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**FEBRUARY 28, 2020**  
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Volume 9 Number 37

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. 2 Peter 1:16


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## Central Valley CSD Foundation honors second quarter students, employees of the month

The Central Valley Central School District Foundation recognized the district's students and employees of the quarter at its Feb. 11 meeting.

"We were proud to be able to recognize students who stand out in academics and good citizenship," said JoAnn Duga, Foundation president. "It was also a great night to publicly acknowledge some of the employees who make our district such a great place for our students."

The program, which was implemented at the beginning of the school year, recognizes up to four students and employees each quarter with the hope that there will be recipients from each school building: Fisher and Barringer Elementary Schools, Jarvis Middle School and CVA High School, as well as the CVCSD bus garage.

Second quarter student recipients include Paige Austin and Ka-

dence Lyman from Jarvis Middle School, as well as CVA students Brittany Martinez and Raven Murphy. No nominations for elementary students were received.

The employee recipients were Julie Ball, Barringer Road teacher; Brady Boyd, district-wide employee who recently retired after 16 years as Director of Facilities; Scott Loiacono, bus driver; Neil McCraith, Jarvis teacher; and Adam Waldo, CVA custodian. No nominations for Fisher Elementary School were received.

Community members who would like to nominate a CVCSD employee for the quarterly recognition can find the nomination form at [www.cvalleycsdfoundation.org](http://www.cvalleycsdfoundation.org) or on the Central Valley Central School District Foundation Facebook page.

For more information about the Foundation, contact JoAnn Duga at 315.894.3116 or [joandugaCVAFoundation@yahoo.com](mailto:joandugaCVAFoundation@yahoo.com).



(Front row, L - R) Kadence Lyman, Paige Austin, Julie Ball and Brittany Martinez. (Back row) Brady Boyd, Raven Murphy, Neil McCraith, Adam Waldo and Scott Loiacono.

Photo courtesy of CVCSD Foundation

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## Campbell certified as Patient-Centered Medical Home Content Expert

Little Falls Hospital, part of the Bassett Healthcare Network, is pleased to announce that Paul Campbell, MA, RN, has been certified by the National Committee for Quality Assurance (NCQA) as Patient-Centered Medical Home Certified Content Expert (CCE). This certification comes after the completion of two NCQA educational seminars and passing a comprehensive exam. His two-year certification became effective Feb. 6.

"Paul's certification as a PCMH content expert is quite an accomplishment that brings an increased level of expertise to our organization," said Heidi Camardello, CNO, VP of patient care at Little Falls Hospital. "His in-depth knowledge will assist us in implementing innovative and improved primary care models while working within the standards established by the NCQA."

According to NCQA, the PCMH is a healthcare setting that facilitates partnerships between individual patients, their personal physicians, and when appropriate, the patient's family. Care is facilitated by registries, information technology, health information exchange and other means to assure that patients

get the indicated care when and where they need and want it in a culturally and linguistically appropriate manner.

"Certified NCQA Patient-Centered Medical Home Content Experts receive thorough training and demonstrate in-depth knowledge to assist organizations applying for NCQA PCMH Recognition," said NCQA President Margaret E. O'Kane.

Campbell lives in Little Falls and has two daughters, Caeli and Audrey.



Paul Campbell, MA, RN, Patient-Centered Medical Home Certified Content Expert (CCE). Photo courtesy of Little Falls Hospital

## Herkimer College students save over \$2.1 million in textbook costs

Herkimer College students have saved over \$2.1 million in textbook costs since the college implemented Open Educational Resources (OER) in 2016.

OER are high-quality, digital coursework materials made accessible to students online rather than in traditional, more expensive hard copy form. The materials are available from the first day of classes.

The college adopted the initiative ahead of the Winter 2016 semester to help remove financial roadblocks that could derail students' progress and

spur improvements that would increase the likelihood of degree and certificate completion.

In its first semester, the program only served 10 students for a savings of only \$1,200. But with expanded faculty adoption of open resources (the college now offers three degrees with complete OER compatibility – Science AS, General Studies AA and Social Science AS) in Spring 2020 there are 125 OER course sections with 2,427 registered students, with a total estimated savings of \$291,240.

"We are so excited that

faculty at Herkimer and across the country are helping to create and curate more Open Educational Resources all the time," said Linda Lamb, associate dean of academic affairs. "The result is that our students are saving money without having to sacrifice access to high-quality learning resources."

The State University of New York (SUNY) hopes to double the percentage of general education courses offered with OER. Statewide, OERs have saved SUNY students about \$47 million in textbook costs.

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## Defensive driving course

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, so enroll early. 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.

## Whitestown Youth Hockey Association to hold food drive for Feed Our Vets

The Whitestown Youth Hockey Association will hold a food drive for the Feed Our Vets organization during their

Shamrock Showdown Mite Tournament March 13 - 15 at the Whitestown Community Center and Ice Rink. This will take place March 13 from 5 - 8:30 p.m., March 14 from 8 a.m. - 7 p.m. and March 15 from 8 - 11:30 a.m. at the Whitestown Community Center and Ice Rink, 1 Championship Drive, Whitesboro.

As part of their yearly Mite tournament, the organization wanted to give back in a way that would have a positive impact on the community. They decided to focus on a way to help local veterans. Volunteers from Feed Our Vets, as well as members of the Whitestown Youth Hockey organization, will be on hand throughout the weekend to collect non-perishable food items. Examples of needed items include cereal, pasta, canned sauce, canned fruit, peanut butter, jelly, boxed potatoes, canned pasta, canned raviolis, Ramen noodles, soups, Rice-a-Roni, baked beans, pancake syrup and pancake mix.

Volunteers from Feed Our Vets will also be on hand at the event to pass out brochures about the organization and sell T-shirts to raise money for Feed Our Vets. Monetary donations will also be accepted at the event.

"This is an incredible opportunity for the youth hockey communities attending our event to honor veterans by donating to the Feed Our Vets organization. It also allows us to teach the youth the importance of giving back to those that served our country," said Cyndi St. James,

Whitestown Youth Hockey Association president.

Feed Our Vets founders Rich and Michele Synek established the first pantry for Feed Our Vets in Utica in February 2008 while Rich was working as a postmaster in Vernon Center. One day, a World War II veteran came into the post office to purchase a stamp. In speaking with the veteran, he realized that at times the man and his family would not have any food to eat and were on a very limited budget. That night, Rich and his wife purchased food for the veteran and his family and brought it to their home. They recently moved to a larger location at 587 Main St., New York Mills.

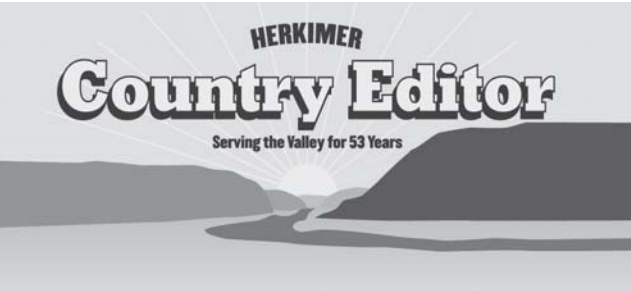
Rich is a Navy veteran, a member of the American Legion, VFW, Marine Corps League, American Veterans for Equal Rights, National League of Postmasters, National Association of Postmasters of the United States and is a Master Mason.

"Feed Our Vets would like to thank the Whitestown Youth Hockey Association and the Whitestown Community Center and Ice Rink for their support and hard work helping to make an impact for our hungry veterans who have been left on the battlefield of hunger. It's especially patriotic to see a group of young men and women standing up for our local veterans and thanking them for the freedoms which we enjoy," Rich said.

Whitestown Youth Hockey Association and Feed Our

Vets are also working with Express Employment Professionals Veterans Supply Drive. They will be providing a military vehicle to gather and deliver the food to the New York Mills location. John Calabrese Jr. has been working with many corporate partners since 2016 to establish the Veterans Supply Drive initiative. They currently utilize an M923 military cargo vehicle, as well as an M998 Humvee. To date they have collected over 20 tons of food that has gone directly to local veterans in need.

Robyn Appler, director of Parks, Recreation, Buildings and Grounds for the Town of Whitestown, said, "Our staff works hard to provide a clean, safe and friendly environment for the community to gather. Whether it's a hockey game at the rink, or BINGO in the community center, this facility is prepared to welcome these events and more. What better than a local youth organization that encourages and educates the community on how we can support our local veterans. Just another reason to be proud of where we live and work. We hope everyone will stop and give back!"



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## HOCUS-FOCUS

BY  
HENRY BOLTIHOFF

Find at least six differences in details between panels.



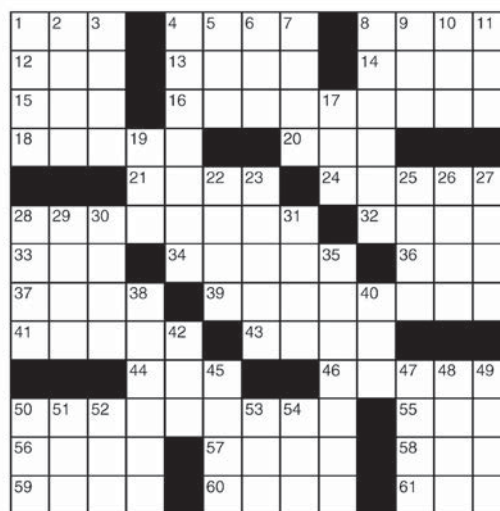
Differences: 1. Towel is missing. 2. Towel is different. 3. Shirt is different. 4. Hair is added. 5. Pants are different. 6. Soap is added.

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## King Crossword

## ACROSS

- 1 Satchel  
4 Nowhere to be seen  
8 Visored military cap  
12 — out a living  
13 State  
14 Object of worship  
15 Have a bug  
16 Dilute  
18 Up to  
20 Finish  
21 Second letter  
24 Sponsorship  
28 Negative aspect  
32 Took the bus  
33 Fire residue  
34 Oodles  
36 Wager  
37 Amorphous lump  
39 Onion rings, e.g.  
41 Takes to the skies  
43 Carry on  
44 "That feels so good!"  
46 Black board?  
50 Exemplar of dullness  
55 Cattle call  
56 Leading man  
57 Volcanic flow  
58 Request  
59 Floor cleaners  
60 Gasoline, e.g.



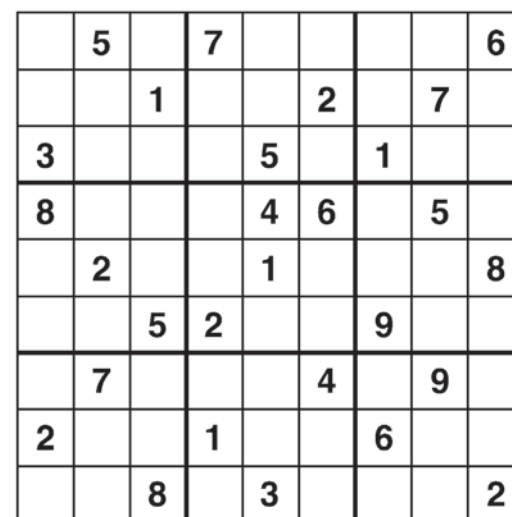
## DOWN

- 1 Suitor  
2 Related  
3 Moolah  
4 Anarchic  
5 Eggs  
6 Prepared  
7 Genealogy chart  
8 Actress  
9 "Green" prefix  
10 "Bam!"  
11 Hostel  
17 Genetic stuff  
19 — Saud  
22 Twitches  
23 Fire-fighting legend Red  
25 Asian desert  
26 Mid-month date  
27 Green or Rogen  
28 Slight touches  
29 Norway's capital  
30 "Halt!"  
31 Icelandic poetry  
35 More than just a few  
38 Lullaby composer  
40 Society newbie  
42 Tool with teeth  
45 50 percent  
47 Muscat's land  
48 Small winning margin  
49 Oxen's harness  
50 Water barrier  
51 Berlin's "What'll —?"  
52 Potential syrup  
53 Greek cross  
54 56-Across' partner

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## Weekly SUDOKU

by Linda Thistle

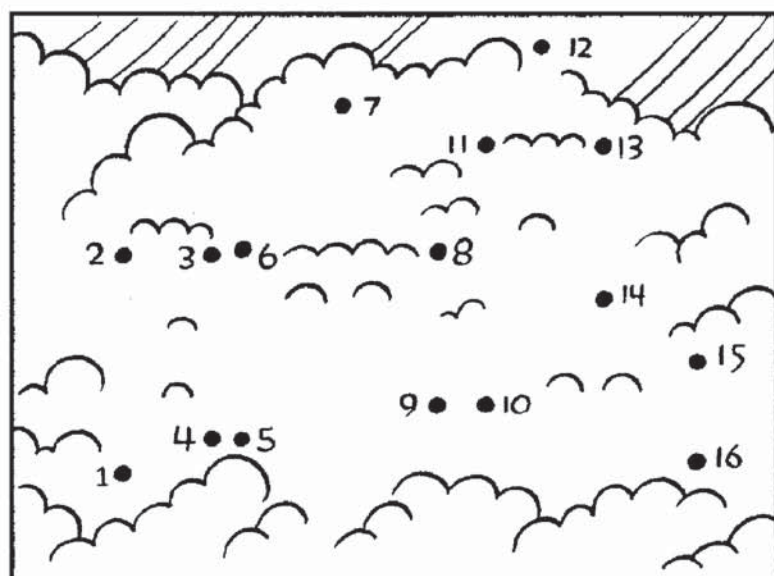


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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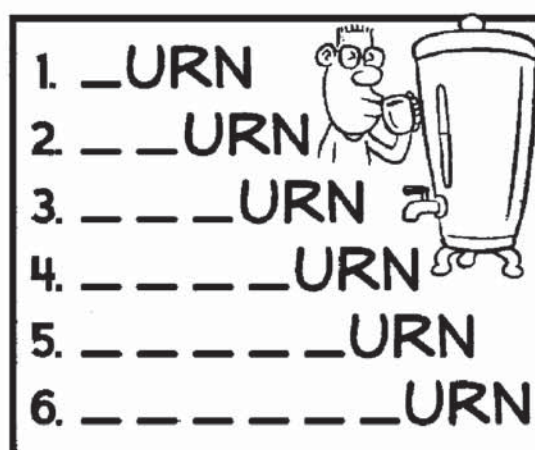


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RIDDLE-DOTS! Connect the dots and find out what the most beautiful things ever built are.

Answer:  
Castles in the air.

by Charles Barry Townsend



## IT'S TEATIME!

SEE IF you can "urn" an "A" on this vocabulary quiz by finding the letters that are missing from the six words pictured here. They all end with the word URN.

## DEFINITIONS:

1. To plow the soil.
2. To stir up vigorously.
3. A color.
4. A temporary stay.
5. Habitually untalkative.
6. Result of overeating.

Illustrated by David Coulson

A CORNY PROBLEM! A squirrel found nine ears of corn in Farmer Brown's barn. Every day, for nine days, he carried three ears away. Why did it take him so long to empty the barn?



Answer: Every day he removed one ear of corn and his own two ears.

FINGER FLICKIN' FUN! Balance a card, with a quarter on top, on the tip of your middle finger. Bet that you can remove the card and leave the coin balanced on your finger, without touching the coin. SECRET: With your other hand, snap a finger against the card edge, sending it spinning. The coin will remain on your finger.



Answers: 1. Turn. 2. Churn. 3. Auburn. 4. Sojourn. 5. Taciturn. 6. Heartburn.



# Area Church Services

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Friday 7 PM

**ST. FRANCIS de SALES CHURCH**  
Rev. Mark Cunningham, Pastor  
219 N. Bellinger St.  
Phone 866-4282  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS**  
**ANTHONY and JOSEPH**  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 6 PM  
Sunday Mass 10 AM

**REDEEMER CHURCH**  
Pastor Michael Servello  
931 Herkimer Rd.  
Utica, NY 13503  
Phone 792-4748  
Saturday 6 PM • Sunday 9 & 11 AM

**OAK RIDGE FREE METHODIST CHURCH**  
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Phone 866-0575

**UKRAINIAN ORTHODOX CHURCH OF**  
**ST. MARY'S PROTECTRESS**  
326 Moore Ave.  
Sunday Divine Liturgy 10 AM  
Holy Day Liturgy 9 AM  
Phone 866-1336

**NEW LIFE CHURCH**  
Pastor David Hayner  
337 Protection Ave.  
Phone 866-1164 • www.nlc-mc.org  
Worship 10 AM  
Wednesday Worship 6:30 PM

**TRINITY EVANGELICAL**  
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Sunday Worship Services  
9 AM Spoken Service  
9 AM Faith Formation Sunday School  
10:30 AM Service with Music  
Bible Studies on Thursday Mornings at 10 AM

**THE SALVATION ARMY**  
Lieutenants John and Lori Wood  
429 N. Prospect St.  
Phone 866-1240  
www.thesalvationarmy.org  
Sunday School 10 AM  
Morning Worship 11 AM

**FIRST UNITED**  
**METHODIST CHURCH**  
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Sunday Worship 8:00 & 9:30 AM  
Sunday School 9:30 AM during school year

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Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
315-866-7189

**HERKIMER REFORMED CHURCH**  
102 Church St.  
Phone 866-1523  
Worship 9:30 AM  
Sunday School 11 AM  
Shepherd's Table:  
Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
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

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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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May 1 - November 1  
36 Second Street, Ilion

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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

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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

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
16 Jackson St.  
Phone: 315-823-3004  
Email Ifirstpres@gmail.com  
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Sunday Worship 10 AM  
Sunday School 10 AM

**LITTLE FALLS**  
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Sunday Worship Service 10 AM  
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Holy Eucharist 10 AM

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Sunday:  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

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Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

**EMMANUEL BIBLE CHURCH**  
Pastor Gary Wilcox  
54 W. Main St. • Phone 717-3011  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Fellowship Lunch 12:30 PM  
Afternoon Bible Study 1:30 PM  
Wednesday Prayer & Bible Study 6 PM

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**CHURCH OF THE BLESSED SACRAMENT**  
Sr. Mary Jo Tallman, CSJ,  
Parish Life Director  
Rev. Mark Cunningham,  
Sacramental Minister  
71 E. Main St.  
Phone 866-1752  
Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

**CHRISTIAN BIBLE CHURCH**  
H. Ed Reed, Pastor/Teacher  
167 Ward Rd. • Phone 858-1282  
www.christianbiblechurch.us  
Sunday School 9 AM  
Sunday Worship 10 AM  
Wednesday Bible Study  
& Prayer Meeting 7 PM

**MOHAWK**  
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Pastor Gene Kipper  
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Morning Service 11 AM

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## Snow shoveling & snow blowing safety

As winter continues, snowfall reminds us of outdoor tasks, such as shoveling and snow blowing. "By following some simple safety precautions, cold weather tasks can be accomplished safely and without injuries," said Diane Ward, CHN of Herkimer County Public Health.

Most importantly, older people and people with back problems should never attempt to shovel snow. An older person has a greater risk of slipping on ice or snow and causing injury.

"It's important to stretch and warm up your muscles before you begin shoveling. Many back injuries occur in the morning, because the tissue around the spine is tight after a night of rest. Ironically, people between the ages of 20 and 50 are more likely than older individuals to injure their backs, because they may not be aware that they are out of condition," Ward cautioned.

Herkimer County Public Health suggests the following shoveling tips to prevent back injury and strain:

- Use a proper snow shovel.
- Take small loads of snow, bend at the knees and lift with your leg muscles, not your back.
- Scoop in a forward motion, and step in the direction you throw the snow.
- Avoid twisting, which puts additional strain on your back.
- Take frequent breaks. Stand up and walk around after every 10 minutes of snow shoveling.

"Snow shoveling is extremely hard work. Do not shovel snow unless you are in good physical condition," Ward said. "Cold weather, without any physical exertion, puts additional strain on your heart. People who are overweight, have heart problems or have high blood pressure are at high risk for injuries when snow shoveling."

Failing to take proper precautions while using a snow blower is another leading cause of injury during the winter season.

Herkimer County Public Health suggests the following steps to help you avoid injury while using a snow blower:

- Read the owner's manual thoroughly before operating the snow blower.
- Keep both feet firmly on the ground while starting the snow blower.
- Remove obstacles from your path, and aim the snow carefully. If rocks or chunks of ice are thrown by the snow blower, they may cause injuries or damage property.
- Do not unclog the snow blower chute while the engine is running.
- Do not wear loose-fitting clothing, such as a scarf, that may get caught in the snow blower.
- Do not drink alcoholic beverages while operating the snow blower.

- Do not operate the blower over gravel, loose stones or on steep hills to avoid losing control and causing injuries.

- Know how to shut the machine off quickly.
- Never leave your snow blower running while unattended.

Remember, as with any outdoor activity, you will be more comfortable and safer if you dress properly for the weather. Wear several layers of lightweight clothing, and cover your head. Fifty percent of body heat is lost through the head.

For more information on shoveling and snow blowing safety, call Herkimer County Public Health at 315.867.1176.

## Calendar of events

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

### Now - April 10

**Poland Fire Co. Auxiliary Fish Fries.** Serving: 4 to 8 p.m. on Fridays at Poland Firehouse Station #1 (Route 8, between Poland and Cold Brook). Call for Take-Outs: 315.826.7141.

### February 27

**Poland Central School Board of Education Meeting.** Call 315.826.7900 or visit [www.polandcs.org](http://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](mailto:aaiello@archerkimer.org) or 315.574.7932.

Herkimer County Historical Society is presenting the program "**Murder & Mayhem in Herkimer County**" at 6:30 p.m. at Herkimer College, sponsored by the Herkimer College History Club. "Murder & Mayhem" books available for purchase for \$25. For more information, call 315.866.6413.

### February 28-29

**Pierogi and Golumbki Sales.** Friday, Feb. 21 and 28 from 11 a.m. - 1 p.m., Saturday, Feb. 22 and 29 from 9:30 a.m. to 2 p.m. at St. Mary's Ukrainian Orthodox Church, 324 Moore, Ave., Herkimer. Traditional pierogi sell for \$7 a dozen. Golumbki sell for \$26 a dozen, \$13 a half dozen or three-piece for \$6.50.

### February 28-March 10

**Friday Night Fish Fry** 4:30 - 7 p.m. Eat in or take out. \$13 adult. \$8 children. \$20. Salisbury Vol. Fire Dept., 2549 State Route 29, Salisbury Center. Call 315.429.5121.

### 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 2

**Herkimer Al-anon Meetings.** Tuesdays 6-7 p.m. at Rise Recovery Community Outreach Center, 125 E. Albany St., Herkimer, NY. Call 315.219.5393 or visit [al-anon.org](http://al-anon.org).

### 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 9

**Oil Painting Class with Wilson Bickford** 5:30 - 9:30 p.m. at Auskerada Place, 78 S. Main St., Dolgeville. \$50 fee includes all supplies. Call "Diane" at 315.429.3618 to register.

### 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](mailto: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.

**Corned Beef and Cabbage Dinner** 3 p.m. until sold out at the Ilion Masonic Temple, 118 Morgan St., Ilion. \$12. Take-outs available. Ham available. Sponsored by Evening Sun Valley Chapter, OES.

### 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).

**3rd Annual East Herkimer Volunteer Fire Department's Gun Raffle.** Three winners. Donation \$5. Ticket sales support the EHVFD. Drawing set for April 15. Tickets and information: Dan Wellington 315.868.5394.

**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 23

**Third Annual Senior Health & Wellness Fair** 11 a.m. to 2 p.m., at Valley Residential Services, 323 Pine Grove Road, Herkimer. Contact the office of Community Relations and Fund Development at 315.866.3330 extension 2329 for more information.

**Arc Herkimer to Host Free 'Anxiety and Autism' Workshop** 10 a.m. - noon at Arc Herkimer Main Building, 350 S. Washington St., Herkimer. For more information or to register, visit [www.archerkimer.org](http://www.archerkimer.org).

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# Fritz's Polka Band to perform two CNY winter shows

Fritz's Polka Band (FPB) from Verona will return to Copper City Brewing Company (1111 Oneida St., Rome) on Feb. 29 for the third annual Febtoberfest! The event starts at 11 a.m. with FPB performing from 7 - 9 p.m. On March 1, FPB will perform at Nothin' Fancy Country Rock Saloon (10 Ruth St., Vernon) from 3 - 6 p.m.

"My band doesn't usually play too much in the winter," said Fritz Scherz, bandleader, "so we're really looking forward to playing at these two very different venues! This will be the third time we've played at Copper City Brewing Company's Febtoberfest event, which is modeled after Oktoberfest. Meanwhile, the next day we get to play at a venue that has a great dance floor, so that'll give folks an excellent opportunity to dance. Rick Szczyt, who drummed in FPB for 24 years, will be flying in from Ohio to perform this weekend with us. Rick is a fabulous talent too, as he has been nominated before for multiple national awards!"

October 14, 2018 marked the 40th anniversary of Fritz's Polka Band. FPB made history in 1999 by becoming the first polka band to play at a Woodstock

Festival. FPB appears on "The Manchurian Candidate" DVD, released in 2004. In 2011, FPB had two songs ("Grandparents Polka" and "Here Is Fritz's Polka Band") included in two episodes of the TV show "Breaking Bad."

In November 2018, FPB released their 19th recording, "Hey!", which featured Rocko Dorsey, Ron Keck and Todd Kerns (from Slash featuring Myles Kennedy & The Conspirators, TOQUE, Age of Electric and more) as special guests. In winter of 2019, "Hey!" was nominated for a Syracuse Area Music Award: Best Recording Other Styles. In autumn 2019, FPB was nominated for Band of the Year as well as New, Original Polka Song by the Cleveland-Style Polka Hall of Fame.

Additionally, Fritz Scherz was nominated for Musician of the Year and Button-Box: Artist or Duo awards.

For more information on FPB, view the band's website at [www.fritzspolka-band.com](http://www.fritzspolka-band.com), or find them on Facebook, Twitter or Instagram. For details on Copper City Brewing Company's Febtoberfest, call 315.281.8987. For details on Nothin' Fancy Country Rock Saloon, call 315.829.4503.



Fritz's Polka Band will perform two CNY winter shows this week. (L - R) Band members Frank Nelson, Gabe Vaccaro, Rick Szczyt and Fritz Scherz. Photo courtesy of Fritz's Polka Band



## The key to happiness Goes in the ignition



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## Herkimer College appoints new Academic Support Center specialist

Herkimer County Community College has hired Jeremy Pietruch of Marcy as a

math specialist in the Academic Support Center (ASC).

Pietruch earned two bachelor's degrees from SUNY Oswego in mathematics and secondary education (mathematics before going on to earn a master's degree in accountancy from SUNY Polytechnic Institute in December 2019).

Pietruch was already a familiar face around campus, having previously worked in the ASC as a part-time math tutor. He also has experience working in the Utica City School District as a home-bound instructor, providing one-on-one tutoring to students, and as a substitute teacher at the middle and high school levels.

As a full-time specialist in the ASC, Pietruch will provide subject-specific tutorial assistance infused with best-practice study strategies instruction, utilizing a range of available learning resources and through a variety of service-delivery modes. In this role, he will report to ASC Director Marjorie Moore.



Jeremy Pietruch was recently appointed as a math specialist in Herkimer College's Academic Support Center. Photo courtesy of Herkimer College

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## Herkimer College President appointed to NJCAA Board of Regents



Herkimer College President Cathleen McColgin has been appointed to the NJCAA's Board of Regents. Photo courtesy of Herkimer College

Herkimer College President Cathleen McColgin has been appointed to the Board of Regents for the National Junior College Athletic Association (NJCAA).

The Board of Regents is the governing body of the NJCAA, developing by-laws, procedures and policies for the organization. Its members are all volunteers, with a board chair, men's senior administrator, women's senior administrator, six presidential representatives and representatives from each of the 24 regions and six districts of the NJCAA.

McColgin will serve as a presidential representative at-large. She was previously a member of the NJCAA's Legal Review Committee.

"Having President McColgin elected to this position will be a benefit both to the NJCAA and Herkimer College," said Don Dutcher, dean of students and director of athletics at Herkimer College. "She has a strong interest and passion in providing opportunities for student athletes. She will be at the decision-making level to bring new insight and help lead the NJCAA into the next decade."

## Trees & shrubs for sale at Herkimer County SWCD

The Herkimer County Soil and Water Conservation District is taking orders for trees and shrubs now through March 23. Available for planting this spring are low-cost bare root evergreen seedlings and transplants, deciduous trees, a variety of bushes and shrubs, semi-dwarf apple trees and wildflower seeds.

Also available are barely straw for pond maintenance, bluebird nest boxes and rain barrels. Among the many planting accessories being offered are tree mats and tree shelters, hardwood stakes, compost, fertilizer tablets and animal repellent.

For a complete list of the many items available, including descriptions, prices and order information, visit [www.herkimercountyswcd.com](http://www.herkimercountyswcd.com) or call 315.866.2520 ext. 5.

For landowners who have already received an order form, note that the size range for Fraser fir transplants has changed to eight - 14" due to the tree nursery's stock availability.

Orders are accepted through Monday, March 23. Pick-up dates are Friday, April 24 and Saturday, April 25. Quantities are limited and orders will be filled on a first come, first served basis.



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## Kuyahoora Valley Rotary Club Student of the Month awards



(L - R) Alexia Pomichter, Sydney Kinsella and Sarah Costello.

Photo courtesy of Kuyahoora Valley Rotary Club

At the Feb. 4 Kuyahoora Valley Rotary meeting, we honored three students with Student of the Month Awards. This is an ongoing function of the Rotary Club to honor local high school students who rated highly in academics and service to the school and community.

For the months of October through June of the school year the club alternates monthly between Poland Central School (PCS) and West Canada Valley Central School (WCVCS) honoring a high school student. At this meeting the club honored Sydney Kinsella, WCVCS, with the October 2019 award, Alexia Pomichter, PCS, with the November 2019 award and Sarah Costello, WCVCS, with the January 2020 award.

## Arc Herkimer to host free 'Anxiety and Autism' workshop

Arc Herkimer is hosting a free workshop on "Anxiety and Autism" on Thursday, April 23 for people with autism, their families, educators and professionals, fea-

turing child psychologist and award-winning author Christopher Lynch, Ph.D. The workshop will take place from 10 a.m. - noon at Arc Herkimer Main Building, 350 S. Washington St., Herkimer.

Lynch is a child psychologist who specializes in stress and anxiety management for children and teens who are on the autism spectrum. At the workshop, he will be highlighting various relaxation and coping skills, stress management techniques, sensory sensitivities and actionable strategies to use.

These workshops are a product of Arc Herkimer's commitment to "Focus on Families" by providing education throughout the area about autism and other disabilities - and are funded by a Family Support Training Grant through CNY DDRO. For more information on upcoming workshops or to register, refer to [www.archer-kimer.org](http://www.archer-kimer.org).



Child psychologist and award-winning author Christopher Lynch, Ph.D.

Photo courtesy of Arc Herkimer

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## VRS residents play Pokeno with Herkimer Elementary School students

VRS residents enjoyed a game of Pokeno with fifth grade students from Herkimer Elementary School on Thursday, Feb. 13 in the Social Lounge



Herkimer Elementary fifth grade students Melinda Poplawski (L) and Alanna McArthur.  
Photo courtesy of Valley Health Services

at Valley Residential Services.

VRS's Assisted Living and Enriched Housing facility provides an independent lifestyle for senior citizens. The VRS Activities staff organized the Pokeno game as a fun, intergenerational activity that drew in a multitude of seniors for congenial recreation, laughs and engagement with the Herkimer Elementary students and their advisors.

VRS is the ideal location for seniors who want to experience an enriching and independent lifestyle. With a new expansion project of 14 one-bedroom apartments, large enough for couples, a fully staffed wellness and fitness center, restaurant-style dining and a variety of activities and events, VRS offers myriad opportunities for seniors.

For more information, contact Christine Shepardson, Director of Community Life, at 315.219.5700 ext. 3239.

## Herkimer County Historical Society Wintertime Drawing

The Herkimer County Historical Society is holding their annual Wintertime Drawing to raise funds to help with their winter utility costs. The first prize is a \$200 Wal-Mart card, second prize is a \$100 True Value Hardware card donated by Collis Hardware and third prize is a \$50 Amazon card. The drawing is March 19, the first

day of spring.

Tickets are \$5 each or four for \$15 and can be purchased at the Historical Society, located at 406 N. Main St., Herkimer, open Tuesday - Friday, 10 a.m. - 4 p.m., or by visiting [www.herkimercountyhistory.org](http://www.herkimercountyhistory.org) to pay by Paypal. For more information, call 315.866.6413.



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## CVCSD Foundation receives \$2,000 donation from Beer Belly Bob's

The Central Valley Central School District Foundation recently received a \$2,000 donation from Beer Belly Bob's Discount Beverage Center in Ilion. The donation, which was raised during the Beer Belly Crawl poker run last summer, will be used to establish two scholarships for graduating seniors in the district and will be added to annually. The second-annual Beer Belly Crawl is planned for autumn.



(L - R) Beer Belly Bob's owners Julie and Robert McDowell presenting the donation check to Foundation VP Michael Conover.  
Photo courtesy of Central Valley Central School District Foundation



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# Third annual Senior Health & Wellness Fair taking place in April

Valley Residential Services (VRS) will host the third annual Boardwalk to Better Health Senior Health & Wellness Fair on Thursday, April 23 from 11 a.m. - 2 p.m. at Valley Residential Services, 323 Pine Grove Rd., Herkimer.

The event will be impactful, offering resources for senior citizens who wish to remain independent in their own home, may be contemplating downsizing, estate and gift planning, assisted and enriched housing, safety and

security, Medicaid or Medicare and many other areas of interest.

“We are thrilled to announce that MVP Health Care is this year’s lead sponsor,” said Lisa M. Betrus, president, Valley Health Services and VRS. MVP is a nationally recognized, regional not-for-profit health plan provider that is committed to having a positive impact on the health and wellness of those they serve. They care for over 700,000 members across New York State and Vermont. “Their

contribution to Valley Health Services and Valley Residential Services is impressive. The public is invited to attend their seminar during the senior health and wellness fair or visit their exhibitor table to gain an overview of the valuable services they provide to the community.”

The Boardwalk to Better Health will feature an exhibitor showcase with a plethora of products and/or services important to senior citizens as well as speakers’ sessions throughout

the day. Attendees can enjoy complimentary continental breakfast and lunch. There will be free screenings for blood pressure, balance and falls, cholesterol and more. The event is free and open to the public.

If your business is interested in exhibiting your products or services, contact the office of Community Relations and Fund Development at 315.866.3330 ext. 2329 for more information.

## Did you know?

Most parts of North America will begin Daylight Saving Time on March 8 at 2 a.m., respective to their time zones. In the European Union, “Summer Time” begins at 1 a.m. on the last Sunday in March, which this year will be March 29. The change is made at the same absolute time across all time zones respective to Greenwich Mean Time, which also is known as Universal Time.

One reason DST is still practiced in many areas of the world is to push an hour of daylight from the morning to the evening and make better use of this daylight. There are various origin stories linked to DST, including

one that involves Benjamin Franklin.

DST also has been touted as a way to save resources during times of war or as a means to helping farmers be more prosperous.

However, despite the many proclaimed benefits of DST, there are many detractors who insist that there are no perceived benefits. Some of these DST naysayers say switching the clocks twice a year can negatively affect the body’s natural circadian rhythm.

Various efforts both domestically and abroad have been instituted to abolish DST, but as of 2020, it remains on the calendar.

## Good Housekeeping

### Slow Cooker Chicken Pot Pie

*This recipe from Woman’s Day gets to the heart of what makes pot pie so good: the creamy chicken filling. It’s so tasty, you can skip the puff pastry altogether and just serve it with some crusty bread on the side, if you prefer.*

½ cup dry white wine  
2 tbsp all-purpose flour  
Kosher salt and pepper  
4 medium carrots  
2 stalk celery  
1 onion  
1½ lbs boneless, skinless chicken thighs  
1 sheet frozen puff pastry  
1 egg  
1 cup frozen peas  
3 tbsp fresh dill sprigs

1. In a 5- to 6-qt slow cooker, whisk together the wine, flour, ½ cup water and ½ teaspoon each salt and pepper.

2. Add the carrots, celery, onion and chicken, and toss to com-

bine. Cook, covered, until the chicken is cooked through and easily pulls apart, 6 to 7 hours on low or 4 to 5 hours on high.

3. When the chicken has 30 minutes left to cook, heat oven to 400° F. Cut the puff pastry into 8 rectangles and place on a parchment-lined baking sheet. Brush with the egg and bake until puffed and golden brown, 20 to 25 minutes.

4. Gently fold the peas and dill into the chicken and vegetables and cook, covered, until heated through, about 3 minutes. Spoon into bowls, sprinkle with additional dill if desired, and top with the puff pastry. Serves 4.

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

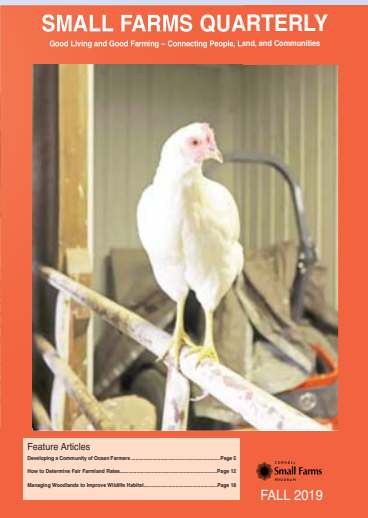
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## Three strategies to manage your time more effectively

Busy professionals juggling the responsibilities of work and family often feel pressed for time. Adding a 25th hour to the day might not be possible, but busy men and women can make more time by managing their existing time more effectively.

The Centers for Disease Control and Prevention note that stress and time management are linked. People who effectively man-

age their time may, as a result, prove more capable of handling stressful situations than those who are not as adept at time management.

Effective time management is an ongoing process that often requires people to revisit their approaches as their commitments change. In addition to making such adjustments when necessary, men and women can employ these

three strategies to manage their time more effectively.

### 1. Keep track of yourself.

Maintain a log that indicates how much time you're spending on the various tasks you perform throughout the day. Without such a log, it can be difficult to determine where time is being wasted and which activities require the most attention. In addition, maintaining an activity log can shed light on when you

tend to be the most productive and when your energy begins to wane. That's an especially beneficial thing to know, as it may compel you to make changes that can boost your energy levels at times of the day when you can most benefit from a little extra energy. For example, if you notice your productivity routinely slows to a crawl after lunch, you might choose to change your diet so you consume more energy-boosting foods

at midday.

### 2. Steer clear of your mobile devices.

A 2019 study from eMarketer.com estimated that people will spend an average of three hours and 43 minutes on their mobile devices each day in 2020. The study found that much of that time was spent using social networking apps. Some professionals may need to use social networking apps as part of their jobs, but those that don't

should steer clear of their mobile devices during the day. Doing so may reduce distractions that can have an adverse effect on productivity, thereby helping people get more done in less time. During the workday, turn off unnecessary mobile phone notifications, such as those from sports or social media apps.

### 3. Make an effort to clear the clutter.

Clutter might not seem like too big a threat to productivity, but studies have found that it is. The National Association of Productivity and Organizing Professionals notes that 54% of adults are overwhelmed by clutter at home and work, with 78% acknowledging they have no idea how to deal with it. One study even found that the average person wastes more than four hours per week searching for papers. That's lost time and time that's certainly not managed effectively. By clearing away clutter at home and at the office, adults may be saving themselves an untold number of hours each week.

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## Bus trip to see Queen Esther in July

A two-day bus trip to see the stage production of "Queen Esther" at the Sight and Sound Theatre in Lancaster, PA, will take place July 17 and 18, departing from Dolgeville

and Clinton. The trip includes an overnight stay at the Hampton Inn, dinner at Hershey Farm Restaurant before the 7 p.m. "Queen Esther" performance Friday evening.

On Saturday, a stop will be made at Kitchen Kettle Village with over 40 local shops in an outdoor shopping village. For more information, call Chris Casler at 315.823.0632.

## Winter pedestrian safety

When conditions are right, wintertime walks can be exhilarating. However, snowy sidewalks and icy streets can turn a safe stroll into a dangerous activity. Many injuries result from falls on slippery surfaces, warns Diane Ward, CHN of Herkimer County Public Health.

During and after a snowstorm, residents should keep their steps and walkways as free of snow as possible to keep them from becoming ice-covered. If sidewalks become dangerous, or if there are no sidewalks, pedestrians may be forced to walk in the street.

Walking in the street may present its own hazards. Road surfaces may make it hard for motorists to stop at traffic signals or to slow down. Drivers may also be distracted by snow-covered signs and landmarks. When this happens, pedestrians are at risk of getting hit by a motor vehicle.

"Older adults should be especially careful while walking outside in the winter. An older person's risk for falls increases if they have dementia, impaired vision or impaired hearing," Ward said.

Falls are more likely for people who have limited flexibility and coordination, as well as adverse reactions to some medicines. Falls are a leading cause of traumatic brain injuries, and among older adults falls are the leading cause of injury deaths.

This winter, follow these safe walking tips:

- Wear shoes or boots with non-slip soles. Also, wear reflective or bright-colored clothing, such as a hat or scarf, so motorists are better able to see you.

- Follow all traffic signs and signals.

- If you have to walk in the street, face traffic and stay as close to the curb as possible.

- Before you step off the curb, make sure any oncoming vehicles have come to a complete stop.

- Be aware of your surroundings. A covered patch of ice or a pothole filled with snow may cause a slip or fall.

- Bend your knees a little and take slower steps to limit your chances of falling. Wear gloves to avoid putting your hands in your

pockets. Avoid carrying heavy packages which may affect your balance and block your view.

- If you are pushing a child in a stroller in the road, put the stroller in front of you and as close to the curb as possible. Dress children in reflective or bright-colored clothes.

- Hats or scarves that cover your ears can also distort or eliminate the muffled sounds of approaching vehicles. Keep warm, but make sure that you can hear what's going on around you.

For more information about pedestrian safety, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health website at [health.ny.gov/prevention/injury\\_prevention](http://health.ny.gov/prevention/injury_prevention).

## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Chicken a la King Casserole

*Chicken is an almost universal favorite – especially when served in tasty, easy dishes like this.*

1½ cups diced cooked chicken breast  
1 (2.5-oz) jar sliced mushrooms, drained

½ cup frozen peas

1½ cups cooked noodles, rinsed and drained

1 (10¼-oz) can reduced-fat cream of mushroom soup

¼ cup fat-free milk

1 (2-oz) jar diced pimiento, undrained

1 tsp dried parsley flakes

1. Heat oven to 350° F. Spray an 8-by-

8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine chicken, mushrooms, peas and noodles. Add mushroom soup, milk, undrained pimiento and parsley flakes. Mix well to combine.

3. Spread mixture into prepared baking dish. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.

\* Each serving equals: 241 calories, 5g fat, 23g protein, 26g carb., 440mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1½ Starch.

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Recommended vaccines for adults

Newborn babies endure quite a bit in the first few days and months of their lives. Routine immunizations help newborns overcome these obstacles, and as newborns get old they receive vaccines to prevent measles, mumps, rubella, hepatitis and chicken pox. A common misconception suggests that vaccines are only for the young. However, the Centers for Disease Control and Prevention notes that the protection provided by some childhood vaccines can wear off. In addition, some people may be at risk for certain vaccine-preventable diseases due to lifestyle, existing health conditions and age. As a result, it's important for adults to make sure their vaccines are up-to-date. Those who are unsure of their vaccine status should discuss their health history with their doctors. In the meantime, adults should know that the following vaccines are recommended for people of various ages.

- **Influenza:** An annual flu shot is highly recommended. Doctors and health officials indicate that getting the flu vaccine is the single most effective way to prevent seasonal flu or reduce the duration and severity of the illness should it be contracted.
- **Tdap:** This vaccine contains strains of tetanus, diphtheria and pertussis (whooping cough). All three are implicated in serious illnesses or death, according to WebMD. Just about every person, young and old, should receive the Tdap vaccine. The CDC says that every adult should get the Tdap vaccine once if they did not receive it as an adolescent. Then a Td booster shot every 10 years is sufficient.
- **Shingles:** People who have been exposed to varicella (chicken pox) in their youth are at risk for shingles as they grow older. The CDC says nearly one out of three people in the United States will develop shingles

in their lifetime. A shingles vaccine can protect against shingles and complications from the disease. Adults who are 50 and older should get the vaccine, which is administered in two doses.

- **Pneumococcal polysaccharide vaccine (PPSV23):** This vaccine protects against serious pneumococcal diseases, including meningitis and bloodstream infections. It is recommended for all adults age 65 and older.
- **Pneumococcal conjugate vaccine (PCV 13):** This protects against serious pneumococcal disease and pneumonia. Adults 65 years or older who have never received a dose of PCV13 should discuss PCV13 with their physicians.

Vaccines protect the very young from various diseases, but there are many vaccines that are still vital to health in adulthood.

Things to know before drafting a living will

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversa-

tions to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their

health falters. An advanced health-care directive – also known as a living will – is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may

list certain things, such as whether life support is desired or if pain medication should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes

incapacitated. A living will is not always a necessity if a person does not have strong feelings about decisions made on their behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concern-

ing living wills.

- Do I want to remove the burden of tough choices from my loved ones? A living will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not – particularly if they're not sure what you desire.
- Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal and a host of other scenarios.

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**Mon. Mar. 2nd** – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Mon. Mar. 9th** – Normal Monday Sale & Monthly Heifer Sale

**Mon. Mar. 16th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Mon. Mar. 23rd** – Normal Monday Sale & Monthly Organic Day

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**Mon. Mar. 30th** – Normal Monday Sale – Special: 1st Easter Sheep, Lamb, Goat & Pig Sale – Small animals also.

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**Mon. Apr. 6th** – Normal Monday Sale & This will be our 1st Fat Cow & Feeder Turnout Sale – During our reg. sale - If you have a group you would like to advertise let us know. Special: 2nd Easter Sheep, Lamb, Goat & Pig Sale

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

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**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

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

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— King Crossword —

Answers

Solution time: 25 mins.

B	A	G		L	O	S	T		K	E	P	I	
E	K	E		A	V	E	R		I	C	O	N	
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Just Like Cats & Dogs

by Dave T. Phipps

Weekly SUDOKU

Answer

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

This Week's Holidays

Feb. 29 – Open That Bottle Night

March 1 – Peanut Butter Lovers' Day

March 2 – Old Stuff Day

March 3 – Caregiver Appreciation Day

March 4 – Hug A GI Day

March 5 – Multiple Personality Day

March 6 – Employee Appreciation Day

• Is cost preventing me from drafting a living will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help you answer all the questions and write in specifics.

• Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy, also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.



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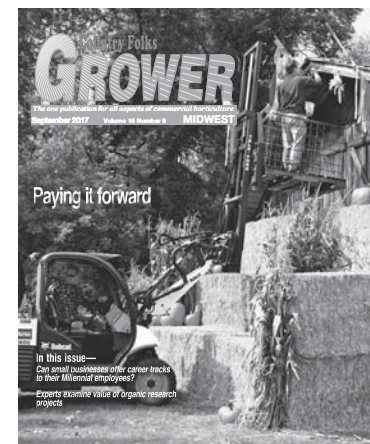
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|---|--|
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| <input type="checkbox"/> Nursery        | <input type="checkbox"/> Small Fruit   |
| <input type="checkbox"/> Garden Center  | <input type="checkbox"/> Christmas     |
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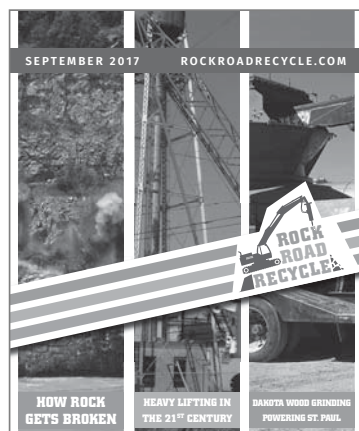
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## Chow line: The difference between broth and stock

**Q:** My dad asked me to pick up chicken stock from the store for a meal that he wanted to make for dinner. When I got to the store, I bought chicken broth and brought it home. He sent me back to the store because he said stock and broth aren't the same thing. But aren't they really?

**A:** No, they are not.

Your dad is correct. There is a difference between broth and stock, and depending on which recipe he was making, the difference between the two could have an impact on the outcome of the meal. This is because, generally speaking, broth is

lighter and more flavorful, while stock is thicker.

To understand the difference, it's important to understand what stocks and broths are. Stocks and broths are liquids used to make sauces, soups, stews and other recipes.

The main differences between stock and broth are the use of bones or meat, the length of cooking time and the type of seasonings added, writes Jenny Lobb, an educator in family and consumer sciences for Ohio State University Extension.

"Unless it's a vegetable stock, stock is made using bones, water and a mixture of

aromatic vegetables including onions, carrots and celery. It's simmered for two to six hours and generally has added seasonings," Lobb wrote in "Broth versus Stock," a blog posted at Live Healthy Live Well.

The site, which can be found at livehealthyosu.com, is a free information resource that offers science-based consumer information and insights.

The boiling of the bones – generally chicken, beef or pork – allows the bone marrow and collagen to be released from the bones, thus making stock much thicker than broth.

However, "broth, on the oth-

er hand," Lobb writes, "takes less time to make, and contains meat (unless it's a vegetable broth), vegetables and seasonings, and is generally simmered on the stove top for no more than two hours."

Stock is typically used in sauces, gravies, stews and as a braising liquid for meat, while broth works well as a base for soups, stir-fry dishes, dumplings, stuffing and for cooking grains and legumes, she said.

"Although broths and stocks can be purchased in cans and cartons at the grocery store, it is fairly easy to make your own at home," Lobb said, not-

ing that, "making broths and stocks from scratch can be a cost-saving activity if you save and utilize meat and vegetable scraps that would otherwise be thrown away."

And with the cold days ahead during the remainder of this winter, soups and stews are a great comfort food to keep you warm on the inside!

*Chow Line is a service of Ohio State University College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.*

## How to begin building a credit history

Credit scores play a significant role in the lives of millions of adults across the globe. A strong credit history can help people secure more borrower-friendly terms on home and auto loans, potentially saving them thousands of dollars.

Credit scores are not typically on the minds of young adults who are years away from purchasing their first homes. However, young adulthood is a great time to begin building a strong credit history. By laying a strong foundation now, young adults can reap significant rewards when they try to finance major purchases, such as cars and homes, down the road.

• **Open a credit account.**

It's important to begin building credit histories once you're eligible, as young people with no credit histories may find it hard to get loans or even apartments of their own. Cosigners can help, but loans secured with cosigners won't do much to improve young people's credit scores. Borrowers want loan applicants who have shown they can pay their own bills, and length of credit history is one of many variables that are used to determine borrowers' credit scores. A long history that documents a young person's track record of paying bills on time is to their advantage. Many credit card companies issue credit to applicants as young as 18, so

young people should not hesitate to begin exploring their options. The online financial resource NerdWallet notes that young people with no credit history may need to apply for secured credit cards. Unlike more traditional cards, secured cards are backed by upfront cash deposits. However, secured cardholders must still make payments on time and will still incur interest charges if they don't. These cards can be a great way for young people to begin showing lenders their creditworthiness.

• **Apply for an installment loan.** Installment loans are another great way for young people to build their credit his-

tories. According to the credit reporting agency Experian, auto loans are among the easiest types of loans to obtain. Young borrowers may need cosigners, though some lenders may not require that. Young people who want to buy new vehicles can avoid leaning on their parents to facilitate their purchases and instead take out an auto loan that requires monthly payments. A track record of making installment loan payments on time and in full is a great way for young people to prove their creditworthiness and improve their credit scores.

• **Ask your landlord to help.** Young people who rent and pay their rent on time might finally

be able to benefit from that. In the past, the only way rent payments were included on credit reports was if tenants were delinquent with their rent payments and subject to lawsuits or were reported to collection agencies. However, Experian recently started to include positive rental payment information in their credit reports. Young people with histories of making rent payments on time can ask their landlords to report their positive payment histories to the credit bureaus.

Strong credit histories can benefit adults from all walks of life. It's never too early for young adults to begin building their financial reputations.

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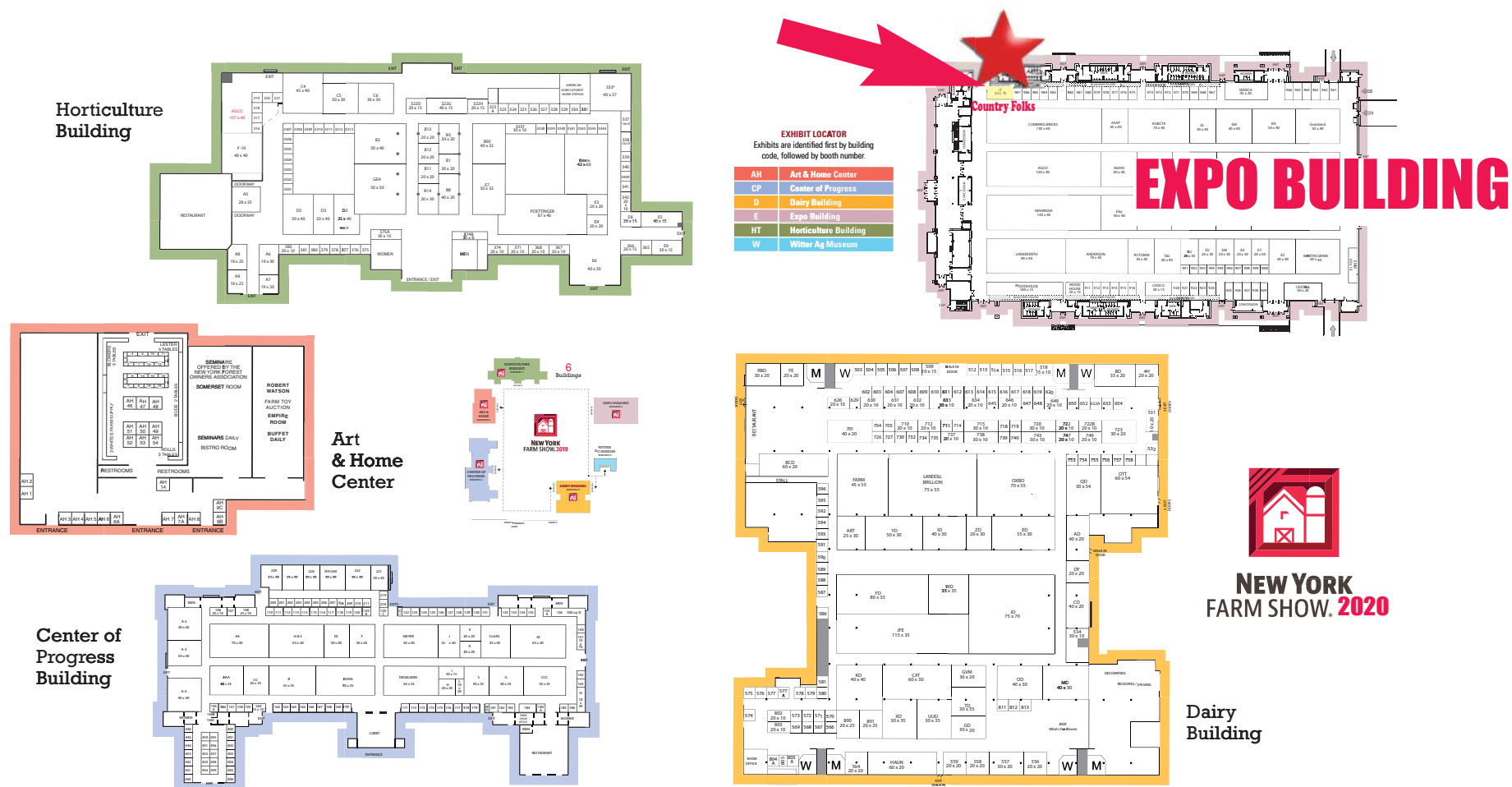
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