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Country Editor

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I will sing unto the Lord, because he hath dealt bountifully with me. Psalm 13:6

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Governor Cuomo: Main Street needs a hand from Albany

Statewide Editorial — Small Business Stimulus Proposal (Sales Tax Credit): Week of March 30, 2020

COVID-19 has completely changed the way we all live.

But along with worrying about keeping themselves and their families healthy, thousands of small business owners across New York state are losing sleep over how to keep this virus from killing the businesses they have worked so hard to build.

At the same time, lawmakers in Albany are trying to craft a budget in the face of plunging revenues. Sales taxes — much of them generated by small business — brought in a whopping \$73.6 billion last year. Our schools, as well as other vital government services, rely on these funds. When a business fails — and too many are on the precipice of failure right now — that sales tax revenue goes, too.

We believe a simple proposal could help restart local business and bolster sales tax revenues, but swift action is required by Gov. Andrew Cuomo and the State Legislature.

Small businesses are the backbone of our communities. Everyone wants a thriving downtown where they can shop, eat or go to a movie. The good news is that small businesses have always been engines of innovation and entrepreneurship, and we are seeing that again today as they adapt to the new reality. Local gyms are

streaming personal training sessions. Restaurants offer free delivery and online happy hours. Medical practices are expanding their telemedicine capabilities. Car mechanics are making house calls that require no personal contact at all.

Of course, it's vital that these businesses let potential customers know about their services. That's the role of advertising in all its myriad forms. But advertising costs money, and the sad truth is that advertising is one of the first things small businesses cut when times are tough.

Put yourself in the shoes of a local restaurateur with a stack of bills and very little money coming in. By the time she finishes paying the most urgent bills — rent, food suppliers, payroll — there's not much left for advertising. Whatever stimulus money she gets from Washington or Albany will most likely be needed to keep the door open and the lights on. Yet studies show that how well businesses survive a downturn is in large part determined by whether they continue to market and advertise during the hard times.

Fortunately, there is a way for Albany to prime the sales-tax pump to keep revenue flowing to both small businesses and state coffers. Let businesses use some of the money they would have sent to Albany, as sales taxes, to market their new offerings. The formula would

be simple: Every dollar a small business spends on advertising (up to some reasonable limit) would be a dollar saved off that business's sales tax bill.

It would be a win-win-win. Local businesses would be healthier because the increased advertising would jump-start sales. The state would get more sales tax revenue because local businesses would be selling more. And media companies (like ours) would benefit from the additional ad revenue. We'd like to think that we, too, are vital to the character and strength of our communities, not to mention our democracy. Think for a moment of the critical role that journalists have played in getting vital local information out to your community during this unprecedented crisis.

The Legislature has a lot on its plate right now, and the temptation will be to bury this idea, or to take the shortsighted view that we can't afford to do it right now. But right now is when it's needed. We've been impressed with Governor Cuomo's levelheaded leadership in this crisis, and we call on him to back this innovative yet simple policy.

Michelle K. Rea, Executive Director, New York Press Association/ New York Press Service, 621 Columbia St. Extension, Suite 100, Cohoes, NY or 405 Lexington Avenue, 26th Floor, New York, NY. www.nynewspapers.com



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JUST WALK IN - NO APPOINTMENT NEEDED

HerKimer College remains committed to student success by shipping laptops, other supplies to students in need

HerKimer County Community College is removing the barriers to successful education in the wake of COVID-19 by developing a laptop loaner program for students in need, as well as offering other technological assistance, academic support and personal enrichment.

A survey was sent out to students before courses began Monday, March 30 to gauge their top concerns about using alternative modes of delivery. For some, problems began right at the root of distance learning: not having access to a computer or internet services at home.

"It's challenging not to have a working computer to manage your studies from home," said Edris Noori, network administrator at the college. "We are doing anything we can to provide laptops to those who need them as quickly as possible."

The college shipped out seven laptops the weekend before classes started – including expedited shipping to students as far as California – and about 100 more are on their way from the State University of New York. The college's WiFi access also remains open and available from outside the Robert McLaughlin College Center for HerKimer College and other SUNY students who

may not have access to internet at home.

The Housing Office has also been working diligently



with students who inadvertently left their books and course materials in on-campus housing when they left for spring break, before the college announced the move to alternative modes of delivery. Textbooks and other study supplies will be mailed to students' homes to ensure they do not fall behind.

Outside of tangible efforts, the college has expanded the online access of its student support services – including tutoring, personal counseling, career services and library resources – and created alternative means of connecting with admissions staff through virtual information sessions. The Center for Student Leadership and Involvement also compiled a list of virtual events being hosted nationwide for students to take part in.

"Our priorities at HerKimer College remain firmly centered on our students' health and well-being, and your ability to successfully complete your studies and reach your academic goals," Provost Michael Oriolo said. "Please know that we stand ready to assist you with whatever needs you are experiencing with your courses. We are here for you, so do not hesitate to reach out to us for help and support. We look forward to continuing to work with you, and we wish you success with your studies."

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Heriker BOCES LPN program shifts to virtual instruction, recruiting

The Heriker-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program is doing what nurses all over the world are doing – quickly adjusting to the new normal in response to the coronavirus public health crisis.

Heriker BOCES is continuing its program that trains local adults to be licensed practical nurses (LPNs) by moving to virtual instruction and virtual clinical experiences and is actively recruiting new students through virtual open houses at 7 p.m. every Wednesday in April and May.

“We missed one day of instruction and one week of clinical, which will be made up over spring break,” LPN Program Coordinator Sara Nicolette said. “We have not only extremely dedicated staff, but we have extremely dedicated students, who will graduate on time.”

Heriker BOCES received a waiver from the New York State Education Department to continue to operate the LPN program by offering virtual clinical experiences – something many other nursing schools are also doing, Nicolette said. The LPN program is also providing virtual instruction in a lecture format through video conferencing.

Nicolette thanked Heriker BOCES administrators

and the NYS Education Department for working with the program to allow it to continue to operate.

Students and staff have adjusted to using video conferencing for instruction, and things are going well, Nicolette said.

“We simply have shifted gears, and we did it rather fast,” she said.

Recruiting for new students also will continue virtually.

Nicolette will be hosting live virtual open houses using video conferencing at 7 p.m. every Wednesday in April and May. The open houses can be accessed through a computer or smartphone. To receive your invite to one of the virtual open houses, email Nicolette at snicolette@heriker-boces.org. Find more information about the program, the open houses and admission testing at www.heriker-boces.org/LPN.

“We are eagerly looking for students to come and to join our program,” Nicolette said. “Our full-time program takes 12 months, and you’re employed in a field that is desperate – absolutely desperate – for health-care workers. Or you can go part-time and continuing working your job.”

The part-time program takes 20 months to com-

plete. The part-time day program is two days per week the first year and three days per week the second year. The part-time evening program is three nights per week with clinical experiences on Saturdays.

There are no college prerequisites to join the LPN program, but applicants do need a high school diploma or an equivalency diploma.

The next full-time class begins at the end of June, and the part-time classes begin in September. If the full-time class isn’t able to begin at the end of June at the Heriker BOCES LPN facilities at the Remington school building in Ilion due to the coronavirus public health crisis, the class will begin virtually.

Unique Easter traditions from across the globe

Easter is the most important day of the year on the Christian calendar. A celebration of the Resurrection of Jesus Christ, Easter commemorates the very core of the Christian faith. So it comes as no surprise that such an important day is steeped in tradition.

Easter traditions such as Easter Sunday Mass are widely known. But there are many unique Easter traditions across the globe that, while they may not be as widely known, illustrate the power of this very special day in the Christian community.

• **India:** India may not be the first nation to come to mind when thinking of countries in which Christianity has a strong foothold. And while only a small percentage of people in India identify as Christian, Easter celebrations in the country are elaborate. For example, in the small state of Goa,

Easter celebrants host carnivals and exchange gifts with fellow Christians. Those gifts include the Holy Cross, which is exchanged after Easter church services have ended. Such services are then followed by Easter parties, where families and friends gather and break bread together, much like Christian celebrants do in other parts of the world.

• **Italy:** Residents of Florence celebrate Easter Sunday with a genuine flash. In a tradition that dates back several centuries, Florentines load a cart with fireworks before exploding it outside the famed Florence Cathedral.

• **Europe:** Many European Christian communities burn an effigy of Judas Iscariot as part of their Easter celebrations. Christians believe the apostle Judas betrayed Jesus Christ, a betrayal that led to Christ’s cru-

cifixion. Despite some groups denouncing the burning of Judas as anti-Semitic, the practice continues in many countries.

• **Spain:** Holy Week commemorates the entire week preceding Easter Sunday, including Holy Thursday and Good Friday. In the Spanish town of Verges, Christians commemorate Holy Thursday by reenacting

scenes from the Passion, which refers to the short period at the end of Christ’s life. The “Danza de la Mort (Death Dance)” is part of that commemoration, and during this dance, participants dress up like skeletons.

Easter celebrations across the globe are steeped in tradition, including some that might surprise even the most devout Christians.



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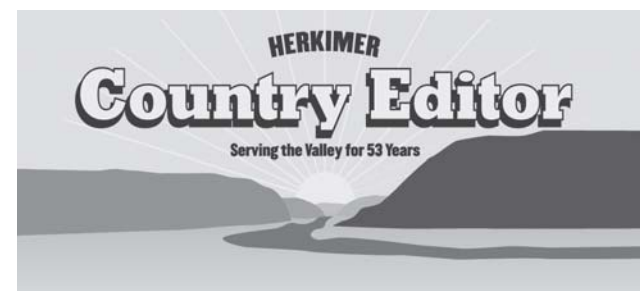
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LETTER TO THE EDITOR

Accident waiting to happen

Not more than five minutes after my wife and I drove across the deadly intersection of Route 28 and Hyder Road, on the west side of Canadarago Lake outside of Richfield Springs, did we hear and see a state trooper racing westward through town. Later, on the way home from the post office we encountered a detour preventing us from heading home via the same road. In a short time word was out that there had been an accident involving an SUV and a motorcycle.

Where the collision occurred was no surprise to us. We had executed the deadly turn a thousand times before – while thinking something should be done about it.

Heading north on Route 28, if you want to turn left on to Hyder Road you have to drive to the top of the hill and then make the turn at the last second – or else you can't see if a vehicle is coming from the opposite direction. If

there's a driver behind you, he is likely to become impatient with your seemingly slow and late turn.

Now, 20-year-old Kyle Seamon of Burlington Flats, a vibrant young man with a future full of promise, has been wiped off the road of life and the driver of the SUV who was rushed to Bassett Hospital, besides injuries, has been left with an inerasable terrible memory.

The road remains the same – waiting for another driver to fail to make a last minute, deliberately late, left turn. The need for change is obvious. Maybe a blinking yellow light at the top of the hill would warn drivers of the danger. It's the state of New York's call. Combined with the nearby entrance leading to the boat launch, the short stretch of road is to say the least hazardous. Here's hoping, in memory of a lost life, something will be done.

Terry Berkson
Richfield Springs



Kyle Seamon memorial placed near intersection by friends.

Photo by Terry Berkson

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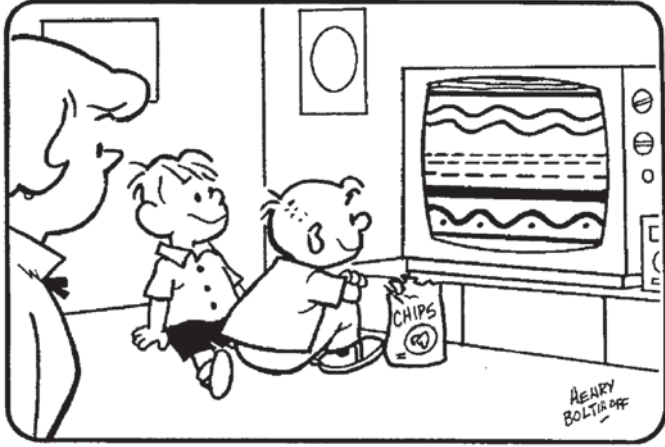
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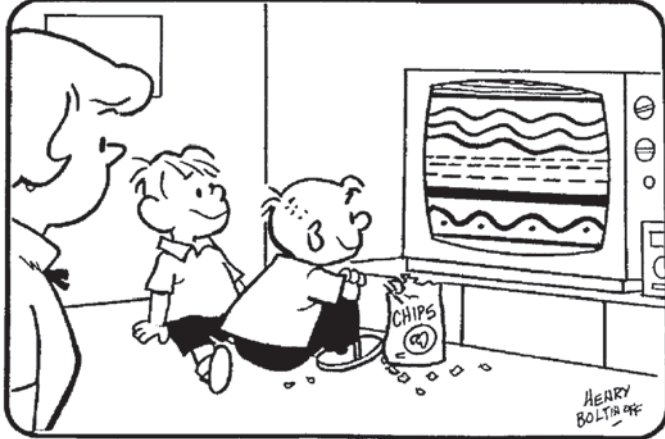


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

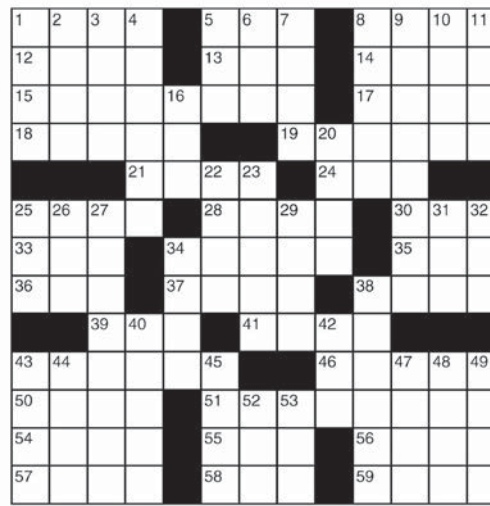


1. Picture is missing. 2. Wave is added on screen. 3. Pants are different. 4. Chips on the floor. 5. Blouse is different. 6. Buttons are missing.

ACROSS

- 1 Uncategor-ized (Abbr.)
- 5 Web address
- 8 Portent
- 12 Maleficence
- 13 Menagerie
- 14 Scruff
- 15 Reading material
- 17 Matures
- 18 World-weariness
- 19 Salty solutions
- 21 Fix, in a way
- 24 Raw rock
- 25 Knighted woman
- 28 Nuisance
- 30 Kennedy or Koppel
- 33 Carte lead-in
- 34 Newton or Stern
- 35 Anger
- 36 Gasoline stat
- 37 Dilbert's workplace
- 38 Check bar codes
- 39 Born
- 41 Fourth dimen-sion
- 43 Marketplaces of old
- 46 Got up
- 50 Story
- 51 Belgian surre-alist Rene
- 54 Ear-related
- 55 Individual
- 56 List-ending abbr.
- 57 — moss
- 58 Workout venue
- 59 Sources for sauces
- 60 co-defendant
- 8 Broadcasting
- 9 Attractive
- 10 Duel tool
- 11 Loch —
- 16 Speed along
- 20 Campus mil. org.
- 22 Church sec-tion
- 23 Leavening agent
- 25 Water barrier
- 26 Jungfrau, for one
- 27 Mississippi bloom
- 29 Munro pseud-onym
- 31 Historic peri-od
- 32 Hideaway
- 34 Concept
- 38 Episodic TV show
- 40 Put up
- 42 Scratch
- 43 On
- 44 Fence open-ing
- 45 Urban pall
- 47 Maestro
- 48 Klemperer
- 49 Go no farther
- 52 Whatever number
- 53 Jewel

King Crossword



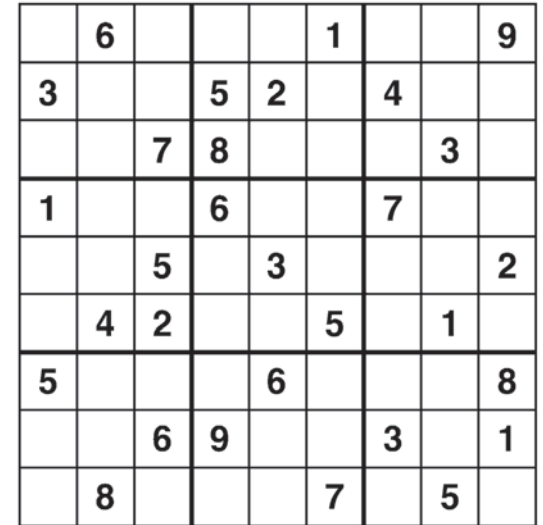
DOWN

- 1 Viral Internet phenom
- 2 Terrible guy?
- 3 Autograph
- 4 Contract sec-tion
- 5 Submachine gun
- 6 Reagan or Howard
- 7 Leopold's
- 22 Church sec-tion
- 23 Leavening agent
- 25 Water barrier
- 26 Jungfrau, for one
- 27 Mississippi bloom
- 29 Munro pseud-onym
- 31 Historic peri-od
- 32 Hideaway
- 34 Concept
- 38 Episodic TV show
- 40 Put up
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- 43 On
- 44 Fence open-ing
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- 53 Jewel

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Weekly SUDOKU

by Linda Thistle

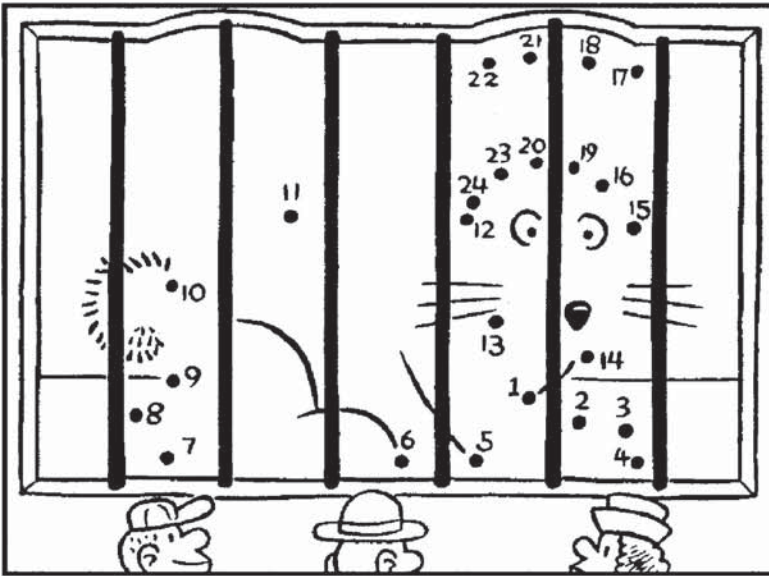


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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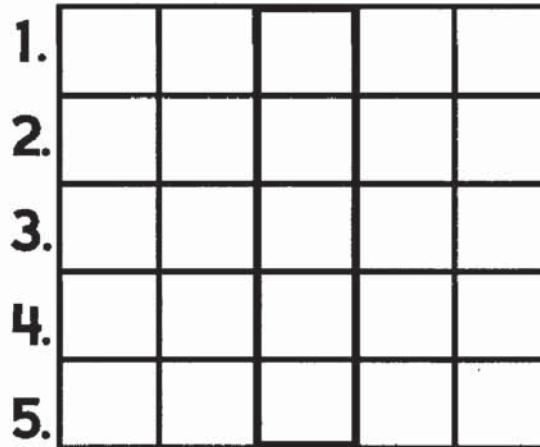
IS THIS THE NEW KING OF BEASTS? Join the dots and find out.

Answer: No, it's only a Giant Bolivian Bashful Bunny.

Junior Whirl

by Charles Barry Townsend

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Illustrated by David Coulson

BIG TOP BAFFLERS!

IN THE GRID, at left, there is room to enter five five-letter words pertaining to the circus world. The following definitions should help you:

1. To put up a circus tent.
2. What acrobats do.
3. Type of clown pants.
4. Performers in the World's Smallest Circus.
5. Found in animal cages.

There is a dark frame around the center column of letters. If you correctly solve the puzzle, the letters in this frame, top to bottom, will spell out the name of a circus animal.

Answers: 1. Pitch. 2. Flips. 3. Baggy. 4. Fleas. 5. Straw. The center column word is "tiger."

READ THE FOLLOWING sentence once and state how many "f's" are in it.

"To be genuine, every package of Kellogg's Corn Flakes must bear the signature of W. F. Kellogg."

Answer: There are four "f's" in the sentence. The "f's" in "or" are often missed.



DOUBLE TROUBLE! Below are six partially spelled words. Four letters are missing from each word. In each case you must find a two-letter word that can be used to fill in the missing letters. Below you'll find some hints.

1. A favorite food.
2. A king or prince.
3. An Asian disease.
4. Type of headgear.
5. Used for cooking.
6. A crucial situation.



1. P _ _ T _ _
2. M _ _ A R A J _ _
3. _ _ R I _ _ R I
4. _ _ R D _ _ T
5. _ _ B A C _ _
6. C R _ _ _ _

Answers: 1. (AS) Pastas. 2. (AH) Maharajah. 3. (BE) Beriberi. 4. (HA) Hardhat. 5. (HI) Hibachi. 6. (IS) Crisis.

Herkimer BOCES region pre-K registrations being accepted through email, other methods

Due to the current health crisis, Herkimer-Fulton-Hamilton-Otsego BOCES pre-K registrations that were to take place at component districts are canceled. Herkimer BOCES pre-K staff are out of the office and working from home until further notice, but applications are still being accepted for the summer and fall pre-K programs at Herkimer BOCES.

If you would like an application, send a request for one and any questions to lhaggerty@herkimer-boces.org and an application will be emailed to you.

In your request, be sure to note how old your child is, what school district you reside in and if you would

like a summer and/or fall application so we can send the correct application to you.

If you would prefer a physical copy mailed home, leave your name and address in the email, but note that it may take several days for it to arrive in the mail.

If you do not have computer or internet access, you can call 315.867.2098 and leave a message requesting an application, so one can be mailed home to you. Be sure to speak clearly in your message.

You can mail a request for an application and any questions to Herkimer BOCES, Attn: Laura Haggerty, 352 Gros Blvd., Herkimer, NY 13350.

BOCES is working on a way for staff to be able to pick up their mail while their buildings are closed, but note that emailing is currently the quickest, safest method to ask for and receive an application. We apologize for any inconvenience.

Kids gardening made easy Get outside and garden

As we all face these unpredictable times, our friends at KidsGardening created and shared these tried and true plant-based activities that are joyful for any age and don't involve any screen time. The national nonprofit reaches close to half of a million educators, parents and volunteers with free online gardening educational resources and activities.

According to a study published in the Journal of Physiological Anthropology, active interaction (like touching and smelling) with indoor plants can reduce physiological and psychological stress. Outdoor time in nature is equally powerful for restoring a sense of well-being and balance. KidsGardening sees firsthand the positive and life-changing experiences plants and gardening brings to children.

Top 10 Recommended Kids' Gardening Activities

1. Kitchen Scrap Gardening: Help the planet and clean up your kitchen. This one is a great way to think about where your food comes from.

2. Seed Viewer: There are many different ways to explore plants with simple dried beans from the soup grocery store aisle.

3. Plant People: Create your own "chia pet" family.

4. Grow Your Own

Salad: We bet you won't stop doing this activity as kids who grow edibles are more likely to eat them. Adults too!

5. Pressed Flowers: Save beautiful spring blooms for future crafts. Pressed flowers provide a base for numerous projects and gifts.

6. Leaf and Flower Prints: Engage those high energy kids with this fun craft that uses a mallet.

7. Make More Plants from Houseplants: Houseplants make great gifts and what a great giving activity or to ensure more rooms have the benefit of houseplants.

8. Hydroponics: Ever wonder how hydroponics really work? All that's needed is a cup with a cover, water and seeds.

9. Garden Scavenger Hunt: Turn garden exploration into a game! You can even have prizes for those competitive family members.

10. Soil Art: No paint on hand, no problem. With a little glue and water, soil can inspire creative artwork.

If you're looking for additional ideas, KidsGardening has even more lesson plans, garden activities and garden basics. Or look to additional kids gardening inspiration from NGB (National Garden Bureau) - Butterfly Gardening for Children and Kids, Gardens & Games. Visit KidsGardening.org.

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 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.richfieldspringscommunitycenter.org or www.runsignup.com/RSCC. Run and Walk coordinator Bill Kosina can be reached by at 315.749.3286 or bill@richfield-zone.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 14

No walk-in Immunization Clinic at the Herkimer County Public Health office. Clinic cancelled. For more information call Herkimer County Public Health at 315.867.1176.

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 at the East Herkimer Fire House has been cancelled due to the coronavirus.

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. Any-

one 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.

May 12

Dolgeville Central School Board of Education Meeting and Budget Hearing High School Cafeteria. Visit 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.kuyahoorvalley-rotary.org

May 18

Paint and Sip 6 p.m. Hosted by The Mohawk Homestead and Easels on The Gogh - at the Iliion Frankfort VFW 4274 Acme Rd., Frankfort. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

May 19

Dolgeville Central School Budget Vote 2-8 p.m. High School Cafeteria. Visit www.dolgeville.org.

Poland Central School Board of Education Meeting. 8:05 p.m. Call 315.826.7900 or visit www.polandcs.org.



4PetSake Food Pantry update

4PetSake Food Pantry will remain open during this pandemic on Wednesdays from 11 a.m. - 2 p.m. We are located at 100 East Main St. in Mohawk.

The safety and health of our clients and volunteers is our number one concern, so in order to continue to serve our community no one will be able to enter the building. We have implemented a drive-thru system and one of our volunteers will greet you and bring your pet food to your car. Pay attention to the parking lot attendant, as they will guide you through this new change.

In order for us to re-

main open these changes are needed. We ask for your kindness and patience during this time.

If you are experiencing financial difficulty due to loss of wages because of the coronavirus and need help feeding your pets, email us at pet-sake@hotmail.com, Facebook message us or call 315.796.2584.

We are paying very close attention to local, state and federal regulations and will make changes as needed.

If anyone does not feel 100% healthy, avoid the pantry and any other public places.

Staying open and helping our community during this crisis is more important than ever.



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Herkimer BOCES 3-D printing masks for healthcare facilities, first responders during coronavirus crisis

The awareness of a need for masks during the current coronavirus public health crisis quickly resulted in Herkimer-Fulton-Hamilton-Otsego BOCES employees arranging for the 3-D printing of masks to be donated locally to healthcare facilities and first responders.

The first set of masks was donated on Monday,

March 30 to Bassett Health Center in Herkimer, and the next set of masks will go to the Ilion Fire Department.

"Our community continues to come together and battle this pandemic collaboratively," Herkimer BOCES Director of Technical Education Kathy Fox said. "Masks will continue to be made and donated as we move forward."



Central Valley students Tria, 13, and Iley, 10, assist in the final assembly of 20 masks to be donated by Herkimer BOCES to local healthcare facilities and first responders during the coronavirus crisis.

Photos courtesy of Herkimer BOCES

Herkimer BOCES knew of a local need for masks through Herkimer BOCES Special Education Coordinator Kelly Rowland's sister Patricia Zink at the Bassett Health Center in Herkimer. Herkimer BOCES received a blueprint from Budmen Industries and started making preparations to print masks.

After a few emails and phone calls making preparations, Herkimer BOCES Advanced Manufacturing instructor Mike Cimo brought 3-D printers and supplies to his home and started printing the headbands for the masks at home because it allowed him to get the most masks created.

Herkimer BOCES gathered the rest of the materials from a variety of locations including a donation from the Herkimer Lowe's. Many people donated rubbing alcohol, rubber gloves,



BOCES Special Education Coordinator Kelly Rowland's daughter Tria, 13, assists in the final assembly of the masks.

transparencies and Ziploc bags.

Over the weekend, Rowland's children, Central Valley students Tria, 13, and Iley, 10, assisted in the final assembly of 20 masks.

"In times of need, our community has always stepped up to collaborate and provide support," Fox said. "This is just one example of a family member sharing a need and the quick response of the Herkimer BOCES family going into action. I am extremely proud to be from the Mohawk Valley in the heart of Central New York."

Herkimer BOCES District Superintendent Sandra

Sherwood also takes pride in how Herkimer BOCES has stepped up to assist with the need for masks.

"Our BOCES team is truly a family that cares deeply about our students and their communities," Sherwood said. "When the possibility of supporting our healthcare workers materialized, our staff members went into action by collecting materials and figuring out how they could help. This dedication and commitment to others are at the heart of our work and one of the greatest attributes of this region. I am so proud of the spirit that shines through in times of crisis."

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DOLGEVILLE
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 Pastor Pat Andreoli
 32 Spencer St.
 Sunday School 9:30 AM
 Sunday Worship 10:30 AM
 Tuesday Bible Study 7 PM

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

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

DOLGEVILLE CHRISTIAN FELLOWSHIP
 Pastor Marvin Isum
 3 Elm St. Phone 429-8390
 Sunday Worship 10:30 AM
 Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
 26 E. Faville Ave.
 Worship 11 AM

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

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

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OUR LADY QUEEN OF APOSTLES
 414 Frankfort St., Frankfort, NY
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 Deacon: Micheal Carbone
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 Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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 6 PM Fridays

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 Phone 866-4270
 Friday 7 PM

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

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

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

OAK RIDGE FREE METHODIST CHURCH
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 Sunday Divine Liturgy 10 AM
 Holy Day Liturgy 9 AM
 Phone 866-1336

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 337 Protection Ave.
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 Worship 10 AM
 Wednesday Worship 6:30 PM

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 Sunday Worship Services
 9 AM Spoken Service
 9 AM Faith Formation Sunday School
 10:30 AM Service with Music
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 www.thesalvationarmy.org
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 Morning Worship 11 AM

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 Family History Center hours by
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 102 Church St.
 Phone 866-1523
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 Sunday School 11 AM
 Shepherd's Table:
 Tuesday 11-12:30 PM
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 Shepherd's Table Dinner:
 First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
 300 N. Main St.
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 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)
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 Holy Eucharist at 9:35 AM

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 Reverend Richard Riggle
 Bible Study 9:30 AM
 Church Service 10:30 AM
 315-894-2070

FIRST BAPTIST CHURCH
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 Reverend John Partise
 Wednesday Mid Week Service 7 PM
 Sunday Morning 11 AM

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 Reverend Bob Wallaber
 Sunday Worship 10 AM
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 May 1 - November 1
 36 Second Street, Ilion

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 Deacon: Micheal Carbone
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 11:00 AM; Monday & Wednesday 9:00 AM

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 Phone 823-3410
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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

LITTLE FALLS
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 Senior Pastor Timothy Parisi
 559 E. Jefferson St.
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 Sunday Morning All Worship 10 AM
 Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH
 512 E. Gansevoort St.
 Sunday Worship 9:30 AM
 Sunday School 9:15 AM
 Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
 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

LITTLE FALLS
INGHAMS MILLS BAPTIST CHURCH
 Rev. Gary L. Busch, Pastor
 Sunday Worship Service 10 AM
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 Little Falls, NY 13365
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MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST
 Pastor Wayne Getman
 24 Rte. 29
 Phone 845-8730
 Sunday School 9:30 AM
 Worship Service 9:30 AM

MOHAWK
GRACE EPISCOPAL CHURCH
 Rev. Sally Heiligman
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 or 315-520-4723
 Holy Eucharist 10 AM

DENNISON CORNERS
COMMUNITY CHURCH
 Pastor Donald King
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 Sunday:
 Sunday School 9:45 AM
 Morning Worship 11 AM
 Evening Worship 6 PM
 Wednesday Prayer 7 PM

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 20 S. Otsego St.
 Phone 866-4292
 Email mohawkpastor@verizon.net
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 & Couples) 9:30 AM
 September - June

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

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 Rev. Mark Cunningham,
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 Sunday Mass 9:30 AM

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 H. Ed Reed, Pastor/Teacher
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 www.christianbiblechurch.us
 Sunday School 9 AM
 Sunday Worship 10 AM
 Wednesday Bible Study
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 Morning Service 11 AM

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 Sunday Mass 8 AM

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Donna's Day: Creative family fun

by Donna Erickson

Easter egg-y ideas are real kid-pleasers

Hop to it! Easter is on its way. Put your busy schedule on hold for an evening or Saturday afternoon and make the traditional craft of egg decorating a family affair.

Here are some Easter egg-y ideas that are real kid-pleasers. For the first three, all you need are hard-cooked white eggs, prepared decorating dyes in small bowls and a variety of household items.

Rubber-band tie-dye

Wind two or three rubber bands of various widths snugly around egg. Dye the egg and let dry. Remove the rubber bands to reveal the designs.

Sticker designs

Stick peel-off stars, dots or other shapes randomly on an egg. Be sure the stickers adhere completely to the egg before dipping in the dye. Let dry, then peel off stickers while they are still damp to reveal the designs.

Tape and draw

Wrap a piece of masking tape around an egg. Dye. Gently remove tape and add your own designs on the white space with markers.

How to blow out an egg

If you prefer decorating eggs in which the raw contents have been blown out – so that you can hang them from branches for an egg tree or display in a basket and save them year to year – here is a simple process to empty them, plus two ideas for decorating once they have been blown.

Poke a small hole with a large safety pin at each end of a washed raw egg. Carefully wiggle the pin or a toothpick into one of the holes to break the yolk. Place a drinking straw over the hole on top, and blow through the straw, collecting the contents of the egg in a small dish. Rinse out the empty shell and let dry completely before decorating.

Shake and decorate

Squeeze household glue from a plastic bottle in a simple design such as zigzags or an alphabet letter on a shell that is still white or dyed in a light color. Carefully set the egg in a plastic bag with colored sand or glitter and close it lightly in your fist, keeping locked air inside. Gently shake to coat the glue to reveal the design. Remove the egg, and slip onto a skewer through one of the holes and poke into a soft object

like an egg carton to dry.

Shredded paper

Brush household glue on eggshell, then press shredded paper randomly around it for a contemporary look. Let dry.

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Numbers of COVID-19 cases in Herkimer County

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on April 3:
 Positive COVID-19 test results: 22
 Negative COVID-19 test results: 137
 Mandatory quarantine (with public health orders): 39

Released from mandatory quarantine: 4
 Precautionary quarantine: 55
 Released from precautionary quarantine today: 30
 COVID deaths: 3

Impacts on New York State Parks operations during the COVID-19 outbreak

State Parks encourages New Yorkers to recreate locally, practice social distancing and use common sense to protect themselves and others during the COVID-19 public health crisis.

Getting outdoors to walk, jog, hike, ride a bicycle or visit a park or state lands is a healthy way to stay active, spend time with your immediate household family members and reduce stress and anxiety while practicing physical distancing.

Be advised due to COVID-19 some services are limited to ensure the health

and safety of our visitors and staff. For a complete list of impacts to park operations such as camping, golf, parking, restrooms, events and more visit parks.ny.gov/covid19.

If you need a nature break and plan to visit State Parks, State Lands and other parks, we ask that all visitors:

- Stay local and keep visits short
- Visit in small groups limited to immediate household members
- Maintain distance from others while in places where people tend to congre-

gate, such as parking lots, trailheads and scenic overlooks

- Avoid games and activities that require close contact, such as basketball, football or soccer

- Avoid playground equipment like slides and swings and other frequently touched surfaces

- Do not share equipment, such as bicycles, helmets, balls or Frisbees

- If you arrive at a park and crowds are forming, choose a different park, a different trail or return another time/

day to visit

- If parking lots are full, do not park along roadsides or other undesignated areas. To protect your safety and that of others, choose a different area to visit, or return another time or day when parking is available.

As this situation continues to develop, we will take any necessary actions to protect visitor and staff health. We appreciate your support and patience as we navigate this public health crisis together.

Good Housekeeping

Slow-cooker ham is soda-licious

Fix it and forget it! Easter dinner just got a whole lot easier.

- 1 boneless smoked ham (about 8 lbs)
- 2 tbsp whole cloves

- 1 cup brown sugar
- 2 cups root beer

- 3 tbsp ginger, chopped
- 2 tbsp grainy mustard

1. Score diamond pattern into the ham and press cloves into the surface.

2. Place in slow cooker and

top with remaining ingredients.

3. Cook on LOW for 3 to 4 hours until temperature inside registers 140° F.

4. Transfer liquid in slow cooker to a pot and bring to a boil. Reduce the heat to me-

dium low and simmer until liquid thickens into a glaze, about 15 minutes.

5. Brush glaze onto ham.

Tip: We like root beer for its earthy, slightly spiced flavor. If you're feeling adventurous, try experimenting with other fla-

vors like ginger ale or cola.

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

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Community Foundation, United Way VGU respond to pandemic impact

Latest grants up total awarded to nearly \$200,000

A community-wide fund is helping address the needs of those affected by the global pandemic by supporting area nonprofit organizations large and small.

The Community Foundation of Herkimer and Oneida Counties and the United Way of the Valley and Greater Utica Area (VGU) announced the

creation of the Mohawk Valley COVID-19 Response Fund on March 20 and announced an initial round of grants this week. As nonprofit organizations continue to evaluate community needs and apply for funding, a review committee is approving grants as quickly as possible.

The latest grants approved

will fund additional telehealth equipment for hospice and palliative care and ICAN; a washer and dryer for Emmaus House, a shelter for women and children who are homeless; and COVID-19 awareness outreach to refugees that will be provided by the center. Added to previously announced grants for Johnson Park Center, Little

Falls Hospital, Mohawk Valley Health System and Rome Memorial Hospital, the latest grants bring to nearly \$200,000 the funding awarded so far.

Major contributions from M&T Bank/Partners Trust Bank Charitable Fund, the Rising Phoenix Fund, the Ronald and Sheila Cuccaro Family Fund, Mele Family Fund, David

and Janet Griffith Family Fund, Bull Family Fund, the Community Foundation and United Way VGU established the fund initially. Generous donations from residents in both counties continue to grow the fund, as the need for community support is expected to increase.

To make a contribution, visit www.mvcovidfund.com.

Meanings behind the Easter lily

Easter symbols and traditions help make the holiday familiar and special. Eggs, hot cross buns and frilly church dresses help paint the picture, and so does a delicate and beautiful white flower.

The Easter lily plant is native to both Taiwan and the Ryukyu Islands of Japan. The plant's flowering season begins in April and ends in June. The plant produces pure white flowers on top of long stems. Easter lilies often adorn homes and church altars during this time of year.

Tradition states that the Easter lily originated in the Garden of Eden from the teardrops of Eve that spread when she and Adam were cast out of the garden. These were believed to be tears of repentance.

Historians and biblical scholars say that the lily has always been highly regarded in the Christian Church.

Jesus even references the flower in Luke 12:27, stating, "Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these." Legend has it that, after Jesus's death and resurrection, lilies were found growing in the Garden of Gethsemane, where Jesus is said to have prayed before his crucifixion. They were believed to have sprung up from a drop of sweat from his brow when his head was bent in prayer.

In Easter celebrations, the lily represents Christ's Resurrection, and thusly new birth and new life. The delicate, white blooms can be viewed as pure, innocent and untainted by the world.

The flower itself is used in various ways to tell the resurrection story. The bulb is buried in the ground as

a representation of Christ's tomb. The trumpet-shaped fragrant flowers also announce life after death, since bulbous flowers often regrow year after year, according to the religious resource All About Jesus. And the trumpet shape signifies the angel Gabriel's trumpet call.

It's common for Easter lilies to decorate homes, churches, gardens and more throughout the Easter season.



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Enjoy hot cross buns this Easter

A number of foods are enjoyed during Easter celebrations, from hard-boiled eggs to ham to roasted lamb. Sweets such as candies and chocolates also take center stage on Easter Sunday. In addition to these traditional favorites, hot cross buns have become must-haves for many Easter celebrants.

Hot cross buns are yeast-based sweet buns that are lightly spiced and studded with raisins or currants. The tops are marked with a cross that is often piped with icing. While there's no clear explanation of how hot cross buns came to be, there are indications that they once were reserved only for Good Friday. Others say they were consumed throughout Lent. The cross is a Christian symbol of the crucifixion and Christ himself.

Hot cross buns are soft and sweet, and they're easily created. Enjoy this recipe, courtesy of King Arthur Flour.

Hot Cross Buns

Yield 12 to 14 buns

Buns

- ¼ cup apple juice or rum
- ½ cup mixed dried fruit
- ½ cup raisins or dried currants
- 1¼ cups milk, room temperature
- 2 large eggs, plus 1 egg yolk (save the white for the topping)

- 6 tbsp butter, room temperature
- 2 tsp instant yeast
- ¼ cup light brown sugar, firmly packed
- 1 tsp ground cinnamon
- ¼ tsp ground cloves or allspice
- ¼ tsp ground nutmeg
- 1¾ tsp salt
- 1 tbsp baking powder
- 4½ cups unbleached all-purpose flour

Topping

- 1 large egg white, reserved from above
- 1 tbsp milk
- Icing
- 1 cup + 2 tbsp confectioners' sugar
- ½ tsp vanilla extract
- Pinch of salt
- 4 tsp milk, or enough to make a thick, pipeable icing
- Lightly grease a 10" square pan or 9" x 13" pan.
- Mix the rum or apple juice with the dried fruit and raisins, cover with plastic wrap and microwave briefly,

just until the fruit and liquid are very warm and the plastic starts to "shrink wrap" itself over the top of the bowl. Set aside to cool to room temperature. Note: If you worry about using plastic wrap in your microwave, simply cover the bowl with a glass lid.

When the fruit is cool, mix together all of the dough ingredients (including the eggs and egg yolk from the separated egg); hold out the fruit for the time being.



Knead the mixture, using an electric mixer or bread machine, until the dough is soft and elastic. It'll be very slack, sticking to the bottom of the bowl and your hands as you work with it (greasing your hands helps). Mix in the fruit and any liquid not absorbed.

Let the dough rise for 1 hour, covered. It should become puffy, though may not double in bulk.

Divide the dough into billiard ball-sized pieces, about 3¾ ounces each. A heaped muffin scoop (about 1/3 cup) makes about the right portion. You'll make 12 to 14 buns. Use your greased hands to round them into balls. Arrange them in the prepared pan.

Cover the pan, and let the buns rise for 1 hour, or until they've puffed up and are touching one another. While the dough is rising, preheat the oven to 375° F.

Whisk together the reserved egg white and milk, and brush it over the buns.

Bake the buns for 20 minutes, until they're golden brown. Remove from the oven, carefully turn the buns out of the pan (they should come out in one large piece), and transfer them to a rack to cool.

Mix together the icing ingredients, and when the buns are completely cool, pipe it in a cross shape atop each bun.



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Finding faith during Easter celebrations

For many Christians, modern Easter celebrations would not be complete without bon-

nets, bunnies and colored eggs. As fun as those components can be, Christianity is at the

heart of Easter, which is the most important date on the Christian religious calendar. Easter Sunday marks the culmination

of events that shaped the beliefs and teachings of an entire faith. Easter marks the Resurrection of Jesus

Christ, which Christians believe occurred within days of his crucifixion and burial. The New Testament indicates that the Resurrection of Jesus is one of the chief tenets of the Christian faith and established Jesus as the Son of God. Easter is an example that God will righteously judge the world by sacrificing His son for the sins of others. And any person who chooses to follow Jesus receives everlasting life thanks to Christ's Resurrection.

of bread and wine into the actual substance of Christ's body and blood. This also was the first celebration of the Eucharist and Holy Mass that would become another core component of the Christian faith.

Easter is a time of great celebration that is preceded by Lent, a weeklong period of reflection, prayer and repentance. The days immediately prior to Easter are commonly referred to as Holy Week. This encompasses Palm Sunday and lasts through Holy Thursday (the day of the Last Supper), Good Friday (when Jesus was crucified and placed in the tomb) and Holy Saturday (the 40-hour-long vigil that the followers of Jesus Christ held after his death and burial).

Easter is linked to the Jewish celebration of Passover due to its proximity on the calendar and the fact that Jesus was Jewish. The Bible states that Jesus participated in the Passover meal during the Last Supper. At the Last Supper, Jesus identified the matzo (bread) and wine as his body and blood, soon to be sacrificed and shed. Christians believe the Last Supper marked the first transubstantiation, or the turning

On Easter Sunday, four women, including Mary Magdalene, went to Christ's tomb to anoint his body with spices and oils. They found the tomb was empty and were met with an angel who told them that Jesus had been raised from the dead. A biblical account in John 20:14-16 indicates that Mary Magdalene was the first to speak with the risen Jesus. She mistakes Jesus for a gardener and says to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him, "Rabboni!"

Easter is a time of joy and celebration, and a great opportunity for Christians to immerse themselves in their faith.

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Weekly Sales Every Monday – we will not be doing Misc. & Poultry, produce until further notice. 1:00 we will start Dairy followed by all other livestock.

As a designated Essential Business Hosking Sales LLC will continue to hold our weekly Auctions and most other scheduled Auctions at this time. Due to the COVID-19 restrictions we ask that BUYERS & Sellers only enter the market to help on the gathering size of the crowd. We value the wellbeing of our employees and customers. If possible send 1 family member only to buy. We appreciate everyone's support and cooperation we will be able to keep our Market open to help keep our Farm Community going.

**As of Monday noon 3/30/20 the Major Packers have notified us that they are restricting the number of cattle they are slaughtering with one major Packer being shut down for 2 weeks – without a doubt impacting the price of cull cattle – Keep in touch with us as new circumstances impact our Businesses – We are all in this together we are here to help our farmers. Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.

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; A group of Fresh young cows from Locust-Vale mostly R&W cows Peggy Bennett – Jerseys; Green Hill Acres, Canary Dairy; Hillover Holsteins. 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 – POSTPONED

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. POSTPONED

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

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HEAP VENDOR

King Crossword

Answers

Solution time: 25 mins.

M	I	S	C		U	R	L		O	M	E	N	
E	V	I	L		Z	O	O		N	A	P	E	
M	A	G	A	Z	I	N	E		A	G	E	S	
E	N	N	U	I		B	R	I	N	E	S		
			S	P	A	Y		O	R	E			
D	A	M	E		P	E	S	T		T	E	D	
A	L	A			I	S	A	A	C		I	R	E
M	P	G			D	E	S	K		S	C	A	N
			N	E		T	I	M	E				
A	G	O	R	A	S			A	R	O	S	E	
T	A	L	E		M	A	G	R	I	T	T	E	
O	T	I	C		O	N	E		E	T	A	L	
P	E	A	T		G	Y	M		S	O	Y	S	

Weekly SUDOKU

Answer

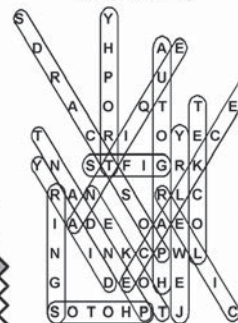
8	6	4	3	7	1	5	2	9
3	1	9	5	2	6	4	8	7
2	5	7	8	4	9	1	3	6
1	3	8	6	9	2	7	4	5
7	9	5	1	3	4	8	6	2
6	4	2	7	8	5	9	1	3
5	7	1	4	6	3	2	9	8
4	2	6	9	5	8	3	7	1
9	8	3	2	1	7	6	5	4

Mega Maze

Solution



KEEPSAKES



Puzzles4Kids

Answer

LADIES	A	SLIDE
WHINES	H	SWINE
LAMEST	A	MELTS
CLEAR	R	SCALE
BAKERS	E	BARKS
SANDER	D	NEARS
BORDER	R	ROBED
PASTRY	Y	TRAPS
ERECTS	E	CREST
REALMS	R	MEALS

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 Q T P N C R I L O Y E C J V H
 F Y N E S T F I G R K C A U Y
 X V R A N U S S R L C Q P O N
 M K I A D E J O A E O H F S E
 C B N Z I N K C P W L A D E M
 Y X G V U D E O H E T I R Q P
 O M S O T O H P T J L K C I H

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: OLYMPIC GOLD –

- | | | | |
|-----------|----------|-----------|----------|
| Antique | Jewelry | Photos | Souvenir |
| Autograph | Locket | Postcards | Token |
| Diary | Necklace | Relic | Trophy |
| Gifts | Pendant | Rings | |

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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

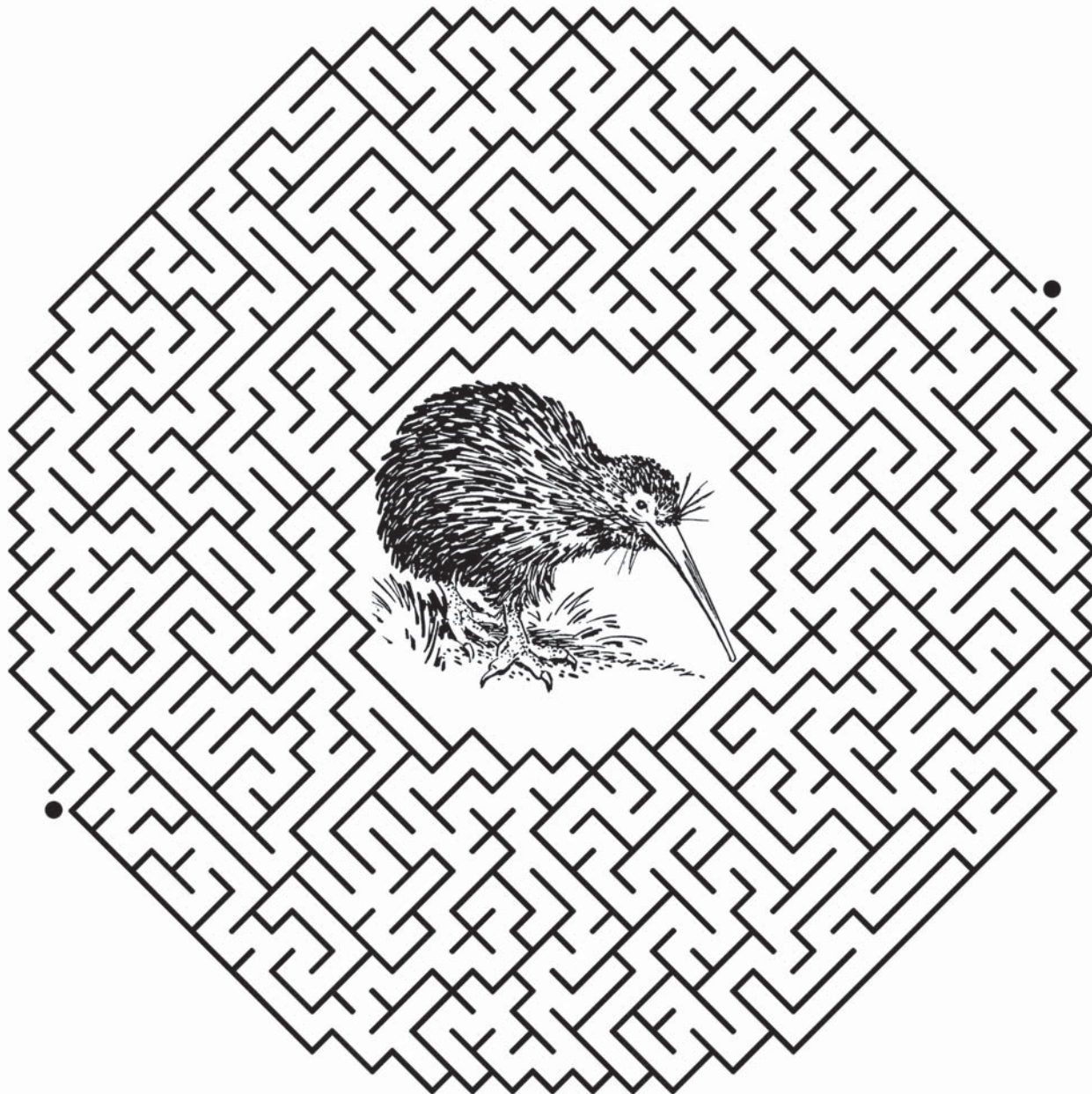
WHAT DOES THE EASTER BUNNY USE TO DRY HIS FUR?

- | | | | | | |
|--------|-----|-------|--------|-----|-------|
| LADIES | ___ | SLIDE | SANDER | ___ | NEARS |
| WHINES | ___ | SWINE | BORDER | ___ | ROBED |
| LAMEST | ___ | MELTS | PASTRY | ___ | TRAPS |
| CLEARs | ___ | SCALE | ERECTS | ___ | CREST |
| BAKERS | ___ | BARKS | REALMS | ___ | MEALS |

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Mega Maze

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This Week's Holidays

- April 11 – Barbershop Quartet Day
- April 12 – Grilled Cheese Sandwich Day
- April 13 – Scrabble Day
- April 14 – Look Up at the Sky Day
- April 15 – World Art Day
- April 16 – Mushroom Day
- April 17 – International Haiku Poetry Day

Happy Easter!

To Your Good Health

by Keith Roach, M.D.

What are the benefits of medical ID tags?

Dear Dr. Roach: My question is about medical bracelets and necklaces. I've never seen any recommendations as to what conditions would warrant wearing one

nor what the inscription should say. When are they either necessary or beneficial? – D.A.M.

Answer: Medical ID tags can be useful. They serve to alert medical personnel of potentially important medical conditions when someone is

not capable of providing that information, whether due to temporary incapacity (such as being unconscious in a motor vehicle accident) or permanent disability (such as intellectual disability). In my opinion, the most appropriate use of these

tags is when there is a potentially life-threatening medical condition that would not be obvious to emergency medical personnel.

Some examples of these would include anaphylactic reaction to medications or latex; the presence of an illness that can cause temporary disability (epilepsy, diabetes, Addison's disease); and medical conditions that might affect use of some common treatments, such as bleeding disorders, organ transplant status and medical implants (such as implantable defibrillators). Personal and contact information is a natural set of complementary information to have on a medical tag.

Some newer tags include electronic information, but this is in its

infancy. These include the use of near-field technology to let emergency personnel read the information (if they also have the technology); phone numbers the emergency personnel can call to get more information; and QR codes to allow emergency personnel with a smartphone to go to a webpage with more detailed information. Most smartphones also have the ability to store information that can be read in an emergency, even by someone without the person's phone password. I recommend taking advantage of this feature.

Many of the ID tags I see have information that is not likely to be helpful. Listing chronic conditions like high blood pressure or high cholesterol is not necessary.

Finally, one of the big-

gest benefits of a medical ID tag is a little peace of mind.

Dear Dr. Roach: Regarding a recent column: If a body does not need help in maintaining pH balance, why does the consumption of different foods cause changes in urine pH? – K.F.

Answer: The body has two main organs with which to regulate pH, the acid/base status of the body based on food intake, exercise, medications and other causes that would perturb the body's pH, which is very tightly regulated and slightly alkaline at about 7.4.

The more important and faster-acting is the lung. By increasing the respiratory rate, we excrete more carbon dioxide, which is in equilibrium with carbonic acid. Breathing more deeply and quickly can move the blood pH toward the alkaline side. This usually happens without our being aware of it.

The kidneys are the other important organs for long-term regulation of pH. The kidneys can regulate reabsorption of carbonic acid in the tubule, increasing or reducing acid secretion. So, urine that is more acidic than normal may mean the body is ridding itself of excess dietary acid and thus making blood pH more alkaline. Ammonia is another way the kidney can regulate pH balance. Blood pH does not vary more than a minute amount from its expected level except in cases of critical illness, disturbances in kidney function or diseases that affect control of breathing.

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