lines to arrive, allowing them an idle stir above my brow.

I'd soon declared the effect of this mumbling mantra futile, and begrudgingly sought out confirmation of the 3am text. Sure enough NBCnews.com read "David Bowie, rock legend, dies of cancer at age 69." Gripping the sides of the laptop like Bowie himself was still alive, but only inside the blinding white of the screen I cried a short-lived, though sincerely disconsolate cry. After the tears ceased their fall I'd ruminate on the 18t months he was able to keep the world dumb, deaf, and blind to his fight. I've never been particularly fond of the meddlesome rights of the media, the fact that people just like you and me, though molding their careers in the public eye have their private lives turned inside out for us

all to hover over these incessantly relentless vulture remains. Bowie kept himself just shy of the limelight for many years prior to his passing, and that's not to say he wasn't seen or heard, but certainly remained somewhat magically steadfast within Hollywood his mysterious Bowie-like reserve.

Feeling unjustifiably perturbed and depressed, yet reluctant to take the dive into the shark infested waters probing the legend's passing I became putty in the hands of denial. It took me two weeks to watch the 1986 fantasy musical film Labyrinth; a collaborative creation directed by Jim Henson, at age 4 my very first exposure to anything remotely Bowie. He was my first crush as Jareth, the ruler of Goblins, and as well it remains my firm non-expert psycho analytically inclined opinion the cause of my first two train wreck relationships. He had a seductiveness that went beyond his outward appearance, though the skin tight Goblin king 80s retro ensemble didn't hurt it was more his willingness to embrace the strange within that really wooed the strange while shy kid inside me.

Although having fell in love with the music of the film which called attention to that voice, unmistakably Bowie it wasn't until I turned I I that all his other music conquering was revealed to me. In my defense I was being delivered the same year that the solo studio album Never Let me Down was released, featuring a wailing Bowie on the harmonica in the self-titled track. Rewinding to his first single under the name David Bowie, prior to his prominent success in the late 60s and post songs under names such as Davy Jones and The King Bees, The Manish Boys, and Davy Jones and The Lower Third, (David Robert Jones being Bowie's birth name) "Do Anything You Say" is reminiscent of folk rock from bands such as The Byrds, and others who gained radio play and commercial success during this time. Still there's no denying Bowie's voice shines through, unveiling him a fervent disciple of song and originality from the very beginning.

There is an argument out there that you can never truly know anyone. I think that's part bologna, but likely holds true in reference to fans in the audience looking through the provided kaleidoscopes at the lives of our idols. The only thing we know is what they choose to show us, what is shown from a media stand point, and in the case of musicians through the art of their song, dance, and lyric. Music has a way of getting through when all else fails. When we feel misunderstood, frustrated, helpless, and alone sometimes it is the crucial matter of playing that one sad or uplifting tune to relate, to let go. And on the other end of the spectrum the need for song comes with cause for celebration when we feel any range of contentment. On the topic of celebration 80s Bowie brought many a tune for all to dance and sing along to. Innovative and upbeat, songs like "Ashes to Ashes," and "It's No Game Part I" off Scary Monsters (and super creeps), as well as songs with the release of the 1983 album Lets Dance "Lets Dance," and "China girl" added a unique twist to what was coming onto the scene



after the fade of disco, and the surge of synthpop and electronic wave.

I know I'm not going in chronological order here, but having gone through his immense amount of musical output throughout the years there are no words to describe accurately my level of awe. Going back to the 70s, and for many a favorite era of Bowie we pay respects to his self titled debut album David Bowie, and two years later the 1969 success of his single Space Oddity. Privilege to three consecutive albums including 1971's Hunky Dory, initially underappreciated until after the successful launch of 1972's Rise and Fall of Ziggy Stardust and the Spiders from Mars when it began to gain deserving recognition fans were now beginning to see the light of the Bowie. Bowie continued to have an undeniably ambitious and creative work ethic long after the 80s and well into his 60s. One pudding in the proof was the

release of the 2013 album The Next Day, a delightful treat to many a fan and critic after a 10 year interlude that left some of us grievously convinced he was to stay under the radar indefinitely.

Filmed in 1974, and first shown in the UK on 1/26/75 was the 53 minute BBC television documentary film about David Bowie titled Cracked Actor. On tour in LA the film depicts Bowie in and out of hotels, limousines, backstage, and in concert portraying the star in self discovery mode vulnerable to the instability and intensity of the alternate universe unhinged by fortune and fame. During the filming, what is on record as Bowie's experimental, or rather addiction to cocaine days we bear witness to nothing less than an intelligently stimulating and refreshingly honest individual. At times though clearly under the influence he remains sound of mind, fidgety and uncomfortable yet composed, and from my basis for comparison having researched the Woodstock generation of my parents I'd be exaggerating if I said he was ever so wildly eccentric.

Convinced his voice wasn't all that good he sought to bring a performance piece to his concerts, expressing himself in the art of mime while on stage, and altogether displaying his non so limited background in design and dance. One could imagine it near impossible for a man of Bowie's talents to not succumb to encounter such as he's described in interviews his on the brink of sanity moments after plunging deep into the lives of his on stage persona's, one of them the merge of sci-fi rocker and Japanese theater performer Ziggy, and the other I'm aware of being Major Tom; a fictional astronaut whose communication to earth has been cut off, and in the words of Bowie himself "a junkie, strung out in the heavens high, hitting an alltime low". He's mentioned these schizophrenic blips, and the extent to which he experienced them, thus the lengths he had to go to come back from them. And as far down the rabbit hole as Bowie had gone he once expressed in an interview his thoughts on experimentation, addiction, and the aftermath his lack of regrets. He told the interviewer "If you go through the cusp of these explorations, you do tend to come out the other side of it," and further explained these words as being dangerous, but true. There was positively a brightness to his insight, a purity in having dabbled so dangerously close to the edge as to know how far one must step back to keep from falling.

Bowie began the journey back in his teens when he first discovered The Little Richard band, leaning him towards his saxophone playing days, and having shared a birthday with Elvis Presley held a great fondness and appreciation for the King as well. Many musicians reveal to the world a mask they see as fitting, entertainingly relevant, and aesthetically pleasing. Some artists have no choice but to hide behind this mask. With Bowie you got the feeling as if you were a part of the costume change. As if the stage was his dressing room, and we the world were witnesses to his going through the motions, feeling these different personality's expand and deflate, freeing and feeding his ego, his freak flag, enduring the trauma of fame and its cult following, haunted by his inner artist, the ghosts of his alter egos, the underlying gentle and loving family man who he became and remained underneath it all, and ultimately his own mortality, the demon we can all relate to, and the one he faced for the last time on lanuary 10th, 2016.

As fans we'd have to be naive to think

that David Bowie could just slip with his "Shhhhhhhs" out of the world, and not leave as remarkable a trace behind as the one he made all those 69 years alive. Ashamedly so I'll admit, indeed I was. I discovered Black Star the week before his death when my cousin brought up the fact that Bowie hadn't released a new album in a while. Now curious we both looked it up on the internet and came across the news of its upcoming release, and thanks to the internet instantaneously watched and listened to the one song off the album that had been released. If you've seen the video for "Blackstar" then you might see eye to eye with me on the Bowie button eyes, and the overall morbidly grim theme underlying everything from the iconography to the unsettling shift of the bluesy sax solo back to an electronica house melody that make up the song. Leave it to Bowie to complete this avant-garde musical farewell during his battle with cancer, as well as other yet to be released creations of song.

If you'd like to give an authentic bon-voyage to our favorite rock star and artistically envelope pushing legend come to The Shop in Little Falls, NY 13365 located at 590 Fast Main St. on 3/5/16. All donations from the proceeds will to go to the American Cancer Society, and be sure to check out The Shop's Facebook page as the date approaches for further details on the event- https://www.facebook.com/ theshoplittlefalls/?fref=ts. We hope to see you there celebrating the life and music of David Bowie at our small city's unique concert venue, ready to sing out your favorite Bowie tune or two, as open mic Bowie night is open to any and all. A catered and cash bar event at local luthier Greg Deluis's The Shop feel free to dress as your favorite Bowie persona, and whatever you do, don't leave your strange at the door. ■

Wed, Thurs, Sat 10-5 • Sunday 12-4



EDITOR

Hamilton Village Wine & Spirits

By AI Dorantes

Hamilton Village Wine & Spirits is located in the Price Chopper Plaza, Rt 12 B, in Hamilton, New York. The modern liquor store lets shoppers find the spirits they are looking for. From bourbon and gin to pinot grigio, all are conveniently found at Hamilton Village Wine & Spirits.

Owner David Vantine, explained that he acquired the liquor store in December 2013. The original shop was located in downtown Hamilton and he described the store as a traditional, typical mom and pop style liquor store. Vantine and Hamilton Village Wine & Spirits operated at that location for about a year and a half.

David Vantine said, "I felt that Hamilton needed, could benefit from, having a modern store with a wider selection.'

Hamilton Village Wine & Spirits opened at new their new location august 13, 2015. The new store is a



bright, well lit, and spacious facility. With over 3 and a half times the space of the original store, the 3,000 square feet of floor space is a joy to browse and shop.

In the age of small batch micro distilling they are seeing more and more refining of pallets. People are more discerning and have a good idea of what



they want. Bourbon is a hot product now. Vantine and his staff are sensitive to local needs. They listen to requests and special orders can be made. Hamilton Village Wine & Spirits prides itself on customer service. They are conveniently located in the Price Chopper Plaza and there is plenty of free parking.

Hamilton Village Wine & Spirits carries a wide variety of wines and liquors. The store carries a fair amount of New York Wines, local ciders including Beak & Skiff, Cooperstown Distillery and more. Vantine said, "Visitors want to grab something local when they're in town."

David Vantine has brought technology to Hamilton Village Wine & Spirits. They have introduced Vinopedia stations in the store to help patrons find and choose the right wine or liquor for the right occasion. The self-help kiosks have information on everything in the store and more. The touch screen based units have information from

food pairings, to a bar code reader with descriptions of products and even liquor based trivia. The wine guide allows you to discover wines by region, wine type, grape, vintage, price range, expert ratings and country of seller. For example: find the best options for Napa Valley Chardonnay with an expert rating above 90 points. Vinopedia can also show you deals from Hamilton Village Wine & Spirits in terms of price, quality and latest arrivals. It helps you pick the best deals based on your preferences. The Vinopedia home page has the top ten most popular searches, so you can see which wines suddenly get a lot of attention.

At Hamilton Village Wine & Spirits you will find a nice bar area for tastings. Tastings happen about every 3 weeks. The next tasting is scheduled for Saturday, February 13. The tasting will be Valentine's Day themed and there will be great deals on all the pink bottles (10% off on featured tastings).

If you are looking for a tasty spirit or a wine to pair with a new recipe, then Hamilton Village Wine & Spirits is the place to do it. For more information follow them on Facebook: Hamilton Village Wine & Spirits or call (315) 824-1740. **■**

A heart is not judged by how much you love, but by how much you are loved by others.

-Frank Morgan



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First Oneida County Farm Brewery Opens

By Troy Bishopp

Marcy N.Y. – Many folks in the Central New York area remember heading north to peruse the unfinished furniture at the former Marty's Jungle on Trenton Road in Marcy. That historic address is now occupied by the new Woodland Hop Farm and Fermentation Brewery; touting distinct, drinkable finishes of hops, herbaceous overtones and smoky goodness. The first Oneida County farm brewery is born.

The trinity of friends, school teachers and avid home brew aficionados of A.J. Spado, Keith Redhead and Nick Natishak poured out their passion at a packed grand opening on January 9^{th.} "We make beer that we like to drink and hope everyone else will like it too," said Spado.

The NYS farm brewery law allows tasting rooms and samples, as well as sales by the glass and retail sales. To qualify, at least 20 percent of a brewery's hops and other ingredients must be grown in New York; that percentage increases periodically up to 90 percent starting in 2024. This has stimulated interest in building a local, burgeoning, small-scale craft brewing industry, just as farm wineries took off in other parts of the state after the 1976 farm winery law.

The "hop-sters" behind Woodland Hop Farm and Fermentation see the establishment as a place where customers can relax and sample varieties of beer, tour the brewery and take home a growler with a unique blend of flavors. They've installed brewing equipment that can brew 5 barrels at a time, but will "double batch" each brew in 10-barrel fermenters. (A barrel is 31 gallons). They will also specialize in barrel-aged beers and beers served in "real ale" casks or firkins (naturally carbonated with no added

"We'll be making all styles of beer, from extra hoppy IPAs to malty stouts and everything in between. Our goal right out of the gate (or tap) is to produce a new brew combination each week as we experiment with different ingredient subtleties. Our taps won't be boring," said Spado.



AJ Spado readies a flight of new brews at Woodland Hop Farm and Fermentation's grand opening in Marcy.

For now the three partners will be keep their teaching jobs and moonlight as brew masters. They are looking into establishing an off-site hop yard and partnering

with other farmers to grow their ingredients in the near future and remain committed to a local business climate. If their brisk opening was any indication



of interest, it looks like the gateway to the Adirondacks will be adorned by lupulin goodness!

"Ideally, brewers interpret history, and through science they create art." ~ Don Spencer, Silver City Brewery

Visit the Woodland Hop Farm and Fermentation at www.woodlandbeer.com or 6002 Trenton Rd. Marcy, NY.



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Zach Lewis

-Buy Local Art Here

By Lisa Lauritsen

Localist and landscape photographer Zach Lewis invites you to take a closer look at Clinton in his upcoming exhibit opening February I at the Kirkland town library located at 55 1/2 College Street.

Lewis is a seasoned artist whose need for personal expression has led to countless endeavors in paint and pencil but his love for Clinton is what caused him to pick up a camera and see his familiar hometown almost as if a tourist. It's his hope that in sharing these perspectives you will be inspired to seek adventure in Clinton's places of natural beauty; in strolling the forested foot trails, and patronizing the plethora of artisan shops and eating in local restaurants.

Lewis made a pact last Christmas to shop locally and found that he was able to purchase 100% of gifts for family and friends without ever leaving the village. He



Zach Lewis' exhibit, "Walking Around Clinton", will be on display at the Kirkland Library though the end of February.

bought Utica Coffee, gift certificates to eateries like Altieri's Italian restaurant, and handmade items from Signature 81, where an array of his own prints can be purchased among others.

Lewis's philosophy as a local artist is apparent in his subject matter. His love for Clinton draws you into the community and has a grander purpose than existing for its own sake. Not only will these photos inspire you to engage with the mysteries of inherently true images but urge you to find new places to admire within a familiar place you may have taken for granted.

This is Art that you can own. A matted framed 8 x 10 print can be purchased for \$30. If you've never owned a piece of original art now is your chance. You have every reason to attend this exhibit and leave with the piece that means

something to you, that connects you to the artist, and the vibrant little village of Clinton New York.

Please join me in celebrating the works of Zach Lewis at his "Walking Around Clinton" exhibit in the Bristol Room of the Kirkland Library (the exhibit will be on display from February I to February 28), for great company and affordable art you may not be able to leave behind. ■

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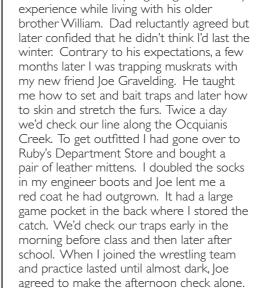
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To balance out our efforts I relieved him of

the chore on weekends.

When I was fifteen I told my Dad that

school in Richfield Springs to gain a country

I wanted to leave Brooklyn and attend

One bitterly cold morning, Joe didn't come to call. I figured he was sick and knew he could count on me to go out and check the line. When I left the house my dog Pinky began to follow. I guess the distraction of being a new kid in town made me neglect my canine friend. Now, he didn't understand that I was going to work and not just out for a walk. I threw some snowballs at him and yelled, "Go home!" but he kept trailing.

It was a dry, sunny morning and the snow crunched beneath my feet like hands rubbing on an inflated balloon. The trap line started north of town and ended in back of the school. I walked along the creek checking and rebating traps with pieces of apple. Two traps held prizes that I put down and stuffed into the game pocket of my coat. Pinky kept racing past me barking and trying to bait me into playing with him. The water ran freely along the rapids but ice had built up over the slow moving deeper pools. I was almost finished checking the line when I heard Pinky barking non stop. I looked down the creek and saw that he had broken

A Winter's Tale

By Terry Berkson



Pinky

through the ice that had formed over a deep pool that sat below a steep bank. He must have jumped from the high spot which gave him enough weight to break through the ice. He was trying to get out of the water but his front paws couldn't find traction. He struggled for a long time and it looked like he was getting tired. I stood on the bank wondering what to do. I knew that the ice wouldn't hold me and I wasn't sure how deep the pool was.

Pinky's barks were now muffled with a watery gurgling. It looked like he was drowning. The last thing I wanted to do was join him in the water. I sat down on the bank and took off my engineer boots. Then I began to crawl out on the ice distributing my weight as much as possible. A cracking sound stopped my advance but I didn't break through. It was just a few more feet to where my dog was trapped. The ice seemed to be holding. I slowly crept

and groaned. When close enough I reached for Pinky's collar but when I lifted him my left foot and knee broke through. I felt the sting of freezing water and thought, "If Joe were here now he could hold out a branch or something to drag me towards shore." My boost had given Pinky enough traction to get onto the ice. Then he scrambled to solid ground and shook the water from his coat. I carefully lifted my foot out of the hole and began to back crawl towards the bank as the ice threatened to give way. By the time I made it to shore my dog was ready to play and crashed into me with his wet coat. I swore and pushed him away while trying to put on my boots. The dry foot went in fine but I couldn't get the other soggy sock down into the boot. It felt like it was starting to freeze. I was worried about frost bite, so I picked up my boot and started to run towards home, the dead muskrats bouncing in the game pocket and Pinky biting at my socked foot as we ran through the snow. I crossed a wide

ahead. The ice croaked

field and then Smith Ford's parking lot which brought me out onto Main Street. Then I limped east and in a short time I was passing Dick Clayton's garage. He stopped pumping gas and had a puzzled look on his face as I waved to him and turned right onto Lake Street with my engineer boot in hand and Pinky still trying to pull off my sock. I ran past the Capitol Theater where in a snow bank the night before, Jimmy Chance, a kid two years younger than I, survived sleeping off an epileptic seizure. In my room, I dried and rubbed my frozen foot for a long time. The toes looked kind of purple but I still had feeling in them. Then I put on a pair of heavy woolen socks and slipped back into my boots. One was still wet from trying to pull it on by the creek but that's all I had to wear. My sneakers were in a locker at school. Pinky, a mix of Border Collie and Springer Spaniel, didn't mind being wet but I dried him off anyway. I was eager to tell Joe about falling through

It was still early morning as I quietly left the house

and headed for Joe's with the two muskrats still in the game pocket. Not to wake anybody I walked around back and went down into the cellar where I hung my catch and began to skin them out just like Joe had taught me. I could hear low talk and what sounded like crying upstairs. Something had happened. Maybe that's why my friend hadn't called for me. I finished my work and left the cellar without getting to tell Joe about the ice. Later I learned that the grieving sounds were because Joe's father's heart had failed. He had passed away in the night. I pictured Earl Gravelding still alive and sitting at his desk one time when I was there. He wasn't that old but he seemed to have a lot on his mind and hardly noticed me. I thought about my dad and wondered if he had taken my letter's advice about protecting his one good eye by using the right kind of reading lamp that was described in Mr. Nostrand's Biology class. I thought of my father's hesitation when I asked him if I could go to live in the country. Selfishly, I had taken a now neglected Pinky who was a pal to my

father. It didn't occur to me at that time that I had left Dad alone, and like Joe's father, he had a heart that could fail.

66

In every conceivable manner, the family is link to our past, bridge to our future.

~Alex Haley





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Lent is a time to renew wherever we are in that process that I call the divine therapy. It's a time to look what our instinctual needs are, look at what the dynamics of our unconscious are.

-Thomas Keating

Sister cities collects to aid Flint water crisis

By Carly Proulx

Nothing is free in the modern day age of tech savvy, right? The 19th century was the craze for bottled water in the U.S. as it was seen a safer alternative, but eventually faded in the 20th century when water chlorination eased the concern of the public. Fast forward to present day with the most recent water system scares, and bottled water is close to becoming necessity, if only for the need to keep ones paranoia at bay.

It seems to me as though some things should come for free, yet even freedom from the almighty dollar proves to keep its price tag hidden. Just ask the people in the city of Flint, Michigan who were first exposed to drinking lead poisoned water back in 2014. I'd bet a pretty penny they have the same question I do, "How is it with all the great strides of the 21st century we've failed at supplying the most essential basic human need?"

Ironically in 2014 in the endeavor to save \$5 million in under an interim of two years the city of Flint switched from their water system of the previous 50 years, treated Lake Huron water from Detroit to treating water straight from its very own backyard source, the Flint River. After a 2013 approval of the new Lake Huron



sourced system, Karegnondi Water Authority (KWA), and the end of Flint's stint with the Detroit Water and Sewerage Department (DWSD) the city's thirst was at the mercy of an unsafe, and lengthy yellow light.

The completion of construction of the KWA won't arrive until 2016, leaving Flint with no source other than their Flint River back up. The problem began with both the lower pH and higher salinity of the Flint River, causing the protective oxide and phosphate coatings on the lead service pipes to erode, and resulted in exposure of bare metal. Though the water supply was switched back to Detroit in October 2015 there's no way of knowing how long it takes to rid the system this lingering damage, and still, a year drinking poison takes its toll. Therefore the water system that by August 2015 had lead to 3 organizations' 26,000 online petition signatures to Mayor Dayne Walling imploring the termination of the city's Flint River source, which also stressed the need to resume its connection to the Detroit water system won't be so easily obscured.

When faced with this kind of quality of life breach, one in which an entire city falls prey to, and not without consequence a people hope anyone who wasn't doing their job, or chose to ignore their job as a way to deter financial "crisis" is henceforth allowed responsibility of no one else save themselves. The potential severity of this crisis and its injustice lies in the city's spike of Legionnaires' disease, a form of atypical pneumonia caused by water-borne bacterial species thought to be an effect of the contamination of the water system. When things like this happen, and our faith in these systems put in place by our parent's parents is compromised, trusting to assume they will uphold their end of the bargain as these systems along with our rights are





Guess Who?

I'm an actress born on October 4, 1989 in Texas. I have two famous parents who also are in the business. I made my film debut at age 10, but I've since become a household name in a role about a high-school girl who falls for a domineering billionaire.

Answers: Dakota Johnson

Twin Cities from previous...

protected by the law, well it's nice to know you have a sister looking out for you. I'm referring to Utica, Michigan, named after its sister city, Utica, New York who teamed up with community members in Utica, Michigan to get the water 45 miles North to Flint, Michigan where it is so desperately needed.

Bill Keeler, WIBX's First News Morning show collaborated with the Utica Boilermaker to collect bottled water for the Flint residents, and the first event will fill an entire Utica Mack truck at a Utica Comets game. You can find the truck located outside Chanatry's Hometown

Market, located in Utica on Champlin Ave, where inside the market they'll be selling cases upon cases of bottled water at just \$1.99 to contribute to the cause. Feel free to contribute by dropping off a case or even two of bottled water at Charlie's Pizza in Whitesboro, Washington Mills, and North Utica. Thanks to many other organizations, schools, and charities the water drive has grown exponentially, but I'm certain the folk in Flint could use every last drop. For any more information on the crisis, and how you can help out call Townsquare Media at 768-9500.

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My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate. -Thornton Wilder

A Proud Day for Parents

By Joe Parzych

We had two daughters named Deborah and Joann. They were born two years apart, but Joann soon caught up in height so that people took them for twins. They squabbled on occasion, but for the most part they were extremely close. When they were young and we scolded one of them, the other would say, "You leave my sister, alone!"

One day, during a trip to Disney World in Florida, while we were eating in a food concession dining area, we saw a woman wheeling a teenage boy in a wheelchair. He appeared to be about the same age as our daughters.

Each time people left a table, the woman would make her way toward the table with the wheelchair, only to have someone beat her to it. After the second time it happened, the girls' eyes met, and when a party got up from a table and the frustrated woman with the wheelchair headed toward it, Debbie and Joann jumped up, and without a word, dashed to the table, to the dismay of the woman and the boy. The girls quickly cleared the table of discarded paper plates and cups, wiped the table clean, and stood apart facing the boy in the wheelchair. They smiled, curtsied, and with a wave of their hands toward the table, said, "Ta-da."

The woman and the boy broke out in smiles. That made our day.

The girls married and settled on opposite sides of the country. They often got together in mid-country to spend a few days, alone together, but sometimes they traveled to each other's home to visit. Both sisters died a few years apart of complications from cancer treatment, the first died at age 47 and the other at age 53. I will always remember the day they made my wife and me, proud. It was not the first time, nor the last, but one of the most memorable. I pray they are together, now.

It's never too cold for Ice Cream

By Daniel Baldwin

In the midst of winter we can't help but think about those summer foods we've had to leave behind. But one classic summer food is still gaining popularity and attracting peoples' attention even during the winter season.

No matter how cold it is outside, people are still screaming for ice cream.

"Ice cream is always good no matter what time of the year it is," Syracuse resident Alex Dawley said. "Ice cream doesn't go out of

But you might find it hard to go out for ice cream during the wintertime. You can get a carton of hard ice cream at your local grocery store and enjoy eating it in your own home, however, it is difficult to get softserve ice cream or frozen yogurt during this time of year because a majority of the ice cream parlors are closed for the winter

York State.

Morgan Money,

parlor in Utica, said,

do in the winter, but

it is still nice because

it's still warm in here

and it's just a nice little

treat. If you have a bad

day during the winter

months, come in here.

You get to choose your

flavor and topping, and

Money also said that

has had a good amount

the Utica store alone

it's a good place to

come to.

There's not much to

manager for the Hoopla

Ice cream parlor chains like Stewarts and

Hoopla still serve ice cream and frozen

yogurt during the winter season. Hoopla

has a wide variety of frozen yogurt flavors,

and their stores are located all across New



The Knight Spot, Frankfort, serves soft serve and hard ice cream all year

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of customers during the winter months. "The winter is busier than our summer season," Money said. "One day I came here and it was the middle of the winter. It was negative three degrees outside, and that was one of the busiest days I've had

because people just love yogurt."

Local ice cream parlor businesses are also

trying this approach. The Knight Spot, in Frankfort, is one of the places that serve soft and hard ice cream to its customers all year long.

"I've been doing it since 1983," restaurant

owner Alex Palumbo said. "The restaurant is open during the winter anyway, so we said why not serve it? We have all the ice cream equipment. It's not as busy as it is in the summer, but people still come and get it during the winter.

At the start of the fall season, the Knight Spot serves unique ice cream flavors that you would not normally get in the

"We do not have any special ice cream flavors during the holidays, but in the fall we have pumpkin flavored ice cream,"

Palumbo said. "We have apple pie ice cream, which tastes exactly like apple pie. It's delicious."

The summer fun may be over, but that does not mean that people should stop eating the classic summer treats like ice cream.

7 ways to be kind to restaurant food servers

The restaurant industry is booming, with new restaurants entering the challenging foodservice market every day. The National Restaurant Association says restaurants in the United States' generate roughly \$2 billion in sales on a typical day. Media Edge, a Canadian trade resource, says the foodservice industry play a major role in Canada's economic growth by providing so many jobs.

Food servers are among some of the hardest working employees in the foodservice industry, but sometimes their efforts go unrecognized. The following are a handful of ways diners can show their appreciation to the men and women who work hard to ensure their customers enjoy their dining experiences.

I. Recognize that waiting tables is no easy task. Waiting tables is both physically and mentally demanding. Servers spend hours on their feet carrying and balancing plates of food during their shifts. Servers also must anticipate the needs of diners and do their best to accommodate them. Acknowledge that servers' jobs are not easy when dining out, and express your gratitude for their had

work whenever possible.

- 2. Recognize that slow food often is not servers' faults. Very often a food server has no control over how fast the food comes out of the kitchen. A very busy meal service can stall an inexperienced kitchen. Don't blame the server because the food took longer than expected to arrive on your table. If you're in a hurry, let the server know in advance so he or she can work with you.
- 3. Look up at your server. Eye contact shows respect and it will help get your order across clearly reducing the likelihood of a mixup regarding your order.
- 4. Put down your phone. Distracted diners are sometimes to blame for slow service. In 2014, a popular New York restaurant took matters into its own hands after constant complaints of slow service. After examining surveillance footage of the dining room from 2004 to 2014, the restaurant owner discovered the wait staff hadn't changed its techniques, but the customers' use of cell phones had slowed table turnover from one hour and five minutes to one hour and 55 minutes. Taking pictures of food, texting

before ordering or asking a server to take a group photo can contribute to slower service, which puts added stress on servers.

5. Holidays can put a monkey wrench in restaurant flow. Certain times of the year are popular for dining out. Mother's Day and Father's Day, Valentine's Day, and winter holidays are busy times for the restaurant business. Diners should recognize this and exhibit extra patience when dining out during these busy times of year. If you aren't up for the crowds, abbreviated menus and other factors that come with holiday dining, choose another day to go out.

6. Tip with courtesy and respect. Tips are important to servers because their income may not be steady. Some restaurants do not

pay servers minimum wage, expecting their salaries to be offset by tipping. Tip according to how the service was, not the taste of the food or beverages. A 15 percent tip is customary, but you may want to tip 20 percent for exceptional service. Don't dine out if you cannot afford or do not plan to tip.

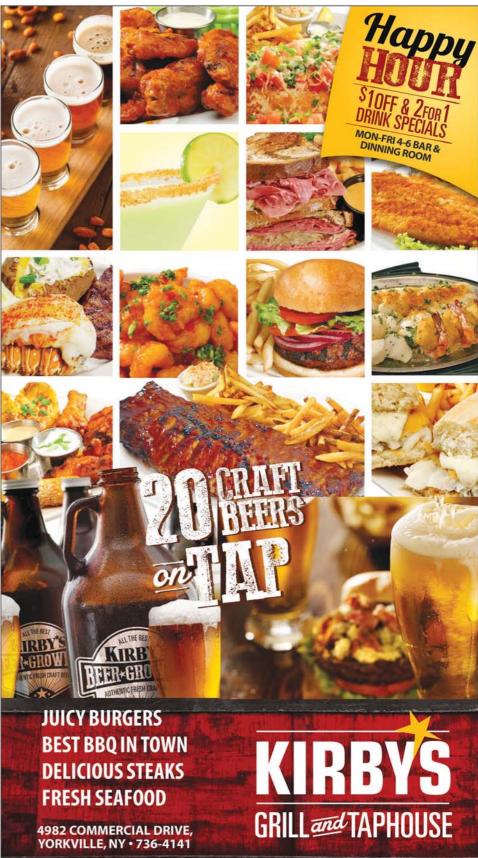
7. Ask ahead of time if you need a split bill. Multiple checks can prove time-consuming. Address this need early on and pay as punctually as possible.

The restaurant business is fast-paced and challenging. Customers can do their part by being patient and pleasant patrons and showing their servers the respect they deserve.



These two guys are always happy to see you at Cafe Canole in New Hartford. Paul, bartender (L) is always happy to assist you in choosing a wine to compliment your meal. Jason, one of the great servers takes exceptional care of his customers. He even was kind enough to take the calories out of my Lobster Tail I had for desert! Now THAT'S SERVICE!





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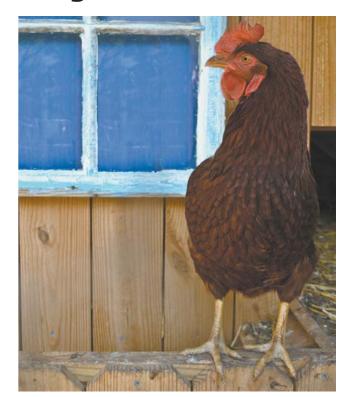
Kelly (L) and April, bartenders at The Black Cat Restaurant, French Rd., Utica. These two are always smiling and taking good care of their customers. See the Black Cat ad in this edition for their great Lenten offerings.

Double Duty Chicken

By Joe Parzych

My kids are really responsible for inventing this recipe when they were still quite young. While their mother was away attending church, probably praying we wouldn't create any more horrendous mess than usual, but grateful for the brief respite from us, we were cooking Sunday dinner, complete with bread, rolls and maybe even pie, with flour strewn about the kitchen until it looked like a heavily limed lawn.

I had planned to roast a chicken, one Sunday, complete with a special giblet stuffing, but the kids wanted chicken noodle soup, too. To keep everyone happy, I first boiled the chicken until it was getting ready to fall apart, put it in a roasting pan, stuffed it, then



roasted it briefly with the heat cranked up, taking the

roasting pan cover off at the end to brown the chicken a bit. The kids loved the idea, and loved the soup as well as the roasted chicken. We made the soup with a quarter cup of red onion sautéed until transparent, a few stalks of celery, several carrots and, of course, the chicken broth. Ideally; for soup we should have used a stewing hen.

A stewing hen is an o-o-old chicken. If you try roasting one of those, it will be tough beyond belief. But stewed; an old hen will become tender and can't be beat for flavor. A roasting chicken is not as old. Another way to put it; a roasting chicken



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Rogers Environmental Education Center



Rogers Conservation Center Trout pond.

By Dyann Nashton

With or without snow, the trails are open at Rogers Environmental Education Center in Sherburne, NY. Jessica Moquin, development coordinator for Friends of Rogers Conservation Center reports that the Conservation Center, with 600 acres and six miles of trails, is open to visitors from "sun up to sun down."

At this time of the year, one would think attendance would be sparse. While the long wait for snow might have dissuaded snow shoers and cross country skiers, those interested in walking the trails had an extended opportunity to enjoy the outdoors. "It's a different perspective once the leaves have fallen off trees and the snow hasn't covered everything," she said.

"Rogers Environmental Education Center saw more than 11,300 visitors this year which is a record for the center's annual attendance," Moquin said. That number only reflects those guests who actually entered the Center's building, she pointed out. Many more visit the grounds without checking in,

she added

"Those who don't stop inside are missing something special. With a classroom and a viewing area, visitors get a peek at nature and woodland creatures from the comfort of an indoor setting. There is a turtle maze that delights youngsters and guests can get up close and personal to some of the taxidermy animals on display. Thanks to a special permit," said Moquin, "the center has an aquarium where sunfish bask in their

Known for its magnificent grounds outdoors, the center is virtually the world of Willie Wonka when it comes to nature. play while learning about the environment. Numerous activities are planned with little ones in mind. Wednesdays at 10 a.m. is story time, a hike and music. Moquin said, "We have many families who plan to make a morning of it and pack a lunch to bring

On Wednesdays and Fridays from 8 to 10 a.m., Nature Child Nursery caters to the

underwater world." There are books and puppets to encourage

Chickens continued...

might be old, but still able to keep ahead of the rooster, while a stewing hen is so ancient it probably is no longer of any interest to the rooster. Since this is a family publication, I will not pursue the subject of roosters in pursuit. By now you should get the idea.

To compensate for the lack of flavor in not using a stewing hen when cheating in the chicken soup department, I add a chicken bullion packet or two. A better bet is a package of Ramen noodles, adding the flavor packet to the soup. For an outstanding giblet stuffing; first boil the giblets with a couple of stalks of celery, a carrot or two and about a third of a cup of diced onion. Then mix it into two cups of seasoned

stuffing mix and a half cup of crumbled ground turkey. Loosely pack the stuffing in the cavity; and I am hoping that there is a cavity. (If you are a first time roaster of chickens and find that there's no cavity, better make a reservation at KFC.) For the excess stuffing, make a little open container with aluminum wrap and roast the excess stuffing along with the chicken.

Whenever I use a roasting pan, I am reminded of our neighbor who was not the world's best cook and an even worse housekeeper. In desperation, she usually got her aunt to help prepare Thanksgiving dinner. One memorable Thanksgiving, our neighbor bought a turkey and all the fixing. But when it came time to roast the

turkey, the roasting pan was nowhere to be found. At best, the house had the appearance of a poorly managed landfill, even before they began searching. They finally collapsed in frustration amid the debris.

Heaving herself down to catch her breath in a chair opposite the stove, Aunty got a sudden inspiration and yanked open the oven door. There sat the roasting pan with the decaying carcass of the previous year's leftover Thanksgiving turkey sporting a bloom of blue-green mold. If that doesn't keep your appetite in check, nothing

I neglected to include my wife's reaction, when viewing the resulting mess in the kitchen, was to say, "He who cooks; also cleans up." ■

smallest visitors with an early childhood education program. On the first and third Saturdays of each month, a family fun program entertains the whole gang with activities like Bird Bingo. "People flock to the center for this game," Moquin laughs.

The family fun program on Saturday, Jan. 16th is a very special "Annual Winter Living Celebration," an all-day affair for all ages including free horse-drawn wagon or sleigh rides. Moquin said there will be cross country skiing, snowshoeing and fly tying demonstrations. Special exhibits, live entertainment and refreshments available for purchase will be available to warm up

with inside, she added.

On the heels of that is the "Chillin' Out" program on Monday, Jan. 18th. Geared for children ages seven to 10, Moquin said, "Children can spend the day hanging with the creatures who call the Rogers Center home. They'll get to learn about the secret life that the forest animals."

While some programs at Rogers Center require pre-registration and fees, others do not. Learn more by visiting the website at friendsofrogers.org or by calling or emailing to: (607)674-4733 or env.educator@ FriendsofRogers.org ■







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I think togetherness is a very important ingredient to family life. ~Barbara Bush

Talk About Cold

By Anthony Bagnick

Many of us dislike winters, especially bitterly cold winters. This winter of 2015—2016 has been mostly on the mild side so we have nothing to complain about. But if you are one of those who likes cold or at least enjoys reading about cold then continue reading this story. You have never lived through cold like the winters my Uncle Slugg has experienced.

My Uncle Slugg lived in Siberia when he was a young boy. As I recollect from his numerous stories, he lived in upper lower Siberia or no, wait— or was it in lower upper Siberia. Actually, I would say neither location is correct. I am inclined to feel he lived in upper upper Siberia where it gets extremely cold. Whenever Uncle Slugg visited us in the winter months, and we mentioned it is so cold outside, he would get himself worked up and declare, "Boys, this is not cold. You never lived cold. Let me tell you

what cold is." We would sit in awe as Uncle Slugg palavered about the cold he experienced in his Siberia.

Uncle Slugg in his youth lived in a hamlet way north of common sense in Siberia. He told us there weren't any cars or other motorized vehicles where he lived because gasoline would not flow. You could get gasoline in a solid brick form, but it would not ignite until you found a way to warm it into a liquid state. Also anything made of rubber such as tires were useless because the rubber became brittle and cracked. He said, "You got around by walking, but you never stood still outdoors or you would freeze solid, stuck to the earth.

He told us that on one particularly frosty day his dad spoke to him when they were outdoors. He did not know what his father said because the words froze in mid-air. He guickly grabbed the words and placed them in fry pan on the wood fire in their cabin. As the words thawed he then understood what his father said. Giggling, Uncle Slugg said, "My dad asked me if I am cold." On many frosty days he told us that he often found frozen words lying about on the snow covered ground. He shoved them into his pockets, and later listened to the words as they thawed out in their warm cabin.

One individual in this hamlet insisted on keeping a few cows. He built a triple insulated barn for six cows but the insulation didn't help much. During one bitter spell of cold weather the milk froze within the cows. He had to build a small fire underneath each cow to thaw the frozen milk. It was a dangerous way to milk a cow so he tried the time proven Russian custom to prevent a liquid from freezing. Every day he gave each cow a pint of pure Russian vodka. This vodka acts the same as antifreeze in your auto. The cows seemed contented; the milk flowed freely, and those who drank the milk never complained of the cold.

At times it became so cold inside Uncle Slugg's cabin, he kept a blanket over the wood fire so the fire would not freeze. Uncle Slugg claimed that if you took a



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Coon In The Coop

By Terry Berkson

I finished mowing the front lawn and walked out to the chicken coop to water and feed my birds and collect their eggs. Disappointment hit me when I opened the door and found a dead chicken sprawled out on the floor with a leg half chewed off. I had left the chickens' chute leading to the yard open overnight as I had been doing for the last several days. Obviously, some critter had taken advantage of my carelessness. It's been about three years since a weasel had decapitated one of my hens and made off with the head. I say weasel, not because I saw it, but because the crime fits that animal's M.O.

murdered chicken, picked it up and with

Anyway, I drew a chalk line around the

Talk About Cold continued...

flaming stick from the fireplace and set it outside for about two minutes you could then carry the stick by the frozen flame.

He explained that you cannot ice skate in his Siberia. Too cold. You see, science says that we do not skate on ice. That we actually skate on a thin layer of water underneath the skate runner. Where he lived, water would never

form underneath the skate. So all you could do is walk on skates. Same with sledding down a hill. The sled will not slide down the

On occasion a person in this hamlet required surgery. The doctor never used anesthesia during surgery. If the surgery was on a patient's tummy, they unclothed the person's tummy and laid this patient

chicken, I thought. I bent to look inside and came face to face with a raccoon. He had a matter of fact expression on his face as if he were asking, "What, I can't hang out here?" The first thing I thought was, 'Coon in the daytime, maybe he's rabid.' It was a good outside for one minute.

shovel in hand headed for one of several

vacant woodchuck holes in the hedgerow in

back of the barn. The holes are unoccupied

due to the efforts of a young neighbor who

year. I dropped the chicken in and backfilled

the grave while thinking of how to mount

an investigation to find the animal that had

Back in the coop, I lifted the outside door

in when I noticed that there was something

to the laying box and was about to reach

in there, apparently sitting on the eggs, a

committed henicide.

picked off seven unwelcome diggers last

Then they brought the frosted tummy patient onto the kitchen table for the surgery. If the individual flinched in pain, they simply laid the victim outside for another 30 seconds or so and then continued with the surgery. They never used antiseptics during or after surgery. No sensible germ would or could live in this extreme cold. ■

thing I hadn't reached in without looking. I let the door slide closed and went outside to shut the hatch leading to the yard. All the chickens were outside, so, the coon was alone and locked in the coop. I was due to attend a birthday party on the east side of Candarago Lake in less than an hour. There wasn't much I could do in that short amount of time other than blowing out the side of the coop with a shotgun, so I went back to the house to wash and change my clothes.

When I returned late in the afternoon I had a plan. I rounded up the chickens by spreading some cracked corn, herded them into the barn and slid the doors closed. Then I carefully replaced the wooden laying

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box door with a piece of plexiglass so that I could look inside at the intruder. I observed that his eyes were clear and he wasn't foaming at the mouth. My wife Alice had gone south for the weekend and had taken her camera so I called my neighbor, John Purcell, to come over and take a mug shot of the culprit.

Minutes later John was tooling up the driveway. He looked at my prisoner through the clear plastic and commented, "He's kind of cute--like a pet I once had." I asked him if he wanted to take the animal over to his place but he declined. I reminded him that this coon was a killer, that if he weren't stopped, he'd be back for another chicken.



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Boonville Veteran Sets Sights on Mount Kilimanjaro to Help Fellow Veterans



Fortin-Bundy at Sitrin

By Pat Malin

Mount Kilimanjaro is a majestic mountain in Tanzania in east Africa that draws tens of thousands of visitors a year.

And some 20,000 people attempt to climb it every year. In February, one of those daring hikers will be Paul Fortin, a 69-year-old resident of Boonville.

Fortin and his girlfriend, Maggie Peterson of Remsen, will begin a nine-day trek to Africa on Feb. 9. They've hired guides and porters to accompany them along the daunting 19,341 feet high route marked with three volcanoes.

The climb will take them from forests at the base to an alpine zone with glaciers, snow and sub-freezing temperatures, thin air, high winds and possibly sub-zero temperatures at night at the summit. It's reported that just 60 percent of the hikers who do attempt Kilimanjaro are successful.

Fortin and Peterson assert that they're in good shape

for the trip, though neither one has ever experienced anything this extreme.

Making it to the summit is not a goal in itself, however.

Fortin is using the mission to bring awareness of the plight of local veterans and to raise funds for the Sitrin Health Care Center's Military Rehabilitation Center in New Hartford.

Fortin, a retired teacher and Vietnam War veteran, participated in a press conference on Jan. 21 at Sitrin and explained why he is undertaking this adventure. The dream of tackling the peak began during a casual conversation.

Last March, he and Peterson were snowshoeing on Eighth Lake with other members of the Tramp & Trail Club of Utica when the topic of Kilimanjaro first arose. The two friends decided this could be something they would like to pursue together.

"Over the summer we started training," he said. Last summer, they participated in an eight-day, 400-mile bike ride/camping trip along the Erie Canal from Buffalo to New York City, and did a number of other vigorous

Fortin has done some volunteer work in the community and decided to turn this adventure into a charitable effort. He is the quartermaster of Boonville's Hennessey VFW Post 5538 and is asking the public to donate \$1 to Hennessey Post and Sitrin for every foot of his hike. He has already raised more than \$1,400 in a little more than

Sitrin's Military Rehabilitation Program provides comprehensive care – at no cost - for veterans who have combatrelated injuries such as posttraumatic stress disorder, severe brain injuries and amputations. Since Sitrin does not receive any federal or state funding, the program depends on critical donations from the community.

Its primarily fundraiser is the annual Stars and Stripes Run-Walk, and Hennessey Post is one of the teams participating in this year's event on Sept. 17 at SUNY Polytechnic Institute in Marcy.

"I did some volunteer work at Hope House (a shelter for mothers and abused women in Utica)," Fortin said. "I was looking for places to volunteer. There are many foundations for the people of Tanzania, but I like doing something locally. Plus, I'm a veteran and I'm familiar with Sitrin."

Ken Bundy, commander of Hennessey Post, is grateful for Fortin's dedication to the post and his high-visibility campaign. "It's an effort to get more guys involved in fundraising and (building) camaraderie," he said during the press conference. "He's a huge asset."

Fortin, a native of Marlborough, MA, served one year in Vietnam, 1967-68, as a specialist E-4 and

Coon In The Coop continued...

"He might even turn into a serial killer," I told my friend.

"What about a trial?" John said. "DNA? Paw prints?"

"His presence is proof enough for me," I returned.

Frustrated, my neighbor hesitatingly agreed to flush the animal out of the laying box with a stick while I waited outside the coop with a shotgun. "Be careful where you aim,"

John said sticking his head out the door.

A minute later the killer lay face down in the dirt. I could hear my chickens cheering in the barn. John wanted to do an autopsy to see if we'd find chicken in the coon's belly, but I warned him about rabies. With nothing more to do he headed for his truck mumbling something about Dirty Terry.

I picked up on it and in the breathy voice of Clint Eastwood I declared, "Made my day."

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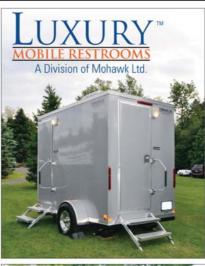
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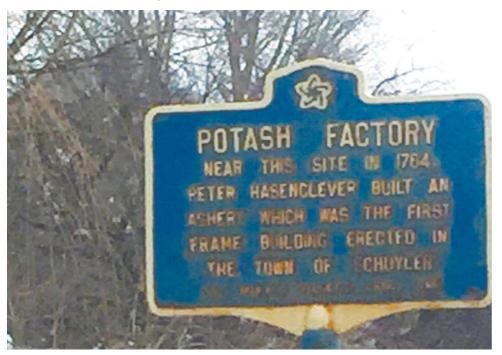
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Just east of Utica on New York State Route 5 you will find a sign that reads, "POTASH FACTORY NEAR THIS SITE IN 1764 PETER HASENCLEVER BUILT AN ASHERY WHICH WAS THE FIRST FRAME BUILDING ERECTED IN THE TOWN OF SCHUYLER. COL. MARINUS WILLETT, CHAPTER D.A.R."

Historical documents show that it was a long time before any further settlements were erected in what is now the Town of Schuyler. Peter Hasenclever, a shrewd and adventurous old German of Wirtemberg, pushed his way westward from his iron works on the Hudson River and obtained a site for a settlement on the Luther P. Sterling and D. I. Bridenbecker farms, about a mile west of the Frankfort depot. This was the first settlement of any account in the town and marked the western boundary of the white settlement before the revolutionary war. Hasenclever seems to have been an authority on mineral as well as vegetable substances and knew well how to utilize both, as his iron works at Poughkeepsie and potash factory at New Petersburg (now east Schuyler) abundantly testified.

What is potash? Potash is various mined or manufactured salts that contain potassium in a water-soluble form. The name comes from pot ash which refers to plant ashes soaked in water in a pot which was the main way potash was manufactured prior to the industrial revolution. The root of potassium is potash.

Potash is produced worldwide at amounts exceeding 30 million tons each year. Today it is used mostly in fertilizers. These fertilizers

are the largest industrial use of the element potassium. Potassium was first derived by electrolysis of caustic potash in 1808. Potash was one of the most important industrial chemicals in Canada. It was refined from the ashes of trees and produced primarily in the forested areas of Europe, Russia, and North America. The first U.S. patent of any kind was issued in 1790 to Samuel Hopkins for an improvement "in the making of Pot ash and Pearl ash by a new Apparatus and Process"

Besides being a highlight on your 4th grade report about colonial New York State potash is an interesting component in many items. It is used to recycle aluminum, produce potassium hydroxide, in electroplating metal, as an oil well drilling fluid, snow and ice melter, for heat treating steel, as a medical treatment for hypokalemia, and for water softening. It is a mainstay ingredient in soap manufacturing. The non-fertilizer uses of potash are about 15% of the annual consumption in the USA.

Potash (potassium carbonate) along with hartshorn was also used as a baking aid similar to baking soda in old German baked goods such as lebkuchen, or gingerbread. Potash was also the catalyst for the historic Town of Schuyler.

66

When you do the common things in life in an uncommon way, you will command the attention of the world.

-George Washington Carver

A Marriage of Desperation

By Joe Parzych

During the flu pandemic in the 1920's, Joseph, my father, had three surviving children out of five born to him and his wife. She died soon after giving birth to the last surviving child. He had a problem getting anyone to take care of his three children, Helen, Stanley, and Walter. As a result, he neglected his been trucking business, which was soon on the rocks, the bank foreclosed on his house, and the priest at his church announced, one Sunday, without my father's knowledge or consent, that he, the priest, was offering the three children to anyone interested in adopting them.

My father's only asset of value at this point was his Maxwell car.That very day he rounded up his three children from families who had taken them in, on the ruse of a final farewell. He packed up the Maxwell and left town in the dead of night, arriving in a distant town where friends each took one child. A little later, my father's friends introduced him to Mary, a widow, with three small children. Mary's husband had died of the flu while giving aid to influenza patients. Her children were a little younger. Mary was 5, John was 2 and Elisabeth was two months old.

My future mother had worked sewing in a

bedspread factory while her landlady watched the children. The landlady had a bit of a drinking problem. First, my mother came home to find that the drunken landlady had allowed neighborhood kids to wheel the baby about the neighborhood. The carriage got away from the kids, rolled down the sidewalk, veered off down a hill and tipped over. Baby Elisabeth was thrown out of the carriage and rolled to the brink of the swift moving Housatonic River where my distraught mother found her.

My mother was beside herself with worry. At work, a day or two later, she got a premonition that something terrible was about to happen. She jumped up from her sewing machine and ran for her apartment as fast as she could run. When she was almost there, she saw her two year old son, John, sitting on the railroad track, playing with the little stones spread between the railroad ties. She heard a train whistle loudly blowing. A locomotive was bearing down on her son. She ran to rescue him, but her knees gave 'way, and she fell to the ground. She scrambled towards the tracks on her hands and knees. The train whistle kept blasting away. At the very last moment, she snatched her son out of the path of the certain death. She lay holding her son close to her, for a long time after the

train had sped on out of sight.

What next? She wondered. And it wasn't long before she found out. She came home from work one day, to find Mary covered in blood, her hand wrapped in a dirty rag, her forefinger gone.

"The landlady's son asked me to hold a piece of firewood so he could split it, but he chopped off my finger instead," Mary said. "Don't tell your mother', the landlady said, and she threw the finger in the river so you wouldn't notice it was gone."

My mother got Mary to a doctor who was able to stop the bleeding before she bled to death. It just about that time that friends figured my mother had more than she could handle by herself, and they introduced her to a widower, who was also struggling to take care of his three children.

My father proposed marriage on the first date, and my mother accepted before he finished asking. A few days later, they got married; it being a marriage of desperation, with time being of the essence.

I was a middle child in the new family of seven more children; the last of which died at 6 months of age, much to our everlasting sorrow.

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EDITOR

Decades later, western Michigan library gets book back

HOLLAND, Mich. (AP) _ A book has been returned to a library in western Michigan _ 49 years later.

The borrower told the library that he was a college student in 1967 when he checked out a book about World War II from the Herrick library in Holland. He wrote in a letter that the book was stored in a trunk that hadn't been opened until recently. He also provided a donation with his



Either write something worth reading or do something worth writing -Ben iamin Franklin







Library director Diane Kooiker declined to identify the title of the book or the man's name, citing privacy. She said he sent \$100.

In his letter, the man described it as a "modest donation" on what could be a "tremendous fine."

Kooiker tells The Grand Rapids Press that honest people sometimes can misplace a book.

Challenger disaster: McAuliffe's students go on to teach

By KATHY McCORMACK **Associated Press**

CONCORD, N.H. (AP) Thirty years after the Concord High School class of '86 watched social studies teacher Christa McAuliffe and six astronauts perish when the space shuttle Challenger exploded on live TV, a number of them have gone into teaching _ and some wonder if, indirectly, the tragedy affected them enough that they wanted to make a difference, as she did.

One of them, Tammy Hickey, didn't like social studies at all, but she enjoyed McAuliffe's law class.

McAuliffe took Hickey and fellow students to courtrooms and conducted mock trials in class. Hickey remembers how personable she was, and how she shared her enthusiasm and experiences when she was in the running to be the first teacher in space. Hickey, now a junior high physical education teacher in Bradenton, Florida, just knew McAuliffe would be picked from more than 11,000

applicants.

"As a teacher now, I know that I want to show respect and show my students that I care," Hickey says. "I can say to emulate how she was, would be a service to these kids for sure."

Hickey joins a number of members of the class of '86 in Concord who became teachers and guidance counselors in the 30 years since they and other students of all ages nationwide watched with disbelief and horror as the shuttle broke apart 73 seconds after liftoff on Jan. 28, 1986, becoming a generational touchstone.

"I try to be very mindful," says Joanne Walton, who teaches grades four through six in Fairfax, Virginia. She says she sometimes goes through a ``What would Christa do?" mantra in her

"She knew that teaching was way more than just imparting information and that it was really important to know students," Walton

Holly Merrow, a math teacher for students in fifth



through eighth grades in Camden, Maine, had McAuliffe for American Women in History, a class that McAuliffe created and is still taught at Concord High. She worries people will forget her and her motto: "I touch the future. I teach."

"I hear people use it, and I wonder if they know that it came from her," she says.

Members of the class of '86 have petitioned the Obama administration to have a national holiday named for McAuliffe and the Challenger crew, ``to honor Christa and the other astronauts for their ultimate sacrifice."The hope was to reach 100,000 signatures by Friday, but it has fewer than 200 so far.

Concord, a city of about 42,000, built and named a planetarium for McAuliffe, 37 when she died, then later changed it to the McAuliffe-Shepard Discovery Center, recognizing native son Alan Shepard, the first American in space. Just a few years ago, it named an elementary school for her.

The city has been low-key on marking Challenger anniversaries as her family stayed in Concord and her young children, Scott and Caroline, grew up. Today, both are educators with children of their own. Caroline declined to be interviewed, and Scott did not respond to an email.

"The passage of 30 years since the Challenger accident is not of great personal significance to our family," their father and Christa's widower, Steven McAuliffe, said in a statement. "For us, Challenger will always be an event that occurred just recently. Our thoughts and memories of Christa will always be fresh and comforting.

McAuliffe, a federal judge, added, ``We are happy to know that Christa's goals have been largely accomplished in that she has inspired generations of classroom teachers and students, and has focused public attention on the critical importance of teachers to our nation's well-being."

Steven and Scott McAuliffe are expected to attend a ceremony Thursday at the Kennedy Space Center Visitor Complex.

Also Thursday, students at Concord High will hold a moment of silence, writing about their dreams as part of a ``Reach for the Stars'' assignment and listening to discussions about McAuliffe. They are gathering old yearbook photos and combing through the planetarium archives to put together a permanent display.

Scott Reynolds, a 1987 alumnus who teaches science at the elite St. Paul's School in Concord, conducts a field trip to a local cemetery with his students for one course. The students, from all over the world, get demographic data from the gravesites and make a spreadsheet linking people's deaths to wars and diseases.

When they're done, they drive by Christa McAuliffe's gravestone, and he asks if they know who she was.

"There's always one kid who knows," he says. "I can't say I'm depressed. It's 30 years. It's completely understandable that they don't remember this. I'm more enlightened by the fact that there's always somebody who knows who she was." ■

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What Would Your Mother Say????

Adopt a Dog

By S.D. Shapiro

In the fast paced 21st century we've traded common sense for the ability to quickly look up information on the internet. We've forgotten our manners and civility. How do we get back to our roots? Can we get back? Food for thought . . .

Ever since I was out on my own I have had a dog. I had always been a bit of a snob about it; having to have a purebred dog with papers and pedigree to match. Most of the dogs I have had have looked beautiful.

The first dog I bought was expensive. I had been saving and saving for a car and I took all the spare change I had, literally rolled it up and bought a dog. I spent \$1,500 on a Dogue de Bordeaux, a French mastiff, also known as a Turner and Hooch dog. Fifteen hundred bucks. He cost as much as a car. I named him, "Fairlane".

Like a first born son I had to buy him all brand new stuff. New stainless steel bowls with his name stamped on them even though he could not read. He got a big leather collar with metal studs even though the toughest bone the dog had was the soup bone from the pet shop. He had monogrammed toys and a bed cushier than my own. He ate only the best food while I slid by on Top Ramen. Hundreds of dollars spent on dog supplies, accessories, and accouterments. And I still had to get him wormed and shots at the vet.

Ten years later, I had to get another mastiff. Charlie was less expensive; \$1200. Only slightly less and only at first. After his first birthday I discovered that Charlie was allergic to what he ate. Not just his dog food but to nearly everything. After numerous expensive trips to Cornell and an expensive, custom diet he was back on track, right up until he was diagnosed as diabetic. Then it was insulin and

another change in diet, more expensive food, not cheaper and he was good for a bit. Until he lost his vision. There is nothing better than watching an allergic, diabetic, blind dog navigate his way around the house.

After Charlie I got Rex. I went with a different breed and hoped it would be cheaper. I was wrong. Rex, a boxer, developed cancer as boxers, are apt to do. Fighting cancer is not cheap. Rex received radiation and chemotherapy. He lost some weight but not his hair. Thousands of dollars went into fighting his cancer.

When Rex finally slipped off his mortal coil last year, of old age, I thought, "That's it. I'm not going through that again. No more dogs." But after awhile you miss coming home to someone who is actually happy to



see you. Sure, it is because you feed them but they are happy nevertheless.

I decided to shift gears and skip the purebred point of view. I drove down to the local, animal shelter and picked out what they described as a "Labrador mix." That translates to he is some sort of dog that may or may not be part Labrador. I think he is mostly Clydesdale.

The first thing you will notice about rescuing a shelter dog is that they are happy. They are happy when you put food in their dish. They are happy when you

let them out into the yard. They are even more happy when you let them back in. They are happy when you talk to them in that odd ball voice that everybody talks to dogs with. It's like they get it. They are grateful.

The best \$100 bucks I ever spent was the adoption fee for Mason, the Labrador-Clydesdale mix. When it comes down to owning a dog, there is no greater responsibility. But it pays off in unconditional love. It pays double or more when you adopt one from your local shelter. Stop and think, "What would my mother say?" She would say, "Every fool should have a dog. A damned fool has 2. Get out there and adopt one." ■







\$100 Contest Winner

You could be the next lucky reader



Our lucky winner this month is Marlene Conway from New Hartford. Marlene has lived in our area her entire life starting in Utica then on to New Hartford as a married woman.

She picked up her January copy at Florentine's Bakery but says she grabs it at the first place she sees it every month, rattling off, Pete's Cornucopia and Price Chopper as two regulars. Marlene says she has her husband scouting for her too so she doesn't miss a single

issue. We just love hearing how much our EDITOR is looked forward to and sought after. Thank you Marlene!

She mentioned that she really loves seeing the local businesses and local people in the magazine. "It's just nice to keep up with our area's businesses and I also love the history on our area." She specifically mentioned the Savage Arms story we ran in our January edition. We're happy that we make Marlene a happy reader and she shared that many of

her friends also enjoy it! We love to hear that!

Thank you Marlene and we hope you enjoy your \$100 cash prize. She told us that winning that right after the holidays was a real welcome surprise.

Remember even if you've won before, you can win again so keep on playing! We have fun choosing our winners here at the Yorkville office. We take the hundreds of entries we get and assign a number to them as they are recorded, then, on the day of the drawing, Charity, graphic artist and receptionist at EDITOR, sends out the message to our staff to choose a number from one through whatever the last entry was. The first one to repsond with a number chooses the winner! This month Marlene was number 27 and her number came up because Matt Stanley, my hubby and one of our awesome sales representatives got to Charity first! Sometimes we are all in the office and its a shouting match, we all love to be the one to pick the winning number! Sometimes Charity sends out the plea by text message and the first one back to her with a number wins the selection for that month. It's always a good time and so far, we have not had a winner win more than once, however

one of our previous ladies

has been one number off twice to win it a second time!

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Guess Who?

I am an actress born on April 9, 1990 in California. Although I appeared in some films during my youth, my big break came when I was cast in the film trilogy for the popular "Twilight" series of books.

Answers: Kristen Stewart

February 12, 2016 • 25

Should couples match at prom?



Some couples like to match color schemes for prom. Guys and girls should come to a decision both are comfortable with to ensure a more enjoyable evening.

Prom season is approaching, leaving teenagers in a rush to find the perfect prom looks. Prom may be the first time many teens are required to wear formal attire, so the process of choosing what to wear come the big night can take

Guys attending the prom have a somewhat easier time when choosing a prom ensemble. Unlike the rows upon rows of party dresses and gowns girls have to choose from, gentlemen typically only choose between a suit or a tuxedo. But guys also must decide if they

want their jackets and ties to match their dates' attire.

Matching on prom night may involve a few different style scenarios. Some couples may wear the same hue head-to-toe, while others may go no further than matching the guy's tie or vest to the girl's dress. A boutonniere that mirrors the colors in a young lady's dress is another, more subtle

Fashion experts say there are no hard rules regarding matching prom dates. The decision is entirely up to the couple. Ultimately, the

couple should be on the same page when it comes to matching. Prom is a big milestone in a teen's life, and what teens are wearing can go a long way toward determining their comfort level. Forcing one person to wear a certain color or style can put a damper on the festivities. Couples about to choose their prom attire may want to keep the following suggestions in mind.

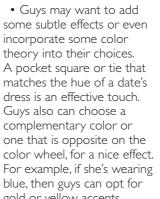
- Matching is a relatively recent phenomenon, so couples should not feel beholden to tradition when deciding whether or not to match. Both prom participants should be comfortable with the final decision.
- Ladies should provide their dates with an idea of what they will be wearing, including the color. Ladies should be as specific as possible, including the name of the shade, as shades can vary considerably. Text or email a photo so the color can be seen with the naked
- Men traditionally wear black and white tuxedoes and suits so they can coordinate with just about anything the woman wears

that enables the young lady to stand out. A classic suit or tux can complement just about any prom gown.

some subtle effects or even incorporate some color theory into their choices. A pocket square or tie that matches the hue of a date's dress is an effective touch. Guys also can choose a complementary color or one that is opposite on the blue, then guys can opt for gold or yellow accents.

to wear and whether or comfortable and have a more enjoyable night. ■

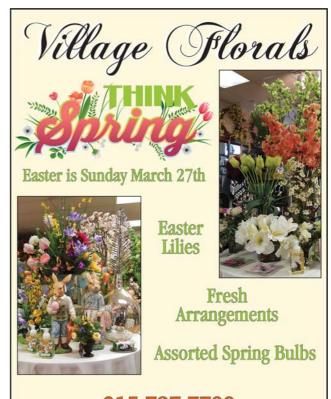
while providing a contrast



• Consider working with clothing retailers that have coordinated color palettes. David's Bridal and Men's Wearhouse often use the same terms and stock similar shades so that dates can match. Other stores may have similar arrangements.

Attire is an important part of prom. Couples who come to mutual decisions on what not to match may feel more

My ideal prom date would have to be cute, funny, sweet, nice. ~Kendall Jenner



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Memorable prom and graduation movies

High school students with proms and graduations on the horizon realize that these events will provide some of the most memorable moments of their lives. Promgoers and graduates frequently look back on this special time in their lives with fondness as they remember the special moments they spent with friends and family.

Prom and graduation are such extraordinary events that many filmmakers have immortalized them on the silver screen. Here's a look at some memorable prom and graduation films; you may learn a thing or two before your own prom and graduation.

- "Twilight": "Twihards" swoon over the pivotal scene when Edward and Bella attend their high school prom together. Bella, who claims to have two left feet, stands on the feet of Edward, and together they dance and enjoy a magical moment under the gazebo. The memorable scene can make any girl wish she had a vampire of her own to take to the prom.
- "Napoleon Dynamite": A film about an awkward and alienated teenager helping his new best friend run for the class presidency resonates with current and former students who can relate to the awkwardness of high school. Decked out in 1970s-era brown suit and wide tie, Napoleon picks up his prom date in rural Idaho in a classic car suped up with hydraulics and driven by friend Pedro's cousins. Napolean later tugs at audience heartstrings while dancing with Deb in her puffy-sleeved glory to the classic Cyndi

Lauper tune "Time After Time."

- "Legally Blonde": Shortly after her astonishing legal win in court as a law student, Elle Woods serves as the keynote speaker at her graduation from Harvard Law School, showing that beauty and brains can be joint
- "Say Anything": Fans of this 1980s classic enjoy exploring the insecurities and social pressures of high school and getting ready to move on to the next phase of life through the scope of the relationship between Lloyd and Diane.
- "A Cinderella Story": A familiar tale of students from different social circles, this movie gives the concept a unique spin, as two students fall in love online and keep their identities secret in the weeks leading up to graduation.
- "Carrie": On a prom night gone awry, telekinetic teen Carrie exacts revenge on her mean-spirited classmates in this adaptation of a Stephen King novel.
- "Back to the Future": Marty McFly gets the impossible chance to attend his own parents' prom and help them solidify their feelings for each other. All the while he rocks out to some classic 1950s music, inspiring none other than Chuck Berry along the way.
- "Grease": No prom and graduation movie list would be complete without this classic musical. Despite their differences, a group of friends reunites to share their last glory days of school together — with a few rousing musical numbers.



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Prom perfect makeup tips

Prom is a milestone event for many teenagers. Months are spent in preparation for the night of dancing, dinner and reminiscing with classmates and friends.

Guys and girls alike agonize over every decision, from what to wear to whom to take as a date. With so many choices to make, ladies may not give as much thought to their makeup as they do to their gowns or hair styles. But makeup is an important

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consideration for young ladies on prom night.

The following are a few makeup tips for young ladies who want to shine come prom night.

Focus on one area

Many makeup artists prefer to create one area of focus, such as the lips or the eyes, on the face. Someone going with bold eye colors should leave their lips relatively bland, and vice versa. Those

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who desire a smokey, lined eye should choose a muted lip shade, while a nude or shimmery shadow will complement bold, red lips. Figure out what makes you feel fabulous and play to that strength.

If you can't decide between eyes and mouth, find another feature to focus on. If you're known for your angular cheekbones, accent them with the right blusher.

Choose colors that complement you

It can be tempting to match makeup to the dress you're wearing. While that approach can work for some women, it is not always the right fit for everyone. It's much better to coordinate makeup based on your skin tone, hair color and eye color.

If there is a particular color palette that brightens up your face and makes your eyes pop, continue to use that for prom makeup and simply enhance it for extra



Make makeup last through the night

Prom makeup should endure through the entire evening. The weather may be warm and you may spend a good deal of the night dancing, so choose formulas with staying power. Help products along with some key application tips. Wash and dry your face and treat accordingly for your type of skin. If your skin produces a lot of oil, you may need to swipe your face with astringent. Moisturize dry skin so makeup will not flake off later in the night.

Foundation primers can help makeup stick to the skin better. Translucent blotting powder can help lock in foundation and provide an adherent surface for lipstick and eye shadow. If you're choosing a bold lip look, select a product that is long-lasting and bring along your lipstick for touch-ups.

Be photo-ready

Makeup that looks good in person may not work as well for the camera. If great prom photos are your goal, consider matte finishes on makeup and skip high-shine powders. Some makeup retailers sell high-definition powders and products. While these certainly may enhance a look under HD cameras and are geared primarily for those on video, they may look chalky or ghostly under certain camera lights.

Do a trial run of your makeup and have someone photograph you to determine how photos will turn out, tweaking your look as necessary.

Don't fret a blemish or two

Nerves and stress can contribute to breakouts. A blemished face is not something you want on prom night, but it's not the end of the world, either. Use a concealer brush to dot concealer on the pimple and fan out to blend it into the surrounding skin. Pat finishing powder on the area to lock it all in. Avoid touching the area, which can negate the effects of the powder.

If makeup is not your forte, consider working with a makeup artist or speaking with sales personnel at the makeup counter of your favorite department store for additional tips.

Remember, one of the best prom looks is a winning smile. That's easily achieved when having fun. Although your look may be important, the goal of prom is to have a good time and create memories that will last a lifetime.

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Dateless for prom need not be a downer



If you don't have a date for prom, go with a group of friends for a fun time.

High-schoolers envision many different scenarios for prom night. They may have their wardrobe picked out, the transportation arranged and the group of friends with whom they will celebrate. What prom-goers may not foresee is heading to the prom without a date. The reality is that students go solo to the prom each year and still have a very good time in the process.

Prom is a highlight of high school for many teenagers. But a great deal of pressure is placed on students come prom night, when students' worries about their attire pale in comparison to the social pressure many feel. Many would-be prom goers would prefer to go without a date to alleviate some of the pressure to live up to certain prom night expectations. Today it is quite common for groups of friends to go to prom or homecoming together:

For students attending the prom without a

date, there are still ways to enjoy the event to the fullest. These are some tips for having fun at prom if you're going stag.

- * Establish a party within a party. Use the prom as an excuse to hold a singles mixer. Spread the word that there will be opportunities for other singletons to meet at the prom and perhaps pair off if a connection is made. There are likely many other boys and girls at the school who are attending the prom without a date, making prom night a perfect opportunity to meet someone new. Knowing there will be a new group of friends to meet once they arrive could motivate students to attend.
- *Take a friend. Provided the school doesn't have strict rules about prom "couples," bring whatever friend you want to be your prom "date." You are likely to feel much more comfortable with someone you know by your side hamming it up for photographs and making sure you don't share all of your secret dance moves on the dance floor.
- * Sibling set-up. Sometimes a well-meaning brother or sister can suggest one of his or her friends to be a date for the prom. Older siblings who have already gone through the ritual of prom and understand the pressure of finding a date may alleviate those concerns by making a match for their teenaged relative. The date needn't be a romantic one, but just a way to spend time together and pose for pictures.

Our Cover Story

The Princess Shop

-PROM GOWN destination!!



Models from left: Arysta, Rome Free Academy; Danielle, Cicero-North Syracuse; Connor, graduate of Proctors wearing a tuxedo from A. Vitullo's also in New Hartford Shopping Center; Nicole, Clinton; Shannon, New Hartford and owner of The Princess Shop, Denise Houck.

By AI Dorantes

Prom season is upon us and before the area's teenaged girls can transform into knockout beauties they first need a dress. In what is likely to be the most important event that most girls will experience before their wedding, The Princess Shop is the area's choice for the perfect dress.

The Princess Shop, located in the New Hartford Shopping Center, first opened their doors in 1948. Owner Denise Houck has been helping girls find the right dress for prom since 1973. Years and years of experience in providing dedication and customer service means that your special dress is waiting to be found within their spacious and well lit gallery.

The Princess Shop is open 7 days a week; Monday - Thursday 10 am - 8 pm, Friday and Saturday 10 am - 5 pm, and Sunday 10 am - 3 pm during prom season. Proms and formal dances start happening in April and May but selecting and buying gowns starts in January. With 21 fitting rooms Denise Houck and her staff will help you find the dress of your dreams.

The Princess Shop's qualified and knowledgeable staff works with customers to help browse their inventory in a relaxed, friendly, no pressure atmosphere. Hands on customer service is key to The Princess Shop's success.

Denise Houck said, "Finding the right dress takes time. "Try this one. Try that one." We're different in that we encourage girls to try on many different styles until they find the one they love."

One secret to the perfect prom dress is getting your dress early. The Princess Shop registers every prom dress they sell. The registry ensures that only I girl from a particular school can get that dress regardless of size or color. With clients from a 100 mile radius (the Princess Shop recently had 2 girls from Canada purchase dresses) girls from Albany to Syracuse are finding their dresses at The Princess Shop. The Princess Shop registers gowns for any formal wear event avoiding "who wore it best" moments at galas and events.

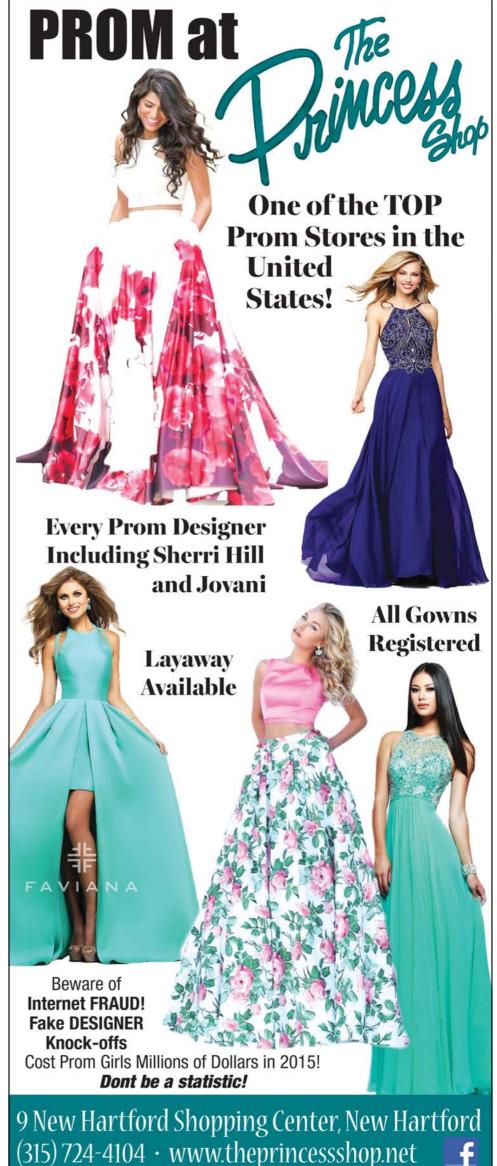
Knowing the current trends and styles is what The Princess Shop is all about. With dresses at various price points, The Princess Shop can work within any budget. Denise Houck said, "We try not to stock too many dresses over \$600. Most gowns run between \$250 - \$400. We don't like to tempt girls with super expensive dresses." She added, "You can go to any degree you want but it's not necessary to push the envelope."

One unfortunate new trend is counterfeiting. Last year over 700,000 counterfeit prom dresses were sold in the US. Most

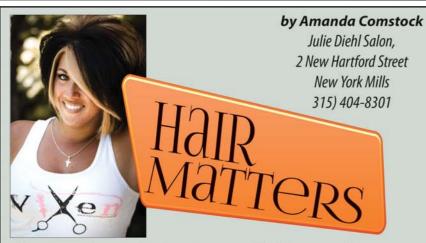
counterfeits are sold over the web and it is impossible to tell the difference on the internet from a bona fide dress because counterfeiters are using the manufacturer's images and style numbers. Girls will order a dress at a drastically reduced price but will often receive a shoddily made, inferior product. Denise Houck cautions prom dress shoppers, "If it looks too good to be true then it probably is." Relying on a reputable shop like The Princess Shop will ensure that you get a genuine designer dress at the lowest price allowed by that designer. The Princess Shop carries all the top designers including; Sherri Hill, Jovani, LaFemme, Faviana, Paparazzi, and many more.

Denise Houck said, "The most exciting part about prom season is seeing that transformation as they put on the beautiful dress of their dreams." She added, "You'll see aunts, moms, grandfathers, grandmothers; there's a lot of family participation in picking the right dress."

Denise and her staff at The Princess Shop will have you glammed up with the dress of your dreams. Whether you are looking for a strapless, backless, fitted, or ball gown, The Princess Shop will have you looking fabulous for your prom. More information go to: www.theprincessshop.net or follow them on Facebook: The Princess Shop, New Hartford.



28 • February 12, 2016 EDITOR



Prom season is one of my favorite times of the year. All of my high school girls are so excited that the hot guy asked them to be his date, they get to pick out the perfect dress, find the right jewelry, make the appointment.... and I get to be the person to pull it all together with the perfect hairstyle! I've had many experiences behind the chair



where my client has been with me for years, we know each other very well, I know her style and she knows mine. In those cases I'm shown the dress, jewelry, hair accessories, and I'm told "do what you think will look good". The trust factor is just there. Enough said. Done! Love that! Other times its a new client who had been referred to me, or she had seen my work in pictures like these, or on a classmate at a previous event and she wanted to give me a shot. These situations are where a thorough consultation is best. Questions I ask most are; What does your dress



look like? Is it strapless, one shoulder, or straps? Would you prefer your hair up, down, half up, off to one side, loose, or tight? Is your date tall? Are you wearing heels? (We can't have the hair stand taller than your date now can we...) Do you like pieces down around the face?



All of these questions are necessary for me to fully understand my clients' vision of what she'd like to look like on



that important night. Also it's up to me as the stylist to make sure the entire look is well put together. You wouldn't want to spend a fortune on a gown with gorgeous beaded detail around the whole top that you can't even see because your hair is hanging all over it and your curls are loosening up because they're catching on the beadwork. Or an off one shoulder gown that leaves



your right shoulder open but your hair is swept to the left and its covering the beautiful design of your gown because the stylist wasn't paying enough attention to detail. Every girl has an idea of what they want and what they like as far as their hair goes....and if not, they know what they don't like which is just as effective in the consultation process. It's up to me to take it from there and make them feel as beautiful as they look when I'm done....and I love every single minute of that process!

These are some of my Whitesboro girls whom have all graduated a couple of years ago and they agreed to model for me in their gowns from previous proms. I want to thank you Marissa, Karli, and Lizzy for allowing me to practice some styles and photograph you! You girls are the best!

www.facebook.com/pages/Amanda-Comstock-at-Julie-Diehl-Salon

Guys can shine on prom night, too



During prom season, the pages of fashion magazines are typically full of the latest dresses for female promgoers who are excited about looking their best on their big night. However, not as much attention is devoted to the gentlemen who also may want to shine on prom night. Guys may wonder how they can stand out

among a sea of black tuxedoes. It's actually easier than you would think.

Although many eyes will be on the show-stopping gowns being worn, there will be plenty of people sizing up the dapper gentlemen as well. These young men can employ a host of strategies to ensure they stand out among fellow students and friends.

- * Be classic. Sometimes guys think they need to stand out by doing something like wearing a flashy color to ensure all eyes are on them. But a great way to get noticed is to choose a well-fitted classic tuxedo.
- * Try blue. English formal wear purists have long thought going with a midnight blue tuxedo is a classy decision. That's because this color is said to look its best under evening light.
- * Choose single breasted styles. A single-breasted style with a low front button can help elongate the figure, which is an asset to gentlemen who are full around the middle.
- * Select a slim cut. Tuxedoes tend to look more elegant the slimmer they're cut. Therefore, choose a slim cut tuxedo that best fits your body type. A tuxedo should be a man's slimmest, most sharply tailored garment, so be sure to have it altered to fit this way. For bigger men, visit a store that specializes in big and tall sizes so you'll get the attention you need.
- * Be pressed and impress. No matter the color or cut, a winkled tuxedo is not a good idea. Prevent wrinkling by hanging the tux in a garment bag after it has been professionally pressed.
- * Don't overdo the bling. Keep jewelry to a minimum, and wear simple, elegant cufflinks.
- * Pay mind to hosiery.
 White athletic socks or thick boot socks will not work well with a formal look.
 Choose thin socks that are tight and one shade darker than your trousers.
- * Keep the jacket fastened. You'll look classy with the jacket buttoned in photos and upon entry to the event. As the evening progresses, you may want to take off the jacket to dance and mingle.

Prom night often creates memories that last a lifetime. Gentleman can ensure they shine as much as their dance partners by selecting classic clothing that makes a statement.





February 12, 2016 • 29

We Adopted a Bird

-a pretty bird, pretty bird

By AI Dorantes

So, we adopted a bird. It wasn't my idea. Our friend, Craig, had recently taken a new job with new hours and the bird, Goldie, a Senegal parrot, was not adjusting to the new schedule well. She was pulling out her feathers as birds do when they feel they aren't getting enough attention.

After a few of joking threats from Craig, "I should just give you the bird," and my son, Alex, saying, "Yeah, I'll take the bird," Craig pulled the trigger and dropped the bird off one day.

It's similar to adopting a dog. You have the food bowls, the water bowls, and the food that goes in them. There's the toys and



ropes and bells. And, all the various treats that Goldie likes to have. And the cage.

All this stuff gets moved in and Goldie is gently placed in the cage with a 2 part

caveat. "She's going to take some time to get used to her new surroundings and she only likes men."

"That's great," I thought. "My super responsible thirteen year old son volunteered for bird duty."

After a few quick lessons on the ins and outs of keeping a bird, Craig left and we were left alone with Goldie. Just like a puppy you talk to it in a high pitch baby voice. "Who's a good bird? Who's a good bird?" Unlike a puppy the bird answers back. Well, not exactly. Goldie's vocabulary consists of, "pretty bird," and that's about it.

After a good hour of in depth conversation and many offerings of crackers I attempted to pick Goldie up.

Craig had shown us to offer your index finger as a perch for the bird and she would hop right up.

Nope. That's when she bit me. A Senegal parrot (thankfully) isn't a large bird. They only weigh about 6 ounces or so. After you pass the initial shock of its tiny beak clamping down on your finger you carefully back away from the cage. As you look at your finger and back at the tiny bird atop her cage you realize that Dr. Alan Grant from Jurassic Park was right. Birds evolved from dinosaurs.

I have, of my own free will and volition, invited a tiny velociraptor into my home.

We've had Goldie for about 6 months now. In all likelihood we'll have her for a long time. Senegal parrots live up to 50 years in captivity. Just like my rescued dog, Brick, Goldie is always happy to see me when I come home. She sings and dances and clucks. She seems happy.

Every day I go to the cage and talk to Goldie in a sing song voice. I've been doing it since she arrived. Every time I try to pet her she snaps at me and tries to bite me. Every time. I'll keep trying though. 50 years is a long time.

"Dinosaurs and man, two species separated by 65 million years of evolution have just been suddenly thrown back into the mix together. How can we possibly have the slightest idea what to expect?" ~ Dr. Alan Grant ■

Pet Allergies 101

By Carly Proulx

If you are a lover of dogs, cats, birds, rabbits and anything else decked in fur and feather the last thing you'd want is to find out is that you're allergic to them.

Unfortunately pet allergies can pose a real problem for people, be it a social problem or a day to day problem, and noone is necessarily immune. Allergies can develop at any stage of life. According to the Ashma and Allergy foundation of America (AAFA) 15% of people in the U.S. have allergic reactions to cats and dogs. Cats and dogs rank the most common of household pets, though cat allergies are twice as common as dog allergies. Whether long hair or short hair it isn't so much the fur we need worry about. Dander, as well as a certain protein in the animal's saliva or urine is what triggers our systems to react with symptoms such as itchy eyes, a runny nose, red itchy skin, rashes, and in some cases severe asthmatic symptoms. Dealing with this once a year at Aunt Margaret's Thanksgiving feast is though irritatingly so, manageable, but what if you're allergic to your very

For those of us with overly sensitive immune systems

own fur-ball house mate?

the day to day can be tough. MD Pamela A. Georgeson, a board-certified allergist at the Kenwood Allergy and Asthma Center in Mich. informs us the cat protein FEL-dI found in both the dander and saliva of cats is what most people are allergic to. To put it blatantly your house can become the mating grounds for these allergens, and even after pet removal your furniture can remain long after, a flop house for dander.

It is possible to be allergic, or rather more allergic to some animals, and just barely to others. Similarly people can be allergic to certain breeds of a species more than others. Though there is no such thing as a hypoallergenic dog or cat breeds such as Poodles. Terriers, and Schnauzers are said to have less dander than other breeds. However, according to recent immunology research the amount of dander remains irrelevant to the intensity or reduction of such reactions in our systems.

So what do you do when pet dander is everywhere from your dresser drawers to your kitchen sink, and you're not willing to sacrifice your animal rights for clear eyes, nose and throat? First is to consider that one

spends nearly ½ of their time in their bedroom, and taking precautions such as keeping the door closed, and cleaning one's room regularly can make a big difference in keeping your symptoms at bay. Removing the animal's favorite furniture, removing wall-towall carpet, and scrubbing the walls and woodwork is another way to go. Keeping clean surfaces, and stripping floors and walls bare is also key to eliminating any a nemesis of allergens. Giving carpets a frequent steam clean, washing throw rugs in hot water, wearing a dust mask to vacuum, and looking into finding a non-allergic person to clean your pet's litter box, brush your pet, and clean his or her cage are all strategies that pet owners have used to successfully maintain a lack of air-borne allergens in their home. Changing your clothes after you've spent a good deal of time with your pet isn't a bad idea either.

If your symptoms range on the more extreme side of the spectrum you might want to consider adding an air cleaner combined with a HEPA filter, or any electrostatic filter to your central heating and air conditioning. If all else fails many an allergist can help find the right medicine for

you, and given the high percent success rate of immunotherapy for those worse off than a few

sneezes this can also be an effective recommendation. For those pet owners out there such as myself

who don't believe in deep cleaning, good luck, and may the furry force be with you.■

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In December of 2010, the Observer Dispatch headlines read: "Pending closure of Rite Aid center worries workers."

The Rite Aid Distribution Center in the West Rome Industrial Park laid-off 388 workers beginning in January of 2011. Joan Donley was one of them. Trade Act funding through the Department of Labor was available to Rite Aid employees for re-training. BOCES Consortium of Continuing Education was there to help. After the initial shock of the announcement that the distribution center was closing, Joan embarked on a new path with help from her



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community.

With guidance from Career Counselors at the Oneida County's Workforce Development Office, Joan registered for the first of five classes she took at BOCES.

Wanting to increase her competitive edge as a job seeker, she enrolled in "Office Skills for Today's Office" and a Microsoft computer course. These classes provided an introduction to Microsoft Excel. (MS Excel) The MS Excel class taught Joan how to create spreadsheets for office tasks such as scheduling and billing. Although she did not know it at the time, these skills would serve her well in the future.

At the advice of the funding agency and BOCES staff, Joan's next step was to obtain her high school diploma. After twenty years with Rite Aid, BOCES is proud to say that Joan successfully completed the BOCES External Diploma Program (EDP) at the Rome ACCESS Site and earned her Westmoreland High School diploma. With this success in hand, she began to believe in herself and dream of the possibilities for the future.

Next Joan enrolled in the Administrative Medical Assistant course offered at the Madison-Oneida BOCES Verona campus. This program teaches students the administrative side of managing a medical office. Content areas in the program include administrative tasks such as payroll, billing, invoices, the standards for documentation, and clinical skills to interact with patients while taking their vital signs. This course, coupled with providing direct care for several of her relatives, helped Joan further narrow down what she wanted to pursue for her next career. Knowing that sitting at a desk

all day wasn't a good fit for her, she turned her attention to what was most fulfilling for her: being a caregiver and senior advocate.

Together with her sister who is a Home Health Aide, they began to investigate starting their own business. With the help of the Women's Business Center, they wrote a business plan and applied for funding to start their own business. With this next success in hand, Joan created a limited liability company and launched her own companion care service. The business is growing and, with the projected future growth, they anticipate hiring more Home Health Aides.

Next up, Joan will be completing an application to the Department of Health to open a Home Care Agency which will allow them to provide a higher level of care for their clients. This is not the end of Joan's story. This is just the point where she is now. Joan's story is one of many successes achieved at BOCES. When one door closes, BOCES could help open the next door.

Other Health Occupations programs offered at BOCES are Basic Life Support for Healthcare Providers, Barrier Precautions & Infection Control, Intravenous Therapy for Nurses, Dental Assistant, Anatomy & Physiology, Medical Terminology, Medical Coding, Phlebotomy, Practical Nursing, Certified Nurse Aide and Home Health Aide.

With sites located in Verona, New Hartford, Oneida, Rome and Utica, BOCES is always close by to assist community members in continuing their education. For more information visit the website: www.moboces.org/adulted or call (315) 361-5800. ■

Belén Dental

By AI Dorantes

Belén Dental, located at 2628 Genesee Street, in Utica, New York is one of Utica's leading dental care providers. The fast growing practice opened in 2004. Dr. Aymmé S. Belén, D.M.D explained that dexterity is key to her dentistry success. "It's an exciting field filled with variety, an artistic element and of course, the medical and surgical aspect."

Dr. Belén explained that she wanted a place where she can feel at home; a warm, cozy atmosphere. It is this atmosphere that minimizes fear. Dr. Belén's staff also takes great care in their hospitality, welcoming clients with juice, tea, water, and a tour of the facility including Dr. Belén's and the staff's credentials.

Dr. Belén said, "Dentistry is different today. We interview patients to find out what is important and we customize treatment accordingly."

Dr. Aymmé S. Belén, D.M.D. knew she was going to be in the medical field since she was a child and has been keeping her patients smiles beautiful and healthy since 1999. She received her Doctorate of Dental

Medicine degree from the University of Puerto Rico School of Dentistry. Dr. Belén completed her General Dentistry Residency Program at Faxton St. Luke's Hospital where she continues to volunteer as an attending dentist, in addition to her own private practice.

Dr. Belén is committed to staying up-to-date with the latest cutting-edge advancements in the field of dentistry and maintains membership with such professional organizations as the American Dental Association, New York State 5th District Dental Society and the Oneida Herkimer Dental Society.

Belén Dental offers many services including; Cosmetic Dentistry (including; ZOOM! Whitening, Veneers, Crowns and Bridges, Dental Implants, and Composite Bonding), Endodontics (root canal therapy with minimal pain), Periodontics, and Dental Implants (Single Tooth Replacement, Anterior Replacement, Full Upper replacement).

Belén Dental takes pride in impacting the community. This year, Belén Dental sponsored the community's 1st Dentistry from the



DMD's Dr. Manolito Yapchulay, "Dr. Manny" and Dr. Aymmé S. Belén

Heart event on August 29, 2015, offering free dentistry to people who can't get dental care elsewhere. Dr. Belén plans on holding the Dentistry from the Heart event again in 2016.

In an effort to positively impact the area Dr. Belén entrusts each staff member with the power to help the community. Each staff member has up to \$1,000 to help people who might not be able to afford dental care elsewhere. Dr. Belén said, "I want my staff to be empowered to help people."

Belén Dental welcomed

a new dentist this year. Dr. Manolito Yapchulay, "Dr. Manny", received his DDS degree in 1991 from Marquette University School of Dentistry. Both his specialty program in Prosthodontics and his Master of Science in Dentistry degree were completed at Indiana University School of Dentistry.

In 1997, Dr. Manny briefly joined a group dental practice in upstate NY where he quickly established himself as the

Continued on page 31

Interesting ways to enjoy travel



Research indicates that traveling is at the top of the list of interests motivating today's men and women over the age of 50.

Seniors are perhaps the most likely demographic to indulge their love of traveling. Retirement leaves lots of time for recreation, and many choose to spend that time on the road. Travel also can be improve adult longevity, says geriatricians at the University of Arkansas

Those in the travel industry understand that men and women over 50 comprise a large percentage of their customers and have catered many travel packages toward this influential demographic. The following is a look at some of the more popular travel opportunities for men and women over 50.

• Genealogical tourism: This is one of the fastest-growing markets in vacation travel. Genealogical tourism involves individuals traveling to areas of historical significance for their families, such as churches where past relatives may have married and villages where grandparents or cousins once resided or were employed. This can create a tangible link to one's past and open up more opportunities to learn the varied genealogical history that has shaped a family, and even

- Extended vacations: Seniors may have the capacity to devote more time to travel and not be caged in by strict time constraints. That makes them eligible for extended vacations. These can include longthat touch on several different countries or
- Off the beaten path: Adventurous travelers may not be content to stick to the resort lifestyle or standard vacation options. Active men and women over 50 are charting their own vacation courses with bucket list-style vacations that may be off the beaten path. Travelers who have always aspired to climb a mountain or see a rain forest may be inclined to realize these goals as they get older. Nontraditional tours can include living like indigenous peoples or following the footsteps of early explorers.
- All-inclusive tours: All-inclusive packages remain a popular option for travelers of all ages. These vacation packages charge one price for accommodations, entertainment, sightseeing, food, and many other amenities. All-inclusive vacations remove some of the headaches associated with organizing various components of travel so that a person can focus on relaxation and having fun.
- Singles meets: Single vacationers over 50 may want to meet other men or women in their age bracket in the hopes of finding romance. These vacations double as relationship mixers and give men and women the opportunity to mingle with others in similar situations without the pressure of traditional

- term rentals in tropical locales, several-week sightseeing cruises or guided tours overseas cities during the trip.

Travel is a way to see the world, meet new people and experience various cultures. Seniors increasingly embrace travel because they have both the time and the means to take vacations.

Belén Dental from previous





main restorative dentist. Two years later, he opened his own office in NYC where he maintained a very active cosmetic and restorative practice for several years.

Dr. Manny is a wonderfully friendly, delightful, sincere and caring person, respected and admired by his patients. Dr Manny's goal is the highest quality of work and superior dentistry and he looks forward to treating

new patients.

With expanded hours, Monday through Friday from 8 am until 7 pm Belén Dental will try to make all your senses feel like you are not in a dental office while receiving the best quality dental care available.

For more information go to: www.belendental.net or follow them on Facebook: Belen Dental.

Elder Care SPOTLIGHT Tips & Information to Navigate Senior Life

Two things on the minds of many seniors is the upkeep of their home and keeping fit. Cleaning and exercise are 2 tasks that can be combined for beneficial results. A study conducted by a researcher at the Chase Western Reserve University Nursing School found that household chores completed by seniors kept them up and moving. In addition to the physical exercise attained through common household tasks, seniors found that completing these tasks every day gave them a sense of purpose and accomplishment, thus contributing to both physical and mental health.

The researcher said, "the study shows how important it is for sedentary older adults with disabilities and chronic illnesses to continue physical activities, such as doing reaching exercises while sitting, arm curls and standing up and sitting down in a chair." Household cleaning chores are a great opportunity to get your physical activity.

Before you begin any exercise regimen you should consult your physician to ensure that you are healthy enough for that activity.

It is recommended that you do to get 150 minutes of physical activity per week. 150 minutes of medium exertion per week could be anything from walking the dog to doing laundry. Doing dishes, raking, mowing the lawn all count as physical activity. It is anything that increases heart rate. During physical activity you will feel warmer and you should be breathing faster but still able to talk. If you break down the recommended time over a week it averages approximately 22.5 minutes per day. 22.5 minutes daily is an achievable goal.

Ideas for our seniors to be physically active while feeling a sense of accomplishment include gardening, washing the car, vacuuming and sweeping and washing the floor, laundry, walking the dog, and even meal time preparation. Gardening can be physically strenuous.



Tasks can include weeding, raking leaves, pruning, planting or planning the garden. Once a senior's green thumb takes over, they can take a sense of pride in the harvest of their garden. Washing the car involves dragging in the hose, soaping up the vehicle, rinsing off the suds, scrubbing the tires and cleaning the windows. It is practically a workout in a bucket. Vacuuming and sweeping is a good way to work both the upper and lower body muscles while seniors clean the house. If you have a pet, vacuuming often will also help reduce pet dander and other allergens. Washing the floor works on the same principles. Walking the dog is a necessary evil

and benefits seniors and the pet as well. Laundry is another task that is a workout. And it never ends. Moving laundry from the washer to the dryer while mundane will get your heart rate up. Surprisingly, planning and prepping a meal is a hidden source of exercise that involves walking and standing. It could be the only exercise that tastes good.

Exercise, like most things, should be done in moderation. Know your limits and put safety at the forefront. It is amazing what 22.5 minutes of exercise can bring you; health benefits, a sense of purpose, and in this case, a cleaner house.

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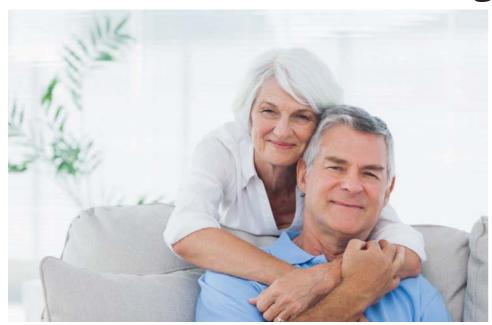
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How to determine if downsizing is for you



As men and women retire or approach retirement age, many opt to downsize their homes. Such a decision can save older adults substantial amounts of money while also liberating them from the hassle of maintaining large homes they no longer need.

Downsizing to smaller homes or apartments is a significant step, one that homeowners should give ample consideration before making their final decisions. The following are a handful of tips to help homeowners determine if downsizing to smaller homes is the right

• Get a grip on the real estate market. Downsizing is not solely about money, but it's important that homeowners consider the real estate market before putting their homes up for sale. Speak with a local realtor or your financial advisor about the current state of your

real estate market. Downsizing can help homeowners save money on utilities, taxes and mortgage payments, but those savings may be negated if you sell your house in a buyer's market instead of a seller's market. If you think the current market won't get you the price you are hoping for, delay your downsize until the market rebounds.

- Take inventory of what's in your house. Empty nesters often find that their homes are still filled with their children's possessions, even long after those children have entered adulthood and left home. If the storage in your home is dominated by items that belong to your children and not you, then downsizing might be right for you. Tell your children you are thinking of downsizing and invite them over to pick through any items still in your home. Once they have done so and taken what they want, you can host a yard sale, ultimately donating or discarding what you cannot sell. Once all of the items are gone, you may realize that moving into a smaller place is the financially prudent decision.
- Examine your own items as well. Your children's items are likely not the only items taking up space in your home. Take

inventory of your own possessions as well, making note of items you can live without and those you want to keep. If the list of items you can live without is extensive, then you probably won't have a problem moving into a smaller home. If you aren't quite ready to say goodbye to many of your possessions, then you might benefit from staying put for a little while longer.

• Consider your retirement lifestyle. If you have already retired or on the verge of retirement and plan to spend lots of time traveling, then downsizing to a smaller home may free up money you can spend on trips. And if you really do see yourself as a silver-haired jetsetter, then you likely won't miss your current home because you won't be home frequently enough to enjoy it. If travel is not high on your retirement to-do list but you have a hobby, such as crafting, restoring classic cars or woodworking, that you hope to turn into a second profession, then you might benefit from staying put and converting your existing space into a workshop.

Many retirees downsize their homes, but this decision requires careful consideration of a variety of factors.











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The Added Touch

-a new adventure for the new owner

By AI Dorantes

The Added Touch, located at I Genesee Street in the Village of New Hartford, is your one stop shop for curtains, draperies, and more. Add distinction and style to your home with window treatments with a simple call to The Added Touch.

The Added Touch Drapery Shop was opened March 31, 1972 in New Hartford, New York by Anne and Ray Quinn. For over 30 years The Added Touch was located on Commercial Drive. In 2002 they moved to their current location. On January 1, 2016 The Added Touch was sold. New owner Mary Ruckel started training with former owners, Ray and Anne Quinn. Mary is stepping up into the business after 44 years. The new venture is like a new lease on life for both the new owner and the business.

The Added Touch offers complete custom design consultation. Fine fabrics make the highest quality window treatments. Offthe-shelf options simply cannot compare to custom designed window treatments. Custom treatments are designed



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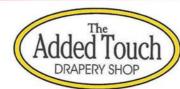
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and making your house a home. In addition to custom window treatments, custom bed spreads, custom head boards, or custom fabrics can all be added to your decor at The Added Touch. Mary Ruckel said, "People want nice treatments to go with their nice furniture in their nice homes."The Added Touch is an authorized Hunter Douglas - Alustra collection dealer. They are I of 100 dealers in the USA, The Added Touch is your connection for Hunter

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Freshen up your home for the spring season



Fresh flowers, new throw pillows and lightweight draperies are some easy ways to transform a home in time for spring's arrival.

After a few months of chilly temperatures, come spring, many homeowners are eager to throw open their windows and doors and breathe new life into their homes. Simple changes made now — even before the weather begins to warm up — can improve interior spaces and brighten the atmosphere of a home.

• Go plant shopping. Research from

NASA suggests adding at least one plant in your home per 100 square feet is efficient enough to clean air. Fresh foliage also makes a home feel warm and inviting. Watering and misting plants introduces moisture into indoor air, which can make rooms overcome with dry air from heating systems feel comfortable. Just be sure to avoid overwatering plants, which can lead to mold growth.

- Swap out throw pillows. Accent pillows on beds and sofas are quick and inexpensive ways to add new bursts of color to rooms. You may be able to make over a room's entire color scheme with new pillows. Invest in pillows that you can switch with each season so your decor will never look tired or dull.
- Clean existing light fixtures. Another way to brighten the mood in a home is to periodically clean light fixtures to make sure they are working effectively. Spend time dusting them and cleaning off any accumulated debris. If need be, switch out old lamp shades for newer ones that let more light shine through. If inadequate lighting is a problem no matter how many lamps you have, consult with an electrician about installing more overhead and accent lighting.
- Give rugs and floors a deep cleaning. Recirculated air may be full of dust and other microscopic particles that end up blowing throughout your home. Also, it's easy to track in dirt and other materials on your shoes that become imbedded in carpeting. At least once a year, rent or enlist the surfaces of carpet and upholstery cleaners to give floors a thorough cleaning. You may be surprised at how clean and fresh a home looks and smells once rugs and carpets are deep-cleaned. You also can make a dry carpet cleaner using baking soda, corn starch and desired fresh herbs for fragrance. Sprinkle and then vacuum up after a few hours.
- Color-coordinate bookshelves. Group all

books with similarly colored covers together for an instant and eye-appealing look.

- Simmer some homemade home deodorizer. In a large pot, boil water and some scented herbs, such as rosemary, citrus rinds, vanilla, or lavender. The aroma will waft through the home, creating a pleasing scent.
- Invest in new window treatments. Lightweight draperies or new blinds or shades can transform the look of a room. Be sure to keep curtains and blinds open during the day to maximize the hours of sunlight.

Homeowners can make some simple changes while they're stuck indoors and reap the benefits when the weather warms up again. ■







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The Home Builders & Remodelers Association of Mohawk Valley

-2016 Home Show



By AI Dorantes

Looking for a new roof? New windows for your home? You can find all this and more at the 22nd annual Home Builders & Remodelers Association of Mohawk Valley's Home Show presented by Curtis lumber and First Source Federal Credit Union. The show takes place at the MVCC Jorgensen Athletic and Events Center, Friday March, 18 – Sunday, March 20. Show hours are 4:30 pm - 8:30 pm Friday, 10 pm - 6 pm Saturday, and 11 am - 4 pm Sunday.

The Home Builders & Remodelers Association of Mohawk Valley is a non-profit organization representing the residential construction community throughout the Mohawk Valley Region. The association advocates choice in housing, economic growth, and quality of life in our region.

With builder members that run the gamut from small, medium and large volume home builders to commercial builders to developers and remodelers the members are the professionals who are building the Mohawk Valley into something great.

With their "health and family corner," The Home Show has something for the whole family. The Home Builders & Remodelers Association of Mohawk Valley partners with the Children's Miracle Network and the 2016 Home Show is the unofficial kick off for the Miracle Home Make Over.



From sheet rockers to pools and spas to windows and doors you will be sure to find the right supplier or contractor for your next home improvement project. For more information go to: http://hbrmv.com/homeshow









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Tips for safer renovations



 ${\it Safety\ always\ should\ be\ the\ top\ priority\ when\ doing\ home\ renovations.}$

No matter how big or small a project, homeowners' top priority should always be safety.

Before beginning a project, make a list of possible hazards and how to avoid them. Here are some potential dangers that can spring up.

• Asbestos: Many homes built when asbestos was legal still contain asbestos materials. Asbestos has been used in many applications, such as in ceiling materials, insulation, siding, and more. That's because asbestos is flame retardant and serves

as an effective and inexpensive insulator. However, asbestos fibers released into the air during renovations can cause respiratory problems and even lead to lung cancer Ashestos needs to be removed under specific guidelines and disposed of properly. Disposal typically requires hiring a professional

• Dust and dirt: Sanding, sawing, welding, and other home renovation tasks can cast debris into the air. Ventilation may be needed to maintain clean, breathable air. Ventilation can also shuttle any harmful fumes generated from construction materials outside of the home. Do-it-yourselfers should wear masks and eye protection to guard them-

- Electrical lines: All homes may not have been built in adherence to modern-day codes. Electric lines can be discovered where they are least expected. When doing demolition or drilling/ nailing into walls, it's not uncommon to come across electrical wires. Extra caution needs to be taken, and an electrician should be consulted if the wires need to be relocated.
- Chemicals: Chemicals, such as sealants, cleaners, lubricants, and fuel, may be used during renovation projects. Such substances can be dangerous to pets and children if they are touched or accidentally ingested. Exercise extreme caution when using chemical products, making sure all product containers are sealed and kept out of reach when not in use.
- Tools: Cuts, abrasions, burns and more can result when power tools and even manual tools are used incorrectly. Learn how to use tools before beginning a project, and always put tools away when work is done for the day.
- Falls: Falls are a leading cause of household injury, and the chance of a fall may

increase when climbing ladders during home improvement projects. Don't climb beyond where indicated on ladders and always have a spotter on hand when climbing is necessary. Wear harnesses, sturdy footwear and gloves as well. ■









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EDITOR February 12, 2016 • **37**

Prepare cooling systems for warm weather



One springtime task on homeowners' to-do lists is checking cooling systems to ensure they are ready

for summer. Proper maintenance of cooling systems is essential to saving energy and keeping utility costs

down. Fortunately, homeowners need not be certified HVAC technicians to maintain their cooling units.

- Clean filters. Whether a home is kept cool by a whole-house central air conditioning system or window units, clean filters are necessary to keep the units working efficiently. Routinely replacing or cleaning filters is one of the most important maintenance tasks to improve airflow and increase efficiency. The U.S. Office of Energy Efficiency & Renewable Energy says replacing a dirty, clogged filter with a clean one can lower an air conditioner's energy consumption by anywhere from 5 to 15 percent.
- Know the square footage. When replacing a cooling system, have an understanding of the size of your home (or room if installing an window unit). Determine the area of the home so you buy a unit that suits your needs. Air conditioners use BTUs (British Thermal Units) to define cooling power. The more BTUs, the larger the space that can be cooled.

However, homeowners do not want to exceed the necessary cooling power. This leads to energy waste. EnergyStargov can help homeowners find the right cooling system for their needs.

- Inspect system coils. The evaporator and condenser coils on air conditioners can collect dirt, even when filters are maintained. Dirty coils are less efficient at absorbing heat, so periodically remove the dirt. Outdoor coils can be kept cleaner by cutting back foliage from the unit to allow better air flow.
- Inspect condensate drains. Energy.gov also suggests making sure condensate drains, which take moisture pulled from the air away, are functioning properly. If they're clogged, they may not be effective at reducing humidity in a home, and they may even leak.
- Clear debris. Remove fallen leaves or other plant material from condenser units and fan blades. Obstructed components can cause the system to retain heat, compromising its ability

to work effectively. Some homeowners prefer to cover their condensers at the end of the cooling season to keep leaves and dirt out of the unit.

- Check window unit seals. When installing window units, make sure all seals around the air conditioner are in place to prevent coolair loss.
- · Hire a technician. Air conditioner technicians can be very helpful and will know how to prepare a system for hot weather. Technicians typically conduct multipoint inspections and measure such things as refrigerant levels and duct leakage. Airflow through the evaporator coil also may be checked. If a homeowner suspects the thermostat is not working properly, a technician can verify if that is true and even install a new one if necessary.

As summer approaches, homeowners should prepare their air conditioning units for the busy months ahead.

Did You Know?

The home improvement market, which includes both improvements and maintenance, has rebounded considerably from its most recent low point in 2011.

The Joint Center for Housing Studies (JCHS) of Harvard University indicated in early 2015 that the upcoming year would surpass the \$324 billion spent on improvements during the peak of the housing boom a decade ago.

Even though homebuilding and the home industry in general is still not at complete recovery, trends within the home improvement industry do suggest that homeowners have once again become comfortable investing in their homes.





Guide to replacing home siding

Few home improvements can transform a home more than the installation of new siding. Replacing siding can be a costly venture, but the right siding will maintain its appeal for years to come.

Updated siding can improve home's energy value by enabling owners to save on heating and cooling costs. A new design and color also can improve a home's property value and set it apart from neighboring

seasoned

employees.

properties. According to the Professional Builder's Home Exteriors Survey, exterior design and materials used are a top priority for new home buyers.

Few home improvements can transform a home more than the installation of new siding.



Whitestown

Kitchen Center

Project costs depend on the size of the home as well as which siding material homeowners choose. Considering new siding is a major renovation, it pays to get the job done right.

Choose a qualified contractor

It is important for consumers to do their research when it comes to siding materials and contractors. A contractor who takes shortcuts or improperly installs the siding may void a manufacturer's warranty. Always ask family members and friends for recommendations before choosing a contractor, and check out each prospective contractor's work for yourself. Interview more than one contractor and compare both their costs and what they offer. Ask plenty of questions of the contractors, and avoid those who try hard-sell methods. Questionable contractors may try strategies like a promise of a considerable discount if you "act now" or scare tactics that your home is unsafe in its present condition

to completed

installation

Be sure the contractor carries general liability insurance as well as workers' compensation insurance for their subcontractors. Ask for a license number as well and verify its accuracy.

Select a durable material

Siding comes in all types of materials — from wood to plastic to fiber cement but vinyl is among the most popular due to cost and availability. Research how well particular brands of siding stand up to conditions and which are the least likely to crack, warp or discolor. Find this information from online reviews or through consumer advocacy groups. Also remember, vinyl and other synthetic materials have improved and can now mimic the look of many other materials for a fraction of the cost.

Calculate how much you need

Before you price out siding with contractors, estimate how much you will need for your house. Consumer



Finding a qualified contractor is an important component to any siding project.

Reports suggests multiplying the height times the width of each rectangular section of your house in feet, going by what you can measure from the ground, to determine their areas. Multiply the approximate height and width of gables and other triangular surfaces and divide each total by two. Then add all the totals. To allow for waste, don't subtract for doors, windows or other areas that won't be covered. Finally, divide the total square footage by 100 to estimate how many squares of siding you will need. A square represents 100 square feet. Knowing how much you need can save you money.

Vinyl siding can completely transform the look of a home and make it more energy efficient. Consumers who do their homework will get the best value for their investments.





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February 12, 2016 • 39

Clinton Pet Vet



Dr. Jessica Price, treating one of her many patients at the Clinton Pet Vet.

By AI Dorantes

When your dog has the sniffles or your cat needs its nails trimmed the place to take them is Clinton Pet Vet. Located at 60 Dwight Avenue, Clinton, New York, Clinton Pet Vet is a small animal hospital specializing in both traditional and holistic pet care.

Clinton Pet Vet has been under new ownership in since August, 2015. New owner, Dr. Jessica Price, received her veterinary degree from Ross University, worked for Clinton Veterinary Hospital (the previous owner) for 13 years. When the previous owner retired she took over the operation with the new name; Clinton Pet Vet. Other than a name change the high quality pet care and attention to your

would expect from a modern veterinary facility. Services include; Wellness Check-ups, X-rays, Spay and Neuter, Dental Care (including cleaning and extraction), Surgery, Home

Visits, Pharmacy, and prescription food.

Dr. Price also offers holistic and alternative medicine for your pets. Holistic services include acupuncture, Chinese herbal therapy, and food therapy. Pet acupuncture uses the painless insertion of needles to allow positive energy to flow through your pet. Dr. Price is certified in Chinese herbal therapy, a medicine in use in China for over 2000 years. Food therapy uses the energetic effects of food to benefit your pet. Dr. Price said, "Natural, holistic, and alternative medicine is more of an option. People who have tried these things for themselves want them for their pets.'

Clinton Pet Vet is also introducing its clientele to technology. Dr. Price and her staff use email heavily and have recently introduced a "request appointment" button on their website. The introduction of technology overlaps into pet treatment too. Clinton Pet Vet offers laser therapy, a non-evasive method to treat pain and relieve inflammation which can increase the speed of healing.

Clinton Pet Vet accepts CareCredit. CareCredit is a healthcare credit card designed for your health, beauty, and wellness needs. The innovative credit card can be used for cosmetic, dentistry, vision, and most importantly in this case, veterinary services. It is a way to pay for the costs of many treatments and procedures and allows you to make convenient monthly payments. CareCredit is accepted at over 175,000 providers nationwide.

Whether you are a long time client or a new patient (Dr. Price is accepting new clients) you can trust your pet's health care to Dr. Price and the staff at Clinton Pet Vet. For more information go to: http://clintonpetvet.com/ or follow them on Facebook: Clinton Pet Vet ■



Wanderers' Rest Humane Association

Canastota, New York... Wanderers' Rest Humane Association is the only animal shelter in Madison County, NY and offers many exciting programs and services, some unique to the Central New York area. We welcome visitors who are looking to adopt, volunteer, donate or foster.

The facility is a short drive up State Route 5 in Canastota, just outside Oneida - six miles east of Chittenango. We are a small shelter but pack a wonderful "punch" of successful adoptions, a welcoming and friendly staff to help you with your adoption needs and offer a variety of other community programs available to all.

Wanderers' Rest often has a unique variety of dogs and occasional puppies available for adoption. At one given time there could be a Doberman, poodle, terrier, Akita, black lab or beagle! We always have a beautiful variety of cats and occasional kittens looking for their fur-ever homes. The adoption fee includes spay or neuter surgery, vaccinations and other amenities. Our web site is: www.wanderersrest. org for much more information on our programs, services and where you can view our adoptable animals.

We offer a food pantry for folks who need assistance with pet needs. The shelter is blessed with the services of two full time humane educators to visit with classroom students, Civic, Scout and Church groups, senior groups and facilities, college students and everyone in between. Our services include tours in the shelter, youth projects like dog treat continued on page 45







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Owner Angela Paciello • 20+ Years Experience

Whiskers Nails & Puppy Dog Tails

-gives your pet a spa experience

By Al Dorantes

At 52 Henderson Street in New York Mills you will find the sophistication and ultimate experience in pampering for your pet. When you cross the threshold, Whiskers Nails & Puppy Dog Tails brings chic stylings for your pets right to Central New York. Your pet will be pampered and indulged in a luxurious and relaxed setting.

Angela Paciello has over 20 years experience as a professional dog groomer. In April she will celebrate 2 years at her new, current location. The pet spa is a calm relaxing environment with a big "puppy play pen"/ holding area. There is no need for dogs to sit in a cage all day. The spacious salon is a boon for dogs with separation anxiety. Angela said, "Customers are commenting that when you open the door it feels like you've entered a salon on the Upper East Side of Manhattan.'

Whiskers Nails & Puppy Dog Tails is a full service salon. Their services include; ears, nails, gland expressing, baths, conditioning, and hand drying. Fido can even get their teeth brushed upon request. The pet spa will groom all breeds. Angela said, "It's a challenge to me,



Owner and professional dog groomer, Angela Paciello, left is excited to welcome Lauren Antanavige, a graudate of the Institute of Rochester Grooming to Whiskers Nails & Puppy Dog Tails Pet Spa.

to earn the dog's trust"

Angela explained that she grooms for comfort at the pet spa. She said, "Grooming should never be painful. It should be comfortable for both the pet and the owner. No fear or anxiety."

Whiskers Nails & Puppy Dog Tails also grooms cats. Cats are groomed, trimmed, primped and preened, and their nails are done in their own stress free atmosphere. Cat owners can relax in the comfortable waiting area while Angela fluffs their feline.

"It's not just give me your money and I groom your dog or cat. Each pet I meet is a blessing for me." said Angela.

The pet spa is open by appointment only. Your pet can be pampered and primped Monday through Friday and some Saturdays. Angela's by appointment only philosophy means that your pet will get Angela's undivided attention. No interruptions.

Angela said, "Customer service is key. I treat dogs and owners as I would want to be treated."

The pet salon is crystal clean. A self-proclaimed neat freak Angela runs a tight ship. She said, "Customers ask all the time, "should I take my shoes off?" Angela keeps the spa sparkling in part by using the clipper vac system. Another aspect of the state of the art equipment is that it eliminates hair, cools the clippers and avoids clipper

Lauren Antanavige is new team member at Whiskers Nails & Puppy Dog Tails. A graduate of Rochester Institute of Dog Grooming with 3 years experience, Lauren is looking for new pets to groom. Angela said, "Lauren is bright, young, energetic with a big heart for animals and she is a great addition to the spa." Lauren is taking customers now so call for an appointment.

You won't find a more posh pet salon in the area. There is plenty of off street parking and Angela even offers curbside service. If you are looking for style and sophistication for your pet's grooming needs call: 315-794-2504 for more information. ■



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February 12, 2016 • 41

Freedom Guide Dogs

By AI Dorantes

Freedom Guide Dogs headquartered at 1210 Hardscrabble road, Cassville, New York is a 501 (c)3 non-profit organization that breeds, raises, trains, and places guide dogs for the blind and visually impaired through Hometown Training TM .

Freedom Guide Dogs was founded in 1992 by husband & wife team Eric & Sharon Loori. They took their knowledge as experienced guide dog trainers to create a new home-based style of training and applied it to Labrador Retrievers.

The state of the art kennel facility sits on 4 acres giving the dogs plenty of room to live, train and play. The Training Center offers heated floors, individual drinking fountains, grooming room and barn curtain windows which allow for proper air circulation and also protection from inclement weather. There are also indoor and outdoor runs so the dogs can get plenty of exercise.

The puppy enrichment center offers an array of tools to ensure a high level of growth and development during a puppy's first few weeks life. It is equipped with heated floors and barn curtain windows like the kennel, and has ample space for training and socializing the puppies. This is key in the early development stages for guide dogs. It will make for a better guide dog in the future.

Hometown Training[™] allows us to bring a trained guide dog directly to the blind person's home where we train with them for 2-3 weeks in their own, familiar environment. This is all at no cost to the client. This program has proven to be very successful. Today Freedom has more than 120 clients in ten states throughout the Northeast because of their Hometown Training TM program.

Freedom Guide Dogs's dogs are bred for mental and physical integrity. They use Labradors (yellow, black and chocolate) and Smooth Coated Collies as the breeds for guide dogs. Dogs want to work. They want to do it. The average service



Labradors are the most common quide dog breed used by Freedom Guide Dogs which is headquartered in Cassville, NY.

Email - Joanne Cronan Hamoy

Freedom Guide Dogs breeds all purpose family dogs. While Labradors are the most common guide dogs Freedom Guide Dogs are breeding their own line of Smooth Coated Collies for guide dogs. The Smooth Coated Collie has the moxie necessary to make a good guide dog.

Puppies are born and reared in the puppy enrichment center. At 8 weeks of age the pups are

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foster trained. They are raised for a year and a half under strict criteria. The dogs are raised to be good citizens and good in public. Socialization is key to their success. After the year and a half foster training, the dogs are trained to be guide dogs. Guide dog training takes approximately 4 months. The intense training transforms the canines into a working dog.

The future of Freedom

REST

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Guide Dogs is to continue their mission of training guide dogs and partnering those dogs with the blind and visually impaired. Like most not for profits their goals include; stabilizing income and find successors for key roles. Those key roles, including GDMI (guide dog mobility instructor), which take passion and dedication.

Freedom Guide Dogs is different because besides training the dogs they also train blind and visually impaired persons where they live. Hometown Training is different than traditional guide dog training in that the dog and its human are bonded in training, creating a team. This is why freedom guide dogs has over 120 successful teams throughout the northeast. For more information or to donate go to: freedomguidedogs.org or follow them on Facebook: Freedom Guide Dogs.



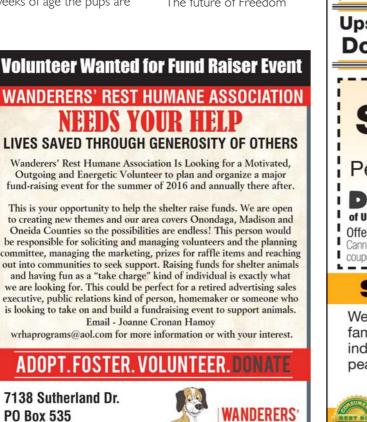
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King Crossword

ACROSS

- Cookie
- container Acknow-

- 15 Acted as a
- Sicilian
- volcano
- 18 Data
- 20 Propag-

- pledge
- 25 Hap-
- 30 Square dance group
- 31 Ostrich's cousin
- 32 Chess
- 35 Addict
- istic
- counterpart 42 Fully filled
- 46 Regimen

- ledge
- Work units
- 12 - Khan 13 Part of N.B.
- 14 Panorama
- go-between
- 19 Armada
- anda pamphlet
- 22 Unctuous 24 Solemn
- hazardly
- 29 Cravat
- climaxes
- 34 Finished
- 36 Small lizard
- Shone Character brightly Sternward
- 40 Antitoxins Count
 - 5 Kill a bill 6 Inseparable
 - Marry

38

47 N. Mex.

49 Do in

neighbor

50 Electrician's

Predicament

Life time?

supply

51 Parched

DOWN

48 Historic time

8 Novelist

- Waugh
- 9 Ceremony Actor 10 Hackman
- Hit a fly
- 16 Foot fraction
- 19 Level 20 Schlep
- Reason for a tarp
- 22 Playful water critter
- 23 Enrages
- 25 Pinnacle
- 26 Strayed 27 Portent
- 28 Gloom 30 Brewer's

oven

19

- 33 Culpable 34 Gumbo need
- 36 Capture
- 37 Danson and Koppel
- 38 Bar
- 39 Geometry
- 40 Use a teaspoon
- 42 Witnessed
- role
- 45 Rotation duration

- calculation
- 43 "Entourage"
- 44 Mess up



37 along any side?

speech is taken away then dumb and silent we may be led, like sheep to the slaughter.

If the freedom of

~ George Washington



THE CATCH OF THE DAY!



Illustrated by David Coulson

A MATH MIX-UPI Can you solve this AlphaMath puzzle? Replace the letters to the right with digits 0 through 9 so that you will have a correct multiplication problem. The same letters get the same digits.

or 138 x 138 = 19, 044 (T=1, W=3, O=8, H=9, R=0, E=4).

SOLVE IN ONE MINUTE AND START AN "EPOCH"! See if you can find the four five-letter words to fill in the word square at the right. All words must read the same across and down. A few hints are:

- 2. Spanish for "father. 1. A notable event (given).
- 3. Stranger, or more peculiar.
- 5. Car rental agency.
- Answers: 1. Epoch. 2. Padre. 3. Odder. 4. Crest. 5. Hertz.

Puzzle Card

THE NUMBERS ABOVE are arranged so that

any three numbers along any side will add up to

36. Can you rearrange them so that they will total



This young scholar has "netted" herself nteresting words. The grid above has room for eight of them, and just by coincidence, they all contain a "NET" of their own. Hints are given below.

- 1. A type of ring.
- 2. A type of poem
- 3. A type of piano.
- 4. A type of hat.
- 5. A tingling, prickly plant. 6. Occurring only once.
- 7. A kitchen alcove for eating.
- 8. Type of cigar.



What is the relationship that my mother's sister's son's sister's mother would be to me?

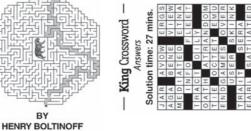
- 2. nephew
- 3. niece
- 4. grandmother

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by Mike Marland





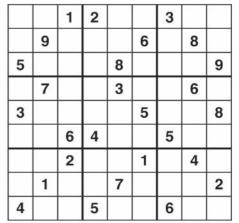
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Mega Maze

The answer is 1. aunt. Stickelers Answer

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging *** HOO BOY!

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- 370 Dogs
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- 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
- 495 For Rent or Lease 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
- Lessons 760 Lumber & Wood Products 790 Maple Syrup Supplies 805 Miscellaneous
- 810 Mobile Homes
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The Hidden World War I and II Monument

By Daniel Baldwin

Bridgewater resident and former town clerk Carol M. Fanning has many old pictures and antiques that are stored in her own house. She has pictures of a Virgin Mary sighting from 1938. She also has small stone and wooden figurines. Among her collections Fanning even has an old 1938 picture, which shows an old World War I and II memorial that is made out of stone. It is in the middle of the old picture and it is almost shaped as a vertical rectangular prism. All the names of the Central

New York residents who served or died in the two world wars are carved into this stone figure.

Fanning received this picture eights years ago through the mail, and she said that this stone figure has stood since before 1938. The names of the gentlemen who served or died in World War II were added into the monument.

"I don't even know why it was given to me except that I was town clerk," Fanning said. "They have faith in me keeping it."

This memorial still stands



Carol Fanning was mailed this photograph eight years ago. She said that she has no idea why she was chosen to receive it other than she was the town clerk. Fanning said, "They have faith in my keeping it."

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today in the same shape and form since it was erected. It is located at the Sauguoit Valley Memorial Park right next to the Sauquoit Valley Middle and Elementary School. In the picture, there used to be an old gas station, but it no longer stands today. Although, the names of the World War I and II veterans are still on this stone figure.

Fanning said that she was disappointed that this memorial was not getting national or historical attention. People are traveling all the way down to Washington D.C. to see the National World War I and II Monuments. But many other residents hardly know that they have this type of monument in their own hometown.

The picture and the monument itself are not even posted on the Internet, according to Fanning. It is basically hidden in the Central New York area and being ignored.

"It's historic," Fanning said about the picture of the memorial, "and I have told other people about this picture. I told one of the historians, for the town of Paris Historical Society, and he never responded. Maybe he didn't believe me. The local residents don't even

know about it. People go up and down that park. They see the stone, but they 'say so what.' The only people who know that this memorial is here are the people in the Sauquoit Valley. This is not widely known."

The location may be the one reason why this monument is not getting national attention or attracting tourists. This stone landmark is located near Route 8, and Fanning said that this route is not as busy than all the other routes around Utica and

"People don't travel Route 8 anymore," she said again. "It's just the people who live on Route 8. The road has been expanded into a fourway highway."

Fanning said that she plans on keeping this picture until the day she dies, and she is still aiming to make this memorial site a national treasure.

"I don't want to let the picture go," she said. "When I pass away, this picture will be passed down to my daughter, who is also very aware of this situation. This is the only existing photo, so there's no negative towards that. I believe that it will be made known. I would like it to be a historical landmark."■

EDITOR February 12, 2016 • 45

NYS Police Canine Unit

By Al Dorantes

Some dogs are more than pets. Some dogs are working dogs on the farm or ranch and some dogs work as guide dogs. Some dogs put on a badge and put their lives on the line protecting us. These are the dogs of the New York State Troopers Canine Unit.

In 1975, the New York State Police created the Canine Unit. Three Troopers were selected to receive specialized training to become canine handlers. These first three Troopers

were John Curry, Art Krug, and James Keogh. These Troopers were assigned to canines Crow, Miss Jicky and Baretta respectively. These canines were purchased from the United States Army for the sum of \$10,000.00. The canines were put into service solely as explosives detection canines in preparation for the 1980 Winter Olympic Games in Lake Placid, New

In 1978, the State Police had success with the initial three canines began training

Wanderers Rest from page 39...



making and young volunteer program projects for children who are not yet old enough to volunteer at the shelter. In addition we offer a fun and exciting volunteer program for people who want to do a variety of in-shelter and off-site projects, especially spending time with our wonderful animals.

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We welcome donations from our wish list available on our web site. The shelter also offers a foster program for animals that may need some time out of the facility, too young to be available or for other reason when they are not ready.

Wanderers' Rest is expanding to include future plans for a capital campaign and new satellite adoption center, upcoming training sessions and a consortium for animal welfare professionals, law enforcement and

the public. We feature a feline behavior hot line for cat retention, to keep cats in the home of the folks who may be experiencing problems

Our adoptions fees (see: http://wanderersrest.org/ adoption-fees/) for cats are \$125.00, kittens \$135.00, dogs \$150.00 and puppies \$200.00.

and need advice.

For more information please call or visit the shelter at 7138 Sutherland Drive, P.O. Box 535, Canastota, New York. Telephone (315) 697-2796. FAX: (315) 697-4065. Visit the web site at: www.wanderersrest.org.

The hours of operation are Monday 12:00pm - 5:30pm, Tuesday By Appointment Only, Wednesday By Appointment Only, Thursday 12:00pm - 5:30pm, Friday 12:00pm - 5:30pm, Saturday 12:00pm - 5:30pm and Sunday from 12:00pm -

The staff of Wanderers' Rest welcomes all and we look forward to assisting you with your next companion pet! Wanderers' Rest Humane Association would also like to thank our Corporate Partner, Staffworks of CNY for their continued support that makes it all possible.

its own canines utilizing the "Baltimore Method". The first training location was the New York State Police Academy in Albany, New York. In 1979, the Canine

Unit moved its training to Sidney, New York until 1987 when the NYS Department of Correctional Services provided the Unit with a training location on the

grounds of Great Meadow Correctional Facility in Comstock, New York. The Unit continued to grow from those first three canines to a level of 50 in

1990.

In 2000, the Canine Unit finally found a permanent home in Cooperstown, New York. Cont. Page 47

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It's the last week of Trout season in NY, and I find myself hopping rocks on the Black River below North

Lake in the Adirondacks. I've come here in search of small and wild Brook Trout while most everyone

else I invited along gave the excuse of "Why would I want to go looking for those little fish while the

Salmon are starting to run up in Pulaski?"Truth be told, none of them are on the Salmon River that weekend. The excuse they use for not wanting to come along is big fish that they have no intention of actually going after; they just like the idea of it. They find the prospect of a smaller fish an easy way to dismiss the invite, instead comfortable in the normal routines of houses and day to day boredom. They sit at



A wild Adirondack Brook Trout.

home and watch reality TV. they go about their routine household chores. They wait for Monday to return. I feel bad for them but because I'm alone it's quiet and I can fish as long as I want, and go upstream as far as I please without worrying if someone else is tired. That's a win in my book.

I've brought to hand half a dozen of the small natives, most around the 7 inch mark.Their fall colors as gorgeous as the falling leaves all around me, their black eyes like peering into black holes reaching all the way back to prehistoric times. The Brook Trout, unlike the Brown which was brought here from Europe, was here long before us, and with any luck will still be in the Adirondacks long after we've gone.

As I stand on a smooth boulder the size of a

Volkswagen Bug with water flowing 360 degrees around me, I inspect the brown Wollybugger tied to my tippet. It looks ragged after a day of bouncing down the stream bottom, after being dragged across uncountable submerged boulders and logs, gnashed at by teeth. I open my fly box and my eyes scan across my staple of flies I never leave home without on a trip like this. Small black and brown nymphs, two rows of them. Tied in various designs, I copy none of them straight out of a tying book. I just make "buggy things". They work now and then. One row of dries is it, a few Mayflies and March Browns and a couple Black Ants. On a trip like this I rely mostly on the Wollybuggers. Blacks, browns, and olives, they look like a meal to me, and the fish often agree. I close the box up, why change it now.

of the

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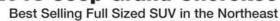
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No crowds - no trash - no problem.

it's still working.

The short 3wt rod is perfect out here and every cast just seems "right". The rod dances as another Brookie darts out from behind a small boulder in a pocket and realizes it's been had a second too late. Such a gorgeous small, wild fish in such a gorgeous place. If care free or respite could be spelled by pictures instead of letters, this would be it.

Tonight I'll cook Walleye over the fire caught the weekend before specifically for this outing, the only two fish I kept all year. I practice catch and release 99.9% of the time, but on this weekend it feels acceptable, to question my motives seems unnecessary at the moment. I'll sleep in a tiny pup tent not a dozen feet from the river's edge. Tomorrow morning my Father will join me on this small piece of chilly October paradise. But for now, as I hop from rock to rock on my way back down stream to my camp site, I'll try a few more casts to the pockets I



Say Hello to my little friend.

missed on my way up. Why indeed would I want to be here when the Salmon are

running? I pray to God that no one ever figures the answer out





Yellowstone snow coach company

-testing tires over tracks

By BRETT FRENCH The Billings Gazette

WEST YELLOWSTONE, Mont. (AP) Three years into a frosty experiment in a finger-numbing laboratory, Randy Roberson thinks he's identified the future of winter snow coach travel in Yellowstone National Park _ big, fat black rubber tires.

"We haven't found any negatives yet," Roberson said.

This small community on the western edge of Yellowstone has been through a litany

of challenges over the past 15 years as the Park Service has worked to place greater controls on winter travel. Snowmobile use has been cut, with most riders now requiring guides to enter. Snow coaches _ bus and van-like vehicles that can travel over snow must meet stricter exhaust and sound guidelines.

Roberson, a former auto mechanic who now owns Yellowstone Vacations in West Yellowstone, believes his testing of fat-tired snow coaches could be the new wave of winter travel for a number of reasons: they

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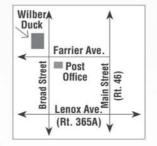
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"Randy has done some amazing things," said Christina Mills, Yellowstone Park's outdoor recreation planner: ``He's been invaluable in this process, and has spent a lot of time thinking about how to make snow coaches cleaner and quieter."

But she said the Park Service has to consider the viability of snow coaches with tires based on at least four criteria: their safety, that they have no greater impact on the resource than tracked vehicles, that they operate well in all conditions and _ probably the most unique condition _ that they preserve the distinct look and feel of winter touring in Yellowstone.

"Travel in Yellowstone in the winter is a pretty unique experience," Mills told The Billings Gazette (http://bit.ly/1OKq9ff). "There are certain vehicles that people associate with travel in Yellowstone historically," such as the old Bombardier snow coaches that have tracks on the back and skis on the front.

"We want someone to see it differently than 'I can drive my Tacoma into the park," she added.

Although Roberson's experiments are new to Yellowstone, he said other cold-weather vehicles in places as remote as Iceland, the Antarctic and Russia have been pursuing the same track.

"Ten years ago I proposed this to the Park Service, and they said no," Roberson said.

But now the agency is listening, and has even experimented with fat tires on some of its own vehicles. Mills said the agency's testing is still in its pilot phase as it tries to find a tire size that works in all conditions. The biggest concern Park Service operators have is whether the large tires will work well in deep snow, she said. Unfortunately, Yellowstone hasn't had a heavy snow year

since testing began.

Although Roberson began with what some may know as swamper or mud-bogging tires used on vehicles modified for four-wheel drive competitions, this year he's taken the tires to the next level. The biggest tires he's running are 28 inches wide and 46 inches tall. The smallest are 20 inches wide and 44 inches tall.

Roberson found the tires being used on agricultural equipment to soften their footprint on farm fields.

"We did not see these tires four or five years ago," he said, referring to them as agricultural flotation tires. "These tires are a great match for what we're trying to do in Yellowstone."

Last year the park had to close its winter season early because of a lack of snow. Could tired snow coaches be a way to ensure the continuation of the season if winters become shorter because of a warming climate?

"We're not sure we can say that for certain yet," Mills said.

Some snow coach customers are echoing Roberson's praise for the fat-tire coaches.

For 27 years Deborah White has lived with Yellowstone National Park located out her back door in West Yellowstone. But she had never visited the park in winter on a snow coach until recently, when her sister was visiting.

"This is awesome," she said. "I love Randy's

coaches with the big windows and big tires. Most people I've talked to love it, too."

Sitting a row behind White in the snow coach was retiree Michael Booker of Gadsden, Ala. On his last visit to Yellowstone in the winter he rode in a tracked snow coach.

"This is a lot nicer, a lot smoother and a lot quieter," he said.

The snow coach's driver, Ryan Edmiston, said there's no comparison between driving a tracked coach compared to one with tires.

"Mattracks are pretty barbaric compared to these tires," he said of one of the most popular rubber track systems.

Kim Baird, a veteran driver for See Yellowstone Tours, said she's driven every type of winter vehicle used to enter the park _ from snowmobiles to Bombardiers to Mattracks _ and she likes the fat-tired coaches the best.

"Even just the quietness, sometimes you forget you're in an over snow vehicle," she said.

The only downside she has found is that if the snow coach driver drifts to the edge of the road into deeper snow, it's easy to get stuck. Also, on rutted roads the vans can get pretty bouncy on the balloon-like tires. But those are small inconveniences compared to having a track break, which she said one time happened twice in the same day.

"And they just look cool," Baird said. "I want a pair of these for my Jeep, and I'm ready to roll."

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Wagner Farms

By AI Dorantes

Wagner Farms is located at 5841 Old Oneida Road, in Rome, New York. Wagner Farms is a local fresh produce farm along with other locally produced items. They also stock a full line of produce from around the world during the summer only.

Owner Ron Wagner described his farm as a modern progressive farm. He said, "I don't put down chemicals unless absolutely necessary." This philosophy is better for product and also better for the earth. Ron added, "I've been doing this since high school." He explained that he worked for neighbor down the road.

Ron started his own farm with a garden tractor and some land on South James Street. He said, "Produce is a lot less odious than a dairy farm. Also it has lower start up costs when compared to dairy farming." In 1997 Ron's farm jumped from 1/4 acres to 2-3 acres. It is currently over 100 acres.

Ron Wagner runs a full line produce stand. Fruits and vegetables from A to Z are available at Wagner Farms. An interesting wrinkle to Wagner's operation is the fact that Ron grows some really interesting things at his farm. He grows ginger, figs and many other tropical plants and fruits. Wagner Farms also has u-pick raspberries.

The figs, grown locally, officially started 9 years ago. As Central New York's only figery Ron has expanded and promoted the figs. Ron explained that figs are not a true fruit. They are actually an inverted flower. Every variety of fig is different.

Walking into Wagner Farm's Greenhouse # I is like walking into a tropical garden. There are bananas, pineapples, and more. It is amazing what can be grown even with Central New York's inhospitable winters.



The new packaging looks great!

One of their more interesting crops is popcorn. Ron Wagner expanded into the grain business including shell corn and soybeans. It was a logical step into the popcorn market. 2011 was first popcorn crop. In 2012 Ron Wagner bought a combine specifically for popcorn. Prior to 2012 harvesting was done by hand. It is labor intensive to gather all the corn and then remove the kernels from the cob. The combine allowed Wagner Farms to expand their popcorn production 10 fold. In 2013 their popcorn harvest was devastated by flooding. Wagner Farms has been fighting back ever since.

Thanks to modern tillage, deep zone tillage, strip tilling which reduces weeds, modern planting with a custom built planter that allows for precision seeding via a vacuum metered planter, and reduced pesticides Wagner Farms had a great popcorn harvest. 9,600 lbs per acre; their best yield ever

Wagner Farms grows 3 varieties of popcorn; kettle corn (mushroom shape), white (pops up pure white), and



Pineapples in upstate New York!

standard yellow. Wagner's Best Popcorn is available in 2.5 & 7 lb containers 2.5 lbs for \$9.99 and 7 lbs for \$10.99. 2015 saw new packaging and new labels for Wagner's best popcorn. The new labels look as good as the popcorn tastes.

On my visit to Wagner Farms Ron graciously gave me a tour of the green houses including the highlights of the plants in Greenhouse #1. After the practically tropical tour Ron took some of his freshly dried popcorn, put it in a plain old brown paper lunch bag, and popped it in the microwave. The popcorn exploded to life in yellow mushroom shaped puffs. It was fit for a movie theater and tasted great. For more information follow them on Facebook: Wagner Farms or to buy popcorn and more go to: http://stores.ebay.com/vegfarmer5841



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