

Herkimer County  
**Country Editor**  
February 7, 2020

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

Volume 9  
Number 34

SALT IS GOOD: BUT IF THE SALT HAVE LOST HIS SALTNESS, WHEREWITH WILL YE SEASON IT? HAVE SALT IN YOURSELVES,  
AND HAVE PEACE ONE WITH ANOTHER. MATTHEW 9:50

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## Herkimer BOCES Cosmetology students get 'ready for the real world' by providing salon and spa services to the community

What better way to prepare students for working in cosmetology than to let them provide salon and spa services to customers from school and the local community?

That's the thinking behind the Herkimer-Fulton-Hamilton-Otsego BOCES Cosmetology program's clinic, which allows senior students to offer services including cuts, coloring, perms, manicures, pedicures, waxing and more under the supervision of Cosmetology instructor Holly Rotundo Fischer and teaching assistant Sarah Jacquays-Alberts.

"This clinic provides students with hands-on experience and the opportunity to practice interacting with customers," Fischer said. "It prepares them for entry level employment in a salon and creates a foundation for them if they want to go into a career in cosmetology."

The clinic, named Salon Illusions, is open to community members by appointment only from 9-11 a.m.

on Mondays, Wednesdays, Thursdays and Fridays at the Herkimer BOCES William E. Busacker Complex at 352 Gros Blvd. in Herkimer. The low prices of the services are used to offset the costs of putting on the clinic. To make an appointment or for information, call 315.867.2043.

Cosmetology student Madison Szczesniak, a senior of West Canada Valley, said she enjoys the clinic experience.

"I think it's really great," Szczesniak said, while recently providing services to her sister, West Canada Valley senior Caity Szczesniak. "I think it's really nice to get to work with people, so you're ready for the real world."

Madison Szczesniak plans to work in cosmetology as part of her career – including during college – and might then go into dermatology, she said.

Salon Illusions allows students to work on their cosmetology skills and get used to talking to customers –

such as being polite to them and being precise about what they want done, she said.

"It's actually like the real work environment," she said.

Adult Cosmetology student Courtney Macri also feels appreciative of the clinic and the program in general.

"It's definitely something that I wish I did in high school, but I'm happy that I'm doing it now," Macri said. "The kids in high school should take advantage of BOCES and do a trade."

While recently working on the hair of another adult Cosmetology student, Gabbi Shipman, Macri said working with real clients can be a little nerve-racking at first, but you get used to the added pressure quickly, and it's a great experience.

"I love doing this," she said.



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## Defensive driving course offered

Herkimer County Clerk Sylvia M. Rowan is offering the six-hour defensive driving course to Herkimer County residents and non-residents alike through the Herkimer County Clerk's Office. The course will be offered on Saturday, Feb. 29 from 9 a.m. - 4 p.m. with a break for lunch from noon - 1 p.m. It will take place at the East Herkimer Fire Station, 193 Main Rd., Herkimer.

Payment is \$35 and includes all books and materials. Once you make your payment you will be enrolled in the class. Upon completion of the classroom training, participants are eligible for a reduction in New York State points and insurance.

Payment and enrollment is made at the Department of Motor Vehicles, 109 Mary St., Suite 1111, Herkimer. For further information, call 315.867.1130.

## Family disaster planning

When disaster strikes, you won't have time to plan your response. Planning in advance for an emergency is the best way to protect your family. "By working as a team and ensuring that family members know their roles, your family will be prepared to handle disaster before it strikes," said Diane Ward, CHN of Herkimer County Public Health.

"A well thought-out preparedness plan will better protect your family from such disasters as a tornado, hurricane, earthquake, fire, flood, a hazardous materials spill or even an act of bioterrorism. Your plan should include educating your family about what actions to take to keep them safe, as well as assembling a family disasters supply kit," Ward said.

According to the American Red Cross, a family disaster plan should include educating your family about warning signals, emergency numbers, contact person(s) and a meeting place. Ward said, "Talk to your partner and children about warning signals. Your family should be familiar with emergency sounds and warnings, such as fire detectors, fire alarms and sirens. Everyone should know emergency numbers. Keep emergency numbers visible and accurate in your home. All phones should have easy-to-read emergency numbers posted on them. Have family members carry emergency numbers in their wallets, backpacks and other carry-along items."

She continued, "Designate an out-of-state contact person for a buddy check. If you are separated during an emergency, family members can check-in with that 'buddy.' Assign two places to meet in case your family gets separated or if you are not allowed to return to

your home."

The American Red Cross says that you should stock your emergency kit with six basic supplies: water, food, first aid and supplies, clothing, bedding, tools and special items, such as communication devices. Since electricity, power and phone lines could be knocked out, it's crucial that your supplies include a battery-operated radio. Also, include battery-operated flashlights. Store the supplies in an easy-to-carry, waterproof backpack or duffel bag.

Ward said, "Keep at least a three-day supply of water for each person in your household. Store water in plastic containers, such as soft drink bottles. Store one gallon of water per person per day - two quarts for drinking and two quarts for food preparation and sanitation."

"Store at least a three-day supply of non-perishable food," she continued. Good choices are canned meats, fruits and soups; high-energy foods, such as peanut butter

and granola bars; and comfort and stress foods, such as cookies and dry cereal, stored in a tightly sealed container.

The first aid kit should include assorted, sterile adhesive bandages, scissors, needles, tweezers, moistened toiles, antiseptic, thermometer, lubricant, cleansing agent or soap and sunscreen. Include non-prescription drugs such as aspirin and non-aspirin pain reliever, anti-diarrhea medication, antacid, syrup of Ipecac (used to induce vomiting for poisoning and given under the direction of a poison prevention specialist) and laxatives.

Ward said, "Evaluate your family disaster plan at least once a year. Make sure batteries, medications and emergency numbers are updated regularly."

For more information on creating a disaster plan and kit, call Herkimer County Public Health at 315.867.1176.



★ **Furniture & Tool Auction**  
★ **Tuesday, Feb 18<sup>th</sup> • 5:00pm** ★

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Published weekly on Friday by Lee Newspapers  
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Palatine Bridge, NY 13428  
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# Weekly SUDOKU

by Linda Thistle

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

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

## DIFFICULTY THIS WEEK: ♦

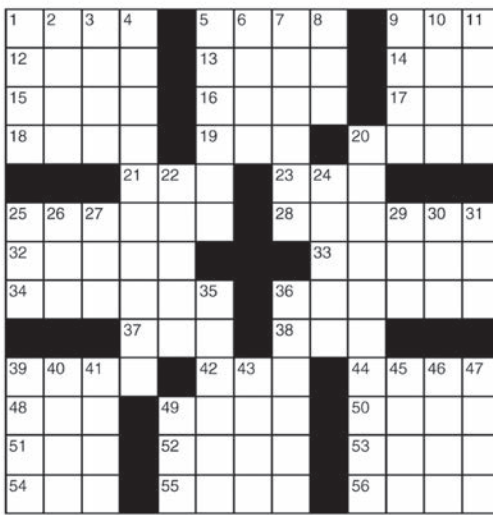
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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# King Crossword

## ACROSS

- 1 Item on stage
- 5 Relaxation
- 9 "Help!"
- 12 Emanation
- 13 Picture of health?
- 14 Demonic tyke
- 15 Dance lesson
- 16 Green land
- 17 Grazing area
- 18 Loafer, e.g.
- 19 Wrestling surface
- 20 Small horse
- 21 Tear
- 23 Eggs
- 25 Ought not
- 28 Plunder
- 32 Jellied dish
- 33 Flat
- 34 Neptune or Poseidon
- 36 Makes baby food, maybe
- 37 Id counterpart
- 38 Allow
- 39 "Ironside" star
- 42 Definite article
- 44 "Phooey!"
- 48 Past
- 49 Desktop symbol
- 50 Sheltered
- 51 Under the weather
- 52 Filly's brother
- 53 Mountain goat
- 54 Caustic

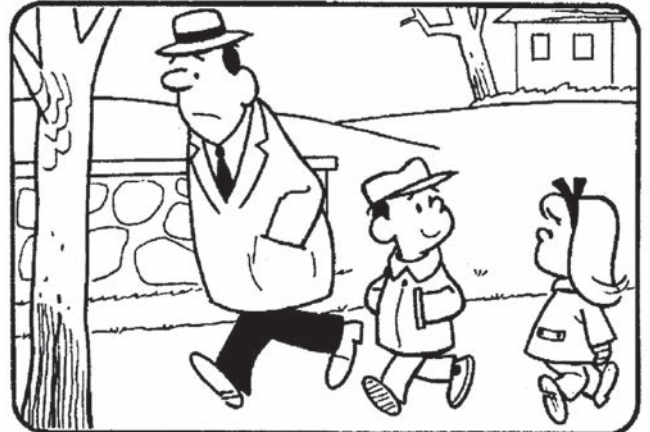


- chemical
- 55 TV trophy
- 56 "— and the Tramp"
- 8 Storm center
- 9 Missile shelter
- 10 Portent
- 11 Fix, in a sense
- 20 Evidence of fraud
- 22 Disguised, for short
- 24 Cost
- 25 "More," to Jose
- 26 Work with
- 27 Hot tub
- 29 Word implied in "been there, done that"
- 30 Born
- 31 Golfer Ernie
- 35 E-business
- 36 More than enough
- 39 Kind of bond
- 40 Pre-swan
- 41 Portrayal
- 43 Ian or Celeste
- 45 Jessica of "Fantastic Four"
- 46 Prepared to drive
- 47 Alluring
- 49 Lemieux milieu

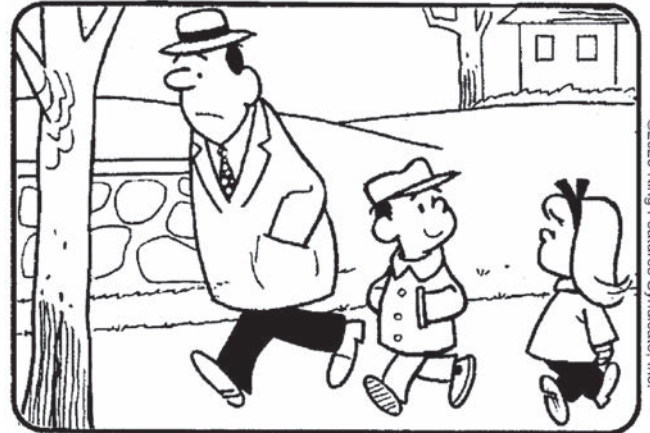
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# HOCUS-FOCUS

BY HENRY BOLTIKOFF

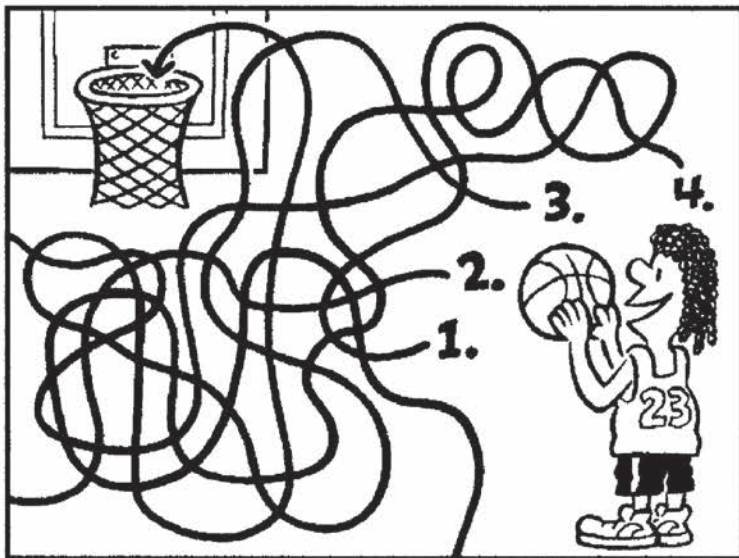


Find at least six differences in details between panels.



Differences: 1. Tie is different. 2. Wall is shorter. 3. Belt is missing. 4. Pants are different. 5. Jacket is different. 6. Tree is moved.

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**SLAM-DUNK** this one on the first try! See if you can guess which is the winning shot.

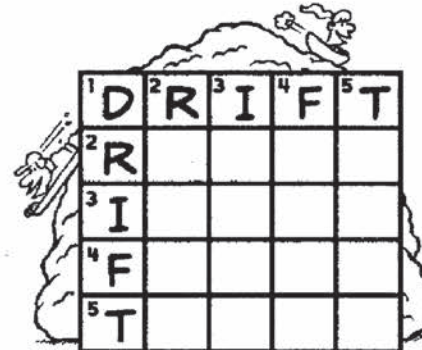
**A PIRATE'S GAME!** See if you can take the letters in this pirate's call for wagers and use them to spell out two numbers.

The letters in **RUM BETS NOW** can be rearranged to spell out TWO NUMBERS. (Isn't that what we asked for?)



**DON'T BE SNOWED IN!** At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

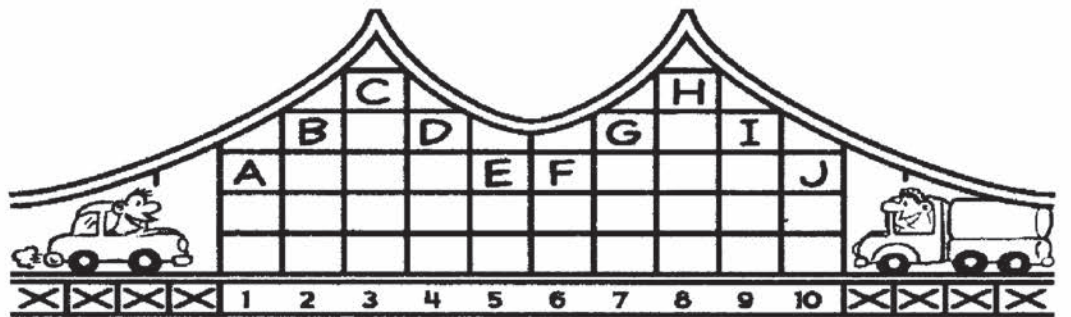
1. A pile of snow (DRIFT, in place).
2. One source of news.
3. A work avoider.
4. Feudal estates.
5. Trunk of the human body.



1. Drift. 2. Radio. 3. Idler. 4. Fiefs. 5. Torso.

# Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

## A WORD BRIDGE!

The bridge above contains 10 supporting words. We give you the first letter of each word plus plenty of hints:

1. An axlike tool.
2. Modern unit of speed.
3. Criminal plan.
4. Speaker's platform.
5. Recede.
6. Mediterranean hat.
7. Valley.
8. Absence without permission.
9. Irritates.
10. Type of dance.

1. Adz. 2. Baud. 3. Caper. 4. Dais. 5. Ebb. 6. Fez. 7. Glen. 8. Hooky. 9. Ifts. 10. Jig.





Former Beltone hearing specialist Marcus Boehm stayed on to run the Herkimer Hearing Aid Center for 27 years. Photo courtesy of Herkimer Hearing Aid Center

## Herkimer Hearing Aid Center celebrates 27 years

On Jan. 24, the Herkimer Hearing Aid Center celebrated 27 years of service for the hearing impaired with its location at the Prospect Complex in Herkimer. The center originally opened its office in the Prospect Complex in 1993 as a regional Beltone Hearing Aid Center office. When the Beltone owner retired in 1998, then-Beltone hearing specialist Marcus Boehm stayed behind and continued the hearing center's important mission to help the local population with hearing loss under the name Herkimer Hearing Aid Center.

"By becoming an independent practice, we were able to offer many different hearing solutions and

technologies from numerous national hearing aid laboratories, not just from one company. So we were immediately able to help more people with their unique hearing losses," said Boehm, a national board certified hearing care provider. "We continue this tradition of helping people with hearing losses by having the laboratories create all our custom hearing aids with the correct combinations of components for their unique prescription needs. By staying independent, we have no quotas to meet, no commissions to pay out, no corporate restrictions nor cost-based limitations to be bound by. This means that we can thoroughly test people and we

can show them exactly what we can do for their individual hearing losses, with no rush, no pressure and no gimmicks, and then create exactly what they need for their unique hearing loss, nothing more and nothing less. We do what's best for each individual. That's how we have grown over the past 20-plus years in this community and how we'll continue to do the best for each individual for the next 20-plus years."

The Herkimer Hearing Aid Center is located in the Prospect Complex at 200 N. Prospect St. in Herkimer, and can be reached at 315.866.6728.

## Tech ready for emergencies

Are you "tech ready" for emergencies? Knowing how to maximize today's communication technology can keep you and loved ones healthy and safe. A cell phone and social media networks can quickly help you connect and check in with family, friends and neighbors, and get emergency help, breaking news and weather updates.

"Social media networks and cell phones, plus iPads and other digital devices, can keep you informed, engaged and able to communicate in real-time, 24/7," Diane Ward, CHN of Herkimer County Public Health, said. Being tech ready includes having "the juice" to keep it going even in a power outage, so have mobile battery packs and hand-crank, battery-operated or solar emergency chargers on hand for your phone and devices.

Here's more "tech tips":

- Keep your contacts lists updated across all your social media platforms

- Program "In Case of Emergency" (ICE) contacts into your cell phone so emergency personnel can contact those people if you are hurt

- Know how to download and use phone applications or apps. Apps can turn your phone into a flashlight, give you first aid instruction and keep you updated on weather and road conditions, as a few examples

- If you have a traditional landline (non-broadband or Voice over In-

ternet Protocol or VoIP) phone, keep at least one non-cordless receiver in your home because it will work during power outages. Also look into VoIP software that can turn a standard Internet connection into a way to place free phone calls

- Forward your home phone number to your cell phone number if evacuated

- Consider purchasing a NOAA weather radio. For details, go to [noaa.gov](http://noaa.gov) or [nws.noaa.gov/nwr](http://nws.noaa.gov/nwr). NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service Office. You cannot get this weather information using a regular transmittal radio.

If you have to make calls using your smartphone during or after a disaster:

- Keep the conversation short and share

only vital information to emergency personnel and family. Don't use mobile devices to watch videos, download music or play video games, all of which can add to network congestion. Limit use of these services to help potentially life-saving 911 calls get through.

- For non-emergency communications, use text messaging, email or social media. Data-based services like texts and emails are less likely to experience network congestion. Use social media to contact family and friends.

- If you are unsuccessful in completing a call, wait 10 seconds before redialing to help reduce network congestion.

- Conserve your cell phone battery by reducing the brightness of your screen, putting your phone in airplane mode

and closing apps you are not using.

- If you lose power, you can also charge your cell phone in your car. Just be sure your car is in a well-ventilated place (remove it from the garage) and do not go to your car until any danger has passed. You can also listen to your car radio for important news alerts.

"Search the internet for apps, websites and social media sites that could be helpful during an emergency," Ward said, and save that information to your phone, along [facebook.com/NYSDOH](http://facebook.com/NYSDOH) and [twitter.com/HealthNY-Gov](http://twitter.com/HealthNY-Gov).

Any other questions, contact Herkimer County Public Health at 315.867.1176 or [dward@herkimercounty.org](mailto:dward@herkimercounty.org).



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## Mohawk Valley Rotary Club donates \$200 to Herkimer County Hunger Coalition

The Mohawk Valley Rotary Club welcomed guest speaker Laura Hailson, director of Herkimer County Hunger Coalition, at their meeting on Jan. 21. The club presented Hailson with a \$200 donation to their program Operation Candy Cane. Operation Candy Cane collects snack items, paper products and toiletries along with handmade cards that are distributed

at the Marine Cpl. Gregory Harris Hospitality Room at Hancock Airport in Syracuse. The facility serves active and retired military personnel.

The Herkimer County Hunger Coalition was created initially to work with Herkimer County food pantries in helping guarantee that they provide ample, nutritious meals for residents at hunger risk.



(L - R) Elyse Enea Bellows, Lisa Gollegly, Casey Bayes, Roger Skinner, Laura Hailson and Rocco Lamanna.  
Photo courtesy of Herkimer County HealthNet

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## What to know about DIY insulation

Perhaps due in part to the popularity of home improvement television shows, many homeowners now tackle an assortment of home projects without professional assistance. These weekend warriors embrace the do-it-yourself philosophy to home improvement, saving lots of money along the way.

As rewarding as successful DIY projects can be, it's important that homeowners avoid getting in over their heads. Some projects, such as those that involve plumbing or roofing, tend to be best left to the professionals. But many other projects, including insulation installation, are very DIY-friendly.

### Can I install insulation myself?

The Insulation Institute notes that DIY insulation installation is definitely doable, though typically only when homeowners are installing certain types of insulation. The Institute notes that installing fiberglass or mineral wool insulation can be simple. However, homeowners who prefer spray foam insulation should leave installation to the professionals.

### What should I do before beginning the project?

The Insulation Institute advises homeowners who are going to install insulation to determine if vapor retarders, sometimes referred to as "vapor

barriers," will need to be installed before they begin the project. Vapor diffusion retarders can reduce the amount of moisture transferred by air currents, but they are not always necessary. Factors such as climate, cladding type (i.e., brick, stucco, wood, etc.) and the location of the wall being insulated will help homeowners determine if they need vapor diffusion retarders. Homes located in places with mixed climates often need vapor diffusion retarders. DIYers can visit [www.insulationinstitute.org](http://www.insulationinstitute.org) to learn more or consult with an insulation or watersealing professional to determine if they need vapor diffusion retarders.

Determining R-value is another important pre-project step. Different climates require different insulation R-values, which the U.S. Department of Energy notes is a measurement of an insulating material's resistance to conductive heat flow. The higher the R-value, the greater the insulation effectiveness. The amount of R-value your insulation needs will depend on the climate, the existing heating and cooling system in the house and which part of the house you will be insulating. More information about R-value is available at [energy.gov/energysaver/weatherize/insulation](http://energy.gov/energysaver/weatherize/insulation).

DIYers also will need the appropriate tools and attire before beginning an insulation installation project. In addition to the insulation itself, the online resource The Home Improvement Web® recommends the following tools:

- Safety glasses
- Dust mask or respirator
- Stapler (electric, standard, or hammer type)
- 3/8" or 1/2" staples

- Protective clothing
- Work light
- Tape measure
- Extension cord
- Utility knife and extra blades
- Stepladder(s)
- Straightedge for cutting insulation

DIYers can access any number of insulation installation tutorials online to determine if they can install insulation without hiring professionals.

## Smullen announces 2020 Legislative Survey

Assemblyman Robert Smullen (R, C, Ref-Meco) has announced that his 2020 Legislative Survey is available for constituents to provide their feedback on issues facing New York State. Many residents in the 118th Assembly District will be receiving a copy in the mail, but you can also complete the Smullen 2020 Legislative Survey online at [tinyurl.com/rvkdvb9](http://tinyurl.com/rvkdvb9).

"I welcome input from residents in our district as we enter into the thick of the 2020 Legislative Session," Smullen said. "Thank you for giving me the honor to represent the 118th Assembly District, and I look forward to hearing from you."

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.

### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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**Mon. Jan 20th** – Sold 185 head Cull ave. \$.50 top cow \$.68, Beef Breed Cull Ave. \$.57 top cow \$.57, Organic Cull Ave. \$.72 top cow \$.90, Grassfed Organic cull Ave. \$.51 top cow \$.88, Organic feeders Ave. \$.41 – top \$.86, Bulls/Steers \$.61, heifer calves top \$.25, bull calves top \$.1.10, Hogs – Sow 507# \$.50, Dairy Milking age \$1050, short bred heifers \$750, Organic Dairy Bred heifers \$775.

**Mon. Feb. 10th** – Normal Monday Sale & Monthly Heifer Sale

**Mon. Feb. 17th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

#### SALES TO WATCH FOR 2020:

**Sat. March 28th** – Premier Spring All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle. – great consignments already rolling in from Carpsdale, Ranway, Haner, Lusk, Fantasy-Found, Empire Farms, Tierney Farm, Silver Spring Farm, Morrill Farm, Woodmanssee, Big Guns Cattle Co. & Underground Genetics, Arethusa, Craig Moor, Cowbell Acres, Mac-Mara, Kayden Cornell plus many more. The quality is deep you will not be disappointed!

**Sat. April 4th** – Rhineback, NY. 9AM. Annual consignment Auction At Kesicke Farm. Agricultural & Construction Equip. To Consign contact Frank 845-590-9642.

**Sat. April 11th** – Sherburne, NY. Estate of Louise Davenport- selling Farm Equipment and large quantity of tools & parts.

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

**Sat. April 25th** – sale held at the farm. 11:30AM Edmeston, NY. Bill Gott Farm Machinery Dispersal – Complete line of Equip. including Vintage IH Equip.

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

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

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

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Answers

Answer

Solution time: 24 mins.

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

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

### Just Like Cats & Dogs

by Dave T. Phipps



### This Week's Holidays

Feb. 8 – Boy

Scout Day

Feb. 9 – National

Pizza Day

Feb. 10 – Umbrella Day

Feb. 11 – Make

a Friend Day

Feb. 12 – National

Lost Penny Day

Feb. 13 – Get a

Different Name Day

Feb. 14 – National

Organ Donor Day

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HEART  
MONTH



# How did "XO" come to symbolize kisses and hugs?

Love letters are a great way for couples to express their affection and devotion to each other. The sentiments expressed in love letters are as unique as the couples who write them. However, love letters often contain one particular turn of phrase regardless of their authors.

When signing a love letter, it's customary for writers to include at least one "XO" near their names. "XO" is widely recognized as symbolic of wishing "hugs and kisses" to a letter's intended recipient. This tradition is such an ingrained part of romantic letter writing that few may stop to pause and wonder just how the letters "XO" came to symbolize hugs and kisses.

The origins of "XO" are not definitively known,

though many historians note that signing letters with "X" dates back to the Middle Ages. Few people could read and write in the Middle Ages, but signing "X" did not require either of those abilities. Christianity played a big part in many people's lives during the Middle Ages, and "X" was seen as a representation of the Christian cross. So when people signed "X" on legal documents, they were essentially stating the contents of the document were true in the name of Jesus Christ.

While Jesus Christ's teachings are rooted in showing compassion for one's fellow man, signing a letter with "X" did not symbolize love in the Middle Ages. In fact, that development did not come about until much later. The Oxford English Dictionary attributes the first

use of "X" to symbolize love and/or kisses in a letter to English naturalist Gilbert White. However, some historians debate the accuracy of that attribution, saying White's use of the letter "X" in his letter was likely meant to convey blessings on the letter's recipient.

Researcher Stephen Goranson found many uses of the letter "X" to convey love and/or kisses in or after the 1880s, so it's very likely that this was the first time that including the letter "X" at the end of a letter took on the meaning so many people give it now.

As for "O" symbolizing hugs, even less is known about how that came about. The late American writer Leo Rosten, whose writings included 1968's "The Joys of Yiddish," suggested that including "O" at the end of a letter might have a similar origin story to "X." Rosten theorized that "O" was used by Jewish immigrants who did not want to sign a document with "X," which they, like the people in the Middle Ages, interpreted as symbolic of the Christian cross.

Exactly when "O" was paired with "X" and came to symbolize hugs is unknown, though various historians suggest the two were not paired until the latter half of the 20th century.

## Calendar of events

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

### February 7

**Black and White Hero Sale** at Ilion Masonic Temple, 118 Morgan St. Call 315.269.6493. Pre-orders requested. Pick-up will be 11 a.m.-1 p.m. and 3-6 p.m. at the Third St. (side) door. \$7. Sponsored by Evening Star Valley Chapter #82.

### February 7, 8, 14 and 15

**Pierogi and Golumbki sale** from 11 a.m. to 1 p.m. on Friday, Feb. 7 and 14 and from 9:30 a.m. to 2 p.m. on Saturday, Feb. 8 and 15 at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$7 a dozen. Golumbki sell for \$26 a dozen; \$13 a half-dozen or three-piece for \$6.50.

### February 8

Deadline for deposit on **Morning Star trip** extended to Feb. 8. \$50 deposit. Trip is to Williamsburg, Charleston and Savannah. \$880 per person double. For more information and to make reservations contact Margaret at 315.894.9581 or Barbara at 315.894.4520. 20 seats remain.

### Starts February 10

**Herkimer County HealthNet Three-Week Tobacco Cessation Program called Freshstart** beginning Monday, Feb. 10 4:30-6 p.m. at the John Guy Prindle Apartments, 80 E. North St. Ilion. Program will meet Mondays for three consecutive weeks. To register call Herkimer County HealthNet, Executive Director, Elyse Enea at 315.867.1552 or email [eenae@herkimercounty.org](mailto:eenae@herkimercounty.org).

### February 10

**Little Falls Community Blood Drive** noon to 5 p.m. at Little Falls Elks Lodge. To schedule an appointment download the free Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1.800.RED CROSS (1.800.733.2767).

### February 11

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

### February 12

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

### February 15

**Luncheon and Bake Sale.** 11 a.m. - 2 p.m. Grace Church Parish Hall, 9 E. Main St., Mohawk. Homemade soup and sandwiches. \$7. Take outs available. Call 315.866.4782.

### February 16

**Spaghetti dinner** 4-7 p.m. at St. Pauls Universalist Church, 565 Albany St., Little Falls. Tickets \$9 at the door. Children 5 and under eat free. Takeout and local delivery available.

### February 18-20

**Safe Tractor and Machinery Operation Program** at Clinton Tractor 8:30 a.m. - 3 p.m. For youth and adults 14 years of age and older. 4-H members: \$25. Non 4-H members: \$35. Lunch and materials included. Registrar by Feb. 11 at: [https://reg.cce.cornell.edu/TractorSafety2020-2-2\\_221](https://reg.cce.cornell.edu/TractorSafety2020-2-2_221) or call the 4-H Office at 315.866.7920 or email Jennifer Collins at [jlr34@cornell.edu](mailto:jlr34@cornell.edu).

### February 20

**Roast Pork Dinner** 4-7 p.m. or sold out at Emmanuel Episcopal church, The Parish Hall, 594 Albany St., Little Falls. Adults \$10. Kids 5 and under free. Eat in and take out available. Free local deliveries (Little Falls only). Call day of dinner 315.823.1323.

### February 27

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

### February 29

**Defensive Driving Class** 9 a.m.-4 p.m. at East Herkimer Fire Station, 193 Main Road, Herkimer. Break for lunch. \$35. Payment and enrollment is made at the Department of Motor Vehicles, 109 Mary Street, Suite 1111, Herkimer, NY 13350. For further information, please call 315.867.1130.

### March 1

**Central Valley CSD Foundation to host Cabin Fever Bingo** 2 p.m. at Crowley-Barnum American Legion

Post 25, Mohawk. Admission \$10. Advance sale tickets available from Foundation members or by calling Foundation President JoAnn Duga at 315.894.3116.

### March 14

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

### March 17

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

### March 24

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

### April 15

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

### April 15

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

### April 21

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

### April 25

**Herkimer County Salvation Army Craft Fair** 10 a.m. - 3 p.m. at 431 N. Prospect St., Herkimer. Contact Rose Fohs at 315.867.4996 or Capt. Laurie Wood at 315.866.1240 to be a vendor. Hand made crafts. Bake sale. Face painting. Mother's Day theme. Lunch available.

### May 5

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



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# Herkimer County Fair continues winning streak



Holding the awards are Pauline Bunce, Director and Gerry Elthorp, Treasurer/ Manager of the fair. Pictures used in the winning competitions were provided by Holly Hilts, Clayville. Photo courtesy of Herkimer County Fair

The Herkimer County Fair Association won again at the International Association of Agricultural Fairs and Expos Convention in San Antonio, Texas. The Fair won 12 awards in the categories of Agriculture Promotion, Competitive Exhibits, as well as Communications and Special Events. The fair also received a 2nd place award for the Sponsorship category that can be shared with Vince's U-Pull-It of Marcy.

The Fair dates for this year's fair is Aug. 18-23, 2020 with the theme of "Something old, Something new - Forever Red, White & Blue."

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## Comfort Foods Made Fast and Healthy

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### Swiss Steak Skillet

*I don't think there is a "meat and potatoes" man around who won't give this comforting dish two thumbs up.*

16 oz lean tenderized minute or cube steaks, cut into 16 pieces

1½ cups finely sliced celery

1 cup chopped onion

1 (8-oz) can tomato sauce

1 (8-oz) can stewed tomatoes, undrained

1 tsp dried parsley flakes

Sugar substitute to equal 1 tbsp sugar, suitable for cooking

1/8 tsp black pepper

3 cups hot cooked noodles, rinsed and drained

1. In a large skillet sprayed with butter-flavored cooking spray, saute meat, celery and onion for 10 minutes. Stir in to-  
mato sauce, undrained tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.

2. For each serving, place ½ cup noodles on a plate and spoon about 1 cup meat mixture over top. Freezes well. Serves 6.

\* Each serving equals: About 233 calories, 5g fat, 22g protein, 25g carb., 307mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1½ Vegetable, 1 Starch.  
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## Six quick tips for winter driving

(NAPS) – When it comes to winter car care, many motorists tend to think of antifreeze and batteries, but vehicles need extra attention in winter, especially when the temperatures drop.

"Making sure your vehicle is properly prepared for all of winter's elements will help you avoid the aggravation of an unplanned road emergency," said Rich White, executive director, Car Care Council.

The non-profit Car Care Council offers six quick tips to help your vehicle perform at its best during cold weather months:

1. Keep the gas tank at least half full; this decreases the chance of moisture forming in the gas lines and possibly freezing.

2. Check the tire pressure, including the spare, as tires can lose pressure when temperatures drop. Consider special tires if snow and ice are a problem in your area.

3. Have the exhaust system checked for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.

4. Allow your car a little more time to warm up when temperatures are below freezing, so that the oil in the engine and transmission circulate and get warm.

5. Change to low-viscosity oil in winter as it will flow more easily between moving parts when it is cold. Drivers in sub-zero temperatures should drop their oil weight from 10-W30 to 5-W30, as thickened oil can make it hard to start the car.

6. Consider using cold weather washer fluid and special winter windshield blades if you live in a place with especially harsh winter conditions.

Drivers should also stock an emergency kit with an ice scraper and snowbrush, jumper cables, flashlight, blanket, extra clothes, bottled water, dry food snacks and needed medication. In addition, the Car Care Council recommends a thorough vehicle inspection by a trusted professional service technician, as winter magnifies existing problems such as pings, hard starts, sluggish performance or rough idling.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. To order a free copy of the popular Car Care Guide, visit the council's consumer education website at [www.carcare.org](http://www.carcare.org).



Vehicles require extra care to keep running smoothly in the winter.



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## The different types of bird feeders

Birds are big business. That may come as a surprise to people who have never given much thought to the warm-blooded vertebrates who fly over their heads every day, but tens of millions of people have a passion for birds.

A 2016 survey from the U.S. Fish & Wildlife Service found that more than 45 million people in the United States watch birds around their homes and away from home every year. That positively affects the economy, contributing billions of dollars to the tourism industry in both the U.S. and Canada every year.

While birding trips can help birdwatching enthusiasts see birds they otherwise may never see in person, bird feeders can be a great way to bring more birds into your own backyard. Choice of bird feeder can affect just which birds come to your back yard, and the following are some bird feeder options for birding enthusiasts to consider.

- **Window feeders:** Small and easily attached to windows with suction cups, window feeders are easy to maintain and bring birds right to your window. Birds that visit window feeders stand in the seed while feeding, so they must be cleaned and refilled on a daily basis.

- **Tray or platform feeders:** The online birding resource All About Birds ([allaboutbirds.org](http://allaboutbirds.org)) notes that tray feeders attract the widest variety of seed-eating feeder birds. That makes them ideal for birding enthusiasts who want to attract a variety of birds to their

properties. Tray feeders are simply platforms that hold seed and provide a place for birds to stand while they eat. All About Birds recommends tray feeders with screened, rather than solid, bottoms, as these trays promote complete drainage. Frequent cleaning is necessary with tray feeders, as bird droppings can quickly soil seed.

- **Hopper or house feeders:** These feeders are enclosed and feed seed out through the bottom. Hopper feeders are great for people who don't want to be bothered with daily maintenance, as they can hold several pounds of food at one time, greatly reducing the number of times homeowners will need to refill them. In addition, hopper feeders don't need to be cleaned as often as other feeders. However, All About Birds notes that hopper feeders, which need to be thoroughly cleaned roughly once per month, are harder to clean than other feeders.

- **Tube feeders:** Tube feeders deliver seeds to birds through screens or ports. Small perches attract birds to tube feeders, making these ideal for small birds. Some tube feeders contain perches designed for birds that can feed upside down, potentially attracting a greater variety of birds to your backyard. But All About Birds notes that seed can collect on bottom-most feeding ports, providing a breeding ground for mold and bacteria. As a result, tube feeders should be inspected and cleaned regularly.



*Bird feeders can draw an array of birds to your backyard.*

## Essentials for a bathroom remodel

What began as a utilitarian space for personal sanitation has, in modern times, transformed into one of the most coveted rooms in the house. Bathrooms have become a place to relax and unwind, and new bathrooms are on the tops of many homeowners' wishlists.

Bathrooms can be as lavish as budgets allow. Wish lists can include everything from luxurious soaking tubs to rainfall showerheads to chaise lounges to televisions or home entertainment systems contained in the space. Those contemplating their own bathroom renovations may draw inspiration from the following features.

- **Hot water recirculation system:** Few things can be as disappointing as desiring a hot bath or shower only to find that the hot water tank has been drained. The home remodeling company Normandy Remodeling says that water recirculation systems provide on-demand hot water. In such systems, hot water may continuously run through the pipes or there may be a pump underneath a sink. Either way, one needn't wait for the water to warm up any longer.

- **Double undermount sinks:** Bathroom time is at a premium, especially when people must

prepare and leave the house together. Rather than jockeying for position around a single sink, dual sinks enable more breathing room and time efficiency. Undermount sinks are easy to clean because there is no lip around where the sink meets the vanity, preventing the accumulation of grime and gunk.

- **Glass-free shower:** Soap scum and water deposits can form on shower doors, even for homeowners who are diligent with cleaning. A sizable shower prevents

water spray and affords the ability to forgo glass doors or curtains, thereby cutting down on cleaning and making the room feel more modern.

- **Multihead shower:** When redoing the shower, account for various shower heads so that the water can cascade across the body more completely. This provides a spa experience at home.

- **Touchless faucets and soap dispensers:** These aren't just for public bathrooms anymore. Touchless faucets and dispensers are more sani-


tary and convenient.

- **Separate toilet room:** A shared bath almost necessitates this type of set-up. The toilet is housed inside its own small space and closed away from the rest of the bathroom. It's more private and convenient this way.

- **Heated flooring:** You need not worry about stepping out of a warm shower onto a cold floor when heated flooring is part of the equation. This option is available in various flooring materials as well.



*Remodeling a bathroom boils down to certain coveted features that can really set a space apart.*



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Groundhog Day fun and facts

Groundhog Day offers a touch of whimsy during the often bleak midwinter chill. Across the country, eager celebrants await a rascally rodent to determine if there will be six more weeks of winter or if the nation will receive an early reprieve from the cold.

It is fun to guess if an early spring is coming, and even more so to rely on a large ground squirrel to play meteorologist. To further enhance the Groundhog Day experience, burrow into these interesting facts about the holiday and the animal itself.

- The world can thank the Germans for the Groundhog Day tradition. The see-his-shadow concept was adapted from a German Candlemas Day tradition in which clergymen would bless the candles they needed for the cold season. If the candles brought a sunny day, there would be six more weeks of winter. However, clouds and rain signified that winter would end soon. Germans who settled in Pennsylvania in the 1700s brought the custom to America.
- Germans once used a hedgehog as their animal forecaster. When relocating to Pennsylvania, groundhogs were used because they were more common than hedgehogs.
- Punxsutawney Phil is perhaps most revered for his forecasting abilities. However, more than a dozen states have their own prognosticating groundhogs. These include Buckeye Chuck in Ohio, Birmingham Bill in Alabama and General Beauregard Lee in Georgia.



Groundhog Day brings some levity to an otherwise uneventful time of year.

- Phil has been predicting the weather at Gobbler’s Knob for more than 130 years. This is quite a feat considering groundhogs typically live between six and eight years. Folklore indicates Phil sips a magical drink that will prolong his life for seven more years.
- Phil’s full name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather-Prophet Extraordinary.
- Groundhogs also are called woodchucks and are a species of rodent known as marmots. They typically weigh between 12 and 15 pounds. Woodchucks really have nothing to do with wood or chucking. The name stems from an Algonquian name wuchak.
- The National Oceanic Atmospheric Administration says Phil has seen his shadow more times than not between 1887 and 2019. Statistically speaking, six more

- weeks of winter is often the norm.
- Groundhogs prefer to live in open country or at woodland edges. They are never far from a burrow made in well-drained soil. Most have summer and winter dens.
  - Groundhogs are adept at predicting the arrival of spring, just not in the way people have come to know from Groundhog Day. Since they hibernate, when groundhogs emerge from their burrows, it’s a sure sign spring is on its way.
  - The 1993 movie “Groundhog Day” starring Bill Murray helped solidify Punxsutawney Phil as a national hero and household name. Since then, crowds numbering as high as 30,000 have made the pilgrimage to see Phil in person.

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## Is there a “best time” to buy or sell a vehicle?

The automotive industry is big business. According to the Statista Research Department, roughly 79 million cars and light trucks are expected to be sold worldwide by the end of 2019.

When buying or selling a vehicle, many people wonder if there is a particularly advantageous time to buy or sell. The best time to sell is not necessarily the best time to buy, which can present problems for vehicle owners who need to sell their current cars in order to afford new ones. Industry insiders offer their input on key times to move vehicles.

### When to sell

Cars depreciate quite a bit the moment they move off of the lot. Most lose upwards of 20% of their value within the first year, according to Edmunds, a leading automotive information company and pricing index. Certain things contribute to depreciation, including mileage, type of driving and whether the car was maintained or not.

Sometimes the best times for a person to sell are when it no longer is financially prudent to

keep the vehicle. For some, this may mean when the bumper-to-bumper warranty expires or if mileage starts to tick up, adversely affecting resale value.

The time of year to sell that is most favorable is between the months of March through August, offers U.S. News and World Report. When temperatures start to climb, people begin thinking about warm-weather and getting outdoors. This is a time of year when tax refunds are issued, and it is far enough away from the holidays to make big purchases more affordable.

### When to buy

Kelley Blue Book says that most dealerships do their biggest “wheeling and dealing” toward the end of the calendar year. November and December are some of their most profitable months, and consumers who are able to budget for a new vehicle at this time of year can get great prices. Dealers want to carry over as little inventory as possible into the new year, so some are motivated to negotiate more on the current year models, enabling

them to make room for new inventory and meet existing sales projections.

The financial resource Bankrate says the day of the week one chooses to buy also may be something to consider. Monday,

Tuesday and Wednesday are slow days at many dealerships, which may make negotiating a deal easier. Shopping holiday sales, such as those on Black Friday or New Year's Eve, also can help consumers earn better

deals.

Timing is everything in the vehicle market. Learn the best times to buy or sell a vehicle and reap the rewards.



Certain times of the year may be more favorable for buying or selling vehicles.

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Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
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Sunday School 11 AM  
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Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
300 N. Main St.  
Church Office (315) 866-0551  
Email: christchurchherkimer@mail.com  
www.christchurchherkimer.org  
Sunday Services: 10:30 AM  
Free Community Dinner: Next-to-last and Last  
Saturday of the month 5:00 PM (Parish Hall)  
Entrance to Parish Hall is on Mary Street

**ILION  
ILION COMMUNITY CHURCH**  
Pastor Dean Mabry  
44 Central Plaza  
Sunday Worship 10 AM  
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ilionchurch.com

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

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

**FIRST BAPTIST CHURCH**  
8 Second Street  
Reverend John Partise  
Wednesday Mid Week Service 7 PM  
Sunday Morning 11 AM

**MORNING STAR UNITED  
METHODIST CHURCH**  
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Reverend Bob Wallaber  
Sunday Worship 10 AM  
November 1 - May 1  
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36 Second Street, Ilion

**ILION  
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Pastor: Father Paul Catena  
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11:00 AM; Monday & Wednesday 9:00 AM

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CATHOLIC COMMUNITY OF LITTLE FALLS**  
Deacon Jim Bower, Administrator  
Rev. T. Healy, Sacramental Minister  
763 E. Main St.  
Phone 823-3410  
Saturday Vigil Mass 4 PM  
Sunday Mass 10:30 AM

**EMMANUEL EPISCOPAL CHURCH**  
588-594 Albany St.  
Sunday Schedule:  
High Mass, Rite II 10 AM  
Nursery & Sunday School 9:45 AM  
(Sept.-May)  
Fellowship Coffee Hour 11:15 AM  
Choir Rehearsal 11:30 AM  
Holy Day Masses as announced  
Confessions by appointment

**LITTLE FALLS  
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Senior Pastor Timothy Parisi  
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Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

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512 E. Gansevoort St.  
Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

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Pastor Tamara Razzano  
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www.presbylif.org  
Sunday Worship 10 AM  
Sunday School 10 AM

**LITTLE FALLS  
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Sunday Worship Service 10 AM  
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Little Falls, NY 13365  
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September - June

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Morning Worship 11 AM  
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Afternoon Bible Study 1:30 PM  
Wednesday Prayer & Bible Study 6 PM

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## New year, new...tires?

(BPT) – As you gear up for a new year with new goals, now is the time to ask yourself if your wheels need a refresh. And there's no better time, as the National Highway Traffic Safety Administration recommends that tires be replaced every six years regardless of the number of miles driven. Research shows that improperly maintained tires are one of the leading causes of vehicle accidents in the U.S., particularly among teenage drivers.

So, for this resolution, there's no gym membership required. No dietary changes. No dusting off the bookshelf or hours of self-taught YouTube classes.

Just in time for 2020, global tire brand Michelin provided key insights to kick start your shopping experience. The company shared that it starts with asking yourself a set of three brief ques-

tions before stepping into your local car or tire dealership:

- How many? Are you looking at replacing one, two or all four tires?
- What's my make and model? Is this for the family crossover SUV or for the personal sports car?
- What kind of driver am I? Arguably the most important of the three. Are you more focused on reducing noise, enhancing performance or somewhere in between? What is important to you?

As the '20s come roaring in, here are some considerations to help you find the right fit for your new tires in 2020:

**For the performance-seekers** – Fall in love with your car's untapped potential with a performance tire throughout the whole tire life, one that delivers excellent targeted features and benefits, such as dry and wet braking with no

compromise in other areas.

**For the wannabe track star** – Looking to take your sports car's performance up a level in 2020? Duly noted. Be on the hunt for a performance tire that allows you to make the most out of your time on the track – wet or dry!

**For drivers in wintry conditions** – For those harsh climates, you want a tire that provides ultimate winter confidence – which means not just snow, but ice and below freezing conditions that cover many miles, enabling you and your loved ones to fully embrace winter even in the harshest conditions.

**For that ultimate tread life** – If you're on the hunt for a tire that will get you from Point A to B time and time again, look for a tire that combines proven tread design and a reliable compound to provide durable tread life, no matter

the season.

**For the expecting** – Anticipating a new addition to the family in 2020? What's more important than what's covering your four wheels on baby's first drive home? Look for a dependable tire that maintains its performance as it wears.

**An important shopping tip** – The industry standard is to test wet-braking performance of new tires – not used. Worn tires should deliver good wet-braking performance versus new tires, and you should have access to worn-tire test results before you buy new tires.

Once you've decided what makes most sense for you, head into your dealership (or visit [MichelinMan.com](http://MichelinMan.com) for more information on the right fit) to make that drive into the New Year a safe and fulfilling one.

## Seven steps to plan a remodel

(Family Features) – Remodeling your home can be one of the most exciting projects to undertake. Whether you're thinking about a bathroom update, kitchen overhaul or a new room addition, planning and setting realistic expectations are critical in ensuring your project goes as smoothly as possible.

Consider these steps from the National Association of the Remodeling Industry (NARI) before you get started:

1. Determine your goals and needs. Understand why you are undertaking the project, whether it's for resale value or so you can enjoy your home more. If looking to increase resale value, consider the neighborhood and potential upgrades that can have the highest impact when going to market. If remodeling can make for a more comfortable space, create a list of "must-haves" and "nice-to-haves" then evaluate what's feasible. Being realistic about needs and wants can help you create a budget.

2. Get inspired. Whether watching home improvement shows or browsing the internet, finding photos of styles and looks you admire can be beneficial when sharing your vision with a remodeling contractor.

3. Understand your budget. Setting a budget and staying within it is critical to the project's success. Be sure to build in a contingency fund for unforeseen expenses. Project expenses should factor in the cost of products, labor and project management. There are also possible additional costs such as long-term maintenance, repairs, energy use and a dining out budget if undergoing a full kitchen remodel or hotel costs sometimes necessary with large-scale projects. To avoid any unpleasant surprises, be sure to get a written estimate and scope of work once you've selected a contractor.

4. Determine timing. If there is a specific event driving your remodel, work backward through the various project stages to determine a realistic timeline. Build in additional time as a buffer for unexpected delays and recognize remodeling contractors typically have long lead times and may require flexibility to deliver optimal results.

5. Find a contractor you trust. Home remodeling can be stressful no mat-

ter how well you plan, but a dependable partner can make the process go smoother. While some of the best references may come from neighbors, friends or family members, a trade association like NARI can help with its online "Find a Remodeler" tool. Make sure any contractor you're considering has several years of relevant experience, as well as liability insurance.

6. Check references. When it comes to remodeling your home, you can never be

too careful when choosing who to work with. Be sure to follow up on references, read reviews online and even check out the work of any remodelers you're considering hiring, if possible.

7. Prepare for the process. Regardless of the size of the project, there will almost surely be inconvenience, noise, dust and potential delays. Your daily routine will most likely be disrupted. Because it can be especially stressful when redoing the kitchen or an essential bath-

room, you'll probably need to consider a backup plan or other arrangements throughout the duration of the project. Remember to also declutter the work area and protect or pack away any belongings that might be in the way during the renovation.

Find more tips for planning a remodel at [RemodelingDoneRight.com](http://RemodelingDoneRight.com).



*Whether you're thinking about a bathroom update, kitchen overhaul or a new room addition, planning and setting realistic expectations are critical in ensuring your project goes as smoothly as possible.*



# Kovels: Antiques and Collecting

by Terry and Kim Kovel

## Whiskey nip

Why not start a collection this year? It's fun and encourages healthy exercise and family outings. It creates new friendships and sometimes a lucky find brings money. Bottles can be found in stores, house sales and even dug up from old dumps. There are thousands of bottle collectors who go to shows, meetings and even on trips to add to their knowledge and collections. Prices of bottles range from a few dollars to thousands of dollars. The top prices are for antique bottles that were made in a mold or blown. The most expensive of these are figural flasks of the 18th century that have the design raised in the glass. Almost all are listed and pictured in the books by Helen McKearin, so you can find out when and where they were made.

Or search for less expensive inks, poisons, medicines, bitters, perfumes, figurals, old sodas, milks, mineral waters, miniatures and even modern Jim Beam, Avon, perfumes and children's shampoo bottles. Some people collect and display the advertising that was used to sell the products in the bottles. You can even find groups that dig for bottles in old areas. Each type of bottle has been researched, and there are books, websites, museums and clubs that share information about rarity, prices and fakes. You can even join the National Federation of Bottle Clubs, which meets in many cities and welcomes new members. It's easy to search online for information. All types are listed by name.

The Kovels' online price guide shows hundreds of examples with prices. There also are numerous Kovels' books about bottles. This week's pictured blue clam-shell-shaped bottle held whiskey. It has a screw-on metal cap used on many 1885-1900 bottles.



*Would you have priced this 5 1/4-inch long figural whiskey nip (a small bottle that holds one shot) at \$702? It sold at a Glass Works bottle auction in Pennsylvania in 2018. The rare bright-blue color added to the value.*

**Q:** I'd like information about a teddy bear I have. It has long mohair, felt pads on its feet, glass eyes, straw stuffing and a growler. The arms, legs and head move. It's in good condition. There is a label that reads "Made in Federal Republik of Germany."

**A:** Your teddy bear was made between May 1949 and October 1990, when the Federal Republic of Germany (West Germany) was in existence. Bears made before World War II are more desirable than newer bears. Without a maker's name, it's not possible to give a value for your bear.

## Did you know?

Sweet potatoes, which are sometimes referred to as "yams," are widely associated with Thanksgiving. But these starchy tubers are so nutritious that people may want to consume them more often.

Sweet potatoes are loaded with fiber and an assortment of vitamins, including vitamin A and vitamin C, as the online medical resource Healthline.com notes that a one-cup serving of baked sweet potatoes with the skin still on can provide as much as 65% of the

recommended daily value of vitamin C. And the benefits of sweet potatoes don't stop there.

A 2015 study published in the medical journal Food & Nutrition Research found that anthocyanin, an antioxidant found in sweet potatoes, can protect eye cells from damage. That can promote healthier eyes and potentially help people maintain stronger vision as they age. In addition, an animal study found that the anthocyanin found in purple sweet potatoes can protect brain

function by reducing inflammation and preventing free radical damage.

While further study is necessary to determine if similar effects can be enjoyed by humans who

consume sweet potatoes, the potential to improve brain function is yet another reason to include nutrient-packed sweet potatoes in your diet.

## Current Prices

- Humidor, bust, red cheeks, teeth, yellow scarf, red bowtie, painted, Austria, c. 1900, 5½ x 5½ inches, \$90.
- Kitchen, churn, wood, crank, stand, Standard Churn Co. 1910, 22 x 38 inches, \$250.
- Map, globe, terrestrial, paper, composition, Art Deco, 1920s, 9 x 14 inches, \$340.
- Barrister's bookcase, quarter-sawn oak, graduated sections, leaded glass, Globe-Wernicke, c. 1910, 12 x 34 inches, \$740.

Tip: Look behind all hanging pictures once a year to be sure there are no insect nests, dust or loose wires.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com).

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## Donna's Day: Creative family fun

by Donna Erickson

### Fun indoor play chases bad weather away

It was a very cold day. How cold was it? When I tossed a pitcher of water up into the air from our Minneapolis front door a couple of weeks ago, fireworks of ice crystals instantly appeared and exploded in all directions. I braved opening the door again because I couldn't resist blowing multitudes of soap bubbles to observe flash-frozen icy spheres dance as they descended and bounced on the ground.

We were frozen in our tracks as the polar vortex shut us down, giving our loyal mail carrier a day off and



Supervised by his mom, Leo Anduri, 4, creates an original exercise "routine" on a rainy day in Fairplay, CO.

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closing schools.

"No outdoor play" recommendations because of dangerous wind chill had parents scrambling for indoor ideas. Letting children create on a free day was the mantra of a friend who cared for two school-age girls. While one did an "alphabet search," hunting for objects around the house beginning with letters A-Z and photographing them with grandma's cell phone, the other went online to Target's website to pretend shop by jotting "purchases" on a sheet of paper, the challenge to "spend" less than \$50.

A preschool teacher said her grandkids enjoyed creative thinking by making up clever activities based on nursery rhymes. For example, before preparing hard-boiled eggs for lunch, they recited "Humpty Dumpty" and came up with ways to protect him (bubble wrap!) from cracking on a "fall" from a shelf.

While you're not likely to get the brutally cold slap in

the face we experienced, there are still stormy and rainy days that will keep your kids inside in the weeks ahead.

Here are three more fun indoor activities:

- Be weather watchers. Check the weather online and in this newspaper. What are the conditions in another state or country where your friends and relatives live? Older kids can be reporters in a pretend weather center. One can be on location (by a window) while the other is in a mock "studio." What's the weekend prediction?

- Get moving! Physical activity is a fun and natural part of life. Challenge kids to come up with an exercise routine to their favorite music. Be their student and let them teach the moves to you.

- Tell stories. Cut out a picture from this paper, or use a printed photo from your last vacation. Encourage your child to tell a story, real or imagined, about it. Start by saying where it occurred, when it happened and what the character was doing. If your child gets stuck, encourage her by asking "And then what happened?"

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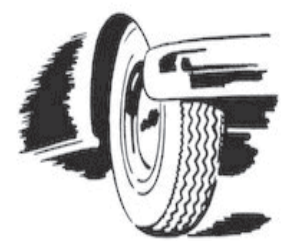
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## Yard & Garden Calendar – February 2020

by B. Rosie Lerner

### Home (Indoor plants & activities)

- Check water levels in cut flowers daily.
- Check stored produce and flower bulbs for rot, shriveling or excess moisture. Discard any damaged items.
- Most houseplants require less water in the winter because growth is slow or stopped. Check the soil for dryness before watering.
- Move houseplants to brighter windows, but don't place plants in drafty places or against cold windowpanes.
- Potted spring-flowering bulbs forced into early blooming can make good gifts for a sweetheart.
- Keep these plants in a bright, cool location for longer-lasting blooms. Forced bulbs make poor garden flowers, and you should discard them as blooms fade.

### Yard (Lawns, woody ornamentals & fruits)

- Choose appropriate plant species and cultivars and begin drawing your landscape plans.
- Cut branches of forsythia, pussy willow, crabapple, quince, honeysuckle and other early spring-flowering plants to force them into bloom indoors. Place the branches in warm water, and set them in a cool location.
- Check mulches, rodent shields, salt/wind screens and other winter

plant protections to make sure they are still in place.

- Prune landscape plants (except early spring bloomers that should be pruned after flowers fade).
- Birches, maples, dogwoods and other heavy sap bleeders can be pruned in early summer to avoid the sap flow, although bleeding is not harmful to the tree.
- Delay pruning fruit plants until you can assess winter injury.

### Garden (Flowers, vegetables & small fruits)

- Order seeds before it's too late for this year's planting.
- Sketch your garden plans. Remember to include plants to replace or replant crops that you will harvest in spring or early summer.
- Prepare or repair lawn and garden tools for the upcoming season.
- Start seeds indoors for cool-season vegetables so they will be ready to transplant to the garden early in the season. You should start broccoli, cauliflower and cabbage seeds five to seven weeks prior to transplanting.
- Test leftover garden seed for germination. Place 10 seeds between moist paper toweling or cover with a thin layer of soil. Keep seeds warm and moist. If fewer than six seeds germinate, then purchase fresh seed.

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## To Your Good Health

by Keith Roach, M.D.

### Can chocolate worsen irregular heartbeat?

Dear Dr. Roach: I am 82 years old

and still very active. I have had an irregular heartbeat for four years, and sometimes I feel lightheaded, dizzy or tired. I worry about it getting worse. Would you

please give a detailed explanation about irregular heartbeat, including how or why it happens? What should I do to prevent it from getting worse? Is it life threatening? Will it become atrial fibrillation?

Also, I am a chocolate lover and eat dark chocolate every day. But I was told that cocoa will make my irregular heartbeat worse and I should stop eating dark chocolate. Is that true? – G.Y.

**Answer:** Everyone has irregular heartbeats from time to time. Early beats can come from electrically active areas anywhere in the heart, and an electrocardiogram can tell whether they are from the atria (the top chambers) or the ventricles (the bottom chambers) of the heart.

An average person may have 500 or so of these a day – some people have many more. Most are seldom aware of them. Having patients with this concern over and over during my career, I can reassure you that most cases turn out to be nothing to worry about.

However, the fact that you are having symptoms, especially the lightheadedness and fatigue, is a warning sign, and I recommend you get an evaluation. Start with your regular medical provider, after which you may be referred to a cardiologist. The EKG in their office is a first step, but you may need a longer evaluation, such as wearing a 24-hour EKG (a Holter monitor) or newer technologies that allow longer readings.

Atrial fibrillation is a concern, because most people will need treatment to reduce stroke risk or to return the rhythm to normal. Nevertheless, there are many other kinds of irregular heart rhythms, and you need a diagnosis first. If no cause is found, there are medications to reduce the irregularity, but they are seldom used. My experience is that when a person knows they are not dangerous, they can be lived with more eas-

ily.

Chocolate does contain theobromide, a substance that can make the heart a little more irritable, but it takes a lot of chocolate to have a significant effect. It's related to caffeine in coffee. Interestingly, a recent study found that chocolate lovers are less likely to develop atrial fibrillation, so the situation is more complex than just one chemical.

Dear Dr. Roach: I read that drinking warm lemon water with honey has many health benefits, partially because lemons are an alkaline food. Is this correct? – B.W.

**Answer:** I think I saw the same article. Lemon water may have some health benefits, but it is not an alkaline food, and drinking it has almost no impact on the acidity of your blood or urine, because the body's buffer systems (the chemical processes used to keep the pH carefully regulated) are so effective. Lemons have a pH of about 2, so they are highly acidic. Ascorbic acid (vitamin C) makes the urine more acidic.

There is no consistent evidence that the foods we eat have a health benefit due solely to their effect on body pH. Many of the foods recommended for their supposed alkaline effects are indeed healthy, but for other, complex reasons apart from pH.

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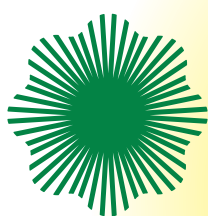
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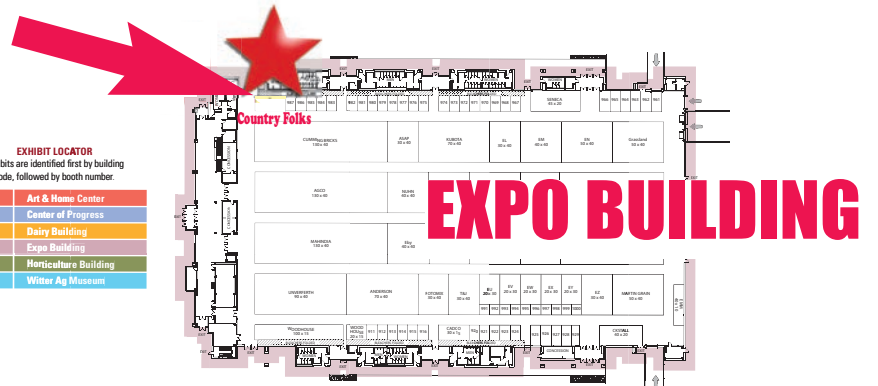
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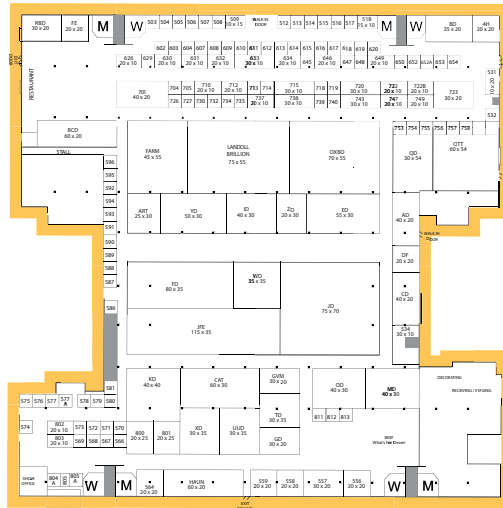
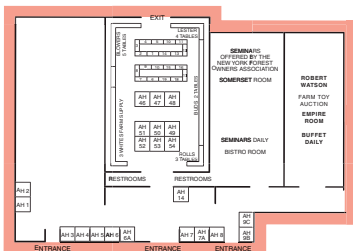
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