

# HERKIMER Country Editor

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MARCH 27, 2020

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Volume 9 Number 41

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through the power of the Holy Ghost. Romans 15:13



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# Area Church Services

<b>COLD BROOK</b> <b>COLD BROOK</b> <b>UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM	<b>HERKIMER</b> <b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM	<b>HERKIMER</b> <b>CHURCH OF JESUS CHRIST</b> <b>OF LATTER-DAY SAINTS (MORMONS)</b> 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	<b>ILION</b> <b>ANNUNCIATION CHURCH</b> 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	<b>LITTLE FALLS</b> <b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936	<b>MOHAWK</b> <b>THE WORD CHRISTIAN CENTER</b> 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
<b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM	<b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM	<b>HERKIMER REFORMED CHURCH</b> 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	<b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 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.	<b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED METHODIST</b> Pastor Wayne Getman 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM	<b>NEWPORT</b> <b>FIRST BAPTIST CHURCH OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM
<b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM	<b>CHURCH OF SAINTS</b> <b>ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM	<b>CHRIST EPISCOPAL CHURCH</b> 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	<b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM	<b>MOHAWK</b> <b>GRACE EPISCOPAL CHURCH</b> Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM	<b>UNITED METHODIST</b> Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM
<b>DOLGEVILLE UNITED</b> <b>METHODIST CHURCH</b> Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM	<b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM	<b>SAINT AUGUSTINE'S</b> <b>EPISCOPAL CHURCH</b> 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	<b>HOLY FAMILY PARISH OF THE ROMAN</b> <b>CATHOLIC COMMUNITY OF LITTLE FALLS</b> 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	<b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> 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	<b>KUYAHOORA COMMUNITY CHURCH</b> 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
<b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM	<b>UKRAINIAN ORTHODOX CHURCH OF</b> <b>ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336	<b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070	<b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM	<b>MOHAWK REFORMED CHURCH</b> 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	<b>ST. JOHN THE BAPTIST CATHOLIC CHURCH</b> 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
<b>UNITED LUTHERAN</b> <b>PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM	<b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM	<b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM	<b>EMMANUEL EPISCOPAL CHURCH</b> 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	<b>EMMANUEL BIBLE CHURCH</b> 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	<b>PAINES HOLLOW</b> <b>PAINES HOLLOW UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM
<b>ST. JOSEPH'S ROMAN</b> <b>CATHOLIC CHURCH</b> Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 31 N. Helmer Ave. Phone 315-823-3410 Mass 9 AM Sunday	<b>TRINITY EVANGELICAL</b> <b>LUTHERAN CHURCH</b> 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	<b>MORNING STAR UNITED</b> <b>METHODIST CHURCH</b> 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	<b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Ifirstpres@gmail.com www.presbylfr.org Sunday Worship 10 AM Sunday School 10 AM	<b>MOHAWK</b> <b>CHURCH OF THE BLESSED SACRAMENT</b> 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	<b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service
<b>EAST SCHUYLER</b> <b>CHRISTIAN ASSEMBLY OF SCHUYLER</b> Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com	<b>THE SALVATION ARMY</b> Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM	<b>MAIN STREET</b> <b>Chiropractic</b> Health and Wellness Center • Flexible Walk in Hours Dr. Kathleen Fusco • Insurance Not Necessary 8841 N. Main Street Poland, NY 13431 (315) 826-7772	<b>W.E. AUTENRITH</b> <b>SONS, INC.</b> Funeral Home 845-8532 Newport, NY Eric J. Newman, Director	<b>CHRISTIAN BIBLE CHURCH</b> 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	<b>STRATFORD</b> <b>STRATFORD UNITED METHODIST CHURCH</b> 1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies

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## “Captured In Acrylics” – paintings by Tim Ames on display

OLD FORGE – View, a multimedia arts center located in Old Forge, announces a solo show: “Captured in Acrylics: Paintings by Tim Ames.”

“While oils, watercolor and pastels have been around for hundreds of years, acrylics have struggled to gain acceptance since they were introduced less than 70 years ago. New methods of application and treatment, as well as new materials, are continually being developed to take advantage of the diversity and range of this relatively new medium. Skilled acrylic artists are now able to produce works of art equal to that of the skilled artists using established mediums,” Ames said.

“Acrylics enable me to celebrate the light, colors and atmosphere of the natural and manufactured subjects around us with energetic interpretations of iconic landscapes, mountain streams and waterscapes.

“I was in my fifties before I became enthralled with painting and have been on a quest for improvement for over 20 years. I have had no formal training, but to say that I am ‘self’ taught is a bit of a stretch, since, over the years, I have accumulated and digested a massive li-

brary of art books by many of the best artists and instructors available. My journey so far has resulted in a preference for acrylics as my medium, and a representational style that could be defined as a combination of Realism and Impressionism,” he continued. “As a landscape painter, I am drawn to the beauty that surrounds us and have specialized in showcasing the picturesque allure of upstate New York, in addition to the vibrant attraction that is Cape Cod. I am often asked who my favorite artist is, and it’s a tough question to answer, since so many, both old and new, are inspirational. However, I do have a favorite – Modern Master Richard Schmid. His body of work (landscape, portrait and still life) has a vibrancy and excitement that is unparalleled. My work has won over 60 awards in local and statewide shows, as well as national and international competitions, including five Best of Show and 13 first place awards.”

This exhibit will be up from Saturday, March 21 - Saturday, May 9. View is located at 3273 State Route 28 in Old Forge. To learn more about View programming, visit [viewarts.org](http://viewarts.org) or call 315.369.6411.



“McKeever Dam Mill”

Image courtesy of Tim Ames

## Herkimer County Clerk’s Office is closed

Herkimer County Clerk Sylvia M. Rowan announced that the Herkimer County Clerk’s office in Herkimer is closed to the public. The closure started Monday, March 23. The recording and filing desk will be open for appointments for recordings only. The Department of Motor Vehicles will be closed to the public but will accept transactions through the drop-off boxes located in front of the building on Mary Street and on the corner of Washington Street and Mary Street. All dealer work may be dropped off at the Mary Street County building first floor lobby. All work will be processed and can be picked up when finished. When dropping off transactions make sure to leave a contact number in case the clerk has any questions. All phone calls will be answered and handled on a timely basis. The Herkimer County Clerk’s office will be operating from 8 a.m. - 4 p.m. For questions, contact the clerk’s office at

315.867.1129 or 315.867.1134 or the DMV at 315.867.1130.

The change is in response to the COVID-19 outbreak and to further the departments’ work to promote social distancing, especially in high traffic areas such as the DMV.

During this extraordinary time, the County Clerk and staff appreciate your patience and understanding of these services.



## Third confirmed case of COVID-19 in Herkimer County

Herkimer County Public Health received notice that there is a third confirmed case of COVID-19 in Herkimer County. Herkimer County Public Health is investigating this case at this time and working to reach out to any contacts.

Continue to stay six feet away from others, stay home if you are sick, and continue to practice good hand hygiene.

## New York State coronavirus resources available

State Sen. James L. Seward (R/C/I-Oneonta) on March 18 announced that several state resources are available in response to the novel coronavirus (COVID-19) pandemic.

"We live in unprecedented times due to the COVID-19 pandemic and the landscape changes from moment to moment," said Sen. Seward. "Along with health concerns, there are major economic factors at play and many individuals and businesses are in need of assistance. Several resources have already been announced by the governor, and I will be pushing for additional support to insure our small business owners and work force are able to survive this crisis and thrive when normalcy returns."

For the latest health information regarding the COVID-19, the New York State Department of Health website is updated regularly. You can access the site at [coronavirus.health.ny.gov/home](https://coronavirus.health.ny.gov/home).

A toll-free hotline is also available at 1.888.364.3065.

Information regarding unemployment insurance is available online at [labor.ny.gov/home](https://labor.ny.gov/home) or by calling 1.888.469.7365. New York State is waiving the seven-day waiting period for unemployment insurance benefits for people who are out of work due to coronavirus closures or quarantines.

Empire State Development (ESD) has a special section at [esd.ny.gov/esd-covid-19-related-resources](https://esd.ny.gov/esd-covid-19-related-resources) and has initiated a special online intake portal ([esd.ny.gov/covid-19-help](https://esd.ny.gov/covid-19-help)) for individuals and businesses to relay business-related COVID-19 questions and concerns. Any information or issue submitted through the portal will be routed to the relevant ESD department, enabling the agency to rapidly respond to questions.

The Department of Financial Services

(DFS) has consumer and industry information at [dfs.ny.gov](https://dfs.ny.gov). Special sections regarding health, travel and business interruption insurance are included.

"Steps being taken to thwart the spread of coronavirus are necessary. However, we will need to implement a comprehensive strategy to recover

economically once the pandemic has passed. I have been in contact with a number of small business owners and will be advocating for several additional steps to address their concerns and make sure employees are back on the job as soon as possible," Seward concluded.



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## Single community fund established for pandemic response

### Community Foundation, United Way launch fund to aid nonprofits

A single community-wide fund has been created to support organizations responding to human services needs in Herkimer and Oneida counties resulting from the impact of the COVID-19 global pandemic.

The Community Foundation of Herkimer and Oneida Counties and United Way of the Valley and Greater Utica Area (VGU) announced on March 20 that they are working together to attract resources and distribute them to nonprofit groups through a single community online effort, [www.mvcovidfund.com](http://www.mvcovidfund.com). Hundreds of thousands of dollars in seed money will come from organizations and individual donors, including M&T Bank/Partners Trust Bank Charitable Fund, the

Rising Phoenix Fund, the Ronald and Sheila Cuccaro Family Fund, The Community Foundation, United Way VGU and other funders. Individuals, institutions, companies and other funders are encouraged to donate via [mvcovidfund.com](http://mvcovidfund.com).

"In a time of crisis, it's more important than ever before to say this: We are one community," said Alicia Dicks, Community Foundation president/CEO. "Responding as one community to a public health threat that knows no boundaries and recognizes no bureaucratic barriers is critical."

"The time is now to use technology and partnerships to help our community," said Erin Gutierrez Matt, United Way VGU executive director/CEO. "Working together, we are focused on mobilizing resources and solutions in the face of an unprecedented crisis."

Similar to the flood recovery relief efforts of 2017 and 2019, Dicks and Matt said they have been coordinating efforts with leaders of both Oneida and Herkimer county governments so that [mvcovidfund.com](http://mvcovidfund.com) will provide a conduit for donors and local nonprofits seeking extraordinary resources to respond to the pandemic. The effort will coordinate with local governments' response efforts to complement their programs and services, avoiding duplication.

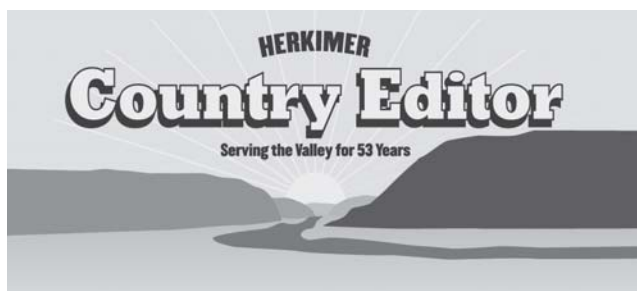
"We want to thank the Community Foundation of Herkimer and Oneida Counties and United Way of the Valley and Greater Utica for their leadership once again in assisting our families during this difficult time," said Vincent J. Bono, Herkimer County Legislature Chairman. "Our residents are thankful for the leadership and actions taken by donors to assist families and individuals."

"In these unprecedented times, our community continues to rally together to combat this pandemic," said Oneida County Executive Anthony J. Picente, Jr. "The Community Foundation and United Way's single community fund, in coordination with Oneida County, will assist our local non-profits in providing services to those in need. I thank them and all of our local agencies for their tireless efforts on behalf of our community."

As the situation continues to evolve, updated information about the fund will be available online at [mvcovidfund.com](http://mvcovidfund.com). The application for and distribution of funds to area nonprofits will be administered through an innovative platform powered by United Way VGU. Nonprofit organizations seeking pandemic-related assistance can visit [mvcovidfund.com](http://mvcovidfund.com) or email [info@mvcovidfund.com](mailto:info@mvcovidfund.com).

"This is a time for all of us to do everything we can to help those in need," said David Manzelmann, Community Foundation Board of Trustees chair. "Together, our organizations can help our nonprofit partners meet the rising community needs that we know are coming, and we'll build an even better community through this collaboration."

"We are focused on amplifying the work we do every day, which is connecting our community to resources," added William Perrotti, United Way Board of Directors president. "This quick response demonstrates our joint ability to come together and create solutions."



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## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com) CONCERNS ABOUT THE CORONA-VIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### March 26

The **Rabies Clinic** scheduled for Thursday, March 26, at the East Herkimer Fire Department **has been cancelled.** For more information call Herkimer County Public Health at 315.867.1176.

### 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.

**Free Genealogy Workshop** 10 a.m. - 12 p.m. at Ilion Free Public Library, 78 West Street, Ilion. Hosted by Herkimer County Historical Society. Interested? RSVP by calling 315-866-6413.

### 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](http://www.richfield-springscommunitycenter.org) or [www.runsignup.com/RSCC](http://www.runsignup.com/RSCC). Run and Walk coordinator Bill Kosina can be reached by at 315.749.3286 or [bill@richfieldzone.org](mailto:bill@richfieldzone.org).

**Easter Egg Hunt** 1 p.m. at Mohawk Homestead, 62 E. Main St., Mohawk. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

### 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 18

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

### April 19

**Valley Voices for Christ presenting cantata "It is Finished"** 6:30 p.m., Middleville United Methodist Church, Route 29, Middleville. Free will offering. Refreshments. Presenting cantata, "It is Finished"

### 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

**Boardwalk to Better Health** at Valley Residential Services, 323 Pine Grove Road Herkimer. For more information, contact Connie Castellano at 315.866.3330, extension 2329 or [ccastellano@valley-healthservices.org](mailto:ccastellano@valley-healthservices.org).

**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).

### April 25

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

**Arts, Craft and Vendors Fair** 10 a.m. - 4 p.m. at the East Herkimer Fire House, Main Road. Admission free. Food available for sale. Sponsored by the Ladies Auxiliary of EHVFD. Contact Barbara Noyes 315.866.5879.

### April 26

**Basket Bingo.** Basket pre-view 1 p.m. Games start 2 p.m. at Blessed Sacrament Church, 71 E. Main St., Mohawk. Catholic Daughters of the

Americas, Court St. Bridget #265 is sponsoring this event. Donation: \$10/extra packs \$2 each. Drinks and refreshments.

### May 2

**Spring Spectacular** 12-5 p.m., Hosted by the Mohawk Homestead and the Mohawk American Legion Riders, a fundraising event to benefit the residents of the Mohawk Homestead and the American Legion Riders donation fund. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

**28th Annual Kuyahoor Valley Rotary Auction.** Viewing will start at 8 a.m. Auction at 10 a.m. Anyone wishing to donate may call John at 315.725.2393 or Tom at 315.794.2995 or email to [tomlin@roadrunner.com](mailto:tomlin@roadrunner.com).

### May 5

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

### May 9

**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.

### May 12

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

### May 16

**25th Kuyahoor Valley Rotary Fishing Derby.** Funded by the Kuyahoor Valley Rotary Club for the grade school students (pre-school through 6th grade) of the Poland Central and West Canada Valley Central School Districts. Visit [www.kuyahoorvalleyrotary.org](http://www.kuyahoorvalleyrotary.org)



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## Senior News Line

### by Matilda Charles IRS tax form designed with seniors in mind

Thanks to the Bipartisan Budget Act of 2018, the IRS has come up with a tax filing form just for us: Form 1040-SR, the tax return for seniors.

This is an alternative form for those of us who are age 65 or older and replaces the 1040-EZ form.

If you have a straightforward, uncomplicated tax situation, this could be the form for you.

Compared to the 1040EZ form, however, this one allows reporting of more types of income, and there is no limit to interest income. You can list your Social Security income as well as interest, dividends, pensions and more.

You don't need to be retired to use this form, but you need to have turned 65 by the end of 2019 (born before Jan. 2, 1955). If you've already retired and receive Social Security, but are under age 65, you cannot use this form. But you can use it if you file jointly with a spouse, even if only one of you is age 65 or older.

It looks generally like the standard Form 1040, but the print is bigger, the text boxes are bigger and there is more space between the lines of print. The instructions are the same as for Form 1040.

You can take the standard deduction or itemize your deduction, and it uses the standard 1040 forms. If you have extra income, such as prize money, you need to add Schedule 1. If you're going to owe other taxes, such as household employment or self-employment tax, you'll need Schedule 2. Schedule 3 is new, for additional credits and payments.

Remember that our standard deduction is larger this year.

If you usually take advantage of free tax preparation by AARP volunteers, they're sure to have these new forms already.

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# VHS internship: Monique Mares, Herkimer College

Monique Mares, senior at Herkimer College majoring in Human Services is spending her spring semester 2020 as an intern with Valley Health Services in Herkimer. What drew Mares to VHS?

Mares stated, "It is so important to me to give to the community in which I reside. I want to interact with organizations and community members in a positive way, learn empathy, exhibit servant leadership and gain a broad-based education for future career opportunities. Valley Health Services is basically in Herkimer College's backyard, so to speak, and why not take advantage of the opportunities we have here locally in Herkimer County?"

Mares's home is Los Angeles, CA. She came to Herkimer College as an athlete, playing both softball and volleyball. An exemplary student, Mares is fluent in Spanish and English, a 2019 dean's list candidate and volunteer with the American Cancer Society's Relay for Life. Mares has strong family ties with her parents, sister, brother and two Chihuahua dogs.

Mares said she feels connected to VHS, much like her connection to her family, which she calls her support system. Working at VHS as an intern, Mares said she has begun to form bonds with her supervisors. She said Kristen Guernsey, assistant director of social services, Gabrielle Waisblatt, director of social services, and Nicole Conkling, nursing care coordinator, are excellent role models. Mares

said her learning has been on-point, the staff are great, the organization is clean and, most importantly, the residents are happy.

Mares said there is a misconception about nursing homes she would like to dispel. "This internship has been an eye-opener for me," she said, noting that social media portrays nursing homes as negative places, when in reality they are exactly the opposite. There is a discrepancy in what is perceived from the truth. When she walks around the facility and visits with residents, they are happy and well-taken care of. Mares sees the attentiveness from Social Services, nurses, resident assistants and certified nurse assistants. "The residents are happy, and I love visiting with them as much as they love seeing me," she stated.

Mares said she has learned a lot in a short period of time. She is learning how to process admission applications, complete filing maintenance within the Business Office and

assist the Activities Department with programs such as bingo and other socialization activities. She is also learning about trust and empathy, stating, "If you can trust, you can give. I am enjoying the residents and am building a relationship with many of them."

Mares plans to graduate from Herkimer College in May. She emphasized that she cannot wait to spend time with her family, interact with the Los Angeles community in a positive way and give back by volunteering her time with different agencies. She will do another internship in Los Angeles to complete her educational obligation to Herkimer College. She also hopes to volunteer her time with Relay for Life. Mares will continue her education at California State University-Dominguez Hills, majoring in Human Services. She said, "It is a great place for higher learning for those who seek academic achievement and personal fulfillment. I just cannot wait!"



Monique Mares, senior at Herkimer College, is spending her spring semester 2020 as an intern with Valley Health Services in Herkimer.  
Photo courtesy of Valley Health Services

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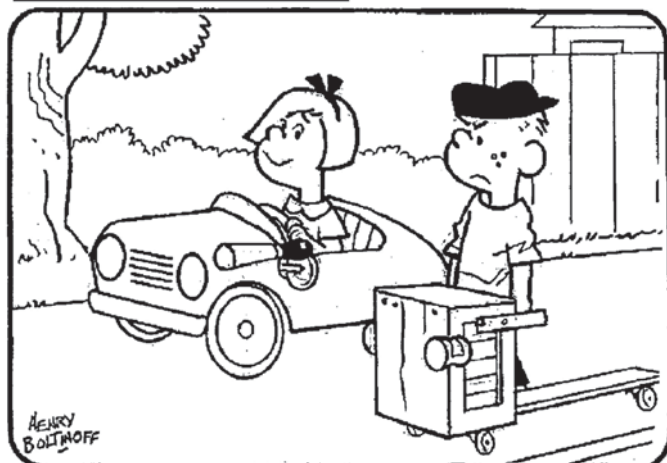
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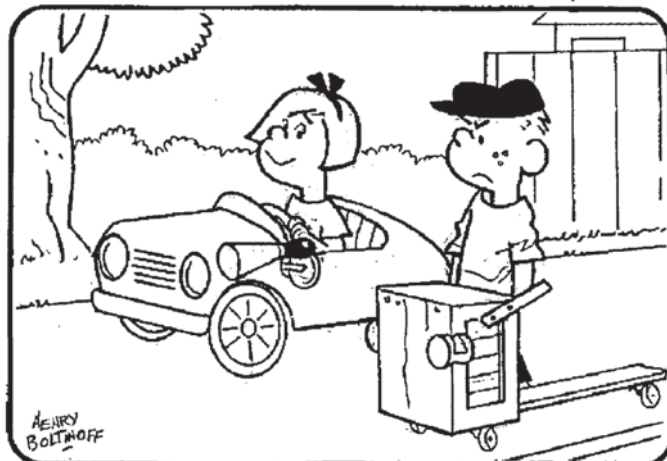
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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.

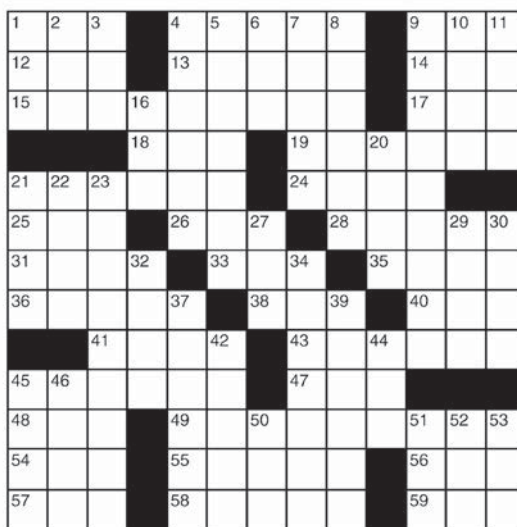


Differences: 1. Girl's collar is missing. 2. Horn is bigger. 3. Wheel spokes are added. 4. Go-cart handle is turned. 5. Hat is turned. 6. Headlights are different.

## ACROSS

- 1 Do arithmetic  
4 Long tales  
9 Stitch  
12 Take to court  
13 Treasure cache  
14 Work with  
15 Newlyweds' trip  
17 Siesta  
18 Chicken-king link  
19 Waldorf salad ingredient  
21 Floated on air  
24 Remain  
25 Ostrich's cousin  
26 Blue  
28 Ruhr Valley city  
31 Tear  
33 Cry loudly  
35 Apiary structure  
36 Boredom  
38 Solidify  
40 Morning moisture  
41 Village People hit  
43 Express sorrow for  
45 Like a duck's feet  
47 — Jima  
48 Past  
49 Wealthy one  
54 Beer container

## King Crossword



- 55 Over  
56 Life story, for short  
57 Praise in verse  
58 "When pigs fly!"  
59 Conclusion  
8 Washington group  
9 Optimist's part of the street?  
10 Jacob's brother  
11 Cried  
16 Dine  
20 Whip  
21 "The Way We —"  
22 "So be it"  
23 Sense of humor  
27 Pooch  
29 Tied  
30 Mr. Gingrich  
32 Foolish  
34 Accept as true  
37 "The — Cometh"  
39 Attorney  
42 Pueblo brick  
44 Unruly bunch  
45 Texas city  
46 "Zounds!"  
50 Autumn mo.  
51 Honest politician  
52 Martini ingredient  
53 Turf

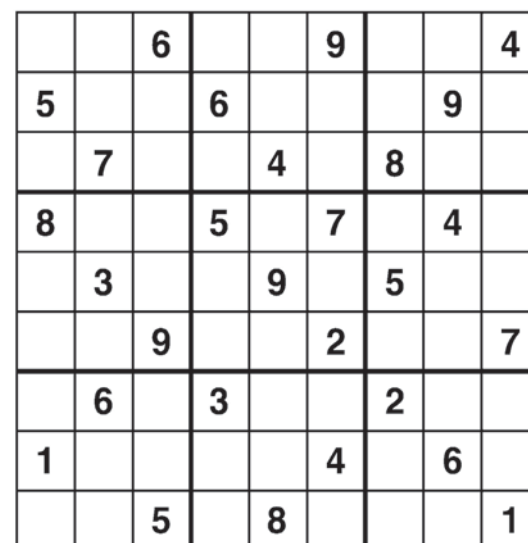
## DOWN

- 1 Fire residue  
2 Pair  
3 Lair  
4 Fashions  
5 Fleets  
6 Sticky stuff  
7 Acknowledges  
8 Washington group  
9 Optimist's part of the street?  
10 Jacob's brother  
11 Cried  
16 Dine  
20 Whip  
21 "The Way We —"  
22 "So be it"  
23 Sense of humor  
27 Pooch  
29 Tied  
30 Mr. Gingrich

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## Weekly SUDOKU

by Linda Thistle

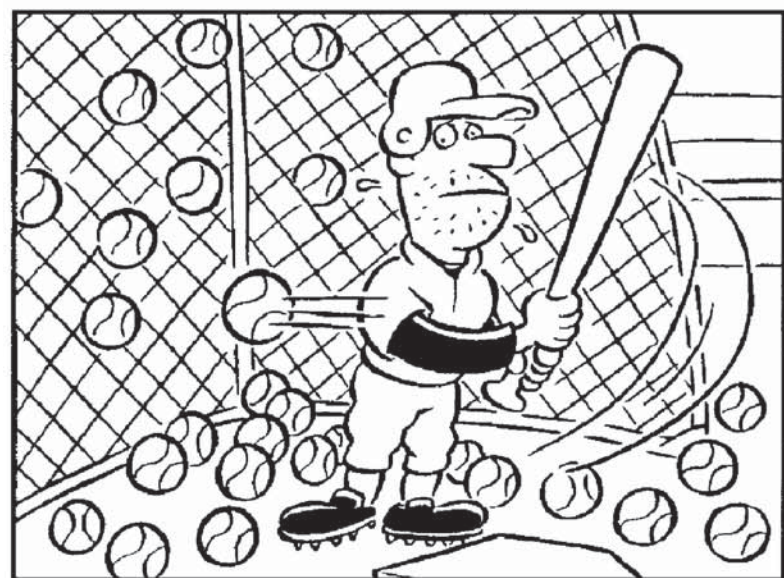


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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NO HIT HARRIGAN hasn't hit a ball out of the batting cage in spring training. See if you can count the number of balls he's missed so far.

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## Junior Whirl

by Charles Barry Townsend

BELL  
BOLL  
ROLL  
ROLE  
ROPE

Illustrated by David Coulson

## RING A DING DING!

IN THIS PUZZLE you are given a word that must be changed into another word in a series of moves. During each move you must change one letter in the previous word so as to form a new word. In our example, we changed BELL to ROPE in four moves. See if you can change the following five words in four moves.

1. WIND to GALE
2. POST to MARK
3. MOON to ROCK
4. DATE to FIGS
5. LADY to BUGS

1. WIND, WINE, WANE, WALE, GALE.  
2. POST, PORT, PORK, PARK, MARK.  
3. MOON, LOON, LOOK, LOCK, ROCK.  
4. DATE, FATE, FATS, FITS, FIGS.  
5. LADY, LADS, LAGS, BAGS, BUGS.

A CLOSE SHAVE...I DON'T THINK! How is it possible for a man to shave more than three times a day and still grow a beard?

Answer: If the man is a barber he can shave more than three other men each day and still grow a beard.

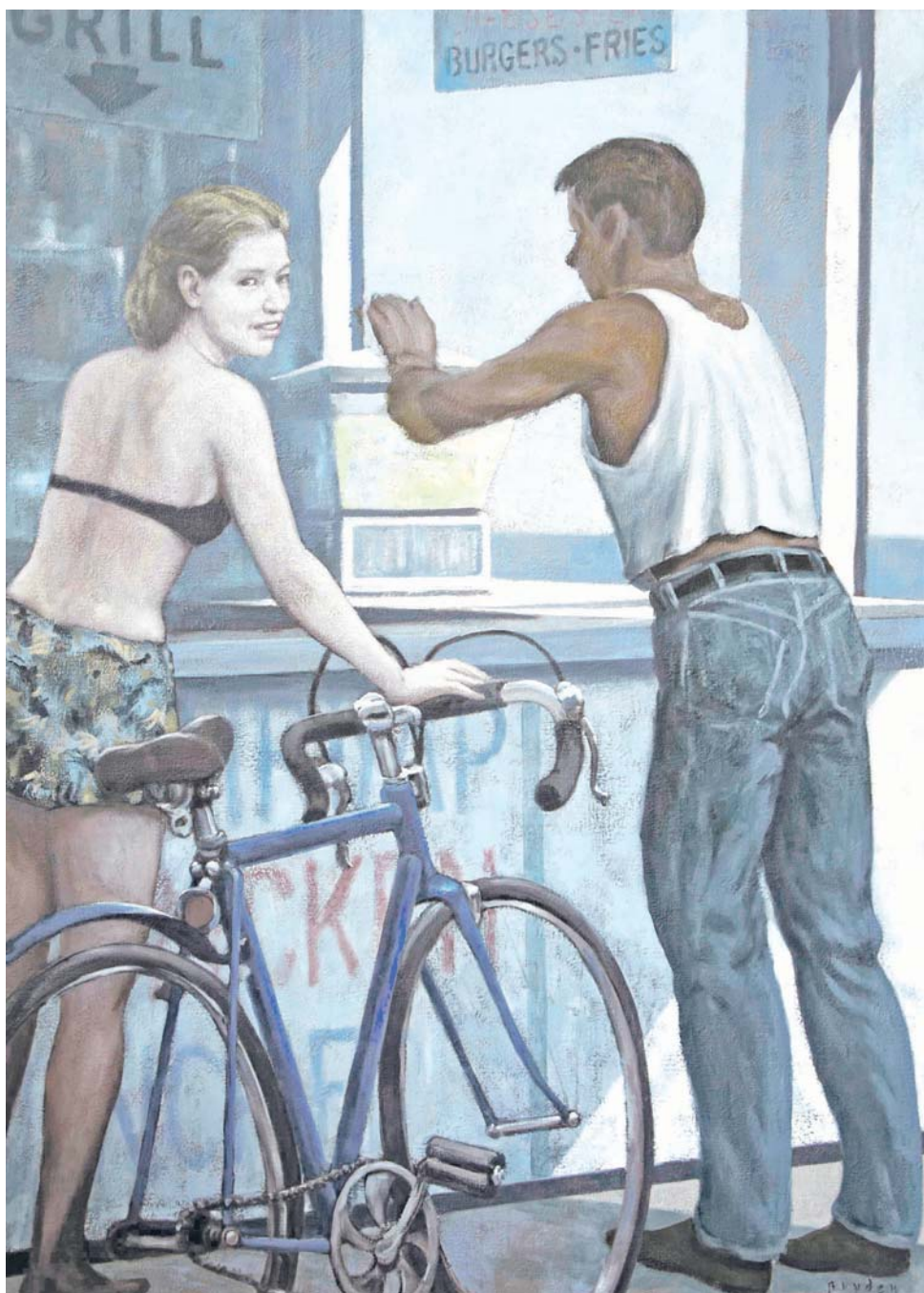


DON'T GET STUCK ON THIS ONE! In this puzzle, all of the words get progressively longer, and they all start with TAR. Use the following definitions:

1. TAR (in place).
2. Keeps out rain.
3. Fortunetelling device.
4. Airport runway.
5. Game fish.
6. Good seasoning.

Answer: 1. Tar. 2. Tarp. 3. Tarot. 4. Tarmac. 5. Tarpons. 6. Tarragon.





View is in search of artists who wish to enter a juried competition for summer-themed artwork.

Image courtesy of View

## Call to artists – Summer Idylls

**OLD FORGE** – Think summer, that wonderful time of year when everyone gets outside to enjoy the warmth and the sun at the beach, on the lakes or in the mountains. This summer, View will present artist Lewis Bryden's nostalgic 1950s "Boardwalk Idyll" paintings. These lively and atmospheric paintings depict summer on the boardwalk and beach with youthful friendships, romances, Ferris wheels, bars, restaurants, patrons and workers.

View invites artists to submit artworks that celebrate people enjoying summer activities whether in the mountains and lakes, in a city or at the shore. They are open to all media. Selected works will be displayed with the works of Bryden.

### Dates & Deadlines

- Deadline for submission: April 27
- Notification of acceptance: May 7
- Work to be received at View by: May 27
- Reception: June 5 from 5 - 7 p.m.
- Exhibition closes: Aug. 2

### Entry Process

A non-refundable entry fee of \$30 for guests and \$25 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 [onlinejuriedshow.com](http://onlinejuriedshow.com). Entry fees must be paid during

submission.

Our online registration process, all this information and more can be found at [viewarts.org](http://viewarts.org). View is located

at 3273 State Route 28 in Old Forge. To learn more about View programming, visit [viewarts.org](http://viewarts.org) or call 315.369.6411.



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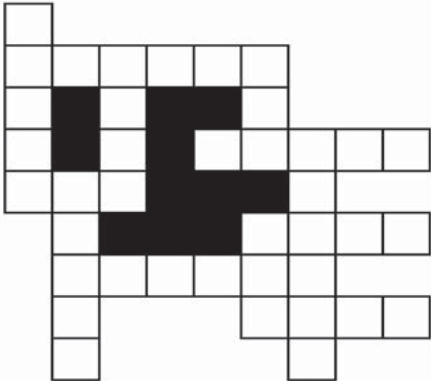
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MRAC



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

What did the big flower say to the little flower?  
*Hi, bud!*

MAGIC MAZE • WORDS OF ANGER

RBYWTROLJGEBYSW  
SEUDSMRRRPNRKI  
NRGATTAEEGEEDBZ  
XOENRAANGGVSSQ  
ORRGAMNVGNKRIG  
EACENHAGAEAAEYW  
UNSRGAFDENRNGQP  
NGLOENHFJRGHNF  
CEAURYACIXIEAVU  
SRQSEPNHXL MNRKJ  
HYFEDCBZYECXEVU

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Angered	Exchanger	Manger	Stavanger
Cliffhanger	Ganger	Nanger	Stranger
Dangerous	Granger	Orangery	Tangerine
Dangers	Hanger-on	Rangers	

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Americanisms



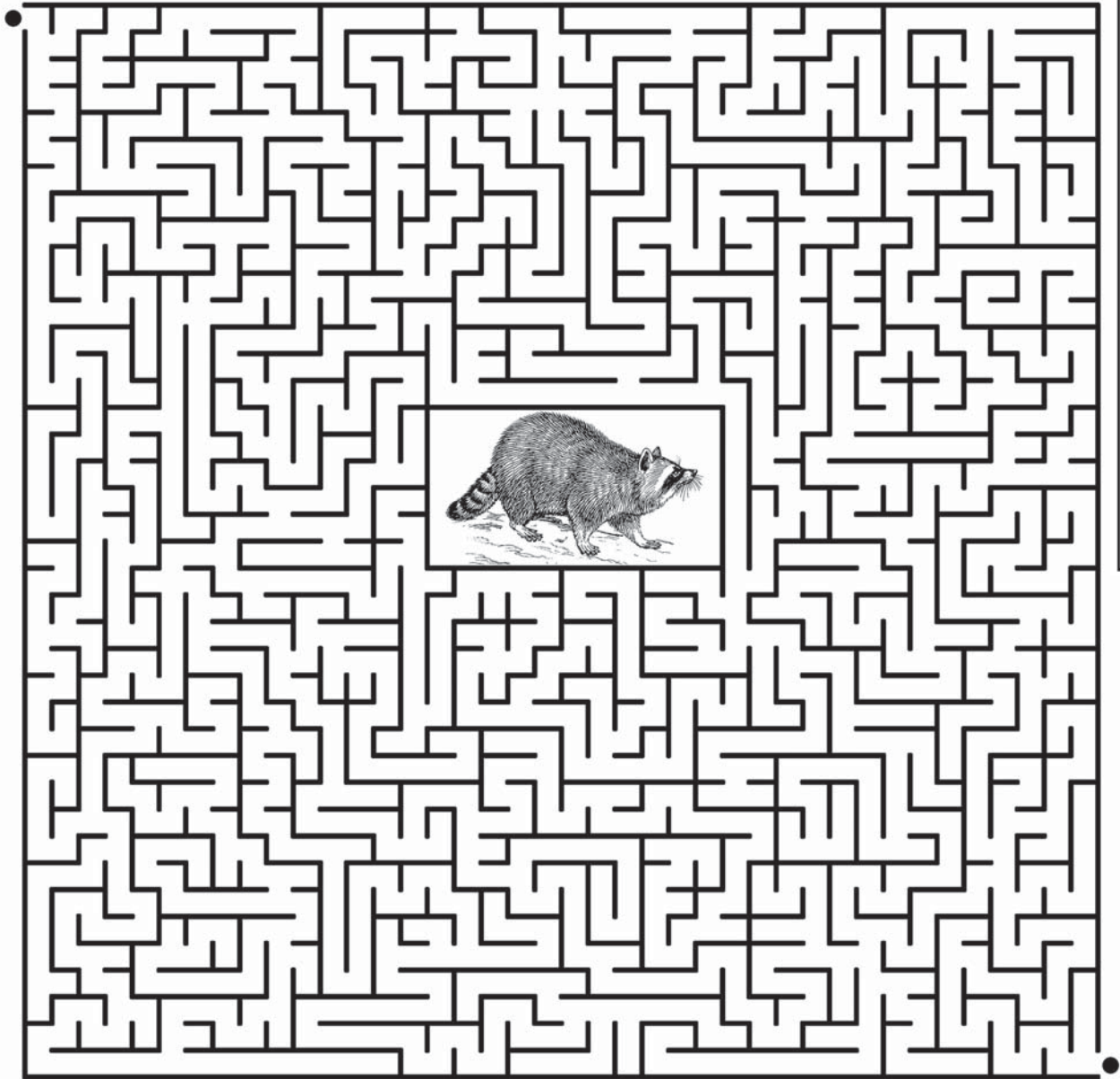
“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”  
— Maya Angelou

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What did the fisherman say to the magician?  
*Pick a cod, any cod!*

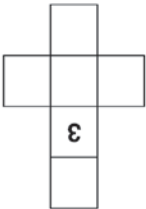
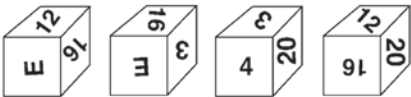
Mega Maze

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STICKELERS [sic] by Terry Stickels

Below are four views of the same cube.



If you were to unfold the cube, how would you fill in the diagram so that it shows the correct orientation of numbers and the letter “E”? We’ve given you a head start by placing the number 3.

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Why is Cinderella bad at soccer?  
*Because she’s always running away from the ball!*

## Little Falls Hospital physical therapist earns Vestibular Rehabilitation Certification

Angela Reimer, physical therapist, recently earned a Certificate in Vestibular Rehabilitation from the American Institute of Balance. For more than 25 years, Reimer has helped patients achieve their rehabilitation goals and adds this level of expertise to her knowledge base expanding the range of patients she is able to help.

Vestibular rehabilitation therapy (VRT) is a specialized form of therapy

intended to alleviate the problems caused by vestibular disorders. The vestibular system includes the parts of the inner ear and brain that process the sensory information involved with controlling balance and eye movements. If disease or injury damages these processing areas, vestibular disorders can result. People with vestibular disorders often experience problems with vertigo (sense of room

spinning), dizziness, lightheadedness visual disturbance and/or imbalance.

VRT begins with a comprehensive clinical assessment that should include collecting a detailed history of the patient's symptoms and how these symptoms affect their daily activities. The therapist will document the type and intensity of symptoms and discuss the precipitating circumstances.


Treatments may include positional treatments, exercises customized to the patient to improve balance, movement tolerance and visual stability.

To learn more about VRT, or to schedule an appointment, call 315.823.5360.



Angela Reimer, physical therapist, recently earned a Certificate in Vestibular Rehabilitation from the American Institute of Balance.

Photo courtesy of Little Falls Hospital



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## Senior News Line

by Matilda Charles

### Follow flu tips to stay safe from coronavirus

We can't turn on the news now without hearing about the new virus that's sweeping the world. This coronavirus, called COVID-19, is a serious virus that came out of China. At this point the virus has spread to more than 30 countries and there have

been over 2,800 deaths.

Protecting ourselves from COVID-19 is much like how we avoid the seasonal winter flu that's now in high numbers in every state. Guidance from the Centers for Disease Control and Prevention is mostly common sense, but every step is important:

- Wash your hands frequently.

Use warm water and soap and wash for a minimum of 20 seconds. Try singing "Happy Birthday" to mark the time.

- Keep your hands away from your face, even if you've just washed your hands.

- Cover your mouth and nose with a tissue when you cough or sneeze, and then throw away the tissue.

sue.

- Disinfect surfaces in your environment frequently, such as countertops and doorknobs.

- When you go out, take a pack of antiseptic wipes to wet down grocery cart handles. If you don't have those, put hand sanitizer on your palms and wet the cart handle.

- Never share cups or

plates or anything else with those who are sick.

- If you have to be out in public, keep your distance. Stay at least six feet away from others. For now, avoid shaking hands.

- If you feel sick, don't rush to the doctor. Call first and explain your symptoms. If they want you to come in, there

might be a special entrance for you to use to keep from spreading germs to others.

Stay healthy this winter. Get enough sleep, eat well and keep your stress down. All of those affect your immune system. And if you haven't had a flu shot, get one now.

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## To Your Good Health

by Keith Roach, M.D.

### Does ulcerative colitis preclude pregnancy?

**Dear Dr. Roach:** I need some hope. My 24-year-old granddaughter, recently married, came down with ulcerative colitis. Right now, she is getting two Humira injections a month. She has lost so much

weight and her diet is so limited. Do things normally get better? Will she ever be able to become pregnant? It has been about four months. She is presently seeing a GI doctor. Should she be under the care of a specialist? – L.M.O.S.

**Answer:** Ulcerative colitis is one of the inflamma-

tory bowel diseases. The underlying cause is not known, but there is a familial predisposition. Women are more often diagnosed, and the leading time of diagnosis is in the 20s.

There is a wide range of severity, with some people doing well with topical treatments (suppositories or enemas), some needing oral medication and people with more severe disease needing much more powerful agents, such as the adalimumab (Humira) your granddaughter needs. Fortunately, those kinds of drugs have approximately a 60% - 70% success rate.

Diet is important for people with UC of any severity; however, as the disease becomes better controlled it is likely that she will have a less restricted diet.

A GI doctor is a gastroenterologist, the specialist for inflammatory bowel diseases. There are some gas-

troenterologists who specialize even further, making IBD their area of particular expertise.

Pregnancy is certainly possible in women with IBD. However, they should be in remission before attempting pregnancy, and her medications may need to be adjusted for maximum safety.

There are many places to get additional information, but I recommend the Crohn's and Colitis Foundation website as an excellent starting point: [www.crohnscolitisfoundation.org](http://www.crohnscolitisfoundation.org).

**Dear Dr. Roach:** Last year, I started getting Raynaud's. I can remember from my youth that my father had it, so it didn't seem too terrible. It's not just the fingertips that turn white, but also some of my toes are affected.

I asked people who know of it or have it how one gets this. What is the cause? No

one knows. So I asked my doctor. Even he said he did not know.

How do I get these episodes, and what can I do to prevent them? – R.S.

**Answer:** Raynaud phenomenon is an exaggerated response to cold or stress, causing color changes in the skin of the fingers and toes. There is a long list of causes of Raynaud phenomenon. Often, no cause is ever found (in which case it is called primary Raynaud, which just means we don't know what's causing it). The most common known causes are the autoimmune rheumatic diseases, especially scleroderma, lupus and Sjogren's syndrome. Hypothyroidism is an unusual cause, and some drugs can cause it as

well.

The current thinking is that primary RP is caused by abnormalities in the alpha receptors in blood vessels (alpha receptors respond to adrenaline and similar molecules).

Keeping the whole body – especially the hands – warm is the first step. Sudden temperature changes can trigger the effect. Warming the hands in warm water at the onset of an attack can stop it. Anxiety makes it worse, so a positive attitude can really affect this condition. Medications, such as amlodipine, may be necessary for prevention in more severe cases.

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## Now Here's a Tip

by JoAnn Derson

• Most people wash their sheets, and some people fluff and air out their pillow. But how many properly clean their mattress? Vacuum the mattress surface at least every three months. Sprinkle with baking soda to absorb any odors.

• "I use my panini press to make hash browns because I like them nice

and crispy on both sides. It works out great!" – L.R. in Florida

• If you're adding fruit to muffins or quick breads, just make sure you toss them in flour first. It will keep them from sinking to the bottom, distributing them more evenly throughout the bread.

• Need more storage in a small bathroom? Try installing a shelf over the door. It's an out of the way area where you can store items you don't need daily, but do need accessible.

• Use a serrated knife to cut the dome tops off of cake layers, then put them in the freezer for 30 minutes. It will make it easier to frost, and you'll get less crumbs that come up.

• "I often get up during the night to take medicine to help me sleep better. It's hard to see and line up the marks to open the container. So I got a permanent black marker and highlighted them (I even made them larger). Now it's easy to line them up in the dark." – D.E. in California

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Hand  
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**MOSHER RIVERHILLS PROPERTIES**

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## Announcements

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(Week Prior to Each Friday Dated Paper)

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*The Country Editor*

Call Peg at **1-800-836-2888**

or **518-673-0111**

or email [classified@leepub.com](mailto:classified@leepub.com)

## Announcements

**BANNERS: VINYL** - Single Sided - Double Sided, various sizes. Free shipping. **Call Lee Newspapers Inc.** at **518-673-0101** or email [commercialprint@leepub.com](mailto:commercialprint@leepub.com)

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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM - **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**



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## Antiques

**ANTIQUES/FINE ART** and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

## Announcements

## Antiques

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## Adirondack Discount Sales

302 Bacon Brook Rd,  
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**WAREHOUSE** with offices for rent. Two trailer docks, two overheads, heated, 13,000 square feet, \$1,500 per month. 405 South Washington Street, Herkimer. 315-868-1840 Former Campione Water.

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**DS STOVES:** EnergyMax, Kozy-King, HeatRight, Aqua-Stroke, AnthraMax & more! Stoves, boilers and inserts. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543



## Help Wanted

**HERKIMER COUNTY:** Looking for help in freestall or tiestall dairy with milking parlor, experience preferred, own transportation, part-time, full-time. Please call: 315-717-9366

## Lawn & Garden

**JEFF'S LAWN CARE.** Mowing, shrub trimming, mulch and clean-ups. Fully insured, free estimates. 315-534-3033.

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## Trailers

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## Truck Parts & Equipment

**TRUCK BED Tonneau cover** fits medium to small trucks, came off Chevy Colorado, \$100. 315-891-3556

Moments In Time – The History Channel

• On March 25, 1911, the Triangle Shirtwaist Company factory in New York City burns down, killing 145 trapped workers within minutes. Only one elevator was operational, one of two exit stairways was locked from the outside and the inside fire hose was rotted and its valve rusted shut.

• On March 29, 1929, President Herbert Hoover has a phone installed at his desk in the Oval Office of the White House. Previously, Hoover had used a phone in the foyer outside

the office.

• On March 27, 1939, the University of Oregon defeats Ohio State University to win the first-ever NCAA men's basketball tournament, now known as "March Madness."

• On March 26, 1953, American medical researcher Dr. Jonas Salk announces that he has successfully tested a vaccine against poliomyelitis, the virus that causes the crippling disease of polio. In 1952 there were 58,000 new cases reported in the U.S., and more than 3,000 people died.

• On March 28, 1979, a pressure valve in a nuclear reactor at Three Mile Island in Pennsylvania fails to close, setting off the worst accident in the history of the U.S. nuclear power industry. Safety devices would have prevented the crisis, but human operators misread readings and shut off the emergency water system.

• On March 23, 1983, Barney Clark dies 112 days after becoming the world's first recipient of a permanent artificial heart. The 61-year-old dentist spent the final

four months of his life attached to a 350-pound console that pumped air in and out of the aluminum-and-plastic implant.

• On March 24, 1996, U.S. astronaut Shannon Lucid transfers to the Russian space station Mir from the space shuttle Atlantis for a planned five-month stay. Her return to Earth was delayed more than six weeks because of last-minute repairs to Atlantis's booster rockets and then by a hurricane.

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Good Housekeeping

Sesame-Ginger Asparagus

*Thin asparagus always makes an elegant side dish. Sprinkle it with a hint of red pepper flakes for an impressive presentation. This dish is lovely served with a fish main course.*

- 1½ lbs thin asparagus, trimmed and cut diagonally into 2-inch pieces
  - 1 tbsp canola oil
  - 1 tbsp fresh ginger, peeled and chopped
  - 1 tbsp reduced-sodium soy sauce
  - ¼ tsp crushed red pepper
  - 1 tsp sesame seeds
  - 1 tsp Asian sesame oil
1. In 12-inch skillet, heat 1 cup water to boiling over high heat. Add asparagus; heat to boiling. Reduce heat to medium. Cover and cook 4 - 5 minutes or until asparagus is tender-crisp. Drain asparagus in colander, then immediately plunge into large bowl of ice water to stop cooking; drain thoroughly.


2. Carefully wipe skillet dry with paper towels. Add canola oil; heat oil over high heat until hot. Add asparagus, ginger, soy sauce and crushed red pepper, and cook 1 - 2 minutes or just until asparagus is heated through. Remove skillet from heat; stir in sesame seeds and sesame oil. Serves 4.

\* Each serving: About 90 calories, 5g total fat (0.5g saturated), 160mg sodium, 8g total carbohydrate, 4g dietary fiber, 4g protein.

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

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top ten

Things Kids Save For

1. Lego Sets

2. Phones

3. Nintendo Switch

4. Pokemon

5. Books, Magazines


6. Dolls/ Figures

7. Bikes

8. Playstation

9. Computer

10. Roblox



Source: RoosterMoney

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Pauline MacDonald celebrates 95th birthday



Pauline MacDonald, a resident at the Mohawk Homestead, recently celebrated her 95th birthday with her friends. They enjoyed an afternoon of entertainment and sharing her special cake.  
Photo courtesy of the Mohawk Homestead



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## Navigating automobile incentives and rebates

Purchasing a new car can be an exciting endeavor. Cars and trucks are among the most expensive items a person will buy over the course of their lifetime, and no one wants to spend more than necessary. Getting a good deal on a car or

truck may come down to researching rebates and incentives.

The online automotive resource Edmunds.com says incentives and rebates are used by automakers to spur sales of particularly slow-selling models. Incentives

and rebates also are used to entice previous customers to stay loyal to a brand. Potential buyers who are aware of incentives and rebates are being offered can use that knowledge to negotiate lower prices on desired vehicles.

Here is a close look at some of the incentives that may be available.

• **Dealer incentives:** Dealer incentives are factory-to-dealer offers that reduce the true cost to buy a vehicle from the factory, according to Cars.com. Dealers are under no obligation to pass on these cost-cutting measure to customers, but many do just to

move stock.

• **Cash-back rebate:** This well-known incentive is based on manufacturers offering cash rebates directly to customers when they make a purchase before a given date. Cash-back rebates are generally offered on models that may not be selling as well as manufacturers had hoped. Some rebates are rolled over from month to month until desired quotas have been met. Think of a rebate as a coupon of sorts applied to the cost of the vehicle.

• **Low APR financing:** With this incentive, dealerships offer low interest rates on vehicles financed

through their preferred lenders. Rates may range from 0 - 5%. Keep in mind that buyers' credit scores need to be fairly high to qualify, and the low APR may only be on certain models.

• **Lease specials:** Customers who lease may find manufacturers often offer special lease programs through captive financing companies. These are subsidized leases based on a residual value that's much higher than the actual worth of the vehicle at term's end. Dealers are playing with the numbers to bring down the monthly payment and thereby make their vehicles seem more appealing. Real-

CarTips says that sometimes dealerships will apply cash-back rebates or financing incentives toward a lease instead of a financed vehicle.

• **Bonus cash incentive:** This type of incentive generally targets a specific demographic, such as recent college graduates or military personnel. These incentives are not widely advertised, so it may be necessary to inquire about what is being offered.

• **Government rebates:** Some savings are realized not through the manufacturer or dealer, but from government rebate programs. For example, tax credits may be available to buyers who purchase cars that run on alternative fuels or hybrids.

There are many ways for savvy consumers to save money when buying new vehicles.



### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

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

**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** – sale held on the farm 305 Blanding Road, Sherburne, NY. Estate of Louise Davenport- selling Farm Equipment and large quantity of tools & parts.

**Mon. April 13th** – Normal Monday sale & Monthly Heifer Sale. We will also be having another Spring All-Breed Dairy Production Sale to handle the overflow from our All Breed Sale. Watch for a group of Young Fresh & Bred cows Reg. Jerseys & Holsteins from Streeter Dairy; Peggy Bennett – Jerseys; Green Hill Acres, Canary Dairy; Hillover Holsteins and more. So if you have a group you would like to feature call asap to let us know.

**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 you Machinery & Equip. Sale starts at 9:00AM on small items.

**Sat. May 2nd** – sale held on the farm – Bouckville, NY. 11:00AM T-Farm Complete Registered Holstein Dairy Dispersal. 200+ Head of the finest cattle you'll find anywhere. 100+ milking age, 100 youngstock. Ave. 70#/day – SCC 140,000. Only the best bulls have been used & the management is top notch! What a great group of cattle! Watch for more complete info in future ads.

**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 advertise let us know.

**Sat. May 9th** – sale held on the farm – Bouckville, NY. 11:00 AM. T-Farm Complete Machinery Dispersal- watch future ads for complete listing.

**Sat. May 16th** – sale held on the farm- Trumansburg, NY. Woodwind Farm Complete Machinery Dispersal. Watch future ads for complete details.

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

**\*\*Trucking Assistance** – Call the Sale Barn or check out our trucker list on our website. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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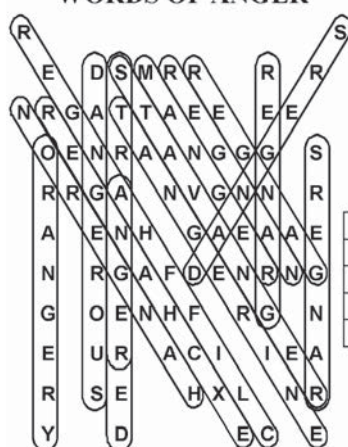
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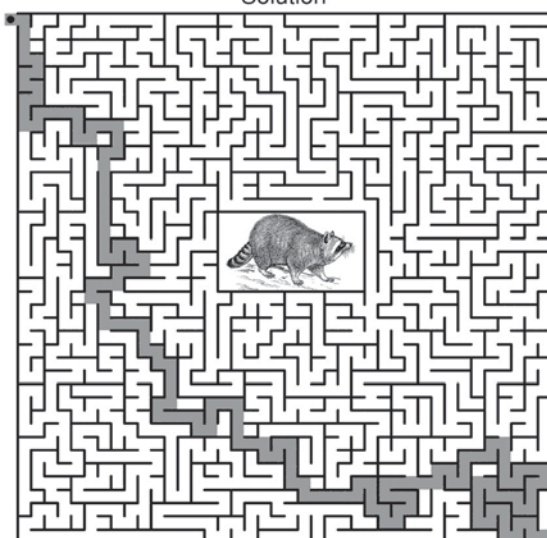


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9	7	1	2	4	3	8	5	6
8	1	2	5	6	7	9	4	3
6	3	7	4	9	1	5	2	8
4	5	9	8	3	2	6	1	7
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### FOLDING PLASTIC A-FRAME SIDEWALK SIGN (2-4mm Coroplast signs included)

24"Wx36"H

Single-Side: \$146.15

Double-Side: \$152.31

18"Wx24"H

Single-Side: \$90.77

Double-Side: \$96.92

24"Wx18"H

Single-Side: \$75.38

Double-Side: \$83.08

SHIPPING: \$20.00

SETUP: \$15.00

## Get Ready for 2020 Cash-N-Carry Coroplast Roadside Signs

Call for Inventory Available • 18" W x 24" H  
\$15.00 Per Sign • Stake & Tax Included • Shipping Additional

Apple Cider  
Apples  
Baked Goods  
Cashier  
Corn Stalks  
Doughnuts  
Estate Sale  
Farm Fresh Eggs  
Farm Fresh Meat

Farm Fresh Pumpkins  
Farm Fresh Turkeys  
Farm Market  
Firewood  
Flowers  
For Rent  
For Sale  
Fresh Produce  
Fresh Sweet Corn

Fruit  
Garage Sale  
Hay For Sale  
Help Wanted  
Honey  
Ice Cream  
Maple Syrup  
Mums  
Parking

Perennials  
Poinsettias  
Pumpkins/Gourds  
Sweet Corn  
Tasting Room  
Tree Farm  
Vegetables  
Wreaths  
Yard Sale

Custom Signs Available - Call For Pricing

### COROPLAST ROADSIDE SIGNS

Full Color Incl.

4 Mil

Single Side: \$77 per pkg.

Double Side: \$93 per pkg.

10 Mil

Single Side: \$110 per pkg.

Double Side: \$142 per pkg.

\$1.50 /stake

Stakes are not included in price of the sign,  
must be ordered upon sign request

Packages Available:

11x11 (32)

12x16 (24)

12x24 (16)

12x34 (10)

12x12 (32)

12x18 (20)

18x24 (10)

10.5x29 (12)

WILL FIT SIDEWALK  
SIGN ABOVE

CUSTOM SIZES  
AVAILABLE -  
CALL FOR QUOTE