



The Country Editor

Just good reading

April 25, 2014

Volume 2 Number 1

Delivered by the U.S. Post Office to over 26,000 homes in Herkimer County each week



**Potholes can
put a hole in
your wallet**

~ Page 8



Whatchamacallit

~ Page 12

**To your good
health**

~ Page 5



Getting your mud on

by Troy Bishopp

DEANSBORO, NY — “Dan Williams has amazing passion.”

“Dan runs on another set of gears.”

“Dan’s incredible vision and never-quit attitude is inspirational.”

These quotes from friends and community leaders speak volumes for a man, his family and the legions of mudders — caring sponsors and volunteers who formed lasting relationships at the 2nd Annual Daniel Barden Highland Mudfest on the MKJ Farm in Deansboro, NY.

“I really hurt after the Sandy Hook tragedy. I had to do something to try and better the lives of people with the notion to be kind, joyful and positive as Daniel would have wanted,” said Dan Williams, co-organizer of the event.

“The Mudfest gives us a very physical opportunity to turn daily challenges into tangible triumphs as we work together to complete the course

and push ourselves in honor of the very active boy we lost far too soon,” said Mark Barden, father of the seven-year-old student killed at Sandy Hook Elementary.

This emotion set the William’s family, the crew at William’s Fence and countless volunteers to create a 5K mud run — a 1/2 mile kids’ adventure run and an elite 5-mile mud run. The goal is to have fun, enjoy the great outdoors, raise some money and get a real sense of achievement by the end.

Over 1100 kilt-wearing folks from around the local area and 12 states, including Newtown, CT, descended on the course with creative team names such as: Running Dirty, 50 Shades of Mud, the Newton Cannonballs, Max Mudders, Run like the Winded, Stone Age Warriors, Team Jesse Dean, Dirty Dogs and the Boro Babes.

Mud page 4



Team members from Jasek’s Lumber and Run like the Winded, conquer the 12 foot hay bale wall and mud pit of the Tarred and Feathered obstacle.

Photos by Troy Bishopp



Male Ruby-Throated hummingbird (*Archilochus colubris*) guarding his territory from the top of a tomato stake. He will chase off any other hummingbirds that try to feed in “his” area.

Photo source: wikimedia.org

Reeling in the Ruby-throated Gypsies

by Carly Proulx

Who beats their wings 60 to 200 times per second, can fly forwards, backwards, sideways and up to 60 mph? I’ll give you another hint. My mother is obsessed with them. That last clue was unnecessary seeing as you’ve never met my mother, but it is in fact the hummingbird who receives a majority of her attention just before their arrival in late April up until they’ve dispersed south for their winter homes in late September. For those of us who live in the eastern part of the U.S., we’re privy to just one species of these nectar lovers — and what a beautiful breed of bird the Ruby-throated Hummingbird is.

Famous for their aerial display, the Ruby-throated Hummingbird is quite the sight to see outside your window. Due to their constant flight they have poorly developed feet, and are much more comfortable in the air as opposed to being perched upon a feeder or branch. With as high a metabolism as the Ruby’s, and with as much energy as they expend while flying, feeding round the clock is an essen-

tial aspect of their survival. They can consume twice their weight in nectar daily. They live on their surrounding’s insect availability as well as nature’s nectar, their preferred source of sweet, as well as sugar water housed in hanging feeders provided by kind folks such as my mom. Despite your desire for your home to become the new breeding ground of these cuties, it’s not quite as simple as making the nectar, filling the feeder, and hanging it up outside your house.

If you’re serious about setting up the bat signal to attract these hungry birds, you might want to consider a few of the following tips. Take the time to make your own nectar. Just boil 4 cups of water, remove it from the heat, and add 1 cup of sugar. Stir until the sugar is dissolved, and then cool in refrigerator. The feed can be stored for up to a week, so making it in advance is always an option.

You should really try and change the nectar and clean your feeder every 3 - 4 days in hotter weather.

Ruby page 4

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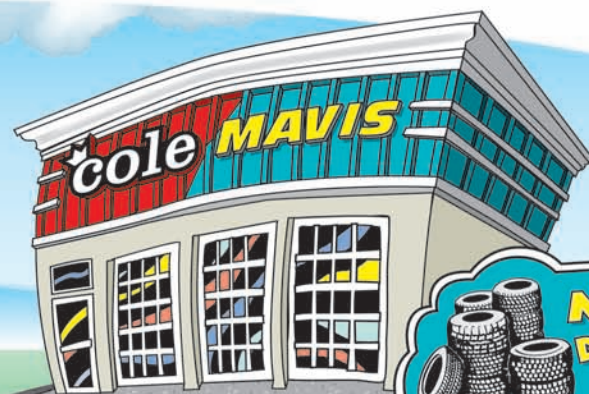
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The big boom

by Anthony Bagnick

In the 1920s, the 30s, the 40s, and even into the 1950s, dynamite was used to blast out rocks or stumps to improve our fields in northeastern Pennsylvania. A farmer could actually buy dynamite just as easily as going to the local feed store to buy cow feed.

Near our local feed store a portly old man sold dynamite. He kept the explosives in a small building near the bottom of a hill away from all other buildings. When a farmer wanted some dynamite, this man would walk down the hill to this small building and return with a few sticks of dynamite or even a wooden box full of dynamite.

To prepare a large rock for blasting a farmer had to drill a hole into the rock. Most holes were made by hand in those days, not by using an air compressor and jack hammer as they do today. The men used an iron bar about 3 feet long and 1 inch thick. The one end was shaped to a "V" the width of the bar, and this V was sharpened like a chisel so it would cut through rock.

One man would hold the bar on the rock as the other man would whack the top end of the bar with a sledge hammer. After each strike of the hammer, the man holding the bar would turn it a few degrees before the next strike. An improvised spoon was made from wire

and tin from a can to scoop out rock dust from the hole. The men would change places occasionally because swinging the sledge hammer repeatedly was hard work. This went on for hours or several days before the hole was deep enough in the rock to insert sufficient amount of dynamite to crack the rock into several chunks.

Uncle Bill was Dad's dynamite expert. Uncle Bill worked most of his life in the coal mines near Scranton, PA, so his experience in the mines was helpful in how to blast a rock.

A rock in a particular hay field not too distant from our home was a thorn in my dad's side. Uncle Bill and Dad worked many hours to drill a hole in this huge rock. The hole was completed on a Saturday, but it started to rain so the blasting of this rock was called off.

Sunday morning arose as an extremely foggy, damp day. Uncle Bill had to go home later that Sunday, so during breakfast he suggested that he should blast the rock that morning. Then the rest of us could clean up the rock chunks during the week. Dad agreed even though it was Sunday.

Brother and I excitedly followed Uncle Bill and Dad as they carried the dynamite and a length of fuse toward the rock. They ordered us not to follow them, but to stay behind a stone wall

which was a good distance from the rock. It was so foggy we could not see Uncle Bill or Dad as they carefully placed the dynamite in the rock.

Our nearest neighbors, a respectable little old lady and her elderly husband, lived less than a quarter mile from us on a hill that overlooked this hay field. This Sunday morning their home was completely enveloped in thick fog. We can imagine that on this foggy Sunday morning they were serenely eating breakfast or dozing peacefully after eating — little did they know — their serenity was about to go sky high.

We knew the fuse was lit when we saw Uncle Bill and Dad appear out of the fog on a run to hide behind the stone wall near us. We waited a few tense seconds as we peeked over the wall. A huge boom erupted on this fog-bound Sunday morning. It wasn't a sharp crack, but it was dullish loud and penetrating, and it reverberated throughout our foggy hills for several seconds. Sound carries much better in damp foggy weather.

As we walked toward the rock to see the results of the explosion, we clearly heard the elderly couple step out onto their porch and say. "Oh dear, oh dear, something terrible happened. What could it be? It sounded like it came from that direction."

We all started laughing, but we immediately stifled our laughter because we didn't want them to know it was us, their very neighbors, who made the big boom. Dad whispered that we shouldn't have dynamited on Sunday, while Uncle Bill struggled to control his laughter. We silently left the scene of the cracked rock before the fog lifted.

Whenever I walk pass the dip in the hayfield where the rock once lay, or glance at that home on the hill, I smile or even giggle when I think of the big boom and how we unintentionally scared that elderly couple on that foggy Sunday morning — I suppose other neighbors too.

Could you imagine if this were done today? The CIA and FBI would investigate, followed by a congressional inquiry. All we suffered was a lecture when we returned home. The sound of the blast and the rattling windows in our home scared Mom out of her shoes. She raised Cain with Dad and Uncle Bill. She sternly exclaimed, "You don't ever use dynamite on Sunday. What will the neighbors think?"

At the time it seemed like it was the logical time to blast — our expert, Uncle Bill, had to go home — and it was exciting for brother and me, but looking back on it Mom was right.

Pets on Parade



This is Harley. Harley is considered a designer dog, other words a Goldendoodle. His mom was a Standard Poodle and his dad was a Golden Retriever — smart, people loving and very sociable. Goldendoodles offer the best of all possible worlds. Harley is a big hit wherever he goes. He loves to ride and stick his head out the window but his favorite thing is catching a ball, and never tires. Harley is seen in this picture sitting on the porch waiting for his owner's grandson to get off the bus to play. Harley also greets anyone coming to the house. He is the perfect dog!

Photo courtesy of Patty Caruso, Herkimer

Have an awesome pet?

The Country Editor wants to celebrate your favorite pals!

Please email a photo of your pet to: jkarkwren@leepub.com or mail to: The Country Editor, PO Box 121, Palatine Bridge, NY 13428.

Along with each photo, please

give us a few details about him or her, describing what makes your pet so special! Please include your name as well.

Mailed photos will not be returned unless accompanied by a self-addressed stamped envelope.



"Honey" is a Peke Persian. Helen Maksymicz drove to Poughkeepsie for him two years ago. He's around four years old and was a rescue kitty. He's one of 15 to survive and is the most loveable cat Helen has ever had. He sleeps with Helen every night and sits next to her while she's knitting. He's by the door when Helen comes home to greet her. It's like he's saying thank you so much for getting him. What a sweetheart!

Photo courtesy of Helen Maksymicz

Collections

by Elizabeth M. Comstock

Some folks are great collectors
They collect the darnest things
Some collect great recipes
And others like keyrings

Dads and sons are baseball nuts
So they collect these cards
While other plant exotic flowers
To beautify their yards

Some folks collect old music sheets
Though they can't read a note
Still others are fond of poetry
They save every poem ever wrote

And some take pride in antiques
Then they worry and fret
And they have to scrub and polish
So their collections make them sweat.

Some gather up old jokes and clowns
Or kerosene lamps that are trimmed way down
Others collect the prettist things
Like postcards, stamps and butterfly wings

Some collections are priceless
And guard them they must
I too am a collector
What I collect is dust!

It doesn't cost a penny
And I don't have to travel far
I don't have to spend a lot of time
A wishin' on a star.

And I don't have to worry
Will it break? or will it rust!
It has been around for ages
My never ending dust.

So when you enter in my home
Please don't be surprised
For DUST sits proudly on my shelves
It just can't be disguised.



WHAT WOULD YOUR MOTHER SAY?!

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 . . .

The future has arrived as sleek, modern touch screens and streaming video in the palm of our hands. We can make video calls just like magazines predicted. Information is available at the click of a mouse and whole libraries live in our digital readers. The only thing that was left out of the forecast was games like candy crush.

Thanks to the electronic prowess of our cellular devices a game like Candy Crush hasn't taken a hold of the public's attention since the hula hoop. Candy Crush is a free game available on your phones, tablets, or computers. Candy Crush is a pretty simple game. You start with 5 lives and there are 6 candies red jelly bean, orange lozenge, yellow lemon drop, a green chiclet, a blue lollipop head, and a purple cluster. You combine groups of 3 like colors to crush the candy. Some of the boards might contain obstacles and some levels require you to move ingredients or clear jelly blocks in a certain number of moves. It all starts quite innocently. Before you know it you are crushing candy in your sleep.

This isn't the first time the general public has fallen into the trap of fad toys. The cup and ball game, you know, the cup with a handle and a ball with a string, was a big deal in the 1700. King Louis XV of France carried one. The Pet Rock appeared around 1975. They sold a million and a half pet rocks and made their inventor a millionaire. Pogs: in the mid 1990's a game of cardboard disks called Pogs captivated minds before quickly fading out. How can we forget that Christmas where everyone had, had, to have a Tamagotchi. And then there's Pokemon. The thing is these are all tangible items. Candy Crush is digital saccharin. There's nothing there. Nothing.

Even though there's no physical product Candy Crush has made a boatload of money. There are 8 million daily users and those people spend a whopping \$826,000 a day. You need some extra lives; that will cost you \$2.99. You need extra boosters; that will cost you \$.99. You need to skip a level? That will cost you. People gladly hand over their hard earned money for lollipop hammers and jelly fish. All you need is a credit card and you too can attempt to win the game.

Fads come and fads go. The only thing you can hope is that you're out in front of it; like a surfer riding a wave. Otherwise, if you're in the middle or at the end you'll wind up paying too much for the flavor of the week gimmick. When it comes down to playing games like Candy Crush on your cellular device don't fall into the trap. Don't pay anything for their free game. Stop and think, "What would my mother say?" She would say, "Wait a minute. I'm almost finished with this level."

Would your mother have a different opinion? Do you have another moral dilemma you'd like to see featured? Email S. D. Shapiro at s.d.shap@gmail.com with "What would your mother say?" in the subject line.



A very colorful group of youngsters brave the elements as they await the 1/2 mile kids' adventure run.

Waterville's Matt St. Peter was the mudfest start official. He asked everyone to kneel and take these oaths: "Do you promise to live life to its fullest? Do you promise to cherish family and friends? Do you promise to love, laugh and enjoy this moment?" To seal the bond he asked everyone to share the mud between friends and remember the mission as runners passed by the ceremonial 26 burning hollow logs representing the victims who lost their lives at Sandy Hook Elementary.

The thick mud, cold rain and snow pellets initiated participants to the rugged, hillside course, testing everyone's resolve and team building skills with obstacles aptly named The Gravity Cavity, The Meat Grinder, Tarred and Feathered, Shawshank, Kilt Lifter and Irish Ninja Warrior. No competitor came away unsoiled or without purpose.

The finishers were treated to local food and drink and six live bands (which included Mark Barden's band, 3rd Stone) playing inside MKJ Farm's barn. It is estimated that the event raised over \$100,000 for the

selected charities. Pepsico's representative mudder, Phillip Ballard, announced that the company was pledging \$20,000.

Fifty percent of the proceeds from the mudfest will benefit Sandy Hook Promise, the Newtown, CT community organization set up after the tragedy. The other 50 percent will stay in Central New York, being donated to The Center for Family Life and Recovery which provides rehabilitation and assistance for people in our area who are recipients of mental health services. "We cannot thank the Williams family enough for their unwavering commitment to the community. It will make an impactful difference for our area," said Communications Director, Katrena Berkovich.

To support the work and vision of Dan and Melissa Williams, Dave and Jessica Poyer and Frank and Karin LaBanca, visit www.facebook.com/DanielBardenHighlandMudfest, www.bardenmudfest.org, or www.whatwoulddanieldo.com

Ruby from Page 1

Never fill your feeder more than half full at a time, as they won't be able to drink it all before its time for a change and a re-fill. To clean the feeder, use soapy hot water and a bottle brush. Avoid using harsh detergents.

Most, if not all, hummingbird feeders these days have red somewhere on them, but if you're convinced there's not enough of the Ruby's favorite color on your feeder, try tying a red ribbon on it to show them birds you mean business. Having their favorite flowers nearby the feeder, and around your house can substantially help in attracting a Ruby and all his or her friends.

You'll want to put more than one feeder up around your house. This will attract multiple hummingbirds and keep them coming back for more. Placing the feeders a good distance from one another, for example on opposite sides of your house and out of sight from each other is a good idea when considering how territorial hummingbirds can be, sometimes militantly defending their new favorite sweet spots. To quote my mom, they show no reluctance

before "dive-bombing" any other little critter attempting to get in their way of the goods.

As far as ants and bees go, most hummingbird feeders come equipped with ant guards that act as a blockade between the nectar and the ants. Ant guards are also sold separately, and most anywhere you'd purchase a feeder sells "bee-proof" feeders. But as we all know in nature, nothing is exactly full proof. Most people are under the impression that hummingbirds suck up the nectar with hollow bills, when in reality they open up their bills and lap up the nectar with their tongues faster than you and I can say "I." Unfortunately this lapping causes some nectar to end up on the surface of the feeder near the ports, which bees are likely to locate in no time. Not to worry however, a simple wipe down of the feeder with a wet sponge will send the bees packing.

So if it is your seasonal wish to see some Ruby-throated Hummers in your yard, I suggest you follow in my mother's footsteps, plant some petunias, and get to setting up those sugar filled feeders.

Mud from Page 1



The 2nd Annual Daniel Barden Highland Mudfest Co-organizers Dan and Melissa Williams share a smile after months of planning pays off with record attendance despite the harsh weather conditions at MKJ Farm in Deansboro, NY.

The Country Editor

Just good reading

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A healthy roast bird to help welcome spring

by Sara Moulton, Associated Press

I learned the best way to roast a chicken during my restaurant days. Every evening just before service began, the whole staff would sit down for "family meal." If chicken was on the menu, we'd simply throw several 3 1/2-pounders into the oven — which was always cranked to 500°F — and blast away.

There is, however, one serious caveat when it comes to cooking a chicken at a temperature this high: your oven must be clean. A dirty oven blazing away at 450°F (which is what I call for here) will smoke up the whole house. Also, be sure to place the bird in a heavy roasting pan with sides so the chicken juices

don't splatter over the sides and burn on the bottom of the oven.

Finally, the resting time is key. After you pull the bird out of the oven, its juices need time to redistribute. If you don't let it rest, but carve it right away, all the juices will come streaming out and you'll end up with dry meat. Happily, some of those juices pool on the platter during the resting period anyway, and they add a ton of flavor to the sauce.

And these chickens — minus their skin — cry out for a sauce. For that, I took my inspiration from the Italians and their bistecca alla Fiorentina, which is grilled steak finished with extra-virgin olive oil and a squeeze of lemon. I added

some fresh herbs and those juices from the bottom of the platter and — Glory be!

Simple roast chicken with fresh herb sauce

Start to finish: 1 hour 30 minutes (20 minutes active)

Servings: 8

Two 3 1/2-pound chickens, trimmed of excess fat

Olive oil cooking spray

Salt and ground black pepper

1/4 cup fresh lemon juice

1/4 cup extra-virgin olive oil

1 tablespoon chopped fresh thyme

1 tablespoon chopped fresh oregano

Heat the oven to 450°F.

Spray the chickens all over with the cooking spray, then season them

with salt and pepper. In a large roasting pan, place the chickens, breast side up, side by side. Roast, uncovered, until a meat thermometer inserted into the leg-thigh joint registers 165°F, about 55 minutes.

While the chickens are roasting, in a small bowl whisk the lemon juice with salt and pepper to taste, whisking until the salt is dissolved. Whisk in the olive oil, thyme, and oregano, then set aside.

When the chickens are done, transfer them to a large platter and cover them loosely with foil. Let them rest for 15 minutes. Meanwhile, pour any drippings from the roasting pan into a fat separator. Add the chicken juices from the fat separator to the herb mixture and discard the fat.

After the chicken has rested, remove and discard the skin and cut up the chicken. Whisk the

juices from the platter into the herb mixture. Divide the chicken between serving plates and spoon some of the herb mixture over each portion of chicken.

Nutrition information per serving: 290 calories; 120 calories from fat (41 percent of total calories); 13 g fat (2.5 g saturated; 0 g trans fats); 135 mg cholesterol; 1 g carbohydrate; 0 g fiber; 0 g sugar; 41 g protein; 390 mg sodium.

To your good health

by Paul G. Donohue, M.D.

Exercise can cause asthma attack

Dear Dr. Donohue: I have a 13-year-old boy who's having asthma attacks. At least, that's what they sound like to me. It started early this year when the weather was still cold. He plays or practices baseball three times a week. When he'd run the bases, he'd start coughing and wheezing. Now that the weather is warmer, he still has attacks, but not so bad. Does this sound like asthma to you? I don't know that he's allergic to anything. — W.O.

Answer: Asthma is an inflammation of the airways, the bronchi. They become very sensitive, and suddenly narrow and fill with mucus when pro-

voked. Both the constriction and the mucus make it difficult to get air into and out of the lungs. Included in the definition of asthma is reversibility. The constriction and mucus buildup are not permanent, in most cases.

The signs of asthma are a feeling of chest tightness, shortness of breath, wheezing and coughing. In your son's kind of asthma, exercise-induced asthma, the attack comes on five to 10 minutes after beginning an activity. Exercise-induced asthma is not so dependent on allergy triggers. It comes on because cold, dry air irritates the airways. The warmer, moister air is perhaps the reason why his attacks are not as pronounced as they were.

You need to have a doc-

tor examine the boy to be sure if this is exercise-induced asthma. Even if he has no symptoms at the time of his doctor visit, the doctor can induce them in a number of ways. He or she also can put an end to them.

If exercise-induced asthma is proven, a multitude of medicines are available for control. Most can be taken as mouth sprays. Taking the medicine before physical activity can prevent asthma symptoms for two or three hours. That's long enough to get him through a practice or a game.

The above is for exercise-induced asthma. It's not for other asthma varieties.

Dear Dr. Donohue: What's the lowest number of calories a woman can safely eat in a day to lose weight? I would like to lose 20 pounds. How long will that take? — G.K.

Answer: An active woman needs around 1,800 calories a day. If she gets much less than that, she'll have a hard time meeting her vitamin and mineral requirements.

If she deducts 500 calories from her daily diet, she should lose a pound in a week — 20 pounds in 20 weeks.

If she actively exercises, she needs to lower her daily intake by only 300 calories to get the same results.

READERS: Dr. Donohue is retiring after writing "To Your Good Health" for three decades. Dr. Keith Roach will be taking over the popular King Features syndicated column.

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Handmade quilt stores West Virginia family's memories

by Jim Bissett, The Dominion Post

CORE, WV — Marie Jones was a minute or so into the history of the handmade quilt she was showing a visitor when her daughter, Lois Dittman, made a discovery.

"Right there," Lois said, jamming her finger into a purple square of fabric with a flower design in the middle. "That's from the curtains in my room. I knew it looked familiar."

If Lois had looked keenly enough through the mountain of quilts on the living room couch, she probably would have recognized other needle-and-thread artifacts as well. Fabric from an old Easter dress, maybe. Or another pattern Marie made for a cloth purse a little girl had to have for dress-up day at school.

Marie, 92, is soft-spoken and smiles easily, but don't let her fool you. She was a sewing machine commando, wielding that Singer like a sub-machine gun as she made dresses and outfits for her and her six kids.

"Back then, you did what you had to do to get by," Marie said.

If curtains or clothes were needed, she made them. She hardly ever used sewing patterns, she said.

"I just pictured in my head how I thought it would look," she said, "and I started sewing."

She worked too hard at the time to realize it, but what she really did was stitch together a fabric of memories. Her house on Pedlar Run Road is the one

she was born in, grew up in and raised a family in.

"I go back seven generations," she said. "In this living room."

She went back 75 years with her late husband, Robert, who spied her at grade school one day. The then 13-year-old Robert stitched up his courage and said hello to Marie, who was a year younger. Not too long before Robert died on May 19, 2012, they celebrated their 70th wedding anniversary.

Robert, who drove a school bus and worked the 60 or so acres of farm that's home to the house Marie was born in, battled a heart condition off and on.

"When he went to the hospital that last time, I never dreamed he wouldn't be coming home," Marie said. "I still haven't been to his grave. I don't know if I can go."

A daughter put her hand on her mom's and said that didn't matter.

"He's not there, Mom," Lois said. "He's here."

He was, in the form of the sepia-toned pictures and faded Olan Mills portraits of her and Marie sharing their lives, and the lives of all those kids, grandkids and great-grandkids.

Grandkids and great grandkids got her into the quilting business. It was 1991, and Marie was hobbled with a broken foot. There were no more outfits or curtains to sew, so she found a new canvas for her needle-and-thread artistry. Quilting.

That first Christmas, every Jones kid got one.

When the next Christmas came, quilts for the grandkids were under the tree. Twenty-three great-grandchildren also own a Marie Jones quilted creation that couldn't be more original.

Macular degeneration eventually stopped Jones' quilt-making. The vision-robbing disease narrowed her eyesight to the point where she could no longer do intricate needlework.

Lois said she doesn't need a quilt to wrap herself in good memories of her growing-up years on Pedlar Run Road.

"As kids, we worked hard because we had to," Lois said. That's because their home address was a working farm. There were chickens, cows and pigs to tend to. Somebody had to bale hay and can vegetables.

"I think that's why we all got along growing up," Lois said. As she said, when you were finally done with your chores and had time to play and romp in the

hills past the house, why waste your time arguing with a sibling?

Marie doesn't mind sewing her memories to the visions stitched by her creativity. There were the ones she gave to family as gifts and the ones she bestowed upon

friends. She's got the histories of a good 70 quilts stitched in her memory.

There is an up-and-coming quilter in the family, Lois said: Her niece, and Marie's great-granddaughter, Ashley Marie.

Under the tree this past Christmas was a quilt

with Marie's name on it. Ashley, who is 9, made it (with some help) and added an embroidered inscription: "To Grandma Marie from Ashley Marie."

"There's my quilter," Marie said, smiling at a new generational thread.

The Country Preacher

by Dan West

Have you read any of the get-rich-quick or instant success books that used to be popular? They usually had a three or four step plan for making a quick fortune. I don't know if they worked — I never tried any of them.

Joshua, back in the 14th century before Christ, beat them to it. He wrote in Joshua 1:8, under the direction of the Holy Spirit, speaking of God's Word, "you shall meditate in it day and night that you may observe to do according to all that is written in it. For then you will make

your way prosperous, and then you will have good success."

His two-step plan to prosperity and success is 1) to constantly mull over what God has recorded in the Bible, and 2) to do what it says. The lives of many, many Christians over the centuries have proven this to be true!

We need to realize, though, that God's prosperity is not the same as

the world's. Some people, thought to be the most prosperous with the most money and "toys", are the most miserable and discontented. Many believers of modest means are much more content, happy, and fulfilled.

The riches of love, joy, peace, patience, goodness, faith, meekness and self-control — things money can't buy — are so much more valuable than mere money.

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Now here's a tip

by JoAnn Derson

• A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening! — JoAnn

• If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

• "If you have a spade with a long handle, you

can transfer common measurements to the handle. Just lay a tape measure alongside the handle, and use a black marker to note common spacing, like feet and inches. Then, when you put in plants, you can check quickly whether they are spaced correctly. Very handy!" — P.E.

in Arkansas

• "Garden tool storage doesn't have to be hard. Fill a wide mouth bucket with clean sand. Add a half quart or motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The sand/oil mixture helps clean the metal surfaces, and the heavi-

ness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall." — E. in North Carolina

• Here's a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot's tray on the top. Fill

with seed or water. The birds will thank you — maybe even by eating some nuisance bugs along with the seed.

• Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

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Cat whisperer heading to Oregon after attack

by Sue Manning, Associated Press

LOS ANGELES — The large cat that attacked a baby and trapped an Oregon family in a bedroom touched off an Internet uproar that worries Jackson Galaxy, star of Animal Planet's "My Cat from Hell."

Cats don't become ferocious felines that turn on their families for no reason, says the cat behavior expert, who is heading to Portland soon to work with the 4-year-old part-Himalayan pet named Lux. Galaxy will film the visit for his show's fifth season, which kicks off April 26.

"Every parental site on the Internet blames the cat for this confrontation. Every pet site blames the family," he said, adding that something is wrong if the cat is acting out. "We need to step away from the hysteria. There is a story behind all this.

Don't assume anything."

Lux became a worldwide phenomenon after owner Lee Palmer called 911 and said the cat had cornered him, his girlfriend, their baby and the family dog inside a room.

Palmer says his 7-month-old pulled Lux's tail, and he kicked the animal after it scratched the child. Then, the cat "just went off over the edge," Palmer told an emergency dispatcher after the family barricaded themselves. "He's charging us," Palmer said, as the cat was heard screeching in the background. Officers arrived and caught Lux with a dog snare.

Palmer said the cat had a history of violence, but the family kept Lux until Monday, when they turned him over to a Portland-area shelter. But the family assured Animal Planet they were going to keep the cat and agreed

to therapy with Galaxy.

Palmer didn't return a call from The Associated Press seeking comment Tuesday.

There are many reasons a cat can turn aggressive, and there is no universal way to deal with it, Galaxy said. But the star feline behaviorist provided five ways to tame out-of-control cats:

• Never leave a young child unsupervised with a cat.

• Take it to a vet at least once a year. If a cat is acting suspiciously, the owner needs to pay attention. "Know what suspicious looks like," Galaxy said. "If they're not feeling well, cats will socially withdraw themselves, or they will lose weight, or they will gain weight, or they'll be howling in the

middle of the night when they never did before.

"I've known cats who acted out similarly to Lux because of an abscessed tooth, a brain tumor, hyperthyroidism or diabetes."

• Make sure cats can literally climb out of a situation. Having a space up high, like a cat condo, to get away from children and other pets is crucial, Galaxy said. "Make sure the cat can make the choice to get away from the kid," he said.

• Timeouts are good things. "We associate timeouts with punishment, but in the world of cats, timeout is not a punishment." They can go to a designated place where they can settle down, come back to a peaceful moment or ground themselves, he said.

• Stop fights between felines with "timeout drills." With simple pieces of cardboard, left strategically around the house, you can stop a fight between two cats. Put the cardboard between them, blocking their vision and providing a moment of disorientation when you can lead them to their timeout spot. It's especially important to have the drills with aggressive cats.

Galaxy said he was going to Portland to act as Lux's advocate and find out what's wrong.

"I have no idea what made Lux aggressive," he said. It could be a chemical imbalance, a history of stressful environments or because he was kicked.

"If you want a blanket statement on how to deal with aggression, how

about, 'Don't set the cat up for failure,'" he said.

The behaviorist, who has worked with tens of thousands of cats, said the thing that bothered him most about Lux was his continued aggression the day Palmer called 911, including the animal's ongoing assault on the door even though the threat was gone.

But the word "attack" doesn't sit well with Galaxy because 75 percent of the time, it's tied to a grouchy mood or a warning, he said.

"If I have a headache, I won't be the nicest guy in the world. I may snap at you," he said. "This may have been Lux's way of snapping. Hypothetically speaking, someone pulling his tail may have been the last straw."

Home Country

and I'll let Perry know you're here."

In less than a minute, Dr. O'Dontal had Herb seated, numbed, and ready for work. Herb's labored breathing had returned to normal, even if his speech patterns hadn't.

"At what o' the clock did the infliction attack, good sirrah?"

"Lfft'ent mmst," said Herb.

"You should've used the phone to let me know, Herb. Oh, that's right. What was I thinking? Well, you're here now, let's see what we can do."

"Wonk oo."

"You're welcome. Open wide. Little more. Cast open the gates, Leander! Let us gaze upon the source of woe!"

Perry worked his way through dental school as a Shakespearean actor,

and didn't make it out of there unfazed.

"Aha, brothers of mine on this field of battle today, I glimpse with fearful eye the seat of our alarm. It's a tooth, by Cuspid!"

Perry dove into the fray with drill and pick. Snicker-snick! GRRRR and fill. Rinse and spit.

"And so, Leander, take these, the pills that weave up the raveled sleeve of pain. Do so in remembrance of this day, this meeting, this sceptered isle of dental chair. Those who weren't here with us this day will forever cast envious eyes upon us, for they will say this was our finest hour, the culmination of drill and yawn ... the grinding and filling of fang for fun and profit. Arise, sweet prince, and fulfill your destiny!"

It's almost worth getting a toothache.

Brought to you by Home Country (the book). See it at www.nmsantos.com.

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Potholes can put a hole in your wallet

Don't look now, but you're probably about to hit another pothole.

This year's brutal winter weather has resulted in an unprecedented number of potholes appearing on roads and highways across the country, causing considerable damage and unexpected costly repairs for car owners.

"No matter where you drive these days, there's a pothole epidemic and as winter turns to spring, it's only going to get worse," said Rich White, executive director, Car Care Council. "Drivers know immediately when they hit a pothole, but what they don't know is if their vehicle has been damaged in the process. While tires and wheels can be visually checked, potholes can also cause considerable damage to the steering, suspension and alignment systems that you just can't see."

Motorists will spend nearly \$5 billion on car repairs from damage caused by potholes, ac-

cording to a recent report by WJLA-TV in Washington D.C. The U.S. PIRG Education Fund and the American Association of State Highway and Transportation Officials (AASHTO) estimate that poor road conditions cost the average motorist around \$335 a year.

If you hit a pothole while driving, the Car Care Council recommends that you watch for the following warning signs and have your vehicle inspected by a professional technician without delay.

- Loss of control, swaying when making routine turns, bottoming out on city streets or bouncing excessively on rough roads. These are indicators that the steering and suspension may have been damaged. The steering and suspension are key safety-related systems. Together, they largely determine your car's ride and handling. Key components are shocks and/or struts, the steering knuckle,

ball joints, the steering rack/box, bearings, seals and hub units and tie rod ends.

- Pulling in one direction, instead of maintaining a straight path, and uneven tire wear. These symptoms mean there's an alignment problem. Proper wheel alignment is important for the lifespan of tires and helps ensure safe handling.

- Low tire pressure, bulges or blisters on the sidewalls, or dents in the rim. These problems will be visible and should be checked out as soon as possible as tires are the critical connection between your car and the road in all sorts of driving conditions.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org



This year's brutal winter weather has resulted in an unprecedented number of potholes appearing on roads and highways across the country.

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10:00 AM: Farm Machinery
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1:00 PM: Horses

12:00 Noon: Quilts
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Many vehicles were neglected during the recent brutal winter months, and could use a little extra care by now. The Car Care Council recommends setting aside a little time during National Car Care Month in April to get

your vehicle ready for the spring and summer driving season.

"Your car has gotten you through one of the worst winters in recent memory, working overtime in harsh conditions, but the extreme cold, potholes and road

salt have taken a toll," said Rich White, executive director, Car Care Council. "Since most Americans rely on their vehicles nearly every day to get to work, school and everywhere in between, taking a little time for car care now

can save headaches and money in the long run."

The non-profit Car Care Council recommends that motorists follow three simple steps during National Car Care Month in April.

• **Keep your vehicle clean.** Regular car washes and waxes protect the paint and body of your car from corrosive debris. In parts of the country where salt is used on the roads, regularly washing is especially important.

• **Keep your car on schedule.** Every vehicle has a manufacturer recommended maintenance schedule. Whether you choose to do your own maintenance or patronize a local repair shop, following a routine service schedule is essential to keeping your car in safe and dependable working order.

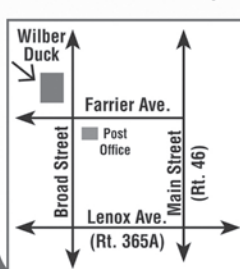
• **Keep an eye on the little things.** Your windshield wipers aren't cleaning as well as they should? Your gas tank is missing its cap? There's a warning light on your dashboard? When you see your car needs attention, don't delay. Repairing small things now can help avoid more costly problems down the road, and add years of useful vehicle life.

The Car Care Council offers many free tools on its website to help consumers drive smart, save money and be car care aware, including the popular 60-page Car Care Guide and a custom service schedule and email reminder service.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org

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This style of churn dates back to the 1800s.

While we're not sure which company manufactured this particular one, there are several who patented this type: Standard Churn Co., M. Brown & Company,

Union Churn Manufacturing Company and Ruggles, Nourse, Mason & Company are among the larger manufacturers.

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Open House - Saturday, April 26th,
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Open House, Saturday, April 26th,
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old, those 85 and older, are the fastest growing population segment in the United States.

What does this mean for our communities? Only 4 percent of those age 75-84 live in a nursing home. Many older adults are living alone, including an estimated 50 percent of woman age 75 and older. With age comes chronic illnesses and other limiting conditions that decrease their independence. Vulnerability to all forms of abuse increases with cognitive impairment. As people live longer, and as frailty and vulnerability increase there is a potential for abuse, neglect and exploitation. Elder abuse occurs more in people's homes than in

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Different forms of elder abuse are:

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Abuse 15

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California gold discovery spurs rush of theories

by John Rogers

LOS ANGELES, CA — Word that a Northern California couple found \$10 million in gold coins while walking their dog has set off a Gold Rush of theories over who left behind all that loot.

One is that Jesse James' gang deposited it in hopes of someday financing a second Civil War. Another postulates that the gold originally belonged to gentleman robber Black Bart, who wrote poetry when he wasn't sticking up stagecoaches.

But the theory gaining the most traction is that the hoard is made up of

most of the \$30,000 in gold coins that Walter Dimmick stole from the U.S. Mint in San Francisco in 1901. The coins were never recovered.

That theory, from fishing guide and amateur coin historian Jack Trout, set off a flurry of calls to the U.S. Mint after it was reported by the San Francisco Chronicle.

The Northern California couple's coins are called the Saddle Ridge Hoard after the area of the couple's land where they were discovered.

"We do not have any information linking the Saddle Ridge Hoard coins

to any thefts at any United States Mint facility," mint officials said in a statement.

Although Trout acknowledges he can't prove his theory, he still thinks he's right.

"There is no real direct proof, but I am getting more research in on this," he told The Associated Press.

Dimmick is said to have spirited six sealed bags — each filled with 250 \$20 gold pieces — out of the mint, where he was the chief cashier.

The Saddle Ridge Hoard contains 1,400 \$20 gold pieces, 50 \$10 gold pieces and four \$5 gold pieces,

with a range of dates beginning in 1847 and extending to 1894.

Don Kagin is a rare coin dealer who represents the couple who stumbled upon the coins, which have a face value of about \$28,000. He said the San Francisco Mint heist was one of the first possibilities he and his staff checked out.

Even if the mint had coins on hand covering a span of 47 years, which is unlikely, those in the hoard include some so badly worn that they wouldn't have been there, said David McCarthy, Kagin's chief numismatist.

Another coin, dated 1876, was in such pristine condition that it wouldn't have been there either.

"It doesn't have a single marking on it," McCarthy said. "That coin couldn't have sat in a bag in the San Francisco Mint and looked like that. It would have had what we call 'bag marks' all over it."

As for some of the other theories:

- The Jesse James one fails to account for the fact the Missouri outlaw died 12 years before the last coin was struck and was born the year the first one was.

- Black Bart robbed stages only between 1877 and 1883, when he was caught and sent to prison.

The finders, who have chosen to remain anonymous, have their own theory.

They've done some research, Kagin said, and believe their property in California's Gold Rush country was occupied at the time by someone in the mining industry. That person must have squirreled away the coins over time.

Why the owner never came back for the coins, well, that's another mystery.

Is your car making your allergies worse?

Spring is in the air and with it comes pollen, dust and pollutants that are drawn inside vehicles through air conditioning and ventilation systems.

Cabin air filters clean the incoming air, removing allergens, and should be replaced regularly, says the Car Care Council.

"A dirty or clogged cabin air filter can cause

contaminants to become so concentrated in the cabin that passengers actually breathe in more fumes and particles when riding in the car than when walking down the street," said Rich White, executive director, Car Care Council. "With allergy season quickly approaching, replacing the cabin air filter is a simple way for you and your

passengers to breathe easier while driving."

A restricted cabin air filter can cause musty odors in the vehicle and impair airflow in the HVAC system, possibly causing interior heating and cooling problems. Over time, the heater and air conditioner may also become damaged by corrosion. In addition to trapping pollen, bacteria,

dust and exhaust gases, the cabin air filter prevents leaves, bugs and other debris from entering the heating, ventilating and air-conditioning (HVAC) system.

Cabin air filters should not be cleaned and reinstalled. Instead, they should be replaced every 12,000 to 15,000 miles, or per the owner's manual. Most filters are acces-

sible through an access panel in the HVAC housing, which may be under the hood or in the interior of the car. An automotive service technician can help locate the cabin filter and replace it according to the vehicle's owner manual. Some filters require basic hand tools to remove and install the replacement filter while others just re-

quire your hands.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a copy of the council's Car Care Guide or for more information, visit www.carcare.org

Abuse from 14

non-accidental use of force that results in bodily injury, pain or impairment, including but not limited to, being slapped, burned, cut, bruised or improperly physically restrained.

- Sexual Abuse — the non-consensual sexual contact of any kind, includ-

ing but not limited to forcing sexual contact or forcing sex with a third party.

- Emotional Abuse — willful infliction of mental or emotional anguish by threat, humiliation, intimidation or other abusive conduct, including but not limited to frightening or isolating an adult.

- Neglect - Active Neglect — willful failure by the caregiver to fulfill the caretaking functions and responsibilities assumed by the caregiver, including but not limited to, abandonment, willful deprivation of food, water, heat, clothing and bedding, eyeglasses, dentures, or

health related services.

- Passive Neglect — non-willful failure of a caregiver to fulfill caretaking functions and responsibilities assumed by the caregiver as listed above.

- Self-Neglect — an adult's inability, due to physical and/or mental impairments, to perform

tasks essential food, clothing, shelter and medical care; obtaining goods and services necessary to maintain physical health, mental health, emotional well-being and general safety or managing financial affairs.

- Financial Exploitation — improper use of an adult's funds, property or resources by another individual, including but not limited to, fraud, false pretenses, embezzlement, conspiracy, forgery, falsi-

fying records, coerced property transfers or denial of access to assets.

If you would like more information go to www.ny-selderabuse.org/understanding-elder-abuse

If you would like to report Elder Abuse contact your local Adult Protective Services at 315-867-1231. This information was provided by the New York State Coalition on Elder Abuse and Office For the Aging/NY Connects 867-1415.

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Prevent a garden slugfest with baits, upkeep

by Dean Fosdick, Associated Press

Slugs and snails are ravenous plant eaters that leave behind slimy trails of destruction as they glide through nurseries and lawns, farm fields and gardens. Remedies abound, but prevention is an effective way to start.

"Remove any debris from the garden," said James Dill, a pest management specialist with University of Maine Extension. "Straw, boards, leaves and stuff like that. They provide the perfect hiding places for slugs in the daytime. Then they come out at night and do their damaging thing."

Slugs are essentially snails without shells, Dill said. "Sizes and colors are all over the map but both can be very destructive."

Slugs and snails prefer feeding on soft-leaved plants, although they

will eat whatever is available.

"Three or four years ago I would have said strawberries, hostas and leaves," Dill said. "But when you see the damage done to potatoes or tubers, you realize they can rasp on anything."

Slugs prefer cool, rainy climates where they won't dry out. Snails, which can find relief from the heat by withdrawing into their shells, are more adapted to dry climates.

Effective snail and slug management calls for a combination of garden upkeep and trapping. As for the most commonly used homemade baits, however, put away the saltshakers and leave the beer in a cooler, said Robin Rosetta, an entomologist with the Oregon State University Extension Service.

"Table salt can dry up the mollusks but it also

can build in the soil over time, damaging plants," she said. "Fermented sugar water and yeast is cheaper than beer-baited traps and just as functional for drowning slugs."

Commercial baits are toxic to snails and slugs, but some varieties — especially those containing metaldehyde — can be harmful to children and pets.

"The iron phosphate products work really well, are generally less toxic than other chemical controls, and several are organic," Rosetta said.

Be prepared to reapply the baits since not all slug and snail species are active at the same time. "Bait throughout the year or you could see damage you didn't expect because you didn't hit a particular group," Rosetta said.

Making your yard less hospitable to slugs and

snails is generally more effective than using chemicals, she said.

Consider:

- Watering plants in the morning when snails and slugs are less active. Using drip irrigation rather than sprinklers also makes their habitat less appealing.

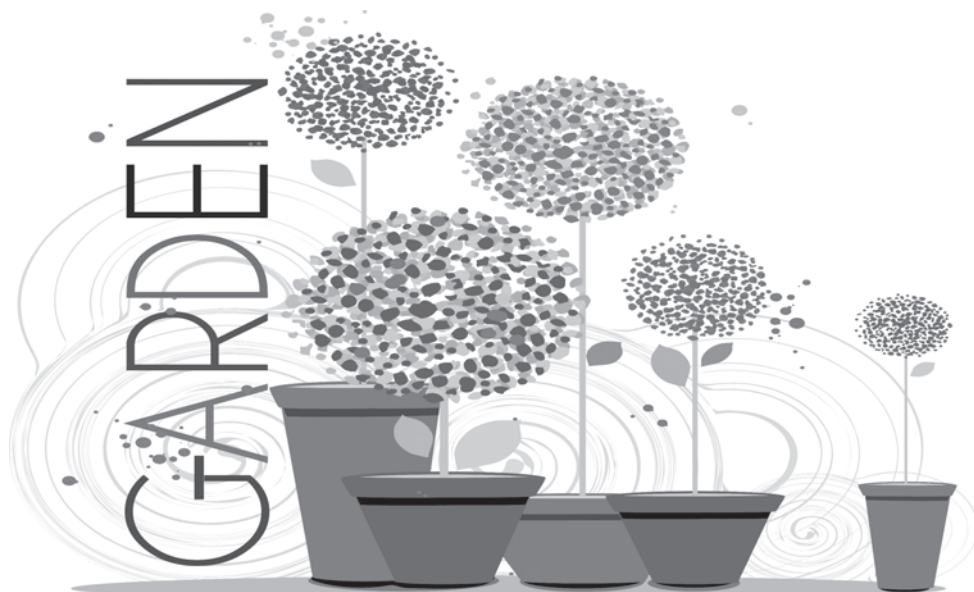
- Distancing plants that need more water

from those that are drought-tolerant. "This will limit areas that slugs call home," Rosetta said.

- Weeding to eliminate moist places where slugs find cover.

- Handpicking slugs about two hours after sunset. "Handpicking is a viable method if you have the time and a small area," Rosetta said.

- Using barriers to separate slugs and snails from planting beds. Slugs and snails are effective climbers so raised bed gardens and containers aren't good deterrents. "Placing copper strips around those systems, though, works as a repellent, and is toxic to slugs and snails," Rosetta said.



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by Dave T. Phipps



King Crossword

1	2	3	4		5	6	7		8	9	10	11
12				13					14			
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48 Natural aptitude	9 quotes	coin
49 Oklahoma city	39 Passenger Parks	29 Pornography
50 Bakery buy	10 Help a crook	31 Lair
51 Third son	11 Will be (Sp.)	33 "— It Through the Grapevine"
	13 Tiny branch	
	19 "The Sultan of Swat"	34 Skin
DOWN		36 Crazy
1 Brit. mil. award	20 Arrow launcher	37 Mini-flute?
2 — Jima	21 Grand-scale tale	38 Exemplar of craziness
3 Zodiac feline	22 Sense	39 Needle case
4 One of the Beatles	23 Reality, old-style	40 Otherwise
5 Argument	25 Largest store in a chain	43 Blackbird
6 Conger, for one	26 Mosque VIP	44 Individual
7 Pay heed	27 Continental	45 Autumn mo.
8 Book jacket		46 To the — degree

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7			2			6		

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Answer

[illegible]

Solution time: 21 mins.

King Crossword

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Railing is missing. 2. Watering can is missing. 3. Pockets are missing. 4. Birdhouse is missing. 5. Shoe is missing. 6. Bush is missing. 7. Birdhouse is moved.

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Country Editor

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330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
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510 Fresh Produce, Nursery
525 Fruits & Berries
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535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
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815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
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975 Rentals
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Students in Jonesboro build wheelchairs for dogs

by Sarah Morris, The Jonesboro Sun

JONESBORO, AK (AP) — Patches of missing fur mark Lila's hind legs, a result of her struggle anytime she tries to stand.

But once up, the small Chihuahua mix is quick to make her presence known.

Lila, who experienced a brief period of paralysis in her hind legs, is one of the canine models for 15 students at Jonesboro Health, Wellness and Environmental Studies Magnet School who are building wheelchairs to help paralyzed dogs move around.

"I think it is a good way to help out animals that are disabled because it is unfair that they can't help

themselves," sixth-grader Kaleb Anderson, 12, told The Jonesboro Sun.

"But, we can," he said.

Art teacher Georgia Summitt said Lila was the project's inspiration. The dog belongs to Summitt's 9-year-old daughter.

Work began after Summitt and her family returned home from a Labor Day weekend trip to learn Lila was having trouble with her back legs because of two slipped discs in her spinal cord. After losing their 15-year-old dog, Summitt said the thought of losing another beloved dog was difficult.

A surgery to repair damage ended with the dog having an 80 percent chance of permanent paralysis, Summitt added.

She began researching wheelchairs, which can cost \$300 to \$1,000. But, she added that "after you've had a sick pet and you have to pay the expenses, who can afford that?"

The surgery alone was \$4,500.

Instead, Summitt thought it would make for an interesting project for students; giving them a hands-on activity to utilize their math skills.

"I had told the kids at school so they were already interested in learning about the disability and all of the engineering that goes into making a wheelchair," Summitt said. "I wrote a grant for supplies with the intent to build and give away or for the small cost to build

for others."

She received a \$500 Science Initiative for Middle School grant and two individual donations from pet owners through www.donorschoose.org.

"One was out of California from a lady whose dog had a similar issue in honor of her dog. The other was a private donor from New York," Summitt said. "It's really neat to have connections with other people who felt the same way."

The school's sixth grade gifted and talented students began by researching the project before splitting up to work in groups of two or three.

Maggie Ferguson, 12, said the wheelchairs are made out of PC pipes

and straps with dogs measured to ensure the pipes are cut the right length. They are measuring various dogs — mostly pets of other teachers — to build wheelchairs in different sizes.

Myia McCullough, 11, enjoys working with dogs but said she has trouble keeping the dogs still for measurements. It has to be perfect for the wheelchair to fit and not hurt the dogs they are intended to help.

"It's kind of hard because Lila doesn't like the wheelchair that much," she added. "She's like 'I can walk now — I don't need it.'"

The students have enjoyed the experience because it allows them to

learn to construct an item instead of purchasing it. It has also helped with their math skills.

Anderson said he also has learned how to piece together items. For example, if the wheels are too big for the wheelchair, the dog won't be able to move.

With Lila regaining use of her back legs, Summitt said the Memphis veterinarian who performed Lila's surgery was interested in helping students find other paralyzed dogs who are in need of the wheelchairs.

The prototypes are expected to be complete by May and Summitt said this year's fifth grade gifted and talented students would pick up the project next year.

The danger of smoking while driving

Using a cell phone, texting and drinking alcoholic beverages are all activities that can lead to fines or arrest if done while in a moving vehicle. But in some areas, it is already illegal or may soon be, to smoke in a vehicle if in the presence of children.

Since 2006, several communities across North America have implemented laws to prevent smoking in cars when children are present, and campaigns for smoke-free car laws are poised to continue.

The public has become increasingly aware that

there is no safe level of exposure to secondhand smoke. Secondhand smoke, also known as environmental tobacco smoke, includes the smoke that a smoker exhales and the smoke that comes from burning tobacco products. Thousands of toxic chemicals are present in secondhand smoke, including formaldehyde, lead, butane, cyanide, and carbon monoxide. These dangerous chemicals can be inhaled and tend to linger in the air for hours or longer. Smoke residue also clings to a smoker's body and hair and can

even surface inside of a home or vehicle, according to The Mayo Clinic.

Asthma, heart disease and cancer may result from contact with secondhand smoke. When someone smokes within the small enclosed space of a car, passengers are exposed to air that is many times more toxic than what the EPA considers hazardous air quality, even if a window is down. What's more, the particulates of tobacco smoke that are absorbed in the upholstery off-gas back into the air even after many days have passed, exposing

riders to toxins well beyond when someone smoked in the car.

The developing bodies of children and their small stature put youngsters at risk for greater complications from cigarette smoke, although any passenger is at risk.

Laws vary depending on location and typically apply to children ages 16 and under. Smokers are urged to quit smoking for their health and the health of others. But those who continue to smoke should refrain from smoking when inside a vehicle, especially when children are present.

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7. Our tax toolkit at www.TaxpayerAdvocate.irs.gov has basic tax informa-

tion, details about tax credits (for individuals and businesses), and lots more.

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Study to test 'chocolate' pills for heart health

by Marilynn Marchione,
AP Chief Medical Writer

It won't be nearly as much fun as eating candy bars, but a big study

is being launched to see if pills containing the nutrients in dark chocolate can help prevent heart attacks and strokes.

The pills are so packed with nutrients that you'd have to eat a gazillion candy bars to get the amount being tested in

this study, which will enroll 18,000 men and women nationwide.

"People eat chocolate because they enjoy it," not because they think it's good for them, and the idea of the study is to see whether there are health benefits from chocolate's ingredients minus the sugar and fat, said Dr. JoAnn Manson, preventive medicine chief at Harvard-affiliated Brigham and Women's Hospital in Boston.

The study will be the first large test of cocoa flavanols, which in previous smaller studies improved blood pressure,

cholesterol, the body's use of insulin, artery health and other heart-related factors.

A second part of the study will test multivitamins to help prevent cancer. Earlier research suggested this benefit but involved just older, unusually healthy men. Researchers want to see if multivitamins lower cancer risk in a broader population.

The study will be sponsored by the National Heart, Lung and Blood Institute and Mars Inc., maker of M&M's and Snickers bars. The candy company has patent-

ed a way to extract flavanols from cocoa in high concentration and put them in capsules. Mars and some other companies sell cocoa extract capsules, but with less active ingredient than those that will be tested in the study; candy contains even less.

"You're not going to get these protective flavanols in most of the candy on the market. Cocoa flavanols are often destroyed by the processing," said Manson, who will lead the study with Howard Sesso at Brigham and others at Fred Hutchinson Cancer Research Center in Seattle.

Participants will get dummy pills or two capsules a day of cocoa flavanols for four years, and neither they nor the study leaders will know who is taking what during the study. The flavanol capsules are coated and have no taste, said Manson, who tried them herself.

In the other part of the study, participants will get dummy pills or daily multivitamins containing a broad range of nutrients.

Participants will be recruited from existing studies, which saves money and lets the study proceed much more quickly, Manson said, although some additional people with a strong interest in the research may be allowed to enroll. The women will come from the Women's Health Initiative study, the long-running research project best known for showing that menopause hormone pills might raise heart risks rather than lower them as had long been thought. Men will be recruited from other large studies.

Manson also is leading a government-funded study testing vitamin D pills in 26,000 men and women. Results are expected in three years.

People love vitamin supplements but "it's important not to jump on the bandwagon" and take pills before they are rigorously tested, she warned.

"More is not necessarily better," and research has shown surprising harm from some nutrients that once looked promising, she said.

AUCTIONS

HOSKING SALES

Weekly Sales Every Monday 11:30 (note starting time) with Misc. & Small animals, 1:00 Dairy, followed by feeders, sheep, lamb, goats, pigs. Call for more info and sale times. Our Volume is increasing weekly - join your neighbors & send your livestock our way! Calves start at 5PM followed by cull beef.

Monday, April 14th sale - cull ave. \$.80, Top cow \$1.04, Bulls/Steers \$.90 - \$1.14, bull calves top \$.27, heifer calf top \$1.80, Dairy feeders \$.58 - \$1.07, feeder heifers \$1.00 - \$1.49, feeder bulls \$1.00 - \$1.40, feeder steers \$1.05 - \$1.30, Slaughter hogs 230# - 256# \$.91 - \$.95, 300# - 500# \$.30 - \$.60. Dairy Milking age top \$1825, Bred heifers top \$1750, Open Heifers top \$850, young heifer calves \$270.

Hosking Sales Spring Round up sale featuring the Endless Trails Farms, LLC Herd - 54 bred cows Ave. \$1.21# (\$1531.00), top per # \$1.65, top dollar \$1801.57.

Monday, April 28th - Normal Monday Sale

Saturday, May 3rd - Sale on Farm - Scheneyus, NY. 10:30 AM. Dan & Mae's Dairy Complete Cattle & Machinery Dispersal. 120 Head of mostly Holsteins - 71 milking age balance youngstock. Complete line of Machinery: Ford 8600; Ford 5000 row crop; White 2-85; NH LS 170 Skid steer w/3411 hrs.; NH 273 kicker baler; Int. 445 kicker baler; Hesston 5500 Round baler; 2 - Gehl Scavenger Spreaders; NH 155 spreader; 1 steel hay wagon; 2 wooden hay wagons; Int. 120 tandem self unloading wagon; Gehl 640 tandem self unloading wagon; H&S front & rear unloading forage wagon w/tandem gear; JD 714 self unloading wagon; Gehl 640 self unloading wagon; Brillion seeder; 12' transport; White 4 row corn planter (dry fert.); Allis Chalmers chisel plows; Oliver 10' 252 transport disc; White 508 4 bottom spring reset plows; JD 1360 Discbine; NH Super 717 chopper w/hay head; 2 - JD Choppers 3950 w/2 heads & 3940 w/2 heads; JD 65 blower; Gehl 1540 blower; Reel Auggie 2250 mixer; Knight 3030 mixer; 2 smoker elevators; 3pt. fertilizer spreader; Ford front end loader; 18.4x34 duals; misc. running gears; bale spear; bale grabber; 1 plastic grain bin; 3 poly calf hutches; 4 poly feed carts; 1 bedding cart; agri metal bedding chopper; 8 metal water tubs; 530 Agri metal feed cart; 820 Uebler feed cart; Lindy semen tank.

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Things to consider before buying your next car

Buyers often find the process of finding a new car fun. Test driving vehicles and playing with all of the gadgets that today's increasingly tech-heavy vehicles have to offer can be akin to kids visiting a candy store and being given carte blanche to fill up their baskets.

But as enjoyable as finding a new car can be, the financial commitment that such a purchase requires can make the process somewhat nerve-racking as well. Buyers often assign the most risk to preowned vehicles, and rightfully so. But some buyers even regret their purchases after buying a new car, whether the car does not suit their lifestyle as much as they had hoped or the vehicle simply isn't living up to the expectations drivers had for it at the time of purchase. Savvy buyers will consider the following factors before taking the keys to their next new cars.

• Additional costs:

Many new car shoppers plan to finance or lease their vehicles, but the down payment and monthly payment is not the only number buyers must confirm before buying a vehicle. After the purchase price and monthly payments have been figured out, the two most significant costs buyers must consider are insurance and gas. Some vehicles cost more to insure than others, and the cost of a policy will depend on more than just a buyer's personal driving history. The vehicle's safety features, where a driver lives and the type of vehicle, both its make and model and the category it fits into (i.e., sports car, luxury vehicle, etc.), are all going to be used to determine the cost of an insurance policy.

Buyers also must consider how much a vehicle will cost to fuel up before making a final decision. Many a driver has grinned when driving a brand new

SUV off a dealership lot, only to frown on that first trip to the filling station. Insurance companies typically provide free estimates to prospective customers, so do your homework on the different makes and models you're considering, getting an insurance quote for each vehicle. In addition, consider the expected fuel costs of each vehicle before making a decision.

• **Reputation:** Thanks to the Internet, today's vehicle buyers have a valuable tool at their disposal that those of yesteryear rarely had: their fellow drivers. When considering certain makes and models, go online to see what fellow drivers and professional reviewers have to say about a given vehicle. Sites like Edmunds.com and Safe-car.gov offer professional assessments of various makes and models, while various message boards exist to allow drivers to review the performance of their vehicles. Such resources are invaluable and can paint a realistic picture of what it might be like to own and drive a particular automobile.

• **Resale value:** While selling a car you don't

even own yet is probably not foremost on your mind, it is important to consider a car's potential resale value before buying it. The high costs of new vehicles has pushed many buyers out of the new car market, making preowned vehicles a more affordable and attractive option. So considering a car's potential resale value before buying it new is a smart move that can pay dividends down the road when you're back on the market for a new vehicle. Kelley Blue Book (kbb.com) is a valuable resource to gauge the resale value of vehicles, and buyers can even calculate the resale value of a car over its first five years. This can help consumers determine which options to get on their new cars and even help to govern their driving habits in an effort to keep the vehicle's resale value as high as possible.

When buying a new vehicle, it can be tempting to buy the most visually stunning or gadget-heavy vehicle on the dealership lot. But buyers should consider more than just appearance and accessories before buying their next new car.



Prospective buyers should consider a host of factors before purchasing a new vehicle.



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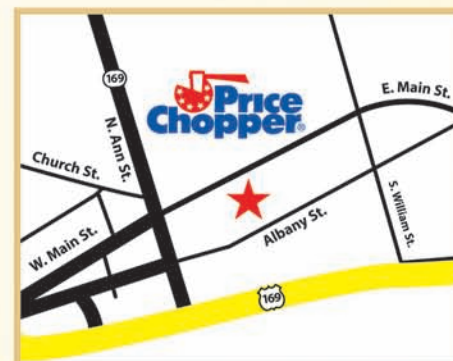


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