

HERKIMER Country Editor

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Lee Newspapers excited about taking on Empire Farm Days

As announced in January, Lee Newspapers Inc., publishers of Country Folks, Country Folks Grower and Country Editor, is now responsible for hosting Empire Farm Days (EFD). The show will take place at Rodman Lott & Son Farms in Seneca Falls, NY, July 29 - 31.

"We came into Empire Farm Days because we reached out to them about helping them sell vendor space and before we knew it, it had become the latest addition to our trade show lineup," explained Bruce Button, general manager and vice president of Lee Newspapers. "It's an exciting and challenging prospect for us because we usually put an entire year of planning into each show, and with EFD we're seven months away. We are bringing together every targeted marketing effort, including all our publications, our social media accounts and our web presence, to make the show an even more dynamic showcase for our dairy, beef and crop farmers."

Fortunately, Lee Newspapers has a surfeit of experience when it comes to organizing trade shows. The company has been hosting them for more than 30

years, beginning with the Hard Hat Expo, designed for those using construction equipment and services.

"People know our papers, but they don't necessarily know our shows," Button said. "Hosting them seemed to be a natural extension of our trade publications."

In addition to Hard Hat Expo, the Trade Show Division of Lee Newspapers also hosts the Keystone Farm Show, the Virginia Farm Show and manages the Empire State Producers Expo. Now they are leading EFD as well.

"We genuinely believe in the trade show concept. It's cooperative advertising and marketing and it's very interactive," Button stated. "We like hosting trade shows rather than consumer shows because they bring in much more targeted attendees, and those attendees are more likely to make meaningful connections – and sales."

EFD features hundreds of ag exhibitors, live demonstrations and seminars. There is something for all types of farmers, whether they run small or large operations. Button mentioned that Country Folks and Lee Newspapers have been a part of this show for 40

years. He added that EFD is "fun, because with it we can expand our demonstrations, as we have 300 acres to play with."

They're also considering possibly hosting VIP events for select producers. Lee Newspapers is focused on expanding the exhibitor base as well. Button said they are enthusiastic about this next step.

Founded in 1965, Lee Newspapers publishes targeted trade publications for the agricultural, heavy construction, aggregate, commercial horticulture and solid waste industries. Their ag trade shows have seen steady growth year over year, both in exhibitor numbers and attendance.

"Our most prominent example is the Keystone Farm Show," Button said. "When we started that in 1998, we had 83 exhibitors. In 2019, we hosted over 500."

"We are excited to be involved with leading Empire Farm Days into the future," said Ken Maring, trade show manager for Lee Newspapers.

For more information visit www.LeePub.com or call 800.836.2888.

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 train-

ing, participants are eligible for a reduction in New York State points and insurance.

Payment and enrollment are done at the Department of Motor Vehicles, 109 Mary St., Suite 1111, Herkimer.

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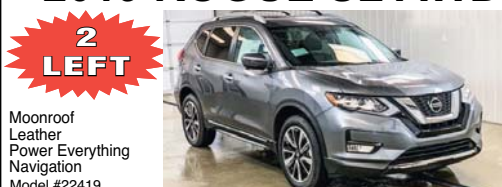
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Little Falls unveils relocation/marketing website for HGTV Home Town Takeover submission

LITTLE FALLS – Embella Inc. and the City of Little Falls have announced the unveiling of a relocation/marketing site for Little Falls as part of the city's HGTV Home Town Takeover package. The new website, www.thisislittlefalls.com, showcases the city as one of the most attractive small cities in Upstate New York to live, work and play.

Deborah A. Kaufman, a managing partner of Embella Inc., said, "Little Falls has been experiencing a resurgence of interest from Millennials who are relocating to our city for its family-centric lifestyle, year-round activities and idyllic quality of life. We wanted to create a site

that would highlight what all the fuss is about, and why Little Falls is on the radar of so many young people."

The site showcases the visual "eye candy" of the city's incredible walkability, affordable real estate, vintage architecture, iconic downtown, scenic topography along the Erie Canal and numerous assets. For a small city of just under 5,000 residents, the city has a European vibe with amenities that mimic much larger communities, including a hospital, movie theater, great lodging, bakery, butcher shop, grocery, great restaurants and numerous small shops to explore.

The design strategy is to make a connection with vis-

itors through first-hand accounts of what it's like to live and work in the city. The video for HGTV is one such feature on the site. It's taken from the perspective of someone who grew up in Little Falls, had a big-city career and moved back to create the next chapter of his life – and the city's.

The site has been in the works for the past six months and was completed as additional background for HGTV producers just in time for the show's application deadline of Feb. 7. The winning city will host the Home Town Takeover show for a six-episode town makeover slated to air on HGTV in 2021.

"We pulled out all the stops for the HGTV package. The addition of this chamber of commerce-type site gives producers a supplemental piece for background about the history, stories, festivals, events and the businesses that make up our great city. Completing it in time for the HGTV submission creates a compelling story about Little Falls," added Mayor Mark Blask.

To learn more about Little Falls, visit www.thisislittlefalls.com. The video is on the website as well.



A screenshot from the video created for the ThisIsLittleFalls.com website.

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Herkimer County Country Editor

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Area Church Services

COLD BROOK COLD BROOK UNITED METHODIST CHURCH 467 Main St. Sunday Worship 10:30 AM	HERKIMER TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM	HERKIMER CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189	ILION ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM	LITTLE FALLS INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936	MOHAWK THE WORD CHRISTIAN CENTER Pastor Gene Kipper 27 E. Main St. • Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM
DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM	ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM	HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM	LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult) *Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.	MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Pastor Wayne Getman 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM	NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM
GRACE BAPTIST CHURCH OF DOLGEVILLE Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM	CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM	CHRIST EPISCOPAL CHURCH 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@gmail.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	ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM	MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM	UNITED METHODIST Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM
DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM	REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM			DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM	KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM
DOLGEVILLE CHRISTIAN FELLOWSHIP Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM	OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30, 10:00 & 11:30 AM with iPraise for the children (K-5th grade) Phone 866-0575		HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM	MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June	ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 4 PM Sunday Mass 8 AM
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ST. JOSEPH'S ROMAN CATHOLIC CHURCH Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 31 N. Helmer Ave. Phone 315-823-3410 Mass 9 AM Sunday	NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM	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		EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM	SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service
EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com	TRINITY EVANGELICAL LUTHERAN CHURCH Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 9 AM Spoken Service 9 AM Faith Formation Sunday School 10:30 AM Service with Music Bible Studies on Thursday Mornings at 10 AM	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	LITTLE FALLS FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM		SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 10:30 AM Weekly Bible Studies
FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9:00 AM; Tuesday & Thursday 9:00 AM	THE SALVATION ARMY Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM	MORNING STAR UNITED METHODIST CHURCH 36 Second Street Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion	HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM	MOHAWK CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM	STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies



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Brelinsky recipient of Little Falls Hospital Zero Harm Hero Award

Little Falls Hospital is pleased to announce that Jennifer Brelinsky, analyst in the Finance Department, is the recipient of the first quarter Zero Harm Hero Award. Brelinsky has been with Little Falls Hospital, part of the Bassett Healthcare Network, since 2004.

She was nominated by colleague Lori Usyk, director of Health Information Management, for "ensuring the safe arrival and departure of patients to the hospital. On more than one occasion, Jennifer has gone outside to assist those having issues arriving or departing, even during a rainstorm." Usyk stated that Brelinsky "leads

by example on how to identify those in need and what to do in such situations."

"The goal for Little Falls Hospital is to ensure that extraordinary care is being delivered to every patient. The Zero Harm Hero Award was created to help promote an already strong culture of quality, safety and patient satisfaction, assuring high reliability care for our patients, staff and visitors. This award recognizes any Little Falls Hospital employee who demonstrates a commitment to this work," said Michael Ogden, president of Little Falls Hospital.

"I was surprised and honored to receive the Zero Harm Hero Award," expressed Brelinsky. "It is easy to forget how overwhelming a hospital can be to an outsider, but for a patient coming in for lab work or services, the hospital can be an especially intimidating place. I put myself in their shoes and try my best to ease their concerns. At Little Falls Hospital we work together, making the patient's experience better for them. I am grateful to be part of such a caring team."

Brelinsky lives in Little Falls with her husband Daniel and has two children, Jordan and Daniel.

Date set for sixth annual Little Falls Cheese Festival

LITTLE FALLS – Mark your calendar! The Little Falls Cheese Festival committee announced that the city's sixth annual Cheese Festival will take place Saturday, July 11. Little Falls will welcome thousands of visitors for food and fun at the event, which will run the length of Main Street from 10 a.m. - 5 p.m.

The festival will feature various New York State farm-produced cheeses, from hard cheeses, goat cheeses, spreadable cheeses, yogurts and cheese curds to ice cream and gelato and more, with numerous New York-based gourmet food and craft beverage vendors to complement the cheeses. Additionally, the festival will again showcase a variety of local entertainment and musical acts all along Main Street.

"We were thrilled with

the success of last year's Cheese Festival," said Teri Chace of the Little Falls Cheese Festival Committee, "and we've been talking about ways to build on that success ever since to make this year's festival even better."

Due to the event's popularity and growing reputation, vendor slots for the Cheese Festival are filling up quickly. If you are interested in participating in this year's Cheese Festival, go to littlefallscheesefestival.com for details.

The Little Falls Cheese Festival is New York State's premier gathering of cheesemakers, with an estimated 6,000 people in attendance last year. Keep up to date with planning and vendor announcements by following the Little Falls Cheese Festival on Facebook, Instagram or visiting littlefallscheesefestival.com.

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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

February 14

Show and Tell at February Meeting of the Utica and Mohawk Valley Chapter of the National Railway Historical Society 7 p.m. at Zion Lutheran Church, French and Burrstone Roads, Town of New Hartford, NY. For more information, contact Bradford Paulson at 315.853.5400 or 315.327.8653 or Bpaulson909@msn.com.

Herkimer Industries Stop the Bleed Training 8:30 - 9:30 a.m. at Arc Herkimer Main Building. To register, contact Amanda Aiello, RN, at aaiello@archerkimer.org or 315.574.7932.

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. Registrater by Feb. 11 at: https://reg.cce.cornell.edu/TractorSafety2020-2-2_221 or call the 4-H Office at 315.866.7920 or email Jennifer Collins at jlrc34@cornell.edu.

February 19

Roast Pork Dinner 4 p.m. until sold out at Ilion First Baptist Church, 8 Second St., Ilion. Adults \$10. Child under 10 \$5. Eat in or take out. Proceeds to send our youth to church camp. For more info please contract the Church Office at 315.894.9041.

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.

Herkimer Industries Stop the Bleed Training 6 - 7 p.m. at Frankfort Hill Fire Company. To register, contact Amanda Aiello, RN, at aaiello@archerkimer.org or 315.574.7932.

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 7

Solar Energy and the Future of Farming in the Mohawk Valley Regional workshop 8:30 a.m. to 3 p.m. at the Herkimer College Robert McLaughlin College Center Amphitheater (CC 288). To register see <http://bit.ly/SolarEnergy-FutureMV> or call CCE Herkimer County at 315.866.7920.

March 8

12th Annual H.A.L.O. Chinese Auction 11 a.m. to 2 p.m. at Herkimer VFW, 129 Mohawk Street, Herkimer. Proceeds benefit H.A.L.O. (Helping Animals Live Organization), an animal rescue group that operates a cat shelter H.A.L.O. House in Little Falls. For more information, call 315.985.3738.

March 11

Herkimer Industries Stop the Bleed Training 2 - 3 p.m. at Arc Herkimer Main Building. To register, contact Amanda Aiello, RN, at aaiello@archerkimer.org or 315.574.7932.

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.

March 24

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit 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.

April 15

Poland Central School Board of Education Meeting. Call 315.826.7900 or visit www.polandcs.org.

April 21

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



top ten

America's Favorite Cheeses

1. Italian
2. American
3. Processed
4. Neufchatel/Cream Cheese
5. Cottage Cheese
6. Swiss
7. Hispanic
8. Muenster
9. Feta
10. Blue/Gorgonzola

Source: USDA

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Enjoy some over-the-top indulgence this Valentine's Day

There's no such thing as too much chocolate on Valentine's Day. Sweethearts across the country exchange chocolate every Feb. 14, making this beloved confection as emblematic of Valentine's Day as turkey is of Thanksgiving and hot dogs and hamburgers are for July 4.

While a single helping of chocolate might suffice for some couples, those who really enjoy indulging in chocolate may find a single helping simply won't suffice. For such folks, the following recipe for "Triple-Chocolate Cookies" from Michael Recchiuti and Fran Gage's "Chocolate Obsession" (Stewart, Tabori & Chang) can make the perfect addition to any Valentine's Day celebration.

Triple-Chocolate Cookies

Makes about 48 cookies

7 oz unbleached all-purpose flour
1½ oz unsweetened natural cocoa powder
½ tsp baking soda
6 oz unsalted butter with 82% butterfat, at room temperature
3½ oz granulated cane sugar
4½ oz dark brown cane sugar
½ tsp pure vanilla extract
½ Tahitian vanilla bean, split

horizontally

½ tsp fleur de sel in fine grains
3 oz 41% milk chocolate, roughly chopped

3 oz 65% chocolate, roughly chopped

To make the dough:

1. Sift the flour, cocoa and baking soda together in a bowl. Set aside.

2. Put the butter in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed until creamy. Add both sugars and the vanilla extract. Scrape the seeds from the vanilla bean into the bowl. Sprinkle the salt over the top. Beat on medium speed just until combined.

3. Reduce the speed to low. Add the dry ingredients in three batches, pulsing the mixer to incorporate each batch before adding the next one. Pulse just until a crumbly dough forms. Add both chopped chocolates and mix on low speed just until incorporated.

4. Turn the dough out onto a lightly floured work surface. Knead a few times to incorporate any crumbs.

5. Divide the dough in half. Roll each half into a log about 1¼ inches

in diameter and 12 inches long. As you roll, gently push the ends toward the center occasionally to prevent air pockets from forming and to keep the logs at an even thickness.

6. Wrap the logs in plastic wrap and refrigerate until firm, at least three hours or up to three days.

To bake the cookies:

1. Preheat the oven to 325° F. Line the bottoms of two 12-by-18 inch sheet pans with parchment paper.

2. Remove the logs from the refrigerator and unwrap them. Using a ruler to guide you and a sharp knife, cut each log into rounds ½-inch thick. If the dough crumbles as you cut it, reshape each slice. Place the rounds on the prepared pans, spacing them 1½ inches apart.

3. Bake on the middle shelves of the oven, rotating the pans 180 degrees halfway through the baking time, until set but soft enough to hold a slight indentation when pressed with a fingertip, about 14 minutes. Let cool completely on the pans on wire racks.

4. Store in an airtight container at room temperature for up to 1 week.

All You Need is Love

Senior News Line

by Matilda Charles

The flu and you

Here we are, halfway through winter, and the flu season is in full swing. As of now all 50 states have widespread levels of flu. And at this point far too many people still haven't gotten their flu shot.

The senior version of the shot (for those over age 65) has four times the amount of vaccine of three of the four types: two A and one B. While this isn't ideal (it's still missing one B), it's what we have. The high-dose vaccine was created to give our bodies a high immune response. Because of our age, we're in the high-risk group for complications, even if we don't have any medical concerns. Seniors had more hospitalizations from flu than any other age group.

At this writing there have been more than 6,000

deaths from the flu. How many of these could have been avoided by getting the flu shot?

One big concern is that it's possible to be contagious and pass the flu to others days before someone starts to feel sick. Going to the grocery store, attending church, reading to kids at the elementary school ... there are too many opportunities to give the flu to others (or have them give it to you) before anyone even suspects they have it.

But it's not too late to get the shot. Even if it doesn't keep you from getting the flu, it will keep you from getting as sick as you might have.

A delay can arise in areas where they've temporarily run out of the flu vaccine. Don't let that stop you. To get your flu shot, call your doctor's office, the local pharmacies and the closest senior center. You'll find the vaccine somewhere.

No matter what, wash your hands frequently and keep them away from your face.

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HOCUS-FOCUS

BY
HENRY BOLTINOFF

Find at least six differences in details between panels.

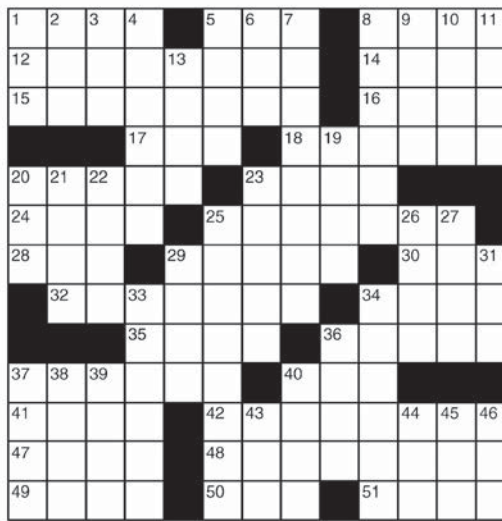


Differences: 1. Apron is longer. 2. Earmuffs are removed. 3. Fence is shorter. 4. Door window is lower. 5. Footprint is missing. 6. Bow is added.

ACROSS

- 1 Move like molasses
5 High card
8 Judicial garment
12 Place for sports reporters
14 Vivacity
15 Aware
16 Flex
17 Do sums
18 Kindle downloads
20 Sew loosely
23 Liveliness, in music
24 Wheelbase terminus
25 Obama's old title
28 — de Janeiro
29 Hawaiian dances
30 Deity
32 Dakar's country
34 Salver
35 Bacchanalian blast
36 Yonder
37 Hallux, more commonly
40 That girl
41 "Superfood" berry
42 Mexican miss
47 Showroom

King Crossword

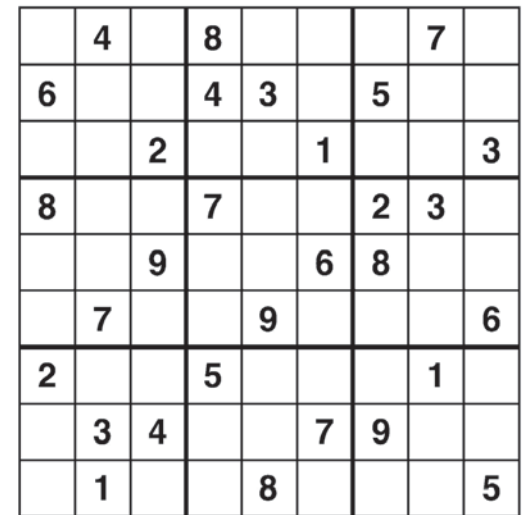


- sample
48 One of three rulers
49 Paradise
50 Tree fluid
51 Harmonization
8 Start the PC up again
9 Bread spread
10 Savings institution
11 Make — meet
13 Faction
19 Prejudice
20 Tavern
21 Line of symmetry
22 — gin fizz
23 Stop, at sea
25 Hints at
26 Shrek is one
27 Bellow
29 Medal earner
31 Coloring agent
33 Idea
34 Gas bill units
36 Commandment starter
37 Commanded
38 On the rocks
39 Chess or checkers
40 Use scissors
43 Historic time
44 Wall climber
45 Can metal
46 Joan of —

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Weekly SUDOKU

by Linda Thistle

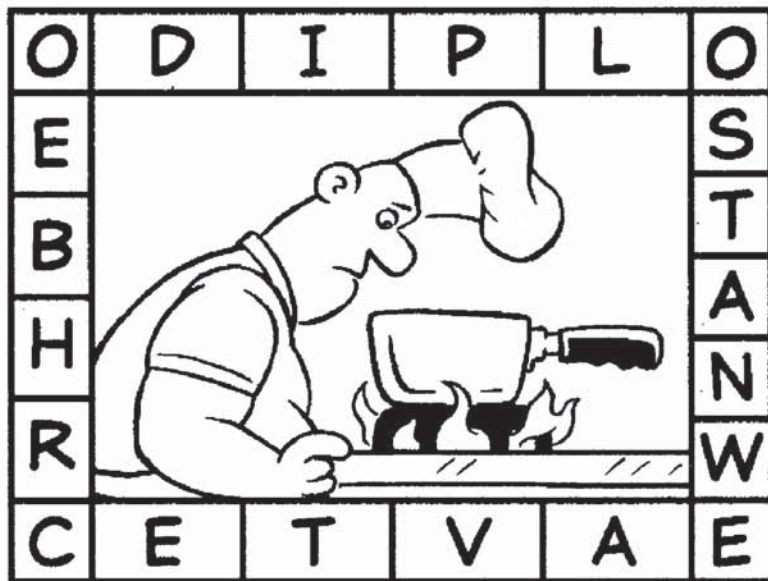


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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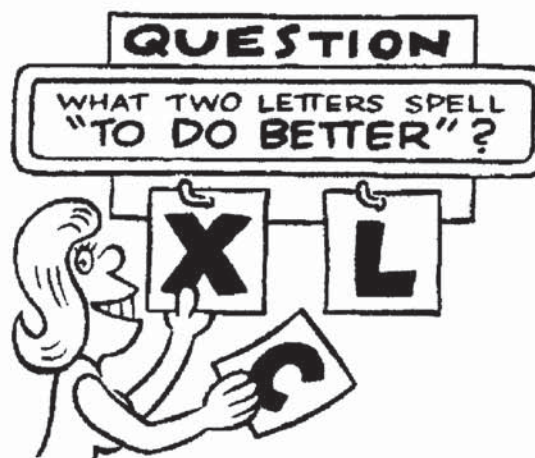


HIDDEN in the above frame is a proverb. Find it by reading every other letter as you go around it clockwise. The trick is finding the right first letter.

Starting with the "A" on the right vertical column: "A watched pot never boils."



by Charles Barry Townsend



Illustrated by David Coulson

KNOW YOUR ALPHABET!

SEE IF you can answer the following questions by using just two letters from the alphabet.

WHAT TWO LETTERS SPELL...

1. a winter condition?
2. a kind of pepper?
3. to rot away?
4. overindulgence?
5. a climbing plant?
6. a literary composition?
7. how a dieter feels?
8. aesthetic pretensions?
9. no matter which?
10. an English county?

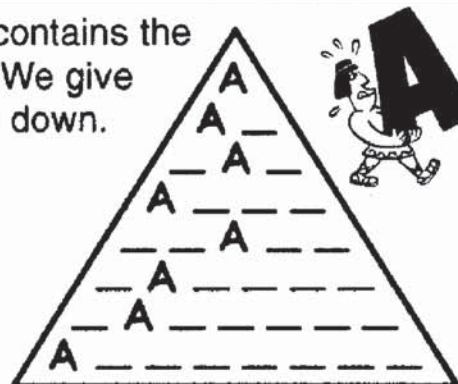
1. IC (icy). 2. KN (cayenne). 3. DK (decay). 4. XS (excess). 5. IV (ivy). 6. SA (essay). 7. MT (empty). 8. RT (arty). 9. NE (any). 10. SX (Essex).

FIND A CERTAIN 10-digit number: The first digit must be the same as the number of 0s in the entire number, the second digit must be the same as the number of 1s in the entire number, and so on through the 10th digit. One solution is 6210001000.

SAY "A"! As you go down the pyramid, each word contains the same letters as the word above it plus a new letter. We give you all of the A's. Here are some hints, from the top down.

- 1) Highest grade (given).
- 2) In or near.
- 3) A color.
- 4) To be opposed.
- 5) Big person.
- 6) Position of a scale.
- 7) Rodent-hunter's activity.
- 8) Getting dressed.

The words are: a, at, tan, anti, giant, rating, rattling, attiring.



BOCES from 9

"She did this whole thing," Carpenter said. "I honestly didn't expect it to be as big as it was."

Neither did Randall. "We thought it was going to be little, and it actually became much bigger," Randall said. "I was so glad because we all came together as a school and a community."

Her father offered moral support and was able to talk to her about the value of a donated item or letter when serving in the military.

"Even just one little thing meant so much," she said.

Randall's mother also helped, and a donation was received from the Walmart where her mother works.

Other students assisted – either by bringing in items or spreading the word. Her friend Alyssa Bregard, who is also a VP-TECH junior of Central Valley, played a large role – including speaking to classes with her and collecting donations.

Teachers provided information and support to Randall throughout the process as well.

"They pushed me through and helped me," she said. "I got so much support through my parents, the school and the students."

"It's time"

Randall spread the message of her fundraiser by writing letters to send home to parents and by presenting to students in other BOCES programs.

As she talked about the pain that members of the military and their families

go through, students looked focused, and they listened and engaged in deep conversations, she said.

"I told them that it's time we did something bigger than ourselves and had a positive impact on the people that are helping us and serving for us," she said. "I told them I think it's time for us to come together and do it."

She asked for any donations people wanted to make. "Even letters mean so much," she said.

Whichever class donated the most items also received a pizza party, but that wasn't the focus, Randall said. The Automotive Technology program won the competition after Automotive Tech student Makayla Lawrence donated 130 items.

Randall appreciated the large response from everyone involved.

"It felt great," she said. "It felt like I had a purpose. It felt like I did something that is bigger than me. It motivated me to do more fundraising."

"Good in the world"

The feelings of the experience hit Randall the most when she and her parents dropped off the items at the American Legion at the end of the fundraiser.

"The support was so overwhelming," she said. "It was emotional."

With the fundraiser taking place over the course of just about a month – including holidays and a school break in the middle of it – it showed how much can be accomplished in a limited amount of time, Randall said.

The military has to deal with so many negatives such as war, terrorism and other struggles, but the fundraiser brought out the other side of that, Randall said.

"We as a school showed that there's still good in the world to give," she said.

Solar Energy & the Future of Farming in the Mohawk Valley Regional workshop

A regional workshop on hosting utility and large-scale solar farms for farmers, landowners and municipal officials is scheduled for Saturday, March 7 from 8:30 a.m. - 3 p.m. at the Herkimer College Robert McLaughlin College Center Amphitheater (CC 288). Co-sponsored by Mohawk Valley Economic Development District, Otsego County Conservation Association, Herkimer College and Cornell Cooperative Extension – Herkimer County, the workshop will help farmers, land owners and municipal officials plan for the development of large, utility scale solar installations in the Mohawk Valley. Currently planned solar developments in Herkimer, Montgomery and Otsego counties are each over 1,000 acres in size and will involve many different property owners and towns prior to completion.

The March 7 "Solar Energy and the Future of Farming in the Mohawk Valley"

workshop brings together experienced renewable energy professionals in the fields of energy economics, land use planning, leasing law and dual use agricultural practices to give area residents the tools to make informed choices about solar energy developments in their communities. Attendees will learn about the best practices in working with solar developers, how farmers are creating new opportunities through hosting solar installations on their land. They will also have the opportunity to ask questions about land leasing terms and conditions, alternative solar strategies and municipal impacts.

A complete schedule of the event and speaker bios will be released by the middle of February. The workshop is free and open to the public by prior registration. To register, visit bit.ly/SolarEnergyFutureMV or call CCE Herkimer County at 315.866.7920.



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Combine decadence with refreshment this Valentine's Day

Chocolate is often described as "decadent," and rightfully so. Few foods can make people feel as if they're being indulgent as well as chocolate. Perhaps that's what makes chocolate such a great fit for Valentine's Day. When giving that special someone some chocolate on Feb. 14, you're not just giving them something delicious, but also a chance to indulge in a forbidden fruit.

But chocolate desserts can be more than merely decadent. In fact, this recipe for "Pasticcio di Cioccolato con Lampone (Individual Chocolate Cakes With Fresh Raspberries)" from Michael White and Joanna Pruess' "Fiamma: The Essence of Contemporary Italian Cooking" (Wiley) is both decadent and, thanks to the fresh raspberries, refreshing. The individual cake is an ideal Valentine's Day gift, as it serves to emphasize how that special someone is the only one for you.

Pasticcio di Cioccolato con Lampone (Individual Chocolate Cakes With Fresh Raspberries)

Makes 8 servings

1 1/3 cups cake flour, sifted

1/3 cups plus 2 tbsp cocoa powder, sifted

1/4 tsp baking soda

6 tbsp unsalted butter

6 large eggs

1 cup granulated sugar

1 tsp vanilla extract

1 cup heavy cream

1/4 cup confectioners' sugar, sifted

1 pint fresh raspberries

Vegetable cooking spray

Pinch of sea salt

1. Preheat the oven to 325° F. Spray a standard muffin tin with nonstick spray or fill 8 of the cups with paper or foil liners.

2. Sift the flour, 1/3 cup of cocoa, salt and baking soda into a bowl and set aside. Melt the butter in a small saucepan and set aside.

3. Combine the eggs and sugar in the bowl of an electric mixer fitted with a whisk attachment. Set the bowl over a pan partially filled with simmering water. The water should not touch the bowl. Using a whisk, beat

the egg-sugar mixture until it feels very warm to the touch and all of the sugar has dissolved. Immediately remove the bowl from the heat and transfer it to the electric mixer.

4. Whip the egg-sugar mixture on medium speed for 3 to 4 minutes until it triples in volume and is very thick and light colored. Add the vanilla and whip 2 to 3 seconds longer to blend. Remove the bowl from the mixer and gently fold in the flour-cocoa mixture.

5. Place about 1 1/2 cups of the batter in a separate bowl and fold in the melted butter. Do this gently, as you do not want to overwork the batter. Fold this into the remaining batter. Divide the batter evenly among the cupcake tins. Bake in the center of the oven for 20 to 25 minutes, or until a toothpick or knife inserted in the center of one cupcake comes out clean. Remove and cool completely on a rack.

6. While the cupcakes are cooling, combine the heavy cream with the confectioners' sugar and the remaining 2 tablespoons of cocoa, beat into soft peaks and set aside.

7. Remove the cupcakes from the tin and place them on dessert plates. Spoon the whipped cream on top, divide the raspberries among the plates and serve.



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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Whale oil lamp

Many 18th century lamps used oil to get light. If whale oil was not available, the lamps could use olive oil. The oil was kept in a reservoir, usually metal, that had three or four burners with wicks. Several were needed to get enough light. A group of these

lamps also had reflectors on a pole, usually shaped like a moth with spread wings. The pole held the needed tools, wick cutters, wick picks and snuffing caps, and could raise and lower the reflector to direct the light. Many were made of brass to withstand heat, and silver was added for decoration where it would not melt. This late 19th-century silver-plated lamp that burned fat has it all – a silver-plated reflector brass pole, tools, moth reflector and a finial.

Q: I have a 1967 Barbie and Ken wedding set in the original unopened (but not perfect) box. It was made by Mattel. How do I get information on the value of this set, and how could I sell it?

A: Quite a few Barbie bride dolls have been made since Barbie was introduced in 1959. Your wedding set is the 1964-65 Barbie Wedding Party Gift Set (No. 1017) by Mattel. It is a set of four dolls dressed in wedding finery, which originally sold from about \$14 to \$20. The set includes a bubble-cut Barbie doll (with blonde, brunette or titian hair) in the outfit called "Bride's Dream" (No. 947); a painted-head Ken doll (in blond or brunet) in "Tuxedo" (No. 7897); a Midge doll (with brunette or red hair) in "Orange Blossom" (No. 987); and a Skipper doll (with blonde, brunette or red hair) in "Flower Girl" (No. 1904). The set came with a wire stand for each doll and a pillow with a wedding ring on it, which was exclusive to this set.

Many Barbie and friends gift sets were offered between 1960 and 1974. Some were department-store exclusives. When found "mint in the box," they are some of the priciest and hardest-to-find Barbie items. Theriault's, an auction company in Annapolis, MD, specializes in auctioning dolls and often sells Barbie and accessories. A wedding set like yours sold at Theriault's for \$1,100 in 2009.

Current prices

- Music box, jewelry, black forest, oak, ram, rocky ground, flowers, leaves, c. 1920, 13 x 7½ inches, \$196.
- Ivory, card case, pierced, curved, people in garden, different scenes on reverse, 4 x 2 inches, \$630.
- Doctor's stool, metal, round leather seat, nail back trim, adjustable, baluster post, scroll legs, steel castors, 1920s, 28 x 13 inches, \$1,700.
- Advertising tray, Goebel's Beer & Porter, blue and white, enamel, brass rim, 12 inches, \$5,430.

Tip: Candle wax on your antique metal candlesticks? Put them in the freezer. After a few hours, the wax will easily flake off. If there is a large lump of wax in the candle cup, run hot

water on the stick until the wax melts. Do not let water get into the hollow.

For more collecting news, tips and re-

sources, visit www.Kovels.com.

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Spring Spectacular Fundraiser planned for May 2

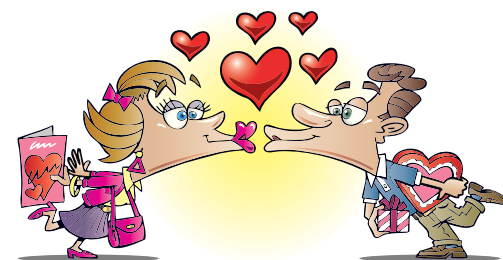
The Mohawk Legion Riders and the Mohawk Homestead will be hosting a Spring Spectacular Fundraiser on May 2 at the Crowley Barnum American Legion Post 25 in Mohawk. The fundraiser will benefit the residents of the Mohawk Homestead and the Mohawk American Legion Riders' Veterans Fund.

The event will begin at noon and end at 5 p.m. There will be a chicken BBQ, live entertainment, Chinese auction and the grand prize drawing for a four-wheeler with a trailer or \$5,000 cash. Tickets are on sale now for the grand prize and may be purchased from any board member of the Mohawk Homestead, or at the Mohawk American Legion by calling Owen

March at 315.868.2579.

Marley at 315.558.9788

For more information or Lisa Gollegly at on this event contact Deb 315.866.1841 ext. 404.



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Photo courtesy of Arc Herkimer

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To Your Good Health

by Keith Roach, M.D.
Is overexercise cause of 'knots in the back'?

Dear Dr. Roach: My wife is 69 and in very good health, exercising at least two hours a day. She has suffered from "knots in the back" for over 10 years. It is extremely painful, often bringing her to tears. It comes on suddenly at any time of the day or night, and lasts hours, days and occasionally weeks. She has been to several physicians, whose recommendations are to "live with it." She has tried chiropractic, massage therapy, prescription and OTC painkillers, stretching and home massage, all to no avail. I cannot see the knots, but I can feel a tightness when I attempt to rub them out, which usually does nothing. A glass of wine is the only

reliable relief, and it lasts only a few hours. Is there any recourse to this condition? – J.P.

Answer: I am sure you and your wife must be frustrated. The fact that it comes on suddenly, can be felt as tightness and gets a bit better with alcohol makes me strongly suspect she is having muscle spasms. These most often come on in the legs and feet, but they can affect the back too.

Two hours a day of exercising sounds like a lot, and she may be overexercising some muscles, while possibly not exercising others. This can lead to imbalances in muscle strength.

Another common problem stemming from exercising is inadequate stretching. Stretching is the first place to start for many people with muscle

cramps. A physical therapist or physiatrist may be of immense benefit, and your wife should explain in detail what her exercise regimen is. We are taught to think carefully of the mechanism of injury, and I am concerned the exercise may be that injury.

Abnormalities in electrolytes (blood salts, especially potassium, sodium, magnesium and phosphate) are only rarely the cause, although many people write me that they have been helped by taking one or more of these. Primary muscle diseases, side effects from medications and inadequate hydration are possible, but also unlikely.

In absence of detailed knowledge about her exercise regimen, I'd recommend she try backing off a bit, maybe using ice after exercise, stretching

the back under supervision and trying a hot bath or shower before bed.

Dear Dr. Roach: I am a 78-year-old who runs 15-20 miles per week, with prostate gland enlargement and reduced urinary frequency with occasional use of Advil. As a runner, I have been reluctant to make ibuprofen a daily regimen because I have read that inflammation is part of the body's response to tissue damage, which is crucial

to the healing process and is important for muscle growth. When ibuprofen's anti-inflammatory effect reduces symptoms, does it affect the healing process also? Can you comment on the pros and cons for runners? – B.M.

Answer: High-dose ibuprofen was shown to inhibit muscle protein synthesis following weightlifting exercise. This led to a suspicion that it might impair the gains in muscle strength

that are made with exercise. However, a Canadian study showed that moderate doses of ibuprofen (400 mg after exercise) did not impair muscle growth or gains in strength. Using ibuprofen for occasional muscle soreness or for the purpose of reducing prostate inflammation should not adversely affect your performance in running.

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Good Housekeeping

Chocolate Pudding

For a sweet treat, we tweaked this chocolate classic from our 1927 cookbook. Now with a double dose of antioxidant-packed bittersweet chocolate and cocoa, it will satisfy any sweet tooth.

½ cup sugar
2 cups whole milk
4 oz bittersweet chocolate
¼ cup unsweetened cocoa
3 tbsp cornstarch

2 large eggs

1 tsp vanilla extract

Sweetened whipped cream and chocolate shavings (optional)

1. In 3-quart saucepan, with wire whisk, combine sugar and 1½ cups milk; heat on medium-high until bubbles form around edge of pan. Remove from heat and add chocolate. Let stand 1 minute, then whisk until chocolate melts.

2. Meanwhile, in me-

dium bowl, whisk cocoa, cornstarch and remaining ½ cup milk until smooth. Whisk in eggs until blended. Whisking constantly, add ½ cup hot chocolate mixture in slow stream.

3. Heat chocolate mixture remaining in pan on medium-low. Whisking constantly, gradually add egg mixture to pan. Cook, whisking constantly, 10 minutes or until mixture becomes very thick and begins to bubble. Whisk in vanilla. Divide among 6 small serving cups.

4. Refrigerate until cold, 4 hours or up to 2 days. Top with whipped cream and shaved chocolate.

* Each serving: About 255 calories, 11g total fat (6g saturated), 82mg cholesterol, 65mg sodium, 36g total carbohydrate, 3g dietary fiber, 7g protein.

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

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Tips for buying jewelry this Valentine's Day

Valentine's Day is rife with tradition. Couples may have their own unique traditions, but others, like Valentine's Day date nights, are widely popular.

One Valentine's Day tradition many couples embrace is the exchange of gifts. Shoppers might not need much advice when purchasing heart-shaped boxes of chocolates or flowers for their sweethearts. However, when shopping for jewelry, Valentine's Day celebrants may feel as though they're in over their heads. The following tips, courtesy of the Better Business Bureau®, can help shoppers as they navigate the potentially confusing process of buying jewelry.

Diamonds

The BBB notes that diamonds' value is based on color, cut, clarity and carat. Often referred to as the "4 Cs," this criteria refers to the grade of the color (color), the way the diamond is finished (cut), how flawless the diamond is (clarity) and its weight (carat). When shopping for diamonds, the BBB advises asking jewelers if they have the most up-to-date testing equipment, which makes it easier for them to distinguish between diamonds and lab-created gemstones. That's important, as lab-created gemstones resemble diamonds and may not be detectable if jewelers are using testing equipment designed

to identify cubic zirconia.

Colored gemstones

Colored gemstones are very popular, and the BBB notes that various new stone treatments have been developed to improve their appearance and durability. However, the BBB also notes that such treatments may adversely affect the value of the gem and necessitate special care in order to maintain the gem's appearance. When shopping for colored gemstones, ask the jeweler if an item has been treated and if there's any special maintenance required. Imitation or assembled stones may look like natural stones, so shoppers should ask if a stone is natural, synthetic or imitation before purchasing anything.

Gold

When used alone, the word gold implies an item is all gold or 24 karat gold. But the BBB notes that gold is naturally soft and, as a result, is typically mixed with other metals to improve its hardness and durability. The karat-quality marking indicates what proportion of gold is mixed with other metals. For example, the most common mark for gold jewelry is 18K of 750, which signifies an item is 75% gold. Lower-karat gold jewelry may include copper, silver, zinc or other metals. Consum-



Jewelry buyers can work with their jewelers to find a beautiful piece their sweethearts will be proud to wear this Valentine's Day.

ers should ask about these alloys and determine if the item's ultimate recipient is allergic to certain metals or if he or she has a high acid content in their bodies. People with high acid content in their bodies may have their jewelry turn black as a result.

Buying jewelry can be intimidating. However, jewelry buyers can work with their jewelers to find a beautiful piece their sweethearts will be proud to wear this Valentine's Day. More information on buying jewelry can be found at www.bbb.org.

Good Housekeeping

Straciatella with Escarole

Straciatella is the Italian version of egg drop soup. The straciatella are the "little rags" of egg that form when beaten egg is drizzled into hot broth.

3 cans (14- to 14½-oz) chicken broth

3 cups water

1 head (12-oz) escarole, trimmed and cut into 1-inch pieces

3 large eggs

1/3 cup freshly grated Pecorino Romano cheese

½ tsp salt

¼ tsp coarsely ground black pepper

1. In 4-quart covered saucepan, heat broth and water to boiling on high. Stir in escarole; reduce heat to medium and simmer 5 minutes or until escarole is tender and wilted.

2. Meanwhile, in 2-cup liquid measuring cup or small bowl, whisk eggs, Romano, salt and pepper until combined.

3. Drizzle egg mixture from measuring cup into simmering broth, gently stirring just until egg shreds are

set. Ladle soup into warm bowls and serve immediately. Yields 10½ cups (4 main-dish servings).

* Each serving: About 115 calories, 6g total fat (2g saturated), 166mg cholesterol, 1,245mg sodium, 5g total carbohydrate, 2g dietary fiber, 12g protein.

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Principles of first aid everyone should know

Emergencies can strike at any time. When such situations arise, emergency care often must administered to someone who is sick or injured, and that care can mean the difference between life and death.

Being prepared for emergencies means understanding basic first aid procedures that can help a person navigate a crisis – or at least stabilize the situation until paramedics arrive. The following are some first aid principles that individuals should know and practice, courtesy of the American Heart Association, American Red Cross and CPR Certified Indigo Medical Training. They should not replace formal first aid training, but can assist a person when he or she is providing medical care to someone in need.

Bleeding

Bleeding can almost always be controlled until more help is available. Severe bleeding can lead to shock and death, so bleeding needs to be addressed immediately. Cloth should be used to cover the wound, and direct pressure should be applied to stop the blood flow. Do not remove the cloth; add more layers as needed. Tourniquets may do more damage to a limb

than good, so they are generally no longer recommended. Nose-bleeds can be treated by pinching the nostrils for a few minutes until the bleeding stops. Wounds to the head and mouth tend to bleed a lot even if they are superficial. So keep a level head when addressing these areas.

CPR

Cardiopulmonary resuscitation is one of the most important medical procedures to know. If the heart is no longer pumping blood, a person can die quickly. Immediately start chest compressions hard and fast in the center of the chest, allowing recoil between compressions. Many buildings also have automated external defibrillator devices that can help save lives. If you're not trained in CPR, then provide hands-only CPR, says the Mayo Clinic. That means uninterrupted chest compressions of 100 to 120 a minute (the beat of "Stayin' Alive" by the Bee Gees) until paramedics arrive. People who are trained also may perform rescue breathing. The Red Cross and other medical groups offer first aid and CPR certification classes that train people on how to perform CPR and use an AED.

Fainting

Someone suffering from shock or fainting needs blood to get back to his or her brain. Victims should lie on their backs with their feet elevated.

Choking

The Heimlich maneuver can be performed when someone is choking. Contrary to popular belief, people who are choking do not typically make any sounds. Stand behind the victim and wrap your arms around them. Place a fist between the person's rib cage and belly button, and place your other hand over the fist. Deliver a quick thrust upward, and keep doing this until the foreign object is dislodged. Choking in children is handled differently depending on the child's age. Parents can get training in child maneuvers.

Sprains and fractures

Sprains and fractures occur readily, especially among active adults and children. Immobilize the limb, apply a cold pack, elevate it and offer anti-inflammatory drugs for discomfort and swelling. A doctor should be seen for further diagnosis and treatment.

Common first aid procedures can help save lives or reduce the severity of injuries when promptly offered.



Learning CPR and other first aid skills is important because one never knows when an emergency will strike.

— King Crossword —

Weekly SUDOKU

Answers

Answer

Solution time: 21 mins.

O	O	Z	E		A	C	E		R	O	B	E
P	R	E	S	S	B	O	X		E	L	A	N
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A	X	L	E		S	E	N	A	T	O	R	
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E	D	E	N		S	A	P		S	Y	N	C

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

Just Like Cats & Dogs by Dave T. Phipps



This Week's Holidays

- Feb. 15 – Susan B. Anthony Day
- Feb. 16 – Do A Grouch A Favor Day
- Feb. 17 – Random Acts of Kindness Day
- Feb. 18 – National Drink Wine Day
- Feb. 19 – National Chocolate Mint Day
- Feb. 20 – Love Your Pet Day
- Feb. 21 – Card Reading Day

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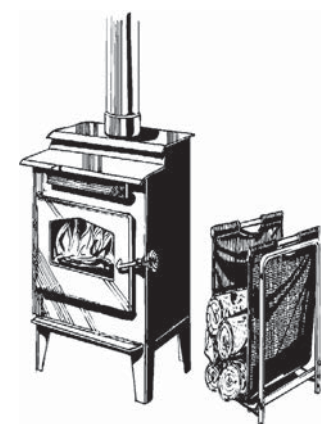
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Wedding flowers becoming larger than life

Move over, bouquets and centerpieces. Flowers are taking over weddings in a big way. While wedding trends come and go, flowers will always have a place at the wedding table.

The blooms brides and grooms choose and how they decide to display them can say much about the couple's style. Many modern couples are opting for statement pieces with their flowers to rival the big and bold ideas they're incorporating elsewhere into their occasions, such as in cakes and clothing. In fact, floral designer Tom Uberuaga says traditional hurricane vase centerpieces are outdated and only focus the eye on the middle of the table. He prefers guests enter the wedding and have their senses stimulated by flowers from all angles. Large flower installations, as well as blooms popping up in unexpected places, are some of the hot trends for couples to keep their eyes on.

Floral chandeliers

There's no need to worry about seeing over table centerpieces or flowers getting in the way of photo moments. Thanks to hanging flowers and floral chandeliers, flowers are quite literally moving up in the world. Hanging floral pieces can add instant drama and make a large visual impact. Florists can hang flowers from beams over tabletops to increase visual impact, whether as individual baskets, single stems or floral swags. Hanging floral chandeliers are dramatic but naturally

expensive. Think about a large installation that forces guests to look up into a sea of greenery and

altar in beautiful blooms. Couples who would like a fairy-tale entrance also can make their debut as a

Who says flowers have to be overhead or on a table? With a plexiglass dance floor, or one made

their bouquets, they can wear ethereal and whimsical floral pieces around their necks or on their

waists instead.

Couples are urged to speak with their florists about the innovative ways they can make flowers an even more awe-inspiring component of their weddings.



Couples are moving away from traditional centerpieces to floral chandeliers and curtains made of blooms for their weddings.

flowers. The smell and the sight can be breathtaking.

Welcome wreaths

Why should wreaths only be reserved for front doors and holiday decor? A welcome floral wreath can be placed by the entryway to a chapel or reception hall with a heart-felt sentiment that shows guests how much they're appreciated.

Fairy-tale flowers

A floral curtain of hanging flowers can line a chuppah or drape the

couple by coming through a flower curtain at the reception. Martha Stewart Weddings says a cascade of flowers and greens can be romantic and elegant.

Dance floor blooms

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Floral necklaces

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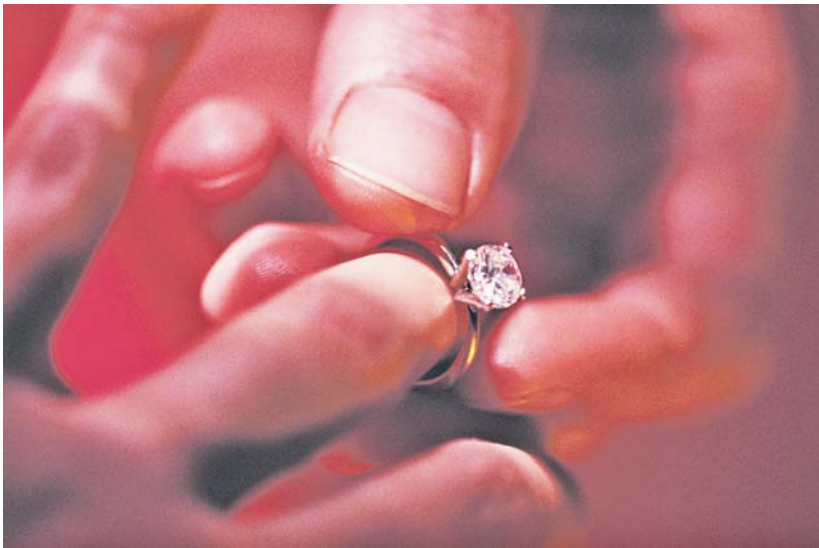
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Is a Valentine’s Day proposal right for you?

Valentine’s Day is a special day when thoughts turn to love and romance. Couples contemplating tying the knot may feel like Valentine’s Day is the perfect opportunity to pop the question and begin their journeys toward marriage.

Even though Valentine’s Day is a very popular day to propose, it’s tricky to keep such a proposal from becoming a cliché. By considering some dos and don’ts, Valentine’s Day proposals can be unique.

DO ensure that you’re both on the same page. It’s one thing for couples who have already been talking about marriage to build on the romance of Valentine’s Day with a proposal. But it’s quite another if this is a push to wow him or her and you don’t have the same goals; it may not go according to plan. Couples are urged to have honest



Valentine’s Day can be a perfect day to propose if the timing and planning is right.

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conversations about key topics (i.e., children, compatibility, finances, living arrangements) to see if marriage is a desire they both share.

DON’T overlook the element of surprise for the proposal. Sure, it is easy to have a waiter bring the ring after a meal at a favorite restaurant, but it can be even more special to catch your sweetheart off guard. Why not propose before you get to the restaurant, such as in front of where you first met, and then you can enjoy your meal without

butterflies?

DO consider your sweetheart’s personality before the proposal. A shy person may not like the attention of a crowd. However, someone who loves to be the center of attention may feel that more is merrier.

DON’T go overboard with the details. One or two big surprises are all it takes. The more details, the more things that can potentially go wrong, which can adversely affect the overall proposal.

DO get input from friends and family, but do not feel pressured to do it exactly as they say. A close friend can help select a ring or contribute to the surprise by keeping the special someone unaware of the plans at hand. Having a helper can make the proposal go more smoothly.

DON’T feel pressured to propose on Valentine’s Day or a birthday, Christmas or other big holiday because it’s “what you’re supposed to do.” A proposal and a marriage are unique to each couple, and individuals should abide by their preferences when making such important decisions. Only propose when it feels completely right.

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What to expect during a bathroom remodel

There are many reasons to renovate a home. Some homeowners purchase fixer-uppers and commit to making major renovations before they even move in, while others may renovate their homes with an eye on resale value. But many homeowners also take on renovation projects to make the homes more livable for themselves.

Bathroom renovations are popular projects. In fact, a 2018 survey from the National Association of Home Builders found that bathroom remodels are the most popular remodeling projects. But just because bathroom remodeling projects are popular doesn't mean they're easy to endure. Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process.

Cost

Bathroom remodeling projects can be expensive. According to Remodeling magazine's "Cost vs. Value 2019" report, a mid-range bathroom remodeling project cost an average of \$20,420 in 2019, while an upscale remodel cost just under \$64,000. Homeowners should develop budgets for their bathroom renovation projects to determine which type of project they can afford. In addition, setting aside a little extra money for overruns



Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process.

is a wise move that can help homeowners handle any unforeseen expenses that arise during the project.

Noise

Few home renovation projects can be undertaken quietly, and bathroom renovations tend to generate a lot of noise. The noise can be difficult to overcome for

professionals who work from home full-time, and it also can be hard on parents of young children who still nap and don't yet go to school. Parents of young children may find it best to delay bathroom renovation projects until their children are school-aged and out of the house for most of the day on weekdays.

Mess

The debris generated by bathroom renovation projects is another thing homeowners must prepare for. In addition to preparing for the waste generated by the project, first-time renovators must realize that dust might be a big issue once the project begins. Dust can pose a threat to residents' overall health, particularly the health of youngsters whose bodies haven't yet fully developed. As a result, parents of young children may want to schedule renovations during family vacations so their children are exposed to as little dust as possible.

Changes

Few renovations go off without a hitch. Once a project begins, contractors often uncover issues that weren't noticeable to the naked eye. These issues may increase the cost of completing a project or force homeowners to change their plans to make the project stay as close to their budgets as possible. Recognizing that these decisions may have to be made on the fly can help homeowners feel more prepared when unexpected issues arise.

Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.

Eight sweets for your sweetheart

Few things can elicit "oohs and aahs" on Valentine's Day as much as decadent desserts. Sweets and romance seem tailor-made for each other. That's why heart-shaped boxes of chocolate and other sweets are snatched up in droves and handed out like, well, candies, come Feb. 14.

According to Nielsen Product Insider, Valentine's Day chocolate sales reached nearly \$11 billion in 2018, and candy generated \$695 billion in sales. In terms of baked goods, the top-selling items sold during Valentine's Day included dipped/covered treats, message cookies, iced cookies, cupcakes and two- to five-count doughnuts. Wine, chocolate and strawberries also are very popular Valentine's treats.

Those pondering giving something sweet this year can consider the following desserts.

1. Bananas Foster: This treat is made from bananas and vanilla ice cream. A sauce made from butter, brown sugar, cinnamon, dark rum and banana liqueur is placed over the cooked bananas and ignited like a flambé to create a caramelized dessert.

2. Black forest cake: This chocolate cake

marries layers of chocolate sponge cake with a rich cherry filling. It is based on the German dessert, schwarzwälder kirschtorte. Whipped cream often tops off this rich cake.

3. Cannoli: These Italian pastries originated on the island of Sicily. They consist of tube-shaped fried pastry dough filled with a ricotta cheese-based cream.

4. Cheesecake: Cheesecake often is made with a crust of crushed cookies, graham crackers or sponge cake. A thick layer of batter made from sour cream, cream cheese, eggs and sugar is cooked into a semi-soft consistency. Some cheesecakes are light and fluffy, while others are dense and decadent.

5. Chocolate truffles: Not to be mistaken for their fungi cousins, chocolate truffles are made by forming balls out of choc-


olate ganache (made from heavy cream and melted chocolate), and rolling them in cocoa powder.

6. Cream puffs: These tasty morsels are made from a French choux pastry dough filled with a moist filling of sweet cream or custard.

7. Napoleon: The French offer a layered dessert, and it comes by way of mille feuille, also known as a Napoleon pastry. Puff pastry dough sandwiches vanilla custard or cream in various layers.

8. Tiramisu: Meaning "pick me up," tiramisu is the Italian take on a layered dessert made from ladyfingers cookies dipped in coffee and a whipped mixture of mascarpone cheese and cream, topped with cocoa.

Dessert and other sweets are often a part of Valentine's Day celebrations.



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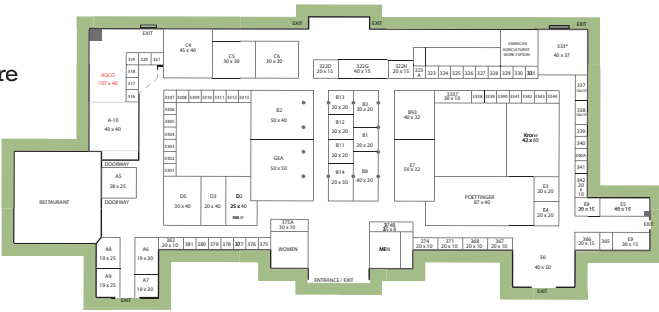
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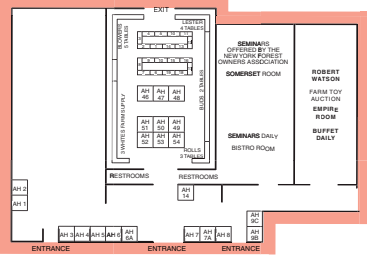
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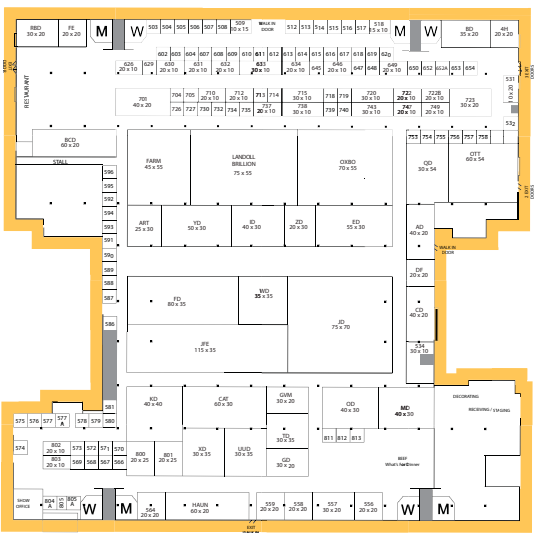
Horticulture Building



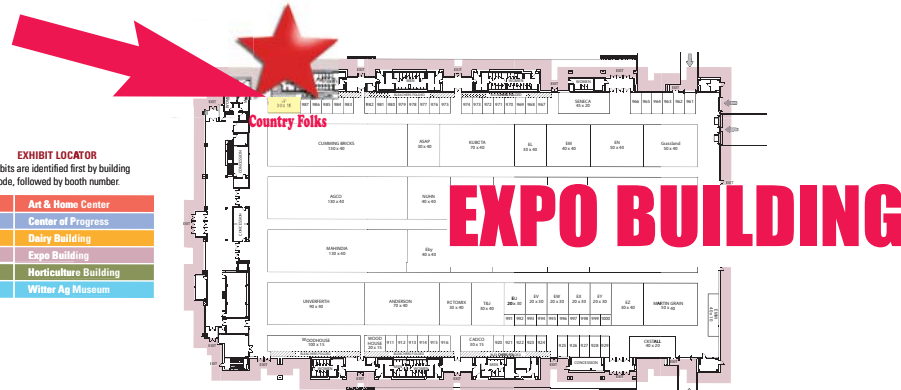
Art & Home Center



Center of Progress Building



Dairy Building



EXPO BUILDING

Country Folks

EXHIBIT LOCATOR
Exhibits are identified first by building code, followed by booth number.

AH	Art & Home Center
CP	Center of Progress
D	Dairy Building
E	Expo Building
HT	Horticulture Building
W	Winter Ag Museum



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