

HERKIMER Country Editor

Serving the Valley for 53 Years

MARCH 13, 2020

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Volume 9 Number 39

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed:
for the Lord thy God is with thee whithersoever thou goest. Joshua 1:9

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Mamrosh celebrates 99th birthday at VHS

Mary Shaw Mamrosh, resident of Valley Health Services (VHS) in Herkimer, celebrated her 99th birthday on March 3. She is a sassy, elegant woman with an interesting past. Born in 1921, Mary grew up in Schuylers, went to the Country School and then Frankfort-Schuylers Central School, where she graduated at age 16.

Mary is an artist, as is her daughter Constance A. Dodge. While Mary has dabbled in watercolor painting, her true passion is pencil sketching. She is inspired to create art, reveling in self-satisfaction and the beauty of the pieces.

If you enter Mary's room at VHS, you will come into a small alcove area where the wall is layered with framed art she has done. She stated, "My boyfriend, Floyd Ashley, otherwise known as Moe, does all the framing." Below the walled beauty of art is a bistro table with chairs that boasts a French provincial look,

with a nice centerpiece. Mary's concept is that VHS is her home now, and she wants to make it as comfortable as possible.

What was going on in the world in 1921, when Mary was born? Woodrow Wilson was ending his term of president, and Warren G. Harding was sworn in on March 4. Historically, Tulsa, OK, was having race riots; the Chicago Theatre, the oldest surviving grand movie palace, opened; and during Armistice Day, President Harding dedicated "The Tomb of the Unknown Soldier." People from this era were deemed "The Greatest Generation."

Mary shares a birthday with celebrities Diana Barrymore, actress, and Paul Guimard, French writer. The top two songs in the U.S. were "The Old Rugged Cross" by Homer Rodeheaver and Virginia Asher and "Palesteena" by the Original Dixieland Jazz Band. Growing up, Mary recalled her child-

hood as fun, going swimming in the Frankfort Gorge, playing games like dominoes, checkers and cops and robbers, and going to the Capitol Theatre in Ilion to watch movies for 10 cents. Mary also enjoyed the music of Guy Lombardi.

As she fondly thinks about her 99 years, Mary offered this advice to younger generations: "Enjoy your lives. Do not indulge too much in the alcohol and cigarettes, and think of your parents." Mary said she was helping her mother every day when she was suffering from congestive heart failure, and when her mother passed, she took care of her father. Places like VHS are a great resource and place to call home as we age and find the need for more help in daily living activities. She stated again, "Valley Health Services is my home now."

Happy birthday, Mary Mamrosh, from your friends and family at VHS.



Mary Mamrosh recently celebrated her 99th birthday. In Mary's room you will find a small alcove where the wall is layered with framed art she has done. Photo courtesy of Valley Health Services



YOU'RE INVITED
to our **COMMUNITY OPEN HOUSE**

WEDNESDAY, MARCH 25 • 5–8pm
THURSDAY, MARCH 26 • 10am–1pm

Columbia Town Barn
147 Columbia Center Rd.
Ilion, NY 13357

EDF Renewables invites you to join us at either of our two community open houses where we will provide you with information on the Columbia Solar Energy Center, located in the Towns of Columbia and Litchfield. The proposed project will generate up to 350 MW of clean and sustainable renewable energy.

Information will be presented in an open house-style format with no set schedule. The public is welcome to join either meeting at any time.

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Forms and documents you may need for your 2020 tax return

Tax season is upon us. The deadline to file tax returns in 2020 is Wednesday, April 15. The IRS began accepting individual tax returns on Jan. 27, and people can file their returns in various ways.

Before people can begin preparing their returns, they first must gather all of the necessary forms and documents. If any forms are not included, taxpayers may have to prepare tax amendments, which leads to more work and may delay the time it takes to receive a refund. Taxpayers who have questions about their returns can access 24-hour tax help via the IRS website at www.irs.gov.

According to eFile.com, an authorized IRS e-file provider, the following forms and documents may be needed in order for taxpayers to file their returns promptly and correctly.

Taxable income forms, documents

- W-2 form(s) for wages, salaries and tips
- Interest income statements: Form 1099-INT, 1099-OID
- Dividend income statements: Form 1099-DIV
- Sales of stock, land, etc., for capital gains: Form 1099-B
- Sales of real estate: Form 1099-S
- State tax refunds: Form 1099-G
- Alimony received or paid
- Unemployment compensation received
- Miscellaneous income: Form 1099-MISC
- Retirement income: Form 1099-R
- Social Security income and railroad retirement income: Form SSA-1099
- Business income and expenses
- Rental income and expenses
- Farm income and expenses
- Form K-1 income from partnerships, trusts and S-corporations
- Tax deductible miles traveled for business purposes

Tax credits

- Child tax credit
- Child care provider address, ID number and amounts paid for the child and dependent care credit
- Earned income tax credit (EITC)
- Adoption expense information for the adoption credit
- Foreign taxes paid
- First-time home buyer tax credit

Tax deductions & expenses

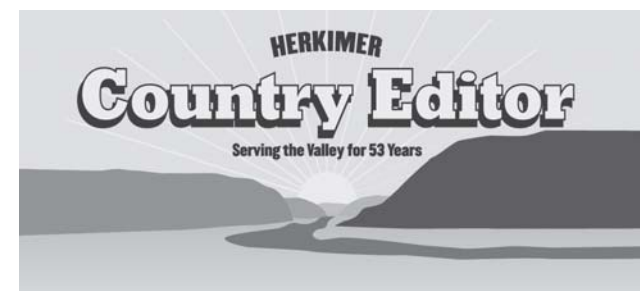
- Medical expenses for the family

- Medical insurance paid
- Prescription medicines and drugs
- Doctor and dentist payments
- Hospital and nurse payments
- Tax deductible miles traveled for medical purposes
- Home mortgage interest from Form 1098
- Home second mortgage interest paid
- Real estate taxes paid
- State taxes paid with last year's return (if claiming itemized deductions)
- Personal property taxes paid
- Charitable cash contributions
- Fair market value of non-cash contributions to charities
- Unreimbursed expenses related to volunteer work
- Tax deductible mileage for volunteer purposes
- Casualty and theft losses
- Amount paid to professional preparer last year
- Unreimbursed expenses related to your job
- Miles traveled related to your job
- Union and professional dues
- Investment expenses
- Job-hunting expenses
- IRA contributions
- Student loan interest paid
- Moving expenses
- Last year's tax return preparation fee
- Tax estimate payments
- Estimated tax payments made with ES vouchers
- Last year's tax return overpayment applied to this year
- Off-highway fuel taxes paid

General information

- Copy of last year's tax return
- Social Security numbers for you and your spouse
- Educational expenses for you and your spouse
- Dependents' names, years of birth and Social Security numbers
- Dependents' post high school educational expenses
- Child care expenses for each dependent
- Prior year adjusted gross income (AGI)
- Routing transmit number (RTN), for direct deposit/debit purposes
- Bank account number (BAN), for direct deposit/debit purposes

More information about filing 2020 tax returns can be found at www.irs.gov.



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Area Church Services

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|---|---|--|---|---|---|
| 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 AM & 10:30 AM with Ridgekids for the children (0-5th 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 |
| UNITED LUTHERAN PRESBYTERIAN PARISH 26 E. Faville Ave. Worship 11 AM | UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336 | ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com | 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 | | PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM |
| 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 |
| HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Timothy Holowatch & Fr Dn Demetrios Richards 305 Main Rd., Herkimer Phone (315) 725-5382 Saturday Vespers 5 PM Sunday Divine Liturgy 9:30 AM Sundays Great Lent Presanctified Liturgies 6 PM Fridays | FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship 8:00 & 9:30 AM Sunday School 9:30 AM during school year | | FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lfirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 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 | |



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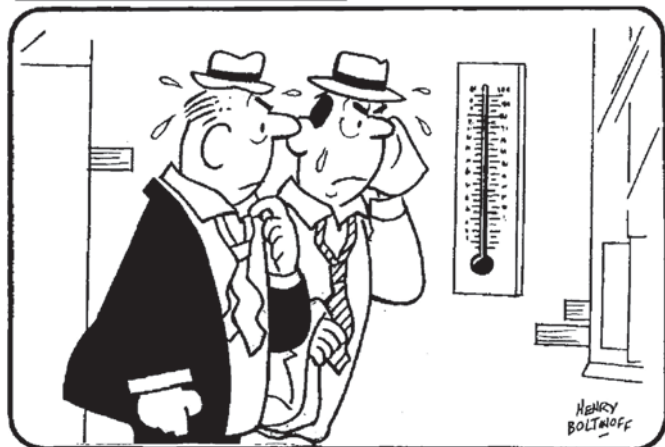
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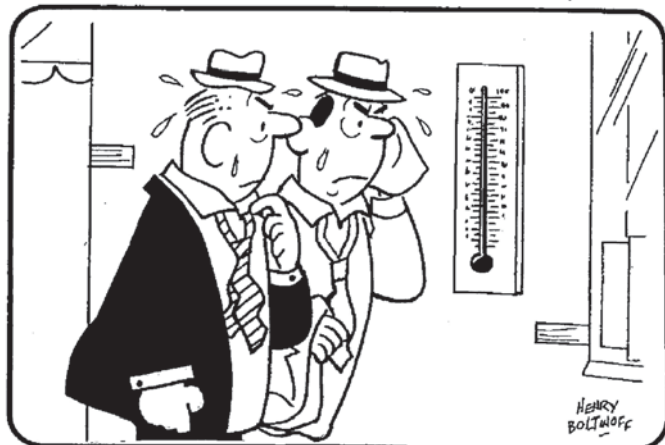
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HOCUS-FOCUS

BY
HENRY BOLTINOFF

Find at least six differences in details between panels.



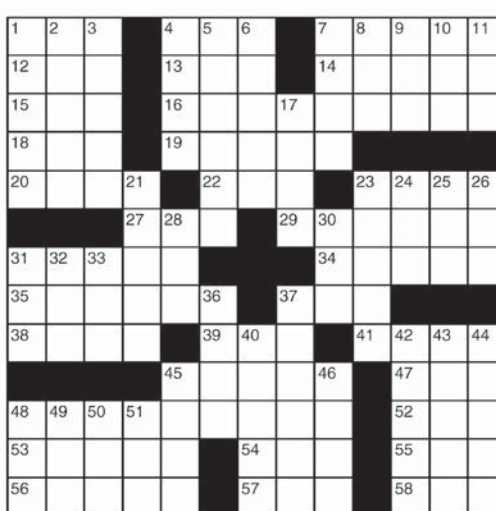
Differences: 1. Droplet is added. 2. Ties are swapped. 3. Step is missing. 4. Buttons are added. 5. Temperature is higher. 6. Awning is different.

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King Crossword

ACROSS

- 1 TGIF part
4 Bing's buddy
7 Block the flow
12 Just out
13 "Hail!"
14 Become one
15 Meadow
16 High-flying tourist
18 \$ dispenser
19 Soviet cooperative
20 Genius
22 Decorate Easter eggs
23 Boast
27 Discoverer's cry
29 Weaken, in a way
31 Nary a soul
34 Star in Orion's left foot
35 "Now" or "never"
37 Drench
38 TV dinner veggies
39 "Go, team!"
41 Wild and crazy
45 Rescues
47 "The Raven" writer
48 TV show for entrepreneurial hopefuls
52 Transgression
53 Asian nation



- 54 Hockey surface
55 Superlative ending
56 That is (Lat.)
57 "Ben-Hur" author Wallace
58 Vast expanse
Grable
7 One-on-one fight
8 Pismire
9 Bay State sch.
10 Multipurpose truck
11 Apiece
17 Start a garden
21 Regions
23 All-out attack
24 Carpet
25 Consumed
26 Solidify
28 That woman
30 Anger
31 Siesta
32 Praise in verse
33 Eggs
36 Unruly kid?
37 From what place
40 Use
42 Church recesses
43 Din
44 Busybody
45 Old card game
46 Distort
48 Tackle moguls
49 Scuttle
50 Exist
51 Scale notes

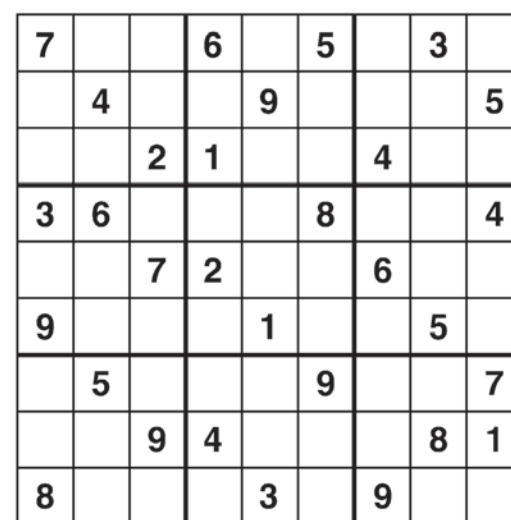
DOWN

- 1 Extended family member
2 "Choppers"
3 Hindu ascetic
4 Mexican peninsula
5 Exaggerate
6 White or

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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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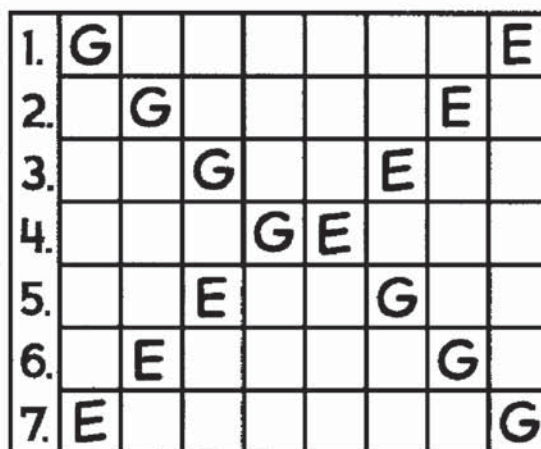


WINTER SPORTS! See if you can guess which toss clobbered Paul's opponent. You only get one try.

Answer:
The third toss.

by Charles Barry Townsend

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Illustrated by David Coulson

FIND THE BIG WORDS?

USING THE definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

DEFINITIONS:

1. Used in jewelry
2. Disturbed or upset
3. A bone connector
4. Harried or pestered
5. An adolescent
6. Something passed down
7. Giving more

ANAGRAMS:

- song + meet
date + gait
game + lint
deed + grab
tear + gene
gate + hire
grin + cone

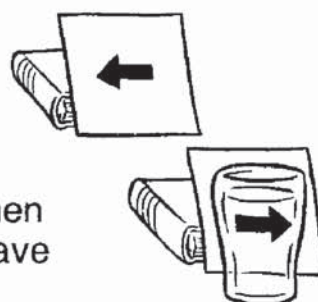
A PROBLEM FOR THE WIDE AWAKE PUZZLER! See if you can rearrange the following letters to form a common word. Lots of coffee will help you answer this one.

EEEELLNPSSSS

Answer: Too much coffee will give you SLEEPLESSNESS, the word we're looking for.



THE FLIPFLOP ARROW! Here's a neat way to stump your friends. On a square of cardboard draw a one-inch arrow pointing to the left. Bet anyone that you can make the arrow point to the right without touching the card or moving the table. Secret: Fill a tall clear glass with water and place it about two inches in front of the card. Now, when you look at the arrow, through the glass, it will appear to have flipped and point.



Answers: 1. Gemstone. 2. Agitated. 3. Ligament. 4. Badgered. 5. Teen-ager. 6. Heritage. 7. Encoring.

Registration Open for Run and Walk

The Richfield Springs Community Center's 18th Annual Zone Run and Walk is now accepting registrations for its Saturday, April 11 fundraising event. This event is part of the Route 20 Road Challenge.

Categories include a 5K, 10K, 2-mile walk and kids "Little Loop." New this year is the addition of the Family 2-Mile Walk category for a special price of \$25. It includes one race t-shirt per family. Complete race information and pre-registration are available at www.richfieldspringscommunitycenter.org or www.runsignup.com/RSCC.

Participants may also register on race day from 8 - 9:30 a.m. at the Vet's Club, 13 Lake Street.

The kids "Little Loop" begins at 9:30 a.m., 10K starts at 9:45 a.m., 5K and 2-mile walk (including Family 2-Mile Walk) begin at 10 a.m. The races begin on Lower Lake Street. Participants will return to the Vet's Club for the awarding of trophies, drawing of door prizes, special raffles and a 50/50 raffle. Free snacks for everyone! A complimentary draft beer will

be given to the registrants who are 21 or over. Soda and water are also available.

More information regarding this event, contact the event coordinator, Bill Kosina at 315.749.3286 or e-mailing bill@richfieldzone.org

For more information regarding the Richfield Springs Community Center and its programs, contact the Center at 315.858.3200. Check out our website at www.richfieldspringscommunitycenter.org and like us on Facebook at Richfield Springs Community Center.

To Your Good Health

by Keith Roach, M.D.

'Cotton ball' sensation is a sign of neuropathy

Dear Dr. Roach: I'm a 63-year-old male diagnosed with chronic myelogenous leukemia, Type 2 diabetes and coronary heart disease. I am 5 feet, 11 inches and weigh 240 pounds. I have two stents and take Sprycel for the CML. My levels are good, and the coronary disease is under control.

For a few years I've had what feels like "cotton balls" under the skin in the area of the balls of my feet. Now it feels like it's migrating to the arch. While not too uncomfortable, it is almost impossible to walk barefooted. Some type of foot covering is needed to keep from noticing the feeling. My doctor says it's the diabetes, and to lose weight or see a podiatrist. Other than losing the weight, do you have any opinion about this? – N.M.

Answer: Cotton-ball sensation is one way that many people describe the beginning of neuropathy, a general term for a variety of different conditions that affect the nerves of the body.

In a person with cancer (like CML, chronic myelogenous leukemia, a cancer of the bone marrow) and a new symptom, it is always wise to consider whether it could be due to the cancer, the treatment for the

cancer or from something else. In your case, usually CML is not associated with neuropathy. However, the medicine you are taking, dasatinib (Sprycel), has been associated with a severe kind of reversible neuropathy. I read the case reports of this condition carefully, and I doubt that is what is going on with you, as the symptoms you have are different from those reported.

People with longstanding diabetes frequently develop a particular disease of the nerves, diabetic neuropathy. This almost always begins with sensation changes in the feet. I agree with your doctor that diabetes is the most likely cause.

Seeing a podiatrist is absolutely a good idea. They can test you for this condition (usually a careful physical exam will make the diagnosis), in addition to looking carefully for any early signs or risk factors for injury or infection. You also should learn how to do a daily inspection of your feet and recognize the signs, so you can get to medical attention promptly should any damage to your feet occur. The podiatrist will make sure you have appropriate footwear.

Many people with diabetes benefit from weight loss, but the important thing is to be sure your diabetes is under good control. This is achieved through good diet, regular exercise and medication, if needed, in ad-

dition to weight loss in people who are overweight.

Dear Dr. Roach: Due to cancer, my prostate was removed about seven years ago. My PSA reading has increased since 2012 from 0.09 to 0.304. Should I be concerned? I am 78 years old and in relatively good health. – B.D.

Answer: PSA readings can go up and down, but a threefold increase could mean that the cancer is coming back, and you should see the specialist taking care of your prostate cancer to discuss getting additional testing.

Not having disease for seven years after treatment is a good sign, but the PSA test is pretty specific for cancer recurrence if two separate readings are above 0.2. You may need additional therapy, but only further investigation will show how concerned you need to be.

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Paw's Corner

by Sam Mazzotta

Owner reeling after cat struck by car

Dear Paw's Corner:

My cat Dorito was hit by a car last year and left injured by the side of the road. A neighbor called me when he saw Dorito's orange fur in the ditch, and I found him and rushed him to the vet. His treatment cost thousands of dollars, and he'll never be the same healthy cat again. I'm angry that the person who hit him just drove on and never notified me, and I'm stuck with the bill. The police took a report, but nothing came of it. Why do people get away with running

down animals with no repercussions? – Angry in New Hampshire

Dear Angry: I'm really sorry to hear about your cat, and I understand the anguish that you've suffered from watching him suffer so much.

While laws vary by state, in New Hampshire there actually are repercussions for drivers who strike a dog and leave the scene without reporting the incident to police. A bill in the state legislature is being considered that will add cats to the current law.

If the driver had stopped to try and aid Dorito or at least try to find his owner, that driver would likely have not faced any repercussions or even be held liable for striking your cat. That's usually the case when a pet running loose – off leash or off the property – is hit by a car. However, it would have been the decent thing to do for that driver to have stopped.

I wish I had more to offer than words of sympathy. It's difficult to see a pet in pain. Take good care of Dorito and help him to recover as much as he can.

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The meaning behind popular St. Patrick's Day symbols

Saint Patrick is commemorated each March 17 as a man who championed Christianity over paganism in Ireland. St. Patrick was so influential in Ireland that he was proclaimed a saint by popular appeal (as there was no official process for canonization in place until the 12th century). He would later become the patron saint of Ireland.

St. Patrick lived a storied and influential life. He is perhaps most notable for using many different items as symbols for explaining the mysteries of the Christian faith. In fact, St. Patrick's Day is a holiday that is quite rich in traditional symbolism. Even though many of these symbols are familiar and even celebrated, people may not know the full meaning behind their usage.

Shamrock

The shamrock is one of the most recognizable symbols utilized by St. Patrick. This three-leaf clover is native to Ireland and a plant with which the Irish long have been familiar. St. Patrick demonstrated the meaning of the Holy Trinity – the Father, the Son and the Holy Spirit – by showing the public that the shamrock is one leaf with three parts, just as Christians believe God is one entity with three persons.

Snakes

There is a legend that St. Patrick was responsible for banishing snakes from Ireland. However, there are no snakes in Ireland, nor have there ever been, as Ireland is an island surrounded by cold waters that prohibit snake migration, according to National Geographic. Driving snakes from Ireland was likely metaphorical in

that the serpent was seen as an evil entity in Christian scripture. St. Patrick drove pagan beliefs out of Ireland and ushered in new ways of thinking.

Celtic cross

Many historians surmise that St. Patrick was so successful in converting the Irish to Christianity because he did not attempt to have them abolish all of their old beliefs. Rather, he modified traditions and symbols to fit his teachings. One example of this is the Celtic cross, which blends the formerly pagan traditions of honoring nature and sun worship with Christianity. The Celtic cross marries the traditional image of the Christian cross on which Christ was placed, with a sun at the core. It exemplifies a Lord who has

dominion over all creation, but serves as a reminder that it is acceptable to enjoy all that God has created.

Green

The wearing of green, as well as inclusion of a band of green in the Irish flag, is reminiscent of the verdant nature of Ireland itself. Blue was initially the color associated with St. Patrick and later his namesake holiday. In the 19th century, this was slowly changed to green, a transition that was likely inspired by nature and shamrocks. Green is now the color most associated with Ireland, and there is the tradition of pinching people who forget to wear green on St. Patrick's Day.

These are just a few of the many items and images that are symbolic of St. Patrick's Day.

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

March 13

Bradford Paulson takes railroaders to St. Louis by DVD presentation.

Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone Roads in the Town of New Hartford. Contact Bradford Paulson at 315.327.8653 or 315.853.5400 or Bpaulson909@msn.com with any questions.

March dates

Pierogi & Golumbki Sale. Fridays

- March 13, 20 and 27 from 11 a.m. to 1 p.m. Saturday - March 14, 21 and 28 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.

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 Star Valley Chapter, OES.

Men's Annual Lenten Breakfast. 8 a.m. Worship with Communion. Mohawk Reformed Church, 20 S. Otsego Street, Mohawk. Followed by breakfast and program with guest speaker, Mark Bolos. Church is accessible with ramp and elevator. Reservations not necessary, but appreciated 315.866.2543 or mrcoffice@verizon.net.

March 17

Dolgeville Central School Board of Education Meeting High School Cafeteria. Visit www.dolgeville.org.

March 18

Third Wednesday Night Dinners 4 - 6 p.m. at Ilion First Baptist Church, 8 Second St. Corned

Beef and Cabbage Dinner. Adults \$12. Child under 10 \$6. Tickets sold at the door. Eat in or take out. Take-outs may be ordered ahead at 315.894.9041. For more info contact the church at 315.894.9041.

March 19

Meatloaf 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 - take outs available. Free local deliveries (Little Falls only). Call day of to place order for take outs and deliveries: 315.823.1323.

Herkimer BOCES prekindergarten registration. Dolgeville: 9 a.m. to 3 p.m. at the Dolgeville Elementary School. Contact the Herkimer BOCES prekindergarten office at 315.867.2098.

March 20

Bus Trip to del Lago Casino. A one day bus trip to the del Lago Resort and Casino and Waterloo Premium Outlets is being held on March 20 with pickup locations at Clinton and Herkimer. Guests will receive \$25 free play on the slots and a free buffet. There will be an option to visit the Waterloo Premium Outlets in the afternoon. The cost is \$45. For more information or to sign up, call Herkimer County Historical Society at 315.866.6413. Complete listing of 2020 bus trips at www.herkimercountyhistory.org.

March 21

Luncheon and Bake Sale 11 a.m. - 2 p.m., Grace Church, Main St., Mohawk. Homemade soup and sandwich or chili with cornbread. \$7. Takeouts: 315.866.4782.

March 21-22

45th Annual Antiques in Schoharie at 136 Academy Drive, Schoharie. Saturday 10 a.m. to 5 p.m. Sunday 11 a.m. to 4 p.m. Fund-raiser for Schoharie Colonial Heritage Association. For further information, call show manager, Ruth Anne Wilkinson at 518.231.7241 or SCHA office at 518.295.7505.

March 24

Poland Central School Board of Education Meeting. Call

315.826.7900 or visit www.polandcs.org.

March 28

Indoor Garage Sale 9 a.m. - 2 p.m. at Trinity Lutheran Church, Herkimer. Lunch available for purchase.

Pancake Breakfast at Ilion First Baptist Church, 8 Second St., Ilion. 8:30 - 10:30 a.m. Free will offering at the door. Eat in only. For more info contact 315.894.9041.

March 31

Herkimer BOCES prekindergarten registration. Herkimer: 9 a.m. to 2 p.m. at the Herkimer Elementary School. Contact the Herkimer BOCES prekindergarten office at 315.867.2098.

April 4

Ilion First Baptist Church Indoor Garage and Bake Sale, 10 a.m. - 4 p.m., 8 Second St. Tables \$10 (six feet). Soup/sandwich lunch available for \$6. Reserve a table at 315.894.9041. Church is handicapped assessable at Second Street Entrance.

April 11

Richfield Springs Community Center's 18th Annual Zone Run and Walk. Part of the Route 20 Road Challenge. Complete race information and pre-registration are available by going to www.richfield-springscommunitycenter.org or www.runsignup.com/RSCC. Run and Walk coordinator Bill Kosina can be reached by at 315.749.3286 or bill@richfieldzone.org.

April 15

Dolgeville Central School Board of Education Meeting and Top Senior Dinner 5 p.m. High School Cafeteria. Visit 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.



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Coronavirus sparks worldwide concern

The dawn of 2020 ushered in many newsworthy headlines, but few have turned the heads of the masses as sharply as the arrival of a novel coronavirus that was first identified in Wuhan, Hubei Province, China. In late 2019, Chinese authorities identified the new virus, which has resulted in scores of confirmed cases in China, and additional cases identified in a growing number of international locations.

Both the World Health Organization and the Centers for Disease Control and Prevention have close-

ly monitored the coronavirus, which was named COVID-19 in mid-February 2020. The public is understandably concerned, but educating oneself about COVID-19 and coronaviruses in general can assuage some fears.

What is a coronavirus?

Medical News Today reports that coronaviruses typically affect the respiratory tracts of mammals. Coronaviruses are responsible for between 15 - 30% of common colds. They're also associated with pneumonia and severe acute respiratory

syndrome (SARS).

Coronaviruses were given their name based on the crown-like projections on their surfaces (in Latin, "corona" means "halo" or "crown"). Coronavirus antibodies do not last or work for very long, so a person who becomes ill can catch the same virus again a few months later. Also, antibodies for one strain of coronavirus may not be effective against other strains.

What is COVID-19?

In 2019, a new type of coronavirus not previously identified was discovered in China. Like other

coronaviruses, this virus, COVID-19, can be spread easily from person to person, particularly through respiratory droplets acquired when someone with the virus coughs or sneezes. Most often people need to be within six feet of the infected person for contraction. The CDC says that COVID-19 also is believed to be spread from animals to people. It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his or her own mouth, nose or eyes.

Those confirmed as having the virus reported illnesses ranging from mild symptoms like fever, cough and shortness of breath to more severe illness. Reactions to COVID-19 can differ from individual to individual. It's believed that symptoms of COVID-19 can appear in as few as two

days or as long as 14 after exposure. Those who have been in China or around others who have visited from China and are experiencing cold or flu symptoms are advised call their physicians.

Prevention and treatment

The WHO says that if a person is healthy, they only need to wear a mask if they're taking care of another with a suspected COVID-19 infection. One also should wear a mask if one is coughing or sneezing.

Doctors advise that frequent handwashing, and in the absence of warm, soapy water, alcohol-based sanitizers

that are at least 60% alcohol can be effective in preventing transmission of COVID-19. Also avoid touching your eyes, nose and mouth with unwashed hands.

Currently, there is no specific antiviral treatment for the disease; people should receive supportive care for symptoms. However, research into antiviral drugs, such as those for HIV and influenza, are being tested for their potential efficacy against COVID-19. Research into developing a vaccine for this novel coronavirus also is ongoing.

Concerned individuals should speak with their healthcare providers for accurate, up-to-date information about COVID-19 as global health organizations continue to monitor conditions and treatments.





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Call to artists – 2020 Adirondacks National Exhibition of American Watercolors

OLD FORGE – Again this year, View will host its popular Adirondacks National Exhibition of American Watercolors, which is open to all artists working in water-based media. This year's jurors include Juror of Selection Marnie Becker, AWS, and Juror of Awards Robert J. O'Brien, AWS, NWS.

After a career in education and social work, Marnie Becker began to study drawing and painting by taking several introductory courses at the Art Institute of Chicago. However, in a portrait workshop taught by Ted Nuttall in 2011, she realized she had found her passion. She has continued to study to refine her skills and develop her unique style. Becker had mainly concentrated on the impressionist portraits which have become her signature pieces. After gaining success with these, she began moving in an abstract direction with both portraits and urban scenes. She likes to edit photos to concentrate on the shapes of the painting, leaving out many details. She has earned signature status in quite a few watercolor societies including Illinois, Florida, Georgia, Southern Watercolor Society, Watercolor West, Western and most recently American Watercolor Society. She is featured in Splash, Best of Watercolor 19 and 20 and Watercolor Artist Magazine, included her painting, "Communal Table," in an article in 2017. Artist Magazine recently featured her work, "Red Banana," in an article titled "12 Watercolor Artists Who Are Making A Splash" in May 2019. In September 2019, Beck-

er was the subject of an in-depth article about her work in the international magazine The Art of Watercolour.

Robert J. O'Brien is a full-time, award-winning artist and popular local, national and international workshop instructor. He is a signature member of the American, National and New England Watercolor Societies, among others. He recently received the Guild of

Boston Artists Award for Excellence in realism at the New England Watercolor Society's 2020 Signature Member Exhibition in Boston, and the Award of Excellence at the 43rd International Exhibition of the North East Watercolor Society in Kent, CT. In 2019 he was accepted into the 99th Open International Exhibition of the National Watercolor Society and the 152nd International

Exhibition of the American Watercolor Society, held at the Salmagundi Club in New York City. O'Brien was a co-Juror of Awards for the 151st International Exhibition of the American Watercolor Society in 2018. He was featured in the 29th issue of the Art of Watercolor Magazine, also in 2018, and in the February 2015 issue of Watercolor Artist Magazine. He serves as the Scholarship Chair for the American Watercolor Society. He lives and paints in Weathersfield, VT, and teaches workshops throughout the U.S. and abroad.

Dates & Deadlines

- Deadline for submission: April 3
- Notification of acceptance: April 24
- Work to be received at View by: May 22
- Jurying of awards: June 8
- Notification of awards: June 26
- Opening reception and awards ceremony: Aug. 7 from 5 - 7 p.m.
- Exhibition closes: Sept. 27

Entry Process

A non-refundable entry fee of \$45 for guests and \$30 for View members enables the artist to submit up to two works. Each artist may submit a total of five works at a cost of an additional \$10 per image. Payment should be made at www.onlinejuriedshows.com.

Our online registration process, all this information and more can be found at viewarts.org. For more information, visit viewarts.org or call 315.369.6411 ext. 206. View is located at 3273 State Route 28 in Old Forge.



Submissions are being sought for a juried watercolor exhibition. Image courtesy of View

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Some taxpayers may be eligible for free tax help through a program offered by the IRS. The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally earn \$56,000 or less, as well as persons with disabilities and people who are not fluent in English. People who are 60 years of age or older also are eligible for free tax help through the Tax Counseling for the Elderly (TCE) program, which specializes in questions about pensions

and retirement-related issues.

The availability of volunteers that work with these programs can vary based on the amount of certified individuals with tax law expertise in a given area. As a result, anyone hoping to take advantage of these services should consider contacting these programs well in advance of the deadline to file their returns.

The deadline to file tax returns is Wednesday, April 15.

How North America shaped St. Patrick's Day

Each March 17, towns and cities are awash in Kelly green as pints of Guinness are lifted in the name of St. Patrick. Even though St. Patrick is the patron saint of Ireland and credited with bringing Christianity to the Emerald Isle, many of the traditions associated with St. Patrick's Day revelry actually originated on the other side of the Atlantic Ocean.

The familiar traditions of St. Patrick's Day, such as parades of pipers, drinking green milkshakes and dining on green bagels, did not originate in the Irish countryside. Many were the product of the prosperity of North America. In fact, the original St. Patrick's

Day celebrations of old in Ireland were much more modest and centered on religion rather than revelry. History.com indicates that, since 1631, St. Patrick's Day had been a religious feast day commemorating the death of St. Patrick, a missionary who brought religious teachings to a then-pagan nation. Celebrations were solemn and focused on church and family.

Across the pond, as the numbers of Irish immigrants grew, so did the merrymaking. In cities throughout America and Canada, St. Patrick's Day took on a more celebratory air.

Various cities claim to have hosted the first St. Patrick's Day parades and

celebrations, with Boston and New York long claiming to be the originators of these traditions. However, according to research discovered by historian Dr. J. Michael Francis in 2017, gunpowder expenditures logs in Spain's Archivo General de Indias indicate artillery was fired for a feast day of San Patricio (St. Patrick) in 1600 in St. Augustine, FL. In fact, St. Patrick would go on to become the official "protector" of the city's maize fields in this Spanish garrison town. This seems to have been more of a festival than a parade, though it certainly predates celebrations and parades that took place in Boston and New York in 1737 and 1762, respectively, and oddly links St. Patrick with both Irish and Spanish immigrants.

Even still, St. Patrick's Day has evolved to be celebrated in tiny towns and major metropolises all across North America. Boston, New York, Savannah, Chicago, Vancouver and Toronto all have notable celebrations. Even the famed "corned beef and cabbage" was an American invention. Ham and cabbage was eaten in Ireland, but corned beef proved a cheaper substitute for impoverished Irish immigrants in the United States. It was the cheapest meat to be found at the time, and was soon a staple of the holiday.

St. Patrick's Day remained solemn in Ireland (laws prohibited pubs from opening on holy days until 1973) even as merry-making grew elsewhere. However, with the invention of television, the Irish could see the revelry taking place in America. Eventually, the country took note and started celebrating in a similar fashion.

St. Patrick may have been the patron saint of Ireland, but the fanfare of St. Patrick's Day traces its roots to North America.

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Healthy eating options for seniors

"Let food be thy medicine" is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

• **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower

seeds, blueberries and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids and other nutrients that may help ward off dementias like Alzheimer's disease, advises Sonas Home Health Care.

• **Anti-inflammatory foods:** Foods rich in omega-

ga-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

• **Fruits & vegetables:** Fresh, canned or frozen

produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

• **Energy boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

• **Bone-friendly foods:** Calcium-rich foods, such

as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

• **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fi-

ber foods also may help naturally reduce blood cholesterol levels.

• **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds and fortified breads and cereals are high in iron.



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Herkimer High School track team celebrates end of season

The Herkimer High School's varsity indoor track team recently celebrated the end of their season.

Freshman Melia Couchman will be traveling to Staten Island to compete in the State Pole Vault Championship.



The Herkimer High School indoor track team. Photos courtesy of Jeanne Richard



(L- R) 2020 school record setters – Spencer Stallman, weight throw; Jesse Richard, 55m hurdles, 300m and 500m; Brian Reile, high jump; Gaven Miller, long jump and triple jump; Melia Couchman, 55m and pole vault; and Abby Polus, 3,000m and 1,500m.

Now Here's a Tip

by JoAnn Derson

- “Loosen a stuck ring by putting a little bit of butter on your finger to help it slide.” – D.F. in West Virginia
- If you've gone up or down a size, please consider donating your suits or dress clothes to the organization Dress for Success. It gives businesswear for interviews to women who could not otherwise afford it, helping them to look the part so that they can get the part!

- DIY Hand Pampering: Mix together 2 tablespoons of olive oil, ¼ cup milk, ½ cup brown sugar and ¼ cup honey. Soak hands in mixture for 2 minutes, then rinse and dry hands.
- How to pack a suitcase: Roll pants and tops, adding to suitcase first, toward the handle side. Then add heavy items (shoes, boots) toward the wheel end. Make sure you choose the right size case for the trip; too much room will cause items to shift around. You can

always throw in a light jacket if you have the space.

- In a pinch, you can use toothpaste to scrub your faucet in the bathroom.
- Have unexpected company? For a quick, clean look, vacuum the floors and take care of these four things: the bathroom, dishes in the sink, piles of junk on tables or counters and an overflowing trash can. Your house will look great.

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Donna's Day: Creative family fun

by Donna Erickson

Baking fun with kids

"Rules for Little Cooks

Wash your hands.

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Read your recipe carefully.

Place everything you need on the kitchen table.

Have Mother teach you how to heat the oven.

Measure everything very carefully.

Wash your baking dishes.

Sweep the kitchen and leave it in order."

So begins the inside cover page of "KITCHEN FUN: A Cook Book for Children" (copyright 1932), a 28-page collection my mom used as a child. From Bran Muffins to Fairy Gingerbread and Cinderella Cake, the baking section caught my eye. Both the "rules" and recipes haven't changed significantly over the past 88 years and are easy to replicate in any kitchen.

The book got me thinking about how baking something delicious is a wonderful way to entice kids to learn cooking basics as they assist and learn from you. The benefits go beyond the mixing bowl. The memories of being shoulder to shoulder, talking, laughing and preparing something amazing out of basic and sometimes exotic ingredients is what it's really all about.

I recall the magic of dough rising in a large bowl in front of my eyes in my Grandma Ruth's kitchen as she intuitively made traditional Swedish cardamom bread. The connection between just the two of us lives on in my memory, and the effort we

put into the making was justly rewarded when we opened the oven and took it out.

Baking with kids this month is a great way to spend time together when blustery weather keeps you indoors. Thumb through family recipe cards and cookbooks. Or go online for a how-to video that captures your and your child's imagination, then bake it your own way. Here are more ideas:

Cookies

Make sugar cookies in holiday shapes: shamrocks for St. Patrick's Day or hearts and flowers for Mother's Day. Purchasing cookie cutters can be the start of a collection of holiday designs you pull from throughout the year.

If you have preschoolers, make a "Jam Thumbprint" recipe, another ideal "first." Toddlers can stick their thumbs in the dough balls, then fill the indentation with a bit of jam.

Quick breads

Baking powder and baking soda don't require kneading or the time to let dough rise. Let seasons of the year inspire you and the recipes you choose. Start with lemon bread with poppy seeds this spring, and by autumn you'll be a pro at making pumpkin and cranberry breads.

Yeast breads

Watch it rise, punch it down and enjoy the bonus of the taste of aromatic homemade breads. Once your kids get their hands on the "living" dough, they'll be motivated to bake again and again.

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Jeannie Klint bakes traditional family yeast bread with her granddaughters when they visit.

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The Mohawk Homestead participated in Great American Heart Walk



Residents of the Mohawk Homestead participated in the Great American Heart Walk on March 4 at the Masonic Home. Each year they raise money with paper heart sales and homemade dog treats. This year the residents raised \$134 to donate to the American Heart Association. Photo courtesy of the Mohawk Homestead

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Poland kindergarteners mark 100th day of school in style

POLAND – Poland Central School District kindergarteners recently celebrated their 100th day of school with games, a fashion show and a visit from Zero the Hero.

Poland kindergarteners reached the 100 days milestone on Tuesday, Feb. 25. Kindergarten teachers Julie Dutcher, Christina Kress and Carrie Roark arranged for a fun day of activities for students.

Zero the Hero spoke to students and posed for pictures with each class. Students designed and wore shirts with 100 items or images on them – such as 100 hearts, stars, eyeballs or mustaches – and then walked down a runway in the elementary gym to show off their outfits during a fashion show. Students also enjoyed other games and activities such as a relay race and dance party.



Poland Central School District kindergarten teacher Julie Dutcher and her students pose for a picture with Zero the Hero during their 100 days of school celebration.

Photo courtesy of Herkimer BOCES

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Three common DIY mistakes to avoid

Pride tends to swell when homeowners successfully complete do-it-yourself projects on their homes. In addition to saving homeowners money, DIY projects provide a unique way for men and women to personally connect with their homes. The ability to look at a finished project and say it's a result of your own handiwork can make a home feel more your own.

As fun and fulfilling as DIY projects can be, they also can be nerve-racking and induce anxiety. When DIY projects falter, fixing them can prove costly, as homeowners typically must call in con-

tractors to correct their mistakes and get a project back on track. That results in additional labor and material costs that might have been avoidable, especially for homeowners who make an effort to avoid some common DIY mistakes.

1. Failure to secure permits

Even though homeowners own their homes, that does not mean they have carte blanche to do what they want with them. Many renovation projects require homeowners to secure permits before projects can commence. Some may even require additional permits



When DIY projects falter, fixing them can prove costly.

as the projects advance. If proper permits are not secured, homeowners

may be fined and projects may be nixed, regardless of how much money homeowners have spent up to that point. Before beginning a home renovation project, homeowners should always contact their local permit office to determine if any permits are required. Bankrate.com notes that permits are often required for any

project larger than painting or wallpapering.

2. Overestimating your abilities

DIY television shows make home renovation projects look easy, but reality suggests otherwise. Homeowners with little or no experience renovating a home may want to take classes before they think about starting a project

on their own. Even online tutorials tend to make jobs appear easier than they are. Roofing and plumbing projects tend to be best left to the professionals, as these projects can be either dangerous or vulnerable to disaster if not addressed by trained professionals.

3. Incorrect materials

Whether it's to save money or a byproduct of inexperience, DIYers do not always choose the correct materials for a job. Experienced contractors have ample experience working with all sorts of materials and are therefore in a unique position to recommend the best materials for any given job. That resource is not available for DIYers, who must perform ample research before beginning a job so the project involves the most appropriate materials. Incorrect materials can be a sunken cost that derails a project, but even jobs completed using incorrect materials may need to be redone a lot more quickly than those that employed the right materials the first time.

Many home renovation projects can be completed without the help of professional contractors, especially when homeowners take steps to avoid some of the more common mistakes made by DIYers.

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Just Like Cats & Dogs by Dave T. Phipps



This Week's Holidays

- March 14 – Learn About Butterflies Day
- March 15 – Dumbstruck Day
- March 16 – Giant Panda Bear Day
- March 17 – Corned Beef & Cabbage Day
- March 18 – Goddess of Fertility Day
- March 19 – First Day of Spring
- March 20 – International Earth Day

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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 18th - Annual Spring Machinery Consignment Sale - at our facility. Feature: Selling Complete Line of Like New Haying Equipment for Leatherstocking Vet Service. Call to advertise your Machinery & Equip. Sale starts at 9:00AM on small items.

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.

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Mon. May 4th - Normal Monday Sale & This will be our 2nd Fat cow & Feeder Turnout Sale - during our reg. sale - if you would like your group advertised let us know.

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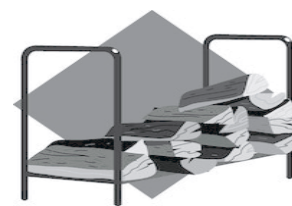
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The Kitchen Diva

by Angela Shelf Medearis Probiotics – A guide to a healthier gut

When it comes to making healthy eating choices, there is a constant barrage of information. Fueled by a multi-billion-dollar industry, marketers try to convince us that their products are just what we need to feel good and be healthy. When it comes to probiotics, for example, what do consumers need to know to make an informed buying decision?

Probiotics are the “friendly” bacteria that reportedly help improve or maintain good gut health. Probiotics contribute to a healthy gut flora. These live microorganisms can help you have good digestion, boost your immune system and even provide you some important vitamins. Many foods are now enriched with probiotics, which also can be purchased in supplement form.

“Non-harmful” bacteria are formed during the fermentation process. But if processing (usually through heating or cooking) destroys these bacteria and they are no longer live, they also may no longer be beneficial.

According to Dr. Joel B. Mason, a professor at Tufts University, “There are over 100 different types of organisms that might be called ‘probiotics,’ and each one is very different.”

Research has shown that certain strains help in specific situations. For example, for older hospitalized patients who might otherwise have diarrhea caused by broad-spectrum antibiotic therapy, certain probiotics help promote good digestion by fighting off bad bacteria in the gut, just as naturally occurring good bacteria do.

But research does not yet substantially support some benefits touted by marketers of probiotic foods and supplements. These

include claims that probiotics improve the immune system, reduce symptoms of the flu or colds or prevent constipation.

For thousands of years, cultures around the world have consumed probiotics by eating fermented foods, which include all yogurts, aged cheeses, cottage cheese, pickles (brine cured without vinegar),

few strains that are thought to be helpful. On the other hand, raw sauerkraut can contain a mixture of over 13 different species of gut-friendly bacteria.

Each batch of sauerkraut you eat may contain different proportions of different strains of probiotics. Including a variety of strains can help you diversify and improve your gut flora.

ious strains of probiotics, vitamins B and C, beneficial enzymes, omega-3 fatty acids and lactic acid that fights off harmful bacteria.

To keep the probiotics it contains alive, do not heat or cook sauerkraut. Add raw sauerkraut to salad, as a garnish to meat or as a side dish to accompany a breakfast of eggs and sausages. This recipe for

gut health!

Spicy Sausage & Sauerkraut Sandwiches

1 lb bulk spicy pork sausage

2 medium green and/or sweet yellow peppers, ribs and seeds removed, chopped

1 medium onion, chopped

8 pretzel or regular hamburger buns, split

2 tbsp Dijon mustard, optional

1. Heat oven to 350° F. In a large skillet, cook sausage over medium heat 4-6 minutes or until no longer pink, breaking into crumbles; drain.

2. Add bell peppers and onion; cook and stir 8-10 minutes longer or until vegetables are tender.

3. Place bottom burger buns on a foil-lined baking sheet. Spoon meat mixture onto bun; place cheese over meat. Bake 4-6 minutes or until cheese is melted.

4. Remove from oven and top with the sauerkraut. Add Dijon mustard, if desired. Put top buns on the sauerkraut and meat mixture and serve immediately. Serves 8.

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Raw sauerkraut can not only be a healthy way to supplement your diet with gut-friendly bacteria, but it also can add an exciting new flavor to your meals.

Photo by Depositphotos

tempeh, tofu, kimchee, miso, microbrewed beers and wine and sauerkraut.

Sauerkraut has ancient origins dating back more than 2,000 years. Legend tells us that fermented cabbage was a food staple for workers constructing the Great Wall of China. In the summer, laborers building the wall lived on cabbage and rice. In the winter, the cabbage was preserved with rice wine, which soured the cabbage, keeping thousands of workers healthy in the worst of conditions.

Probiotics found at the store usually contain only one strain of bacteria or a

Raw sauerkraut cannot only be a healthy way to supplement your diet with gut-friendly bacteria, but it also can add an exciting new flavor to your meals. Sauerkraut contains var-

Spicy Sausage and Sauerkraut Sandwiches uses raw sauerkraut as a topping, like adding pickles to a burger, but with more health benefits. It's a delicious way to improve your

8 slices pepper jack or provolone cheese

1½ cups sauerkraut, rinsed and well-drained

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Potato soup makes a filling meal

Many Irish dishes focus on simple, fresh ingredients that can be purchased close to home. Potatoes long have been a staple of Irish cooking. Brought to Europe by Spanish explorers from

the New World, the potato put an end to famine in regions of northern Europe, like Ireland. Smithsonian notes that by the end of the 18th century, roughly 40% of the Irish ate no solid food other

than potatoes. If that sounds like a boring diet, it's good to note that all that was necessary to make potatoes desirable and more versatile was a little creativity.

Potato soup is one way

to experiment with potatoes. There are many different takes on potato soup, but most classic Irish recipes feature potatoes, stock, leeks and onions. But that does not mean potato soup can't be enhanced by other ingredients, like those found in this recipe for "Potato, Escarole and Country Ham Soup" from "The Culinary Institute of America Book of Soups" (Lebhar-Friedman Books).

Potato, Escarole & Country Ham Soup

Makes 8 servings

1 tbsp unsalted butter
1 onion, diced (about 1 1/4 cups)

1 leek, white and light green parts minced (about 1 1/4 cups)

1 celery stalk, diced (about 1/2 cup)

1 garlic clove, minced (about 1/2 tsp)

1 quart chicken broth

2 yellow or white potatoes, peeled and diced (about 2 cups)

1 sprig fresh or 1/2 tsp dried thyme

2 cups chopped escarole (about 8 oz)

1 cup diced country ham

1/4 tsp salt, or to taste

1/4 tsp freshly ground black pepper, or to taste

Heat the butter in a soup pot over low heat.

Add the onion, leek, celery and garlic; stir until they are evenly coated. Cover the pot and cook until the vegetables are tender and translucent, 6 to 8 minutes.

Add the broth, potatoes and thyme. Simmer the soup until the potatoes are tender enough to mash easily, about 20 minutes.

Remove the thyme and discard. Puree the soup. Return the soup to the pot and bring to a simmer.

Add the escarole and diced ham and simmer, 12 to 15 minutes, or until all the ingredients are tender.

Season with salt and pepper. Serve the soup in heated bowls.

Tip: Country hams have an altogether different taste and texture from that of boiled hams. They have been cured for lengthy periods and have a unique salty, smoky taste. Ask your deli manager or butcher to help you find country ham or a suitable substitute.



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*Claim is based on speeds published on company websites as of 11/25/2019 for the following 52"-54" zero-turn models: Gravely Pro-Turn ZX, Scag Patriot, Exmark Radius S Series, Toro Titan HD 2000 Series, Hustler Fasttrak SDX. © Kubota Tractor Corporation, 2020. \$0 Down, 0% A.P.R. financing for up to 48 months or customer instant rebates of \$300 are available on purchases of select new Kubota Z400 Series equipment from participating dealers' in-stock inventory. Promotional rate available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Example: 48 monthly payments of \$20.33 per \$1,000 financed. \$300 rebate is not available with 0% A.P.R. or other promotional financing. Some exceptions apply. Offers expire 6/30/20. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your local Dealer or go to KubotaUSA.com.

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*Calories burned in 30 minutes

Source: American Council on Exercise

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Pineapple Cream Pudding

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1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
2/3 cup nonfat dry milk powder
1½ cups water
1 (8-oz) can crushed pineapple, packed in fruit juice, undrained
½ tsp coconut extract
3 tbsp purchased graham cracker crumbs
1 tbsp chopped pecans
1 tbsp flaked coconut

1. In an 8-cup glass measuring bowl, combine dry pudding mix, dry milk powder, water and undrained pineapple. Microwave on HIGH for 5 to 6 minutes or until mixture starts to bubble, stirring after 4 minutes. Stir in coconut extract. Evenly spoon hot mixture into 4 dessert dishes.

2. In a small bowl, combine graham cracker crumbs, pecans and coconut. Evenly sprinkle a full tablespoon of crumb mixture over top of each. Refrigerate for at least 30 minutes. Serves four.

* Each serving equals: About 142 calories, 2g fat, 5g protein, 26g carb., 214mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, ½ Skim Milk, ½ Fruit.

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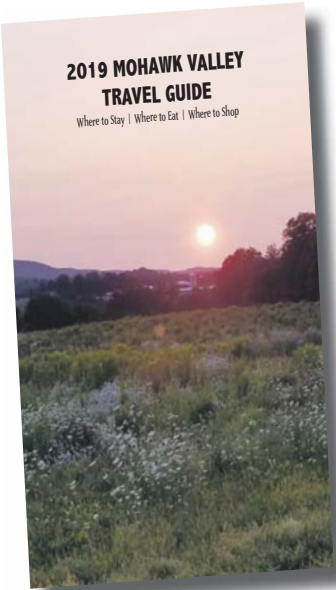
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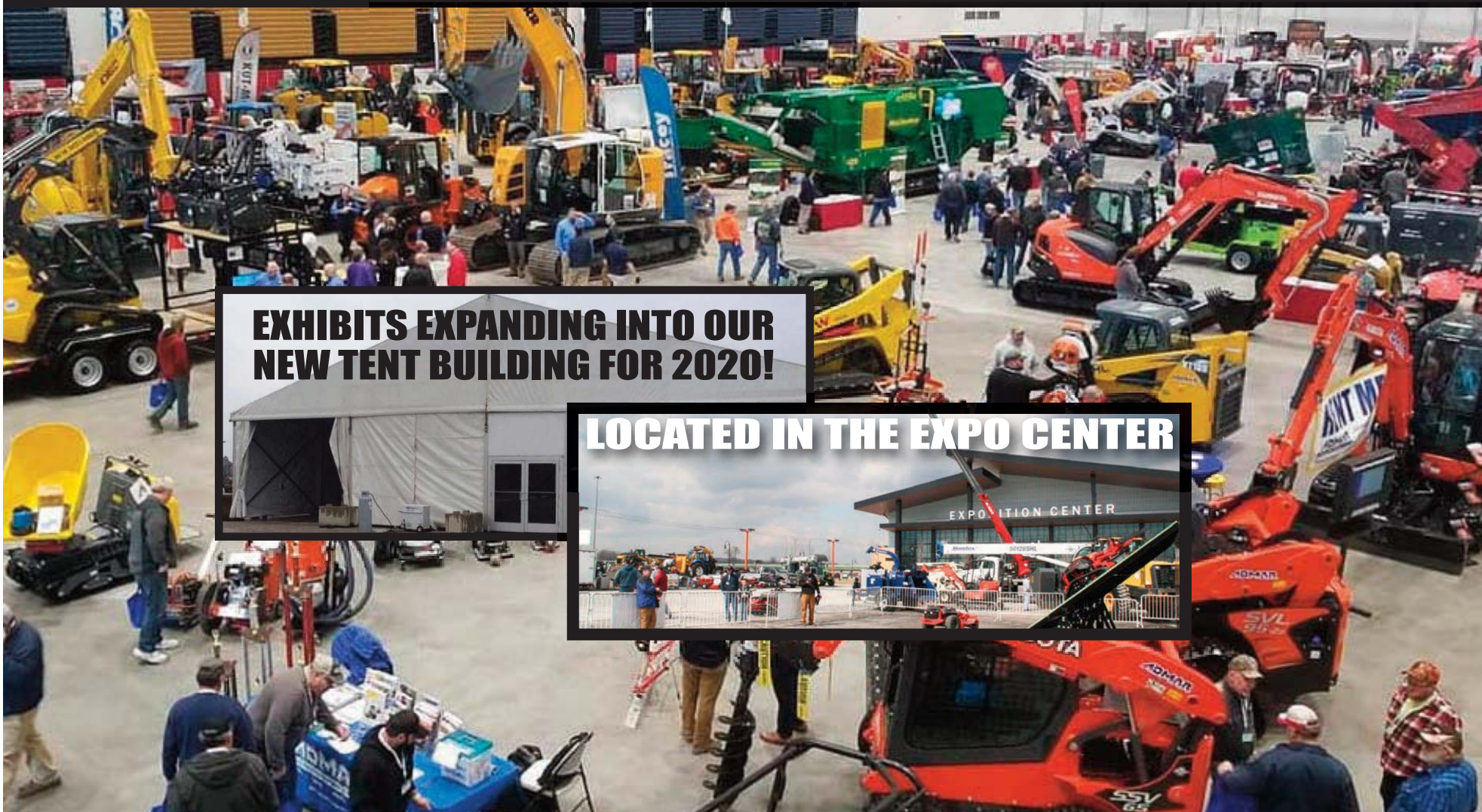
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