

HERKIMER Country Editor

Serving the Valley for 53 Years

This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. 1 John 1:5

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Volume 9 Number 42



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Nine tips to make working remotely work for you and your employer

by Jill J. Johnson

The concept of remote working has been around for a long time. Many entrepreneurs have mastered the ability to work virtually, but it is often a major challenge for those who normally work in a busy office setting to shift to working outside their traditional office environment. Working remotely can feel more isolating than mingling with co-workers in an office setting.

Being effective while you work remotely takes more than a mindset shift. It requires a disciplined approach to planning your activities and seeking out opportunities to interact with your co-workers. Here are nine practical tips you can use to make the most of this experience.

1. Establish a Routine: Just as you have a routine in your normal workday, try to mimic this routine as you work in your remote location. Whether it is at your home, an airport, or a coffee shop, following your normal work schedule is vital to feeling like you are really working. Start your workday at the same time. Make sure you get dressed. Wearing your pajamas might be comfortable, but it does not prepare your mindset for work. It can become easy to get distracted

when you are working in a different environment, so focus on acting like you're still working in a supervised workplace. This approach will help you feel more like you are working.

2. Set up a Dedicated Workspace: Having an area in your home where you do your work is essential to success in working remotely. It is easy to become distracted by the dog, television or the pile of household tasks that need to be completed. When you are in your workspace, you are working. If you combine it with following your normal work times, you can do a better job of staying focused.

3. Convert Commute Time to Learning Time: The time you used to spend on your commute is now extra time that you can use to enhance your skills. Even better, you might be able to get a certificate of completion that will make you even more valuable when you get back to a normal office work routine.

4. Take a Lunch Break: One of the most challenging aspects about working remotely is that

it becomes easy to just sit at your desk and eat your lunch. In a normal work environment, you have to walk somewhere and often wait a bit to get your food. At home, your lunchtime could drop from an hour to 15 minutes. Use the extra time to get in your workout or engage in some other activity to benefit your health. Giving yourself a solid break during the day will help reinvigorate you and give you a mental boost.

5. Connect with Others: When you are feeling a little lonely or isolated, take a minute to reach out to someone. Rather than sending a lengthy email, see if a colleague is available to talk live about a project. If they are working remotely too, they might welcome the human contact! Intentional connections like this build team bonds and help sustain you

when you are working remotely. It also offers you additional opportunities to dig even deeper into issues and brainstorm alternative solutions to critical issues.

6. Use Video Conferencing: Using technology applications such as video conferencing is a great way to connect people from different locations. It provides a deeper level of connection and engagement than a phone call or text. Don't worry about looking perfect on camera. The key here is using technology to connect with each other. Remote meetings are often very effective, but you need to make sure everyone is focused on the meeting and not multi-tasking! You can even set up regularly scheduled meetings via video conferencing so you can add more structure to your workday.

7. Communicate Clearly: If you are now relying

on digital communication with your colleagues through email, be sure you are communicating effectively. Sarcasm or snarky comments have no place in written communication as they can be taken out of context without the body language or facial expressions to convey your meaning. Take some time to plan out the structure for your communication. Identify your key messages and what you need to add to support them. This will help you clarify your thinking and be better understood

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Nine 3



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- We have over 40 different sites throughout Herkimer County
- We have several different divisions throughout the community
- We support over 700 people with disabilities in Herkimer County



Nine from 2

by others when they are only relying on your written communication.

8. Leverage Your Opportunities for Productivity: You will likely discover you are more productive without all of the interruptions common during an office workday. The lack of interruptions and distractions create additional opportunities for you to be more efficient in completing your normal

work responsibilities. But it also offers you the opportunity to be even more productive. Leverage this productivity and tackle that special project you were hoping to get done someday. That someday is now! Just make sure it is a one-off project, not a permanent addition to your job responsibilities.

9. Be Aware of the Time Trap: It is not uncommon for people to feel guilty that they are not working hard enough when work-

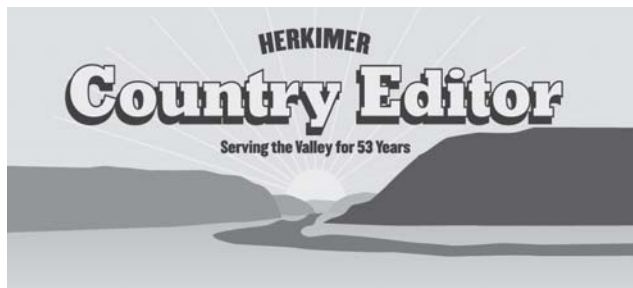
ing remotely. It is easy to fall into the time trap to seek out additional job responsibilities to fill your time. Keep in mind that you won't have the same opportunities for productivity once you go back to a normal office environment. You and your boss should be clear about this so the extra work does not cause complications when you get back into the work setting.

Final Thoughts:

While it is not ideal to have a major shift in how you work, you can adapt

to the situation with practice and focus. Keep in mind that it takes time learning to balance all of the complex aspects of working remotely. Be creative in exploring all your options for maintaining a connection with those you work with. Just make sure you keep your mind-set on making a remote situation work for you — and your employer.

Jill J. Johnson is the President and Founder of Johnson Consulting Services, a highly accomplished speaker, an award-winning management consultant, and author of the bestselling book Compounding Your Confidence. Jill helps her clients make critical business decisions and develop market-based strategic plans for turnarounds or growth. Her consulting work has impacted more than \$4 billion worth of decisions. She has a proven track record of dealing with complex business issues and getting results. For more information on Jill J. Johnson, please visit www.jcs-usa.com.



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Weekly Sales Every Monday approx. 11:30-12:30 with Misc. & Small Animals followed by Dairy & Livestock – times are approx

As a designated Essential Business Hosking Sales LLC will continue to hold our weekly Auctions and other scheduled Auctions at this time, we will not be selling any produce, poultry and rabbits during our weekly Monday sale until further notice. Due to the COVID-19 restrictions we ask that BUYERS only enter the market to help on the gathering size of the crowd. We value the wellbeing of our employees and customers. If you have any questions or concerns please do not hesitate to contact us. We appreciate everyone's support and cooperation we will be able to keep our Market open to help keep our Farm Community going.

Mon. Mar. 23rd – Sold 144 head Cull ave. \$.56 top cow \$.72, Organic Cull Ave. \$.76 top cow \$.91, Grassfed Organic Ave. \$.70 top cow \$.80, heifer calves top \$.20, bull calves top \$1.00 top beef calf \$1.75.

Sat. April 4th – Rhineback, NY. 9AM. Annual consignment Auction At Kesicke Farm. **POSTPONED**

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. Also add on Monday, April 6th : Special: Wilcox Dairy- West Edmeston, NY. Complete Dairy Dispersal 50 Milking age Jersey & Jersey Cross young Cows. This is a predominately Spring Dairy with Majority recently Fresh with 12 Dry & due in the next 30 Days. SCC 180,000 BF 4.7

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; Hilover 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 your 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.

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“Great American Clean-Up” postponement

Keep Mohawk Valley Beautiful (KMVB) has been informed from the national Keep America Beautiful® (KAB) that while we are going through the COVID-19 virus it is most important to keep ourselves, our friends, neighbors and family safe and healthy. A decision was made to postpone our signature event, “The Great American Cleanup®.” The event was scheduled to launch on March 19, the first day of spring. Traditionally, the collective KAB network activates millions of volunteers and collects upwards of 100 million pounds of litter annually.

Through our work, we deeply understand the importance of community and bringing people together toward a common goal for the betterment of all. During this critical time, we will remain a resource for everyone who is seeking ways to connect and improve their environment. KAB will soon be launching online and virtual events and activities to help us all feel connected to one another and our community.

At this time of reinvention, we will be introducing new ways for all of us to maintain our impact and come out a stronger, better, more innovative organization. We will be looking at what our stakeholders need most right now and do our very best to meet that need.

KMVB and KAB wishes you and yours good health and safety during these trying times. We will continue to follow all national, state and local guidelines – and recommendations from the CDC and WHO. We look forward to continuing to #DoBeautifulThings together – virtually for a while, and in-person again as soon as possible.

Thank You Medical Professionals

ESTATE OF LOUISE DAVENPORT AUCTION Saturday, April 11, 2020 11:00AM

**Sale to be held on the farm in Sherburne, NY
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Directions: on the farm- 11:00 AM. GPS address: 305 Blanding Road, Sherburne, NY.

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Chow Line: Healthy eating when stressed

Q: *My kids are out of school for several weeks now, as part of my state's efforts to lessen the spread of coronavirus. As a result, I'm stressed, the kids are stressed and I've found myself reaching for rich, high-sugar foods that I typically avoid because they're not the healthiest options. Any tips on how I can eat better during this time of high stress?*

A: You're not alone. People often reach for comfort foods during times of high stress. Many times, those foods tend to be high in sugar and low in fiber.

It's best to avoid those foods because they can increase the development of chronic inflammation in our bodies, according to Patricia Brinkman, family and consumer sciences educator with Ohio State University Extension.

That's an issue because high levels of chronic inflammation are believed to cause rheumatoid arthritis, psoriasis, asthma, reduced kidney function, inflammatory bowel disease, and prolonged chronic inflammation increases the risk of cancer, heart disease, diabetes and other diseases, Brinkman wrote in "Eating Healthy During Stressful Times," an Ohioline fact sheet.

Ohioline is OSU Extension's free online information resource and can be found at ohioline.osu.edu. OSU Extension is the outreach arm of Ohio State University's College of Food, Agricultural and Environmental Sciences.

"Even low amounts of inflammation can increase your risk of obesity, depression and the effects of aging," she wrote. "By eating a healthier diet, we may reduce our risk of chronic inflammation and diseases."

Some examples of healthy eating habits can be found by following these three plans, Brinkman said:

- Healthy U.S.-Style Eating Pattern, based on guidance found in the 2015 USDA Dietary Guidelines
 - Healthy Mediterranean-Style Eating Pattern
 - DASH (Dietary Approaches to Stop Hypertension) Diet
- "All three plans encourage us to eat plenty of vegetables and fruits, whole grains, low-fat or fat-free dairy and seafood and plant proteins," she said. "All three plans limit or encourage people to avoid consumption of empty calories including foods with added sugar, or drinking excess, as well as alcohol, refined grains, saturated fat foods and high sodium foods."

When crafting a healthy eating plan for a person on a 2,000-calorie diet per day, Brinkman said to consider consuming the following:

- Vegetables – 2 to 4 cups
- Fruits – at least 2 cups a day
- Whole grains – 3 to 4 ounces a day
- Fish/seafood – 8 to 16 ounces a week, for omega-3
- Lean plant proteins or meats – 6 to 8 ounces a day
- Nuts and soy – 4 to 6 ounces a week
- Olive oil – 1 to 2 tablespoons a day
- Dairy (1% or skim) – 1 to 3 cups a day
- Alcohol – 0 to 1 drink a day

Brinkman advised that you eat lots of fiber by eating vegetables, fruits, whole grains and nuts, noting,

"Fiber increases the anti-inflammatory properties from these foods. Add some garlic, onion, pepper, ginger, turmeric, oregano, thyme and rosemary for additional anti-inflammatory properties."

"When you are in a very stressful time, choose to eat vegetables, fruits, whole grains, 1% or fat-free dairy, seafood and plant proteins rather than comfort foods or junk foods," she said. "You can also choose to eat fruit for dessert instead of other sweet foods."

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

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 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.

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 6

Little Falls Community Blood Drive noon to 6 p.m. at the First Presbyterian Church, 16 Jackson Street, Little Falls. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED CROSS (1.800.733.2767).

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 8

Herkimer College Virtual Information Session 6 p.m. Prospective students and their families will be able to learn about Herkimer College while staying safely at home thanks to a new initiative provided by the Admissions Office. Register at admissions.herkimer.edu/portal/virtual.

April 9

Rabies Clinic Cancelled at the Ohio Community Rec. Center. For more information call Herkimer County Public Health at 315.867.1176.

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.

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.

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.

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.

April 23

Boardwalk to Better Health Rescheduled for Thursday, Aug. 13, 11 a.m. - 2 p.m. at Valley Residential Services, 323 Pine Grove Road Herkimer.

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.

April 25

Herkimer County Salvation Army Craft Fair 10 a.m. - 3 p.m. at 431 N. Prospect St., Herkimer. Contact

Rose Fohs at 315.867.4996 or Capt. Laurie Wood at 315.866.1240 to be a vendor. 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.

May 5

Poland Central School Board of Education Meeting. Budget Hearing 6 p.m. Call 315.826.7900 or visit 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.

Thank You Farmers

Herkimer College to hold Virtual Information Sessions

Prospective students and their families will be able to learn about Herkimer College while staying safely at home thanks to a new initiative provided by the Admissions Office.

The college will be implementing two virtual information sessions. College staff will present a half-hour presentation via video chat about life at Herkimer College, academic opportunities, applying for Fall 2020, next steps for already accepted students and more. The presentation will close with an open Q&A session.

With the postponement of Spring Open House and the nationwide implementation of social distancing to combat the spread of COVID-19, the virtual information sessions will help ensure students' lives are not permanently put on pause or adversely affected when it comes time to apply for admission to college.

The next session will take place at noon on Wednesday, April 8. Registration is required at admissions.herkimer.edu/portal/virtual.

Area Church Services

COLD BROOK COLD BROOK UNITED METHODIST CHURCH 467 Main St. Sunday Worship 10:30 AM	HERKIMER TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM	HERKIMER CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189	ILION ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM	LITTLE FALLS INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936	MOHAWK THE WORD CHRISTIAN CENTER Pastor Gene Kipper 27 E. Main St. • Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM
DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM	ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM	HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM	LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult) *Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.	MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Pastor Wayne Getman 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM	NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM
GRACE BAPTIST CHURCH OF DOLGEVILLE Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM	CHURCH OF SAINTS ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM	CHRIST EPISCOPAL CHURCH 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street	ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM	MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM	UNITED METHODIST Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM
DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM	REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM			DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM	KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM
DOLGEVILLE CHRISTIAN FELLOWSHIP Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM	OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 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	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	MOHAWK CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM	STRATFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies



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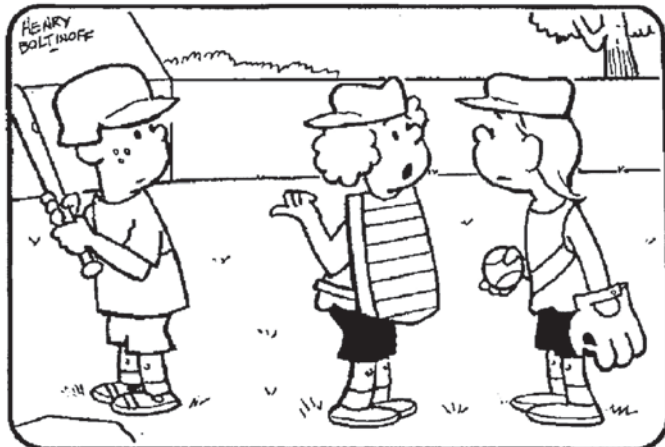
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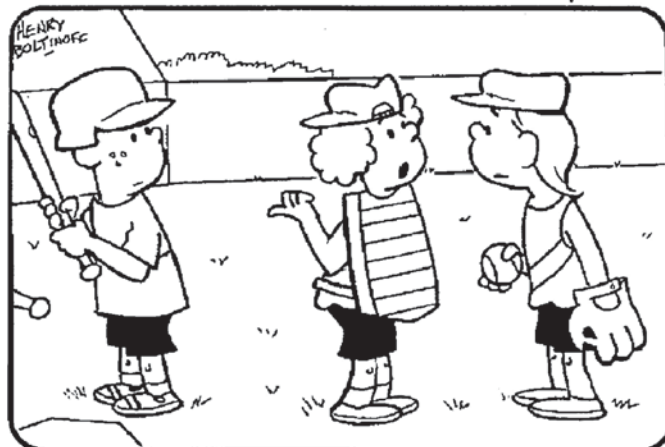
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HOCUS-FOCUS

BY
HENRY BOLTINOFF

Find at least six differences in details between panels.



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Differences: 1. Bat on the ground. 2. Ball in glove. 3. Umpire's hat is different. 4. Batter's pants are different. 5. Tree is gone. 6. Pitcher has no socks.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

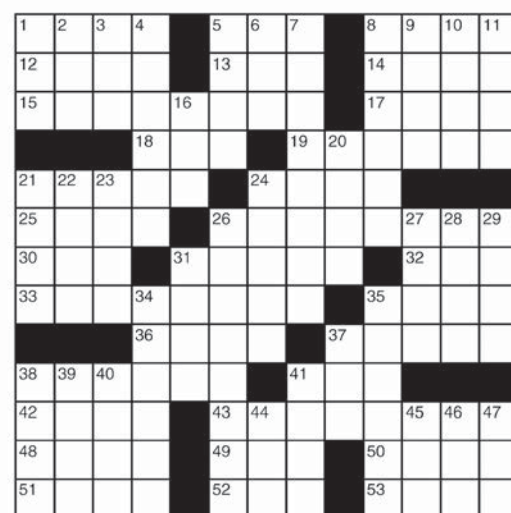
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Sacred wading bird
5 Suitable
8 Morse "T"
12 Created
13 Meadow
14 Erstwhile Peruvian
15 Series of missed calls
17 Celebrity
18 Pair
19 Consecrate with oil
21 Cognizant
24 Huffed and puffed
25 Shrewd
26 Lunch holder
30 Tokyo's old name
31 Canonized one
32 Beer-like brew
33 Joke that won't work on radio
35 On the briny
36 Thy
37 Theater staffer
38 Treeless tract
41 Blond shade
42 Ark builder
43 Long-popular jazz tune
48 Shrek, for one
49 Pirouette pivot



- 50 Car
51 German city
52 Finish
53 Encounter
8 Drop from a will
9 Opposed
10 Read cursorily
11 Rodgers collaborator
16 Lamb's mama
20 Salamander
21 Dogfight participants
22 Gully
23 Awestruck
24 Pipe type
26 Loaf of French bread
27 Wild party
28 Sheltered
29 Paraphernalia
31 Halt
34 It's handy if you have to break your word
35 Religious retreat
37 Handle
38 Uppity one
39 Takeout phrase
40 Deserve
41 On in years
44 Charged bit
45 Regret
46 Corroded
47 Obtained

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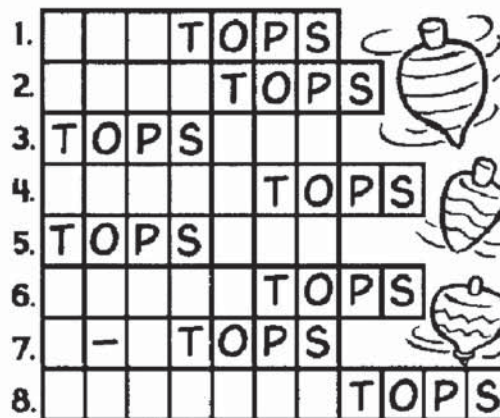


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YOU'RE THE TOPS! Well, you will be if you can spot the two tops above that are exactly alike. The time limit is one minute.



by Charles Barry Townsend



Illustrated by David Coulson

SPIN-N-SPELL

You'll be "tops" if you can figure out the words asked for in the hints given below. Each word contains the word "tops" either at the beginning or at the end.

Question #3. "Can you think of a four-letter word that, when three of its letters are removed, the meaning will remain the same?"

Answer: The word is "FIVE." After you remove F, I and E, you are left with a "V". Which is the Roman numeral for the number FIVE. The meaning remains the same.

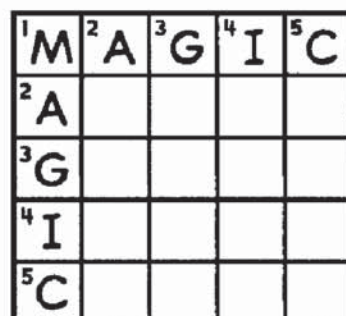


A TRICKY WORD-SQUARE! See if you can make the correct words appear in this puzzle. To solve this word-square, you must find the four five-letter words that match the definitions below. All words must read the same both across and down.

1. The art of conjuring (MAGIC, in place).
2. A place for sports.
3. A costume.
4. Accustom to unpleasantness.
5. A plan for robbery.



Answer: 1. Magic. 2. Arena. 3. Getup. 4. Inure. 5. Caper.



1. Businessmen love them.
2. Famous in WWII.
3. Found on boats.
4. Needed in baseball.
5. A must for farmers.
6. Runs coast-to-coast.
7. Found on cameras.
8. The baddest animal of all.

Answers: 1. Laptops. 2. Flatops. 3. Topsail. 4. Backstops. 5. Topsoil. 6. Blacktops. 7. F-stops. 8. Triceratops.

New York's outdoors are open

During the current COVID-19 public health crisis, getting outdoors and connecting with nature is a way to help maintain our mental and physical health. Scientific studies show that time outside in nature, especially among trees, significantly reduces stress and anxiety, lowers blood pressure, improves mood, energy, and sleep, and boosts the immune system.

While indoor spaces and restrooms at DEC environmental education centers, hatcheries, and other public facilities are closed out of an abundance of caution to prevent community spread of COVID-19, our grounds and trails are open to welcome visitors during daylight hours, seven days a week. Any entry fees are waived. Public trails in the Adirondack and Catskill Parks and State Forests

throughout the state are also always open (please note: there is still snow in many areas, please check local conditions). Find a location near you on our website, www.dec.ny.gov. As always, State Lands and facilities are being monitored by DEC Forest Rangers and other staff, though interactions with visitors will incorporate social distancing to limit the potential spread of COVID-19.

Families with children at home during this time are encouraged to visit DEC's education webpage to find activities to help explore nature and fun outdoor activities under "Kids G.O (Get Outside)" and "Nature Activities," plus lesson plans on a variety of topics for different grade levels in "Educator Lesson Plans" and "Hudson River Lesson Plans." In addition, students can read about na-

ture in "Conservationist for Kids."

In addition, New York State sporting licenses for anglers and hunters are available on DEC's sporting license webpage.

DEC will provide updates periodically via email, social media, and at www.dec.ny.gov. We will also be available to respond to questions or concerns regarding visitation opportunities at contact@dec.ny.gov.

While enjoying outdoor spaces, please continue to follow the CDC/NYSDOH's guidelines for preventing the spread of colds, flu, and COVID-19:

- Try to keep at least six (6) feet of distance between you and others.

- Avoid close contact, such as shaking hands, hugging, and kissing.

- Wash hands often or use a hand sanitizer when

soap and water are not available.

- Avoid surfaces that are touched often, such as doorknobs, handrails, and playground equipment.

DEC recommends avoiding busy trailheads. Find the trails less traveled and visit when trails may not be as busy during daylight hours. Remember to always be safe and sustainable when recreating outdoors. Learn more about how you can protect natural spaces when exploring outdoors by following the seven principles of Leave no Trace. Please note that campgrounds, boat launches, and other gated facilities that do not typically open until late spring or early summer will open and operate as usual. Visit our campground and day-use area webpage for more information.

Please visit nature and the outdoors responsibly and stay safe.

Numbers of COVID-19 cases in Herkimer County

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on March 26

Positive COVID-19 test results: 7

Negative COVID-19 test results: 49

Mandatory quarantine (with public health orders): 17

Precautionary quarantine: 58

Released from precautionary quarantine today: 1

In addition, Herkimer County Public Health has received confirmation of the first death, locally, due to coronavirus. The patient was an 85-year-old Herkimer County resident with underlying health conditions.

Rabid skunk found in Town of Litchfield

Herkimer County Public Health received word on March 24 from Wadsworth Labs that a skunk that was sent in to be tested for rabies on March 23 from the Town of Litchfield has tested positive for rabies.

The skunk was fighting with and killing chickens; the skunk was shot and sent to Wadsworth lab for testing.

The public can protect themselves or their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies.

2. Spay or neuter all animals to reduce the number of strays.

3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Call Public Health at 315.867.1176, if you have any questions or concerns. Visit our website at www.herkimercounty.org.



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Stratford Seniors cancel craft fair

The Stratford Seniors have decided to cancel the annual craft fair which was scheduled for July 18. We felt that with the restrictions from the coronavirus it would prevent us from giving our vendors

and attendees the quality we strive for every year. All vendors and sponsors will receive a full refund. We hope to see you all next year. Be safe and stay healthy.

– Caroline Drake and Cindy Klatt

Valley Health & Residential Services changes date of Boardwalk To Better Health

With the spread of the novel coronavirus (COVID-19) in New York State and across our region, Valley Health and Residential Services (VHS/VRS) in Herkimer has made it a top priority to protect the health and safety of patients, residents and staff.

The Boardwalk for Better Health, set for Thursday, April 23, has been rescheduled for Thursday, Aug. 13 from 11 a.m. - 2 p.m. at VRS, 323 Pine Grove Rd., Herkimer. Valley Health and Residential Services's Development staff has consulted with all sponsors and exhibitors, who remain committed in supporting the organization through this major fundraising event. MVP Healthcare® is the lead sponsor and Lynn Olmstead, Medi-

care Product Advisor, will speak during the event on "The Four Basic Parts of Medicare: A, B, C & D."

The Boardwalk to Better Health is free and open to the public. Complimentary continental

breakfast and lunch will be available. Join us in August for a fabulous event with a great lineup of over 25 sponsors and exhibitors eager to share their products/services with the local community.

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Mount Markham selects two finalists in superintendent search

The Mount Markham Central School District Board of Education has narrowed down its search for the next superintendent of schools to two finalists: Wappingers Central School District Oak Grove Elementary School interim Principal Kathleen Affigne and Richfield Springs Central School District Jr./Sr. High Principal Joseph D'Apice.

Mount Markham school board members selected the finalists during a meeting on Thursday, March 19 after completing the second round of interviews.

Affigne and D'Apice were scheduled to participate in virtual interviews with Mount Markham stakeholders and a virtual community forum on March 27.

Affigne was the Millbrook Central School District assistant superintendent for curriculum, instruction and

pupil personnel services for four years, before resigning in June 2018 and retiring in June 2019. Since leaving Millbrook, she has been filling per diem/interim positions including her current one at Wappingers, as well as Wappingers junior high school interim assistant principal and positions in the New Rochelle City School District and the Highland Falls-Fort Montgomery Central School District. Her previous work included over 11 years as Monroe-Woodbury Central School District instrumental music teacher, over three years as Monroe-Woodbury K-12 district music coordinator and 14 years as an administrator at Warwick Valley Central School District – with 10 years as elementary principal and four years as K-12 director of instructional services.

Her education background includes a bachelor's degree in music education from the University of Bridgeport, a master's degree in music education from Central Connecticut State University, a certificate of advanced study in educational administration from SUNY New Paltz and a doctorate in educational administration and policy studies from SUNY Albany – along with other professional certifications and credentials.

D'Apice is in his seventh year as the Richfield Springs Jr./Sr. High principal. His previous work experience included more than eight years as a biology teacher in the Utica City School District. He was a living environment teacher at Proctor High School and a physical science teacher at John F. Kennedy Middle School. He completed an administrative internship in the Utica City School District with the director of human resources and building principal.

His education background includes a bachelor's degree in adolescent education – biology grades 7-12 from SUNY Cortland, a master's degree in literacy education – grades 5-12 from SUNY Cortland, and a Certificate of Advanced Study in educational leadership – school building and district leadership from SUNY Cortland – along with other professional certifications and creden-

tials.

Following the virtual stakeholder interviews and community forum on March 27, the Mount Markham Board of Education reviewed all of the feedback from the community and stakeholders. The Board of Education plans to enter into negotiations with the candidate of choice shortly thereafter. It's anticipated that the new superintendent will begin employment on Aug. 1, 2020.

The Mount Markham Board of Education launched the search for a new superintendent following a Jan. 7 letter to the board from Superintendent Paul Berry that he will be resigning and retiring as of July 31. Dr. Berry has been the Mount Markham superintendent since November 2015.



Joseph D'Apice



Kathleen Affigne



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A vibrant blue display board titled "PCS is Hooked on Reading!" featuring a large paper chain, a central anchor holding a photo, and numerous colorful cutouts of sea creatures like jellyfish, fish, and crabs. Several children's books are pinned to the chain, including "Clifford the Big Red Dog", "Guinness World Records 2020", "Dog Man", "The Cat in the Hat", and "The Bright Sea".

Photo courtesy of Herkimer BOCES

Clough credits Irwin with making the project turn out so visually appealing. Clough and Irwin wanted students to work together; the adults collaborated too. Clough applied her media research background to the learning, and Irwin applied her creativity.



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Cultivate Something Good – your garden and your well-being

Your yoga classes, meetings, and concerts are canceled. The kids are out of school and you're being encouraged to stay home.

In this time of #Covid-19, here are a few suggestions to cultivate something good.

- Start some seeds. Nothing is more life affirming than checking each morning to see if something spouted.
- Plan a vegetable garden. Grow the veggies you love the most. Read about which varieties to plant from seeds and which ones are better if you purchase plants. Consult garden blogs and books.
- Plan to grow flowers that make you happy. Suggestions: sunflowers, nasturtiums, zinnias or marigolds. These are #EasyFromSeeds and you can grow many plants for less money.
- "Buy Local" Some garden centers are offering curbside pickup so you can place your order for plants and then pick them up at the store, keeping social distancing in mind but still fulfilling your need to buy plants.
- Redesign the plantings in the front of your house. Research plants that grow well in your area, and make a plan for spring renewal.
- Take an online class about plants or gardens, or watch some YouTube instruction videos.
- Learn about seed starting, taking cuttings, or how to grow vegetables.
- Plan an herb garden. What herbs do you like to cook with? Which herbs make the best cocktails or tea? If you don't have in-ground space, grow herbs in pots. #foodies #aromatherapy
- Pull out the garden or plant books you bought in the past and read them...maybe for the first time! Revisit those copies with lovely garden photos and be newly inspired.
- Take a walk in a nearby natural area: woods, field, desert, beach or park. Look closely at leaves, bark,

mosses, and flowers. Notice the number of plants that grow in a community. Look up, look down.

- Take this time to groom or repot houseplants. Remove dead leaves, refresh the soil, take cuttings of favorites so that later you can share the wealth with friends.
- Go to on-line seed and plant companies and learn about varieties you're not familiar with. Join plant or garden groups on social media. Search for posts about the flowers and plants you see listed.
- Order a new book about plants or gardens. Once it arrives, hold a #GardenRetreat hour or afternoon. Sip your favorite beverage, read and make a list of garden inspirations.
- What plants remind you of family members or friends? Write those memories down. Consider turning those recollections, along with photos of the plants and people, into a small book that can be passed to others in your family.
- Decide to plant a tree. Research which varieties grow well in your area. Look to see where you have the right amount of space and sunlight.
- Create a new indoor display of plants. Make a row of small pots in bloom on your kitchen counter or the windowsill above your sink. Move an unused side table in front of a window or slider, creating a new place for plants.
- Plan a new group of containers for your deck, porch or patio. Flowers, herbs, and vegetables await your creativity... go for color, fragrance, and flavor.
- Help to get a young person out into the natural world. Plan a garden for your kids or grandchildren. Donate supplies to a local children's garden or school garden.
- Plan a garden vacation. Decide on an area of the country, and research public gardens, national parks, and plant destinations that are in the region.

Getting to the heart of pet parasite prevention

Pets rely on their owners to look out for their physical well-being. Many serious health issues can afflict pets, and parasites are a common cause of illness and discomfort.

Of all the parasitic worms dogs, cats and other companion animals may acquire, heartworms may be the most concerning. Heartworm disease can result in lung and heart failure, other organ damage and potentially death. Heartworm disease is caused by a blood-borne parasite known as *Dirofilaria immitis*, according to the U.S. Food & Drug Administration. It is spread through the bite of a mosquito. Dogs are often the host of choice. The parasites infect the dog, mature into adults, mate and produce offspring all while living inside the animal. Cats are atypical hosts for heartworms, and most worms in cats do not survive the adult stage.

While heartworm infection has been reported

in all 50 states, it is most common along the Atlantic and Gulf coasts. Heartworms also can occur in the warmer regions of Canada where summer temperatures are high enough for the worm larvae to survive inside carrier mosquitoes. Once inside a new host, it takes approximately six months for the larvae to develop into sexually mature adult heartworms, advises the American Heartworm Society. Once mature, heartworms can survive five to seven years in dogs and up to two to three years in cats. Each mosquito season can increase the number of worms in infected pets.

Prevention is key to ensuring the health of a pet. Adult heartworms can infect the heart, pulmonary artery and adjacent large blood vessels. A blood test can reveal whether a pet is affected by heartworms, as early infection may not yield noticeable symptoms.

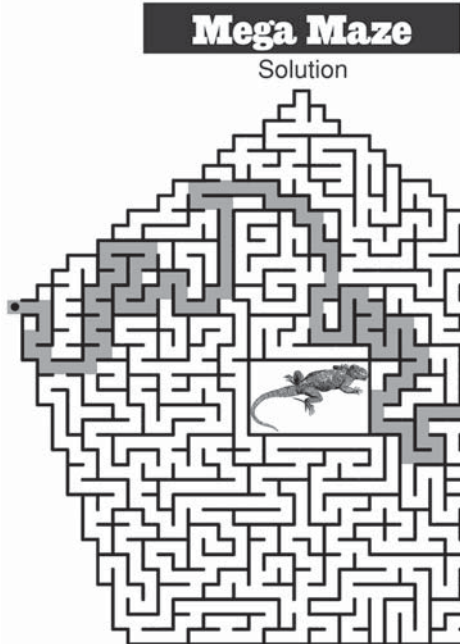
Apart from keeping pets away from mosquito-heavy areas, pet owners will find that annual heartworm testing as well as monthly prevention medications can provide the protection needed to keep animals safe. Heartworm preventives must be purchased from a veterinarian or with a prescription through a pet pharmacy in the United States.

The FDA warns that the treatment for heartworm disease is not easy on the dog and it is costly. Treatment can be potentially toxic to the dog's body and can cause serious complications, such as the development of life-threatening blood clots in the dog's lungs. Preventive medicines can reduce pets' risk of developing heartworm.

— King Crossword — Answers

Solution time: 21 mins.

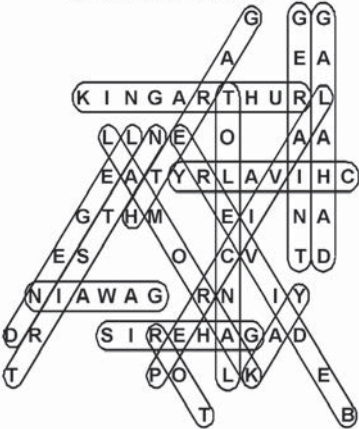
I	B	I	S		A	P	T		D	A	S	H
M	A	D	E		L	E	A		I	N	C	A
P	H	O	N	E	T	A	G		S	T	A	R
				T	W	O		A	N	O	I	N
A	W	A	R	E		B	L	E	W			
C	A	G	Y		B	R	O	W	N	B	A	G
E	D	O		S	A	I	N	T		A	L	E
S	I	G	H	T	G	A	G		A	S	E	A
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S	T	E	P	P	E		A	S	H			
N	O	A	H		T	I	G	E	R	R	A	G
O	G	R	E		T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



— Weekly SUDOKU — Answer

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

KNIGHTS OF THE ROUND TABLE



Stickelers Answer

The only months that have anagrams are MARCH, APRIL and MAY. Their anagrams are CHARM, PILAR and YAM.

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STICKELERS

byTerry Stickels

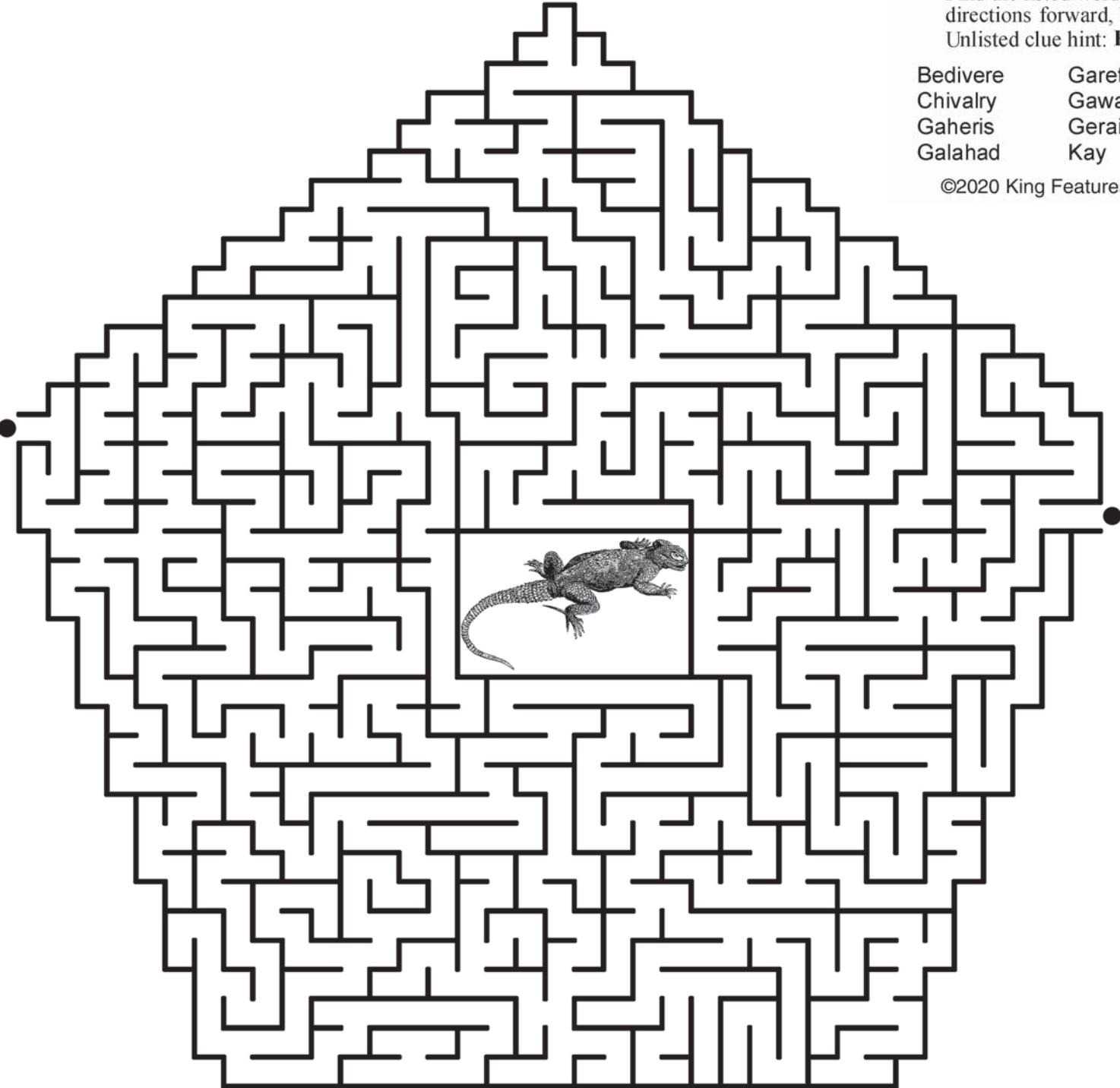
MONDAY is the only day of the week that has an anagram, “DYNAMO.”

Are there any month names that have anagrams? If so, what are they?

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Mega Maze

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MAGIC MAZE

KNIGHTS OF THE ROUND TABLE

E V S Q N K I F D A G X G G V

T Q O M T O L E M A C J E A H

F C A (K I N G A R T H U R) L Y

W U R P L L N E N O L J A A H

F D B Z E A T Y R L A V I H C

X V T G T H M R Q E I O N A M

K I E S H F D O B C V Z T D Y

W N I A W A G V R N T I Y R Q

D R O N S I R E H A G A D L K

T I H F D C P O A L K Z X E W

V U S R Q O N M T K J I H F B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **King Arthur’s Castle and Court**

Bedivere	Gareth	King Arthur	Percival
Chivalry	Gawain	Lamorak	Tor
Gaheris	Geraint	Lancelot	Tristan
Galahad	Kay	Legend	

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This Week’s Holidays

April 4 – National Love Our Children Day

April 5 – National Deep Dish Pizza Day

April 6 – Tartan Day

April 7 – No Housework Day

April 8 – Draw A Bird Day

April 10 – National Farm Animals Day

Country Editor

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Number / Classification

20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
1170 Truck Parts & Equipment
1180 Trucks
1187 Vacuum
1190 Vegetable
1200 Veterinary

Announcements

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Central Valley CSD Foundation accepting scholarship applications

The Central Valley Central School District Foundation in Ilion has announced it is accepting applications for two \$500 scholarships that will be awarded to graduating seniors from the district.

Students must complete an application which summarizes their involvement in school and community service while also showcasing their leadership, good char-

acter and participation in extracurricular activities. The application can be found on the foundation's website at www.cvalleycsdfoundation.org. Hard copies of the application can also be obtained by calling foundation president JoAnn Duga at 315.894.3116.

The application deadline is May 1.

Herkimer County Historical Society happenings

While the Herkimer County Historical Society may be temporarily closed to the public, the organization is active with their Facebook page and website at www.herkimercountyhistory.org reaching out to the public. They are provid-

ing daily crossword puzzles on Herkimer County's history that people can do at home and are waiving the postage fee

for any book orders until April 30. Visit their "Gift Shop" page on their website for a listing of their books. Payment can be

made online through their Paypal button or checks mailed to their address. Staff members will be checking emails

and can be contacted at herkimerhistory@yahoo.com. Every purchase helps support the Historical Society.

To Your Good Health

by Keith Roach, M.D.

Just how effective are essential oils?

Dear Dr. Roach: I have a relative who sells one of the popular brands of essential oil products and related equipment. She sends out many social network postings about the benefits of these products, including sharing postings from others who sell the products.

I do not purchase these for several reasons. I am sensitive to many airborne scents and have a scent-free home, but my primary concern is that she seems to be practicing medicine by claiming what I believe to be unproven health benefits. These are very costly and, at a minimum, harm is done by persuading people to spend a great deal of money for products that may not do what they are claimed to do. I am also concerned that families with young children seem to be using these products — my relative has even sent some to her children's school for use in the classroom.

Can you please comment on possible benefits/harm from these products? — J.R.

Answer: Essential oils from plants have been used to scent the air for millennia. There are certainly many claims about purported health benefits, but there is little evidence to support their use for those purposes. Health claims for aromatherapy should be taken with skepticism. One exception is that several reviews have found that some aromatherapies can reduce anxiety levels, and possibly some symptoms of depression.

As I frequently note, however, the placebo effect is powerful, and if you expect that a treatment, such as aromatherapy, will help your symptoms, it very well may. As such, I have no objection to people who want to use them for mild symptoms. I do object when people forgo potentially effective treatment for serious illness.

Your point about cost is a real issue, but essential oils do not have to be very expensive.

Harm from aromatherapy is generally limited to allergic or non-allergic irritation of the nose and skin. Essential oils are not to be taken internally, and even topical use can lead to problems, as they can be absorbed into the body directly through the skin.

Dear Dr. Roach: Why are there two names for every drug? In a recent article, for example, you mention fluoxetine (Prozac) and bupropion (Wellbutrin). Clearly the name in parenthesis is the common name people use. Why does the other name exist, and why is it used at all? This adds unnecessary complexity and confusion. For example, a nurse asked me about Efudex, and I didn't know what she was referring to, as the label on the medication I had reads "fluorouracil." — C.P.

Answer: Every drug has at least three names: a chemical name, a generic name and a brand name. The chemical names are so complex that nobody (but chemists) uses them. I prefer using generic names, since they are the same regardless of country, and generic names often give a clue to the type of medication. Generic names are lowercase.

Brand names (capitalized) are the ones most often known (drug companies often try to find easy-to-remember brand names and hard-to-remember generic names), but not always. In the example you gave, Efu-

dex is one brand name (Aducil and Carac are others), and fluorouracil (or 5-fluorouracil, often abbreviated 5-FU) is the generic name.

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Source: Prevention

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Safety a vital component of DIY projects

Many homeowners enjoy DIY projects around the house. Weekend warriors should recognize that having the right tools and using them in a correct manner is essential to successful, safe projects.

Tools are vital for projects, but without proper understanding and usage, they can cause grave injuries. Studies

published by the Occupational Safety and Health Administration, the Centers for Disease Control and Prevention and the Consumer Product Safety Commission found that certain tools are more likely to cause injuries than others. Power nailers, for example, are among the most dangerous tools DIYers can use. Chainsaws, table saws, circular saws and riding mowers are some additional tools that have very high injury rates.

The following are some safety guidelines all DIYers should heed when using power tools.

- Use tools that are the right size and right type for the job. If you are uncertain about which tools to use, watch online tutorials, contact tool manufacturers or seek advice

at home supply stores.

- Always wear eye protection and the right safety equipment when manufacturers recommend doing so. Gloves, sturdy work boots, hearing protection and hard hats can protect DIYers from injury.

- Keep cutting tools sharp and in good condition to reduce kick back and potential injuries.

- Regularly inspect tools to make sure they are in working order.

- Never carry tools up a ladder by hand; use a bucket or bag to hoist tools.

- Never leave tools lying out in any area where they can present a hazard. Unplug power tools when not in use.

- Secure work with a clamp or vice grip when appropriate to keep things from slipping.

- Ensure that the handles of tools like hammers and axes fit tightly into the head of the tool.

- Keep work environments tidy to avoid clutter, as cluttered workspaces can contribute to accidents.

- Read the manual and operate the power tool as instructed.

- Do not force open a safety on a power tool or modify a tool to override safety features.

- Cut away from yourself when using chisels and other edged tools.

Let common sense prevail when using tools. If it doesn't seem like a good idea, it probably isn't. Safety is important to avoid injuries and help prevent delays on the job.

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