

HERKIMER

Country Editor

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MAY 1, 2020

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Volume 9 Number 46

How shall I repay the Lord for all the good things he has done for me? Psalm 116:10



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APPETIZERS			
1. Roast Pork Egg Roll	1.30		
2. Shrimp Egg Roll.....	1.40		
3. Spring Roll (2)	2.65		
4. Fried Wonton (10).....	3.85		
5. Crab Rangoon (8)	5.05		
6. Fried or Steamed Dumplings (6)	5.25		
7. Sesame Cold Noodle.....	5.95		
8. Boneless Spare Ribs..... (Sm) 6.75 (Lg) 11.25			
9. Fried Chicken Wings (4)	5.55		
10. Cantonese Fried Shrimp (8)	4.85		
11. Barbecued Spare Ribs (4)	(Sm) 7.25 (Lg) 12.95		
12. Barbecued Chicken (4)	5.55		
SOUP			
(w. Fried Noodles)	Pt.	Qt.	
13. Wonton Soup	2.25	3.25	
14. Egg Drop Soup	2.25	3.05	
15. Wonton w. Egg Drop Mix.....	2.85	3.90	
16. Consomme w. Noodle or Rice.....	2.25	3.25	
17. Vegetable Soup	4.05		
18. Chicken or Roast Pork Yat Gaw Mein	4.25		
20. Hot and Sour Soup... ..	3.15	4.55	
21. House Special Soup	6.25		
CHOW MEIN			
(w. Fried Noodles & Rice)	Pt.	Qt.	
22. Chicken Chow Mein	5.30	7.95	
23. Roast Pork Chow Mein	5.30	7.95	
24. Shrimp Chow Mein	5.60	8.85	
25. Beef Chow Mein.....	5.60	8.85	
26. Vegetable Chow Mein.....	5.00	7.55	
27. Lobster Chow Mein	6.60	10.85	
30. House Special Chow Mein	9.45		
CHOP SUEY			
(w. Rice)	Pt.	Qt.	
31. House Special Chop Suey		9.85	
32. Roast Pork Chop Suey	5.30	8.15	
33. Chicken Chop Suey.....	5.30	8.15	
34. Shrimp Chop Suey	6.00	9.15	
35. Beef Chop Suey	6.00	9.15	
36. Lobster Chop Suey.....	6.00	11.25	
FRIED RICE			
37. Roast Pork Fried Rice	5.00	7.85	
38. Chicken Fried Rice.....	5.20	7.95	
39. Shrimp Fried Rice.....	5.70	9.15	
40. Beef Fried Rice.....	5.25	8.85	
41. Vegetable Fried Rice	4.80	7.25	
42. Lobster Fried Rice.....	6.40	10.35	
43. House Special Fried Rice	6.00	8.95	
44. White Rice	2.95	4.40	
LO MEIN			
(Soft Noodles)	Pt.	Qt.	
45. Vegetable Lo Mein	5.25	7.70	
46. Roast Pork Lo Mein	5.45	8.00	
47. Beef Lo Mein	5.75	8.70	
48. Chicken Lo Mein.....	5.45	8.50	
49. Shrimp Lo Mein.....	5.65	9.00	
50. Lobster Lo Mein.....	6.45	11.00	
51. House Special Lo Mein.....	6.05	9.70	
PORK			
(w. Rice)	Pt.	Qt.	
52. Roast Pork w. Mushrooms	5.90	9.25	
53. Roast Pork w. Oyster Sauce	5.90	9.25	
54. Roast Pork w. Chinese Vegetable.....	5.90	9.25	
55. Roast Pork w. String Bean.....	5.90	9.25	
56. Roast Pork w. Pepper and Tomato.....	5.90	9.25	
57. Roast Pork w. Broccoli.....	5.90	9.25	
SEAFOOD			
(w. Rice)	Pt.	Qt.	
58. Shrimp w. Chinese Vegetable.....	7.10	11.15	
59. Scallop w. Chinese Vegetable	7.10	11.15	
60. Shrimp w. Lobster Sauce.....	7.10	11.15	
61. Shrimp w. Pepper & Tomato.....	7.10	11.15	
62. Shrimp w. Mushrooms	7.10	11.15	
63. Shrimp w. Oyster Sauce.....	7.10	11.15	
64. Shrimp w. Broccoli.....	7.10	11.15	
65. Shrimp w. Mixed Vegetables	7.10	11.15	
66. Shrimp w. Cashew Nuts.....	7.10	11.15	
67. Shrimp w. String Bean	7.10	11.15	
68. Shrimp w. Curry Sauce.....	7.10	11.15	
BEEF			
(w. Rice)	Pt.	Qt.	
69. Pepper Steak w. Onion.....	6.60	9.95	
70. Pepper Steak w. Tomatoes	6.60	9.95	
71. Beef w. Chinese Vegetables.....	6.60	9.95	
72. Beef w. Mushrooms	6.60	9.95	
73. Beef w. Oyster Sauce	6.60	9.95	
74. Beef w. String Bean.....	6.60	9.95	
75. Beef w. Broccoli	6.60	9.95	
76. Beef w. Curry Sauce	6.60	9.95	
POULTRY			
(w. Rice)	Pt.	Qt.	
77. Chicken w. Cashew Nuts	6.15	9.50	
78. Chicken w. Mushrooms.....	6.15	9.50	
79. Chicken w. Oyster Sauce.....	6.15	9.50	
80. Curry Chicken w. Onion	6.15	9.50	
81. Moo Goo Gai Pan.....	6.15	9.50	
82. Chicken w. Broccoli	6.15	9.50	
83. Chicken w. Pepper & Tomato	6.15	9.50	
84. Chicken w. Snow Peas	6.15	9.50	
SWEET & SOUR			
(w. Rice)	Pt.	Qt.	
85. Sweet & Sour Chicken.....	6.00	8.95	
VEGETABLE			
(w. Rice)		Per Order	
87. Mixed Chinese Vegetable.....		8.35	
88. Broccoli w. Garlic Sauce		8.65	
89. Bean Curd Szechuan Style		8.65	
90. Stir Fried String Bean.....		8.85	
COMBINATION PLATTERS			
(served w egg roll & pork fried rice)			
C1. Roast Pork w. Chinese Vegetable.....		8.55	
C2. Chicken Chow Mein		8.55	
C3. Moo Goo Gai Pan		8.55	
C4. Orange Chicken		8.55	
C5. Chicken w. Garlic Sauce		8.55	
C6. Sesame or General Tso Chicken		8.55	
C7. Bourbon Chicken.....		8.55	
C8. Shrimp Chow Mein		8.55	
C9. Shrimp w. Broccoli		8.55	
C10. Shrimp Chow Mein		8.55	
C11. Shrimp w. Lobster Sauce		8.55	
C12. Beef w. Mushroom		8.55	
C13. Beef w. Broccoli.....		8.55	
C14. Pepper Steak w. Onion		8.55	
C15. Sweet & Sour Chicken		8.55	
C16. Lo Mein (Roast Pork, Chicken, Shrimp, Beef)		8.55	
LUNCH SPECIAL			
11:00 AM - 3:00 PM Daily Except Sunday (Served w. Roast Pork Fried Rice)			
L1. Chicken or Roast Pork Chow Mein		6.55	
L2. Shrimp or Beef Chow Mein.....		6.55	
L3. Chicken or Roast Pork w. Snow Peas		6.55	
L4. Roast Pork w. Chinese Vegetable		6.55	
L5. Roast Pork or Chicken or Veg. Lo Mein		6.55	
L6. Pepper Steak w. Onion		6.55	
L7. Sweet & Sour Chicken		6.55	
L8. Moo Goo Gai Pan		6.55	
L9. Beef or Chicken w. Broccoli		6.55	
L10. Shrimp w. Broccoli		6.55	
L11. Barbecued Spare Ribs.....		6.55	
L12. Shrimp w. Lobster Sauce		6.55	
L13. Kung Pao Chicken		6.55	
L14. Chicken or Broccoli w. Garlic Sauce.....		6.55	
L15. Curry Chicken w. Onion		6.55	
L16. Shrimp w. Garlic Sauce		6.55	
L17. Hot & Spicy Shrimp		6.55	
L18. Mixed Chinese Vegetable		6.55	
L19. General Tso's Chicken or Sesame Chicken		6.55	
L20. Chicken or Roast Pork Chop Suey		6.55	
L21. Chow Chicken Kew		6.55	
L22. Chicken or Shrimp w. Cashew Nuts		6.55	
L23. Vegetable Chow Mein		6.55	
L24. Lo Mein (Roast Pork, Chicken, Shrimp, Beef)		6.55	
L25. Beef or Chicken w. Szechuan Sauce		6.55	
L26. Bourn Chicken.....		6.55	
SIDE ORDER			
130. Soda		1.85	
131. Sweet Iced Tea.....		1.85	

Senior News Line

by Matilda Charles

Trip to supermarket brings new dangers

It occurred to me the other day that I haven't been eating right. It's been difficult to find food in my stores, and it's been difficult to work up the courage to go out, fearing I might get too close to someone who is sick.

It also occurred to me that not eating right was bad for my immune system, should I need to fight off an illness.

I began going out just before my nearest store closed at night, dashing in for one or two items, using the self-check-out, and fleeing out the door with my haul. That's assuming my two items were actually on the shelves.

The store began holding "senior hours" early in the morning. Theoretically that would allow seniors to shop more safely and be able to find items on the freshly stocked shelves. In reality, said the store manager, it was

likely more dangerous. He'd watched the security tapes of a few early morning openings and had seen no less than 80 seniors pushing through the doors when they opened, with no sign of social distancing anywhere.

But now, in the nick of time, two stores have restarted pickup service, after having cancelled it for over a month. I place the pickup order online, select a time slot two days in advance, and drive there to have my groceries put in the car. It works,

even if there are a lot of substitutions of items and a few items out of stock.

Here's a thought: Do you have a supplemental Medicare policy or Medicare Advantage? Does it cover meal delivery service, perhaps Meals on Wheels? Some do. Coverage might only apply at certain times (if you've just had surgery or have a medical condition), but a lot of rules are changing now. It wouldn't hurt to check your policy.

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Fire burn awareness

Burns are among the most painful and devastating injuries a person can sustain. In the United States, fire burn injuries are the sixth leading cause of unintentional injury death. In New York State in 2006, 175 people died due to this type of injury, and 21,629 more were either hospitalized or treated in an emergency room. The good news is that most burns are preventable.

"When most people think about injuries from burns, they think of house fires or incidents involving fireworks," said Diane Ward, CHN of Herkimer County Public Health.

"We know we should keep children away from matches and no one should play with

fireworks. But there are many more measures that can be taken to protect yourself and your loved ones from burns," she said.

Everyone should install and maintain smoke alarms on every floor of their home, including the basement, and especially near sleeping areas. Also, develop a family fire escape plan and practice it every six months. Remind every family member that if caught in a smoky room, they should get as close to the floor as possible.

The New York State Department of Health advises you to:

- Test your smoke alarms every month, replace batteries annually and clean the alarms using a vacuum or hair dryer.

- Keep a fire extinguisher in your kitchen. Most house fires start in this room.

- Know your exits and practice escape plans through each of them.

According to the State Health Department, most burn injuries in the home occur in the kitchen. Use caution while using appliances and never leave food unattended on a stove. Also, when young children are present, cook on a back burner and keep all pot handles turned back, away from the stove's edge.

"A smart way to keep children safe in the kitchen is to create an area out of the traffic path where children can play while being supervised," Ward advised.

Install anti-scald devices on your faucets, set your water

heater temperature at 120° and use child-resistant cigarette lighters. Be cautious when using the following items and keep them away from young children: potpourri pots, scented candles, hot steam vaporizers (let the water cool before emptying them), home radiators (hire a professional to repair your radiator; do not remove or release the pressure valves), household cleansers or other chemicals (keep in a locked cabinet away from children), lawn products or fresh cement.

For more information about preventing burns, call Herkimer County Public Health at 315.867.1176 or visit the State Health Department at <https://tinyurl.com/y9xdaa3g>.



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TABLE TENTS



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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. April 24:
Positive COVID-19 test results: 73
Total hospitalized: 1
Total number recovered: 40
COVID deaths: 3

Negative COVID-19 test results: 659
Mandatory quarantine (with public health orders): 54
Released from mandatory quarantine: 6
Precautionary quarantine: 76
Released from precautionary quarantine today: 6

Paw's Corner

by Sam Mazzotta

Stretching pet food while in quarantine

Dear Paw's Corner: Because I was possibly exposed to COVID-19 at the grocery store where I work, I have to stay home for 14 days. About three days into my quarantine, I realized that the dog food for my mixed-breed dog Corky is running low. I don't have any family nearby, and I don't want to make my

co-workers nervous by asking them to bring a bag of dog food over. I thought about ordering from that online pet food delivery service, but I think it will take too long. What can I do to tide Corky over? – Sara J., White Plains, NY

Dear Sarah: I feel for ya! My family and I are currently quarantined too, and we're finding online ordering of staples and pet food to be challenging.

Take stock of exactly how much dry

dog food you have left – literally measure it out cup by cup into a container. Divide the total cups by the number of scoops per day that you give your dog.

If the bag has less dry food than you'll need for 11 more days, you can stretch it out and make sure Corky gets enough calories by combining his dry food with fresh food. Unseasoned, cooked rice and oatmeal, veggies like peas and carrots (but not onions, garlic, grapes or

avocado), chicken, beef or salmon (unseasoned) are all safe and healthy options. Replace half to all the kibble per meal with a fresh alternative.

Many communities are also spinning up "helping hand" services. Check the website of your local government, online community pages and even the local library's site to find out if you can contact someone to drop off dog food.

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Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Dillied Tuna-Macaroni Salad

Who said that tuna at lunch-time has to be served as a sandwich? Surely, not anyone who tastes this!

2 cups cold cooked rotini

pasta, rinsed and drained

¼ cup finely chopped onion

1 cup sliced celery

½ cup shredded reduced-fat cheddar cheese

¼ cup dill pickle relish

1 (6-oz) can white tuna, packed in water, drained and

flaked

½ cup fat-free mayonnaise

1 tsp lemon juice

1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and cheddar cheese. In a small bowl, combine dill pickle rel-

ish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine. Fold in chopped egg.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving.

Serves 4 (1 cup each).

* Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1½ Starch, ½ Vegetable.

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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Rare bird

Collectibles were sometimes made to fool people. A tiny teddy bear

are the loudspeakers made for early radios that looked like statues of birds or kings, instead of the large horns usually

radios, music machines and other technical collectibles, for \$906.

Q: My mother gave me the metal dentist chair

with a round enameled metal seat, rectangular slotted metal back and spindles for the headrest, legs and mechanical parts. There are no arms. It looks small and very uncomfortable. Is it worth anything? How was it used? How old is it?

A: The 17th-century dentist held the patient on the floor to pull a tooth. By the early 18th century, a Windsor chair with a piece of wood added as a headrest was used. Then inventors made improvements to metal, mechanical and upholstered chairs. Your chair was made in about 1910, a time when enameled metal furniture was very popular due to worries about bacteria. Large, padded dentist chairs are bought today for a family room or home bar as a conversation piece. They are hard to sell. A collector of dental antiques might pay a few hundred dollars, or a dental museum might give you a tax deduction if you donate it.

Current prices

- Blown glass flask, amethyst, swirled pattern, spiral ribs, Stiegel type, sheared mouth, 5 inches, \$190.
- Sterling silver stuffing spoon, Hester Bateman, Elk monogram, England,

11¼ inches, \$355.

• Wooden box, pine, sliding lid, painted stylized tulips on all sides, 3½ x 4½ x 7 inches, \$585.

• Coffee mill, Landers, Frary & Clark, No. 20, Crown, double wheel, cast iron, black paint, hinged lid, wooden handle, 12¼ inches, \$1,045.

Tip: When packing a

piece of pottery for shipping, look at the shape. If it has a hollow space larger than 1 inch across, fill the space with sponge, foam or bubble wrap.

For more collecting news, tips and resources, visit www.Kovels.com.

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This rare bird, a ceramic parrot, conceals the working parts of a radio loudspeaker made in 1927. It substituted for the large horn used to amplify the sound of the radio and sold for about \$900.

could hide a perfume bottle. Pincushions hide beneath the fabric skirts of half-dolls, ceramic figures stitched to the skirt. Some collectible canes hid thin flasks that held forbidden whiskey to drink secretly while on a walk. And bronze statues sometimes could open to reveal a naughty scene. In the early days of television, a ceramic black panther was really a lamp lighting the room and the TV set.

But almost forgotten

used. Most famous were the Andia loudspeakers, their radio parts inside a metal base with a glazed pottery top. One that was auctioned recently looked like a bright red, blue and yellow 14-inch-tall parrot. It was made by Royal Doulton & Co. of England for Artandia Ltd. in 1927. Other designs include Miss Muffet, a Persian king, a Chinese scribe and other figures that would attract buyers. It sold at Auction Team Breker, a German auction of

from my father's office. It is not like today's dentist chairs; it's more like a lightweight skeleton chair

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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
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 5:30 PM;
Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

HERKIMER
SS PETER and PAUL ORTHODOX CHURCH
Fr Timothy Holowatch & Fr Dn Demetrios Richards
305 Main Rd., Herkimer
Phone (315) 725-5382
Saturday Vespers 5 PM
Sunday Divine Liturgy 9:30 AM Sundays
Great Lent Presanctified Liturgies
6 PM Fridays

HERKIMER
TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

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

CHURCH OF SAINTS
ANTHONY and JOSEPH
229 S. Main St.
Phone 866-6373
Sunday Mass 9 AM

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

OAK RIDGE FREE METHODIST CHURCH
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with Ridgekids for the children (0-5th grade)
Phone 866-0575

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

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

TRINITY EVANGELICAL
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

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

FIRST UNITED
METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship 8:00 & 9:30 AM
Sunday School 9:30 AM during school year

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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

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

CHRIST EPISCOPAL CHURCH
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@gmail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Free Community Dinner: Next-to-last and Last
Saturday of the month 5:00 PM (Parish Hall)
Entrance to Parish Hall is on Mary Street

ILION
ILION COMMUNITY CHURCH
Pastor Dean Mabry
44 Central Plaza
Sunday Worship 10 AM
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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

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggie
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

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

MORNING STAR UNITED
METHODIST CHURCH
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

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
FIRST BAPTIST CHURCH
555 Albany St.
315-823-3392
Morning Worship 10:15 AM
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Rev William Whalen, Associate Pastor
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Meet and Greet Sunday at 8:30 AM
Sunday School Classes 9:00 AM (nursery
through adult)
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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

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

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
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

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 lfirstpres@gmail.com
www.presbylif.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
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

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
7 E. Main St.
Phone 315-866-4782
or 315-520-4723
Holy Eucharist 10 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

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
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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

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

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

CHRISTIAN BIBLE CHURCH
H. Ed Reed, Pastor/Teacher
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www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

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27 E. Main St. • Phone 868-1790
Sunday Services at 10 AM
Intercession - Tuesdays at 7 PM
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Thursday of the Month at 6 PM

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FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45 AM

UNITED METHODIST
Pastor Wayne Getman • Phone 845-8730
Sunday School 11 AM
Morning Service 11 AM

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

ST. JOHN THE BAPTIST CATHOLIC CHURCH
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Saturday Mass 4 PM
Sunday Mass 10:45 AM

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PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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UNITED METHODIST CHURCH
2545 State Route 29
Pastor Mark Hediger • 315-429-9085
pastormarkh@aol.com
Sunday Worship:10:30 AM
Weekly Bible Studies

STRATFORD
STRATFORD UNITED METHODIST CHURCH
1511 State Route 29A
Pastor Mark Hediger • 315-429-9085
pastormarkh@aol.com
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Weekly SUDOKU

by Linda Thistle

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

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: ♦♦

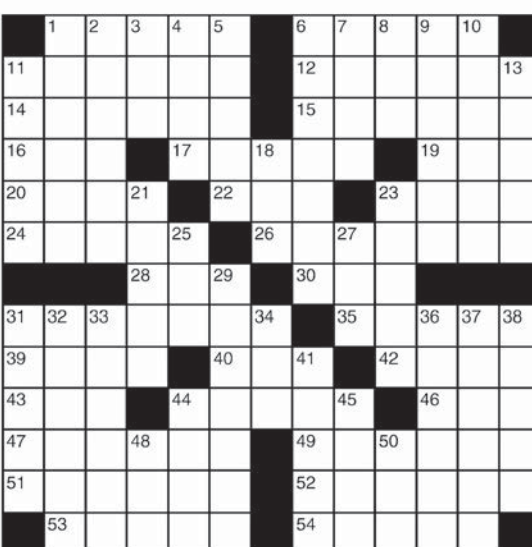
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Resided
- 6 Things
- 11 Demosthenes or Cicero
- 12 Cancel out
- 14 Ubiquitous fastener
- 15 Early spring bloom
- 16 Feedbag tidbit
- 17 — the manger
- 19 Owns
- 20 Press
- 22 Ballet step
- 23 — song (cheaply)
- 24 Force measures
- 26 Decorum
- 28 Quite some time
- 30 Actor Stephen
- 31 Went sour
- 35 Contents of some trays
- 39 Responsibility
- 40 Court
- 42 Story
- 43 Donkey
- 44 Impostor
- 46 Sudden turn
- 47 Traditional usage
- 49 Love apple
- 51 Medical prioritization
- 52 Portuguese island group

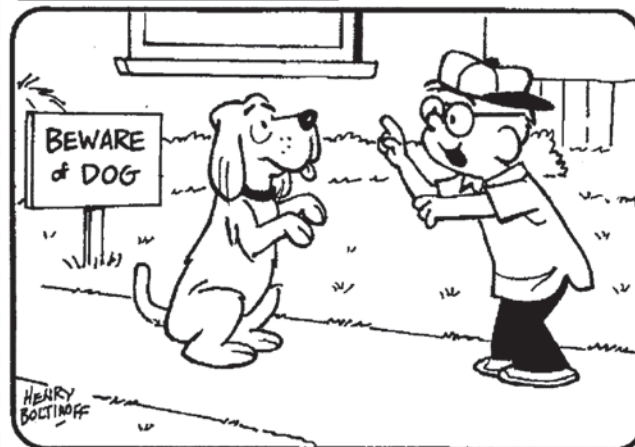


- 53 Stationery brand
- 54 Is inclined (to)
- 9 He-men
- 10 George Washington portraitist
- 11 Egg-shaped
- 13 English composition
- 18 Leg, slangily
- 21 Must have
- 23 Banquet
- 25 Scale member
- 27 Part of the Justice Dept.
- 29 Cronkite, Rather, et al.
- 31 Work together
- 32 Doubtful
- 33 Neighbor of Georgia
- 34 Female deer
- 36 Risk
- 37 Cheers up
- 38 Some lilies
- 41 Lash — (berate)
- 44 Comic strip possum
- 45 Nap
- 48 Body art, for short
- 50 Calendar abbr.

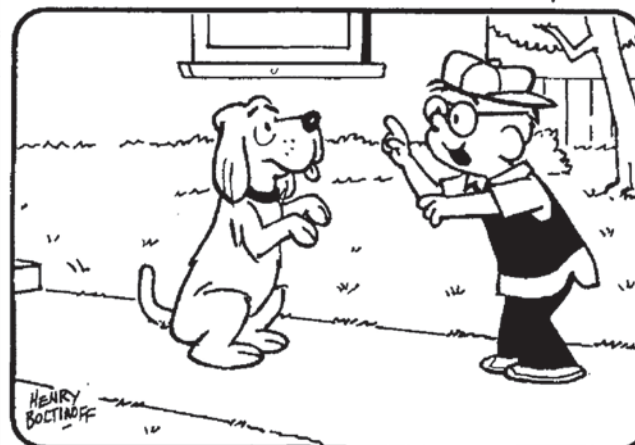
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HOCUS-FOCUS

BY HENRY BOLTINOFF

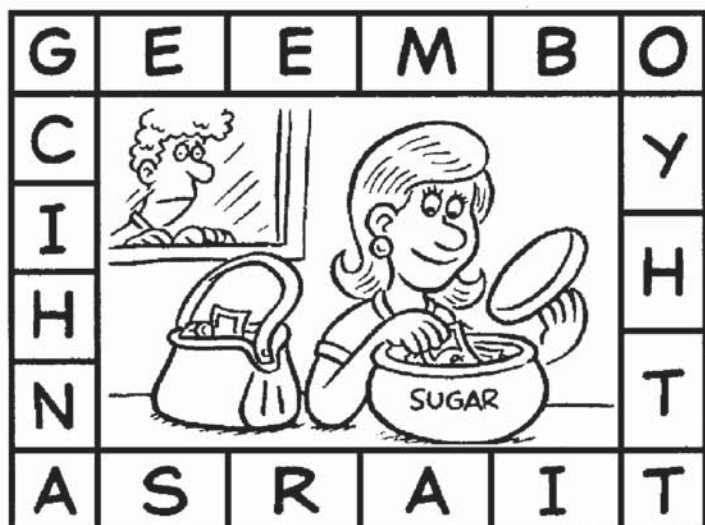


Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Step is added. 3. Window is smaller. 4. Tree is added. 5. Vest is added. 6. Hat is different.

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HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the "C" on the left: "Charity begins at home."

LOOSE CHANGE! Challenge your friends to move one of these coins to a new position so that there will be four coins along each arm of the cross.
SECRET: Pick up the bottom coin of the cross and place it ON TOP of the middle coin.



IT'S MAGIC! Use the numbers 5 through 20 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 50. We've filled in the four center squares. The rest is up to you. Use trial and error — and a good eraser!



Answers: First row: 12, 15, 18, 5. Second row: 17, 6, 11, 16. Third row: 7, 20, 13, 10. Fourth row: 14, 9, 8, 19.

	6	11	
	20	13	

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

A SECRETARY PUZZLE!

Let's celebrate Secretaries Day, April 21, with a neat little word problem. Starting with the word SECRETARY at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following hints are from the bottom up:

1. A record keeper (SECRETARY).
2. Goes back over.
3. Found on the moon.
4. Hardest to find.
5. A type of flower.
6. To satisfy fully.
7. An aromatic beverage.
8. In or near a location.
9. Top grade.

Answers: 1. Secretary 2. Retraces 3. Craters 4. Rarest 5. Aster 6. Sate 7. Tea 8. At 9. A

Friends in the Garden

by **Bonnie Kirn Donahue**, Extension Master Gardener, University of Vermont

Spending time planning your vegetable garden and thinking about what food you will produce is an



A monarch butterfly feeds on the nectar of a purple coneflower.

Photo courtesy of Bonnie Kirn Donahue

excellent way to find some stability in these unsettling times.

While growing our own food is an asset, as well as a source of comfort and enjoyment, I'd like to propose that we also consider providing food and habitat to other creatures that rely on our gardens – the birds, bees, butterflies and the seemingly endless variety of insects that visit us each year.

Why think about these small living things in our gardens? There are many scientific reasons to reassess these relationships and consider many of these visitors as friends.

By being strategic with the plants we select, we can attract beneficial insects to the garden that will actively protect our plants from the more mischievous ones. Planting annuals such as sweet alyssum (*Lobularia maritime*) and yellow marigold (*Tagetes patula* 'Little HeroYellow') makes a garden more appealing to the beneficial insects that prey on common garden pests.

Native perennials will provide habitat for bees and butterflies that have the incredible responsibility of pollinating the flowers and crops that provide us with visual and physical nourishment. Try planting one of my favorites, the purple coneflower (*Echinacea purpurea*). This long-lasting bloomer can be started from seed or purchased from most greenhouses.

Its serrated, dark green, ovate leaves offer a lovely, lush texture to the early summer garden. When the pink petals and bright orange flower heads emerge in mid-summer, butterflies and insects are drawn like magnets to this attractive native plant, taking turns perching on each pointy orange cone head and sucking its nectar. Leaving the seed heads up in the winter will bring winter birds to your garden as well.

Easy-to-grow native shrubs provide year-round interest to people, birds and insects alike. Red-twig dogwood (*Cornus sericea*) has incredible red-hued stems that look fantastic in the late winter when planted in groups or individually. Though not overly

ornamental, birds and insects are attracted to the shrub's flowers and fruit.

Winterberry (*Ilex verticillata*) produces amazing bright-red berries that birds love (though toxic to humans). The inconspicuous flowers are attractive to honeybees. Both shrubs grow well in full sun to part shade and can tolerate a range of soil types.

Native plants have a long co-evolutionary history with pollinators, so select true native plants, and ideally not the cultivars, when landscaping to ensure that you are providing the most benefit. It's also important to work toward constant and overlapping flowering of native plants to accommodate the most diversity of pollinators. Check with your local greenhouse or nursery for recommendations for your area and growing conditions.

By inviting more beneficial birds and insects into our gardens to protect and pollinate them, we will be rewarded with endless hours of entertainment in the form of buzzing, swooping, chirping and hopping. As the earth warms, these natural visitors are friends that we can safely welcome into our lives.

For more information, visit the University of Vermont Extension Master Gardener gardening resources webpage at go.uvm.edu/garden-resources and click on "Pollinators."

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.

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 7, 16 and 21

Rabies Clinics Cancelled. May 7 at the Dolgeville Fire Dept., May 16 at the East Herkimer Fire Dept. and May 21 at the Old Forge Fire Dept. For more information, call Herkimer County Public Health at 315.867.1176.

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 16

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

May 18

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

June 5

The Mohawk Homestead's 5th Annual Golf Outing 9 a.m. at The Hidden Valley Golf Club, 189 Castle Rd., New Hartford for more info con-

tact Deb Marley 315.588.9788.

June 13

41st Annual Friendship Craft Festival The Church of Christ Uniting, Richfield Springs, is canceling its Friendship Craft Festival this year due to COVID-19.

September 12

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.

November 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

top ten

OLDEST CHAIN RESTAURANTS

1. A&W
2. White Castle
3. Dairy Queen
4. McDonald's
5. Dunkin' Donuts
6. In-N-Out
7. Jack in the Box
8. KFC
9. Denny's
10. Sonic

Source: Reader's Digest

The Kitchen Diva

by Angela Shelf Medearis

Black beans packed with antioxidants

I've always been a firm believer in the power of a well-stocked pantry, and one of the main staples in my pantry has always been a variety of canned beans. Although researchers haven't come up with a foolproof way to avoid the more "musical" and indelicate side effect of beans, they have found yet another reason why you should eat more of them. In addition to their high protein and fiber content, a new study finds that beans, particularly black beans, are a rich but overlooked source of antioxidants and may provide health benefits similar to some common fruits, including grapes, apples and cranberries.

In a study that appeared in the Journal of Agricultural and Food Chemistry, researchers tested the antioxidant activity of flavonoids (plant pigments) found in the skin of 12 common varieties of dry beans. Antioxidants destroy free radicals, which are highly active chemicals whose excess has been linked to heart disease, cancer and aging.

Black beans came out on top, having more antioxidant activity, gram for gram, than other beans, followed by red, brown, yellow and white beans, in that order. In general, darker-colored seed coats were associated with higher levels of flavonoids, and therefore higher antioxidant activity, says Dr. Clifford W. Beninger, who has done research for the USDA's Sugarbeet and Bean Research Unit.

"Black beans are really loaded with antioxidant compounds. We didn't know they were that potent until now," said Beninger.

Beninger acknowledged that some of the healthy antioxidants in beans will be lost in water upon cooking, but said antioxidant levels will still remain high.

Although dry beans were used in this study, frozen or canned beans may have similar antioxidant activity, he added.

The study adds antioxidants to a growing list of healthy chemicals found in beans, which also are rich in protein, carbohydrates, folate, calcium and fiber. Researchers hope to use information gleaned from this study to help develop new varieties of beans that pack even more disease-fighting power.

Meanwhile, U.S. consumers gobble up an estimated eight pounds of beans per person each year, with pinto beans and navy beans being the most popular. Red beans also enjoy immense popularity, particularly during colder months, as a staple of chili. Although not as popular in the U.S. as other varieties, black beans are a main ingredient in many international dishes.

Try using canned black beans for dinner to create this easy recipe for Tex-Mex Chicken, Black Bean & Corn Soup. It's a bowl full of comfort during this stressful time. Stay safe!

Tex-Mex Chicken, Black Bean & Corn Soup

You can use leftover cooked chicken or purchase a rotisserie chicken (skin and bones removed, and the white and/or dark meat cut into 1-inch cubes) in this recipe. Just skip the instructions for seasoning and searing the raw chicken for 1 minute. Instead, add 1 tablespoon of oil to the pot. Add the cooked chicken and spices to the oil over medium heat, stirring for 1 minute to allow the spices to bloom. Then, proceed with the rest of the recipe as directed.

3 - 4 boneless skinless chicken breasts or thighs, cubed into 1-inch pieces

2 tbsp vegetable oil
1 tbsp poultry seasoning
1 tbsp chili powder

½ tbsp cumin
1 tsp salt
1 tsp ground black pepper
1 can (14½ oz) chicken broth
1¾ cups water
1 (15-oz) can black beans, rinsed and drained
1 cup frozen corn
2 cups salsa, mild, medium or hot
½ tbsp fresh lime juice
½ cup shredded Monterey Jack cheese or Pepper Jack cheese, optional
Garnish – tortilla chips, avocado slices or sour cream, optional

1. Coat the chicken with 1 tablespoon of the oil. Season the chicken with the poultry seasoning, chili powder, cumin, salt and pepper.
2. Place the remaining tablespoon of

the oil in a large pot. Turn the heat to medium high. Sear the chicken for 1 minute, and then turn the pieces over to sear for 1 minute on the other side.

3. Stir in the broth and water. Bring the mixture to a boil. Reduce heat; cover and simmer for 5 minutes. Add the beans, corn and salsa; return heat to high and bring mixture to a boil. Reduce heat and simmer, uncovered, for 3-5 minutes or until the chicken is no longer pink on the inside and the corn is tender.

4. Stir in the fresh lime juice. Garnish with the cheese, tortilla chips, avocado slices and sour cream, if desired. Serves 6.

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Tex-Mex Chicken, Black Bean & Corn Soup



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Donna's Day: Creative family fun

by Donna Erickson

Make delicious crepes for meals and snacktime

A quick trip to the grocery store has taken on new meaning these days. You never know what will be in stock. Hopefully you can get the basics of milk, flour, eggs and butter for this recipe, so you and your kids can enjoy cooking up this easy, fancy-looking recipe of French crepes.

Crepes are so versatile – they are tasty and nutritious for breakfast or a snack, or roll them up and heat briefly with leftovers or other items in your refrigerator and pantry such as goat cheese and honey, or salsa and grated cheddar cheese.

You might want to double the batch of 12 crepes and refrigerate or freeze with wax paper between them for additional snacking and

meals. Or, think dessert, and coax a tantalizing stack into a divine “crepe cake” to brighten spirits. Stack a dozen or more with whipped cream and sliced strawberries in between the layers. Top with candles and sing if there is a birthday in the house.

Note: Spread joy and creativity! During this hunkered down time, as we rethink how we work, parent, grandparent,

learn, play, create and eat, you may be looking for inspiring and trusted resources. Check my website, www.donnaerickson.com, and follow me on Instagram (@donnaerickson_donnasday) and on Facebook.

I'll continue to post my easy-to-prepare recipes using basic ingredients, crafts you can create together using stuff you have around the house, games and reading activities to keep minds sharp, and creative outdoor fun to bolster the immune system with fresh air, exercise, laughter and play.

French Crepes

1 1/4 cups all-purpose flour

1/4 tsp salt

1 1/2 cups milk

3 eggs

2 tbsp butter, melted plus more for cooking

To make batter: In a medium bowl, combine flour, salt, milk, eggs and melted butter. Whisk un-

til smooth. Or, place in a blender and blend until smooth, about 30 seconds. Refrigerate for at least 30 minutes.

To cook crepes: Remove batter from refrigerator. Stir. Lightly butter flat large skillet or crepe pan. Heat over medium-high

heat. Pour a scant 1/4 cup batter in center of skillet and swirl batter around to form an 8-inch round crepe. Cook until underside is golden brown. (Note: Lift up corner to check color.) Using a narrow spatula, flip crepe. Cook until other side is lightly brown, about 30 seconds.

To serve: Set on a plate. Roll up with fruit or applesauce inside. Or, fold in half or quarters. Add favorite toppings or simply squeeze some fresh lemon juice and dust with confectioners' sugar. Makes 12 eight-inch crepes.

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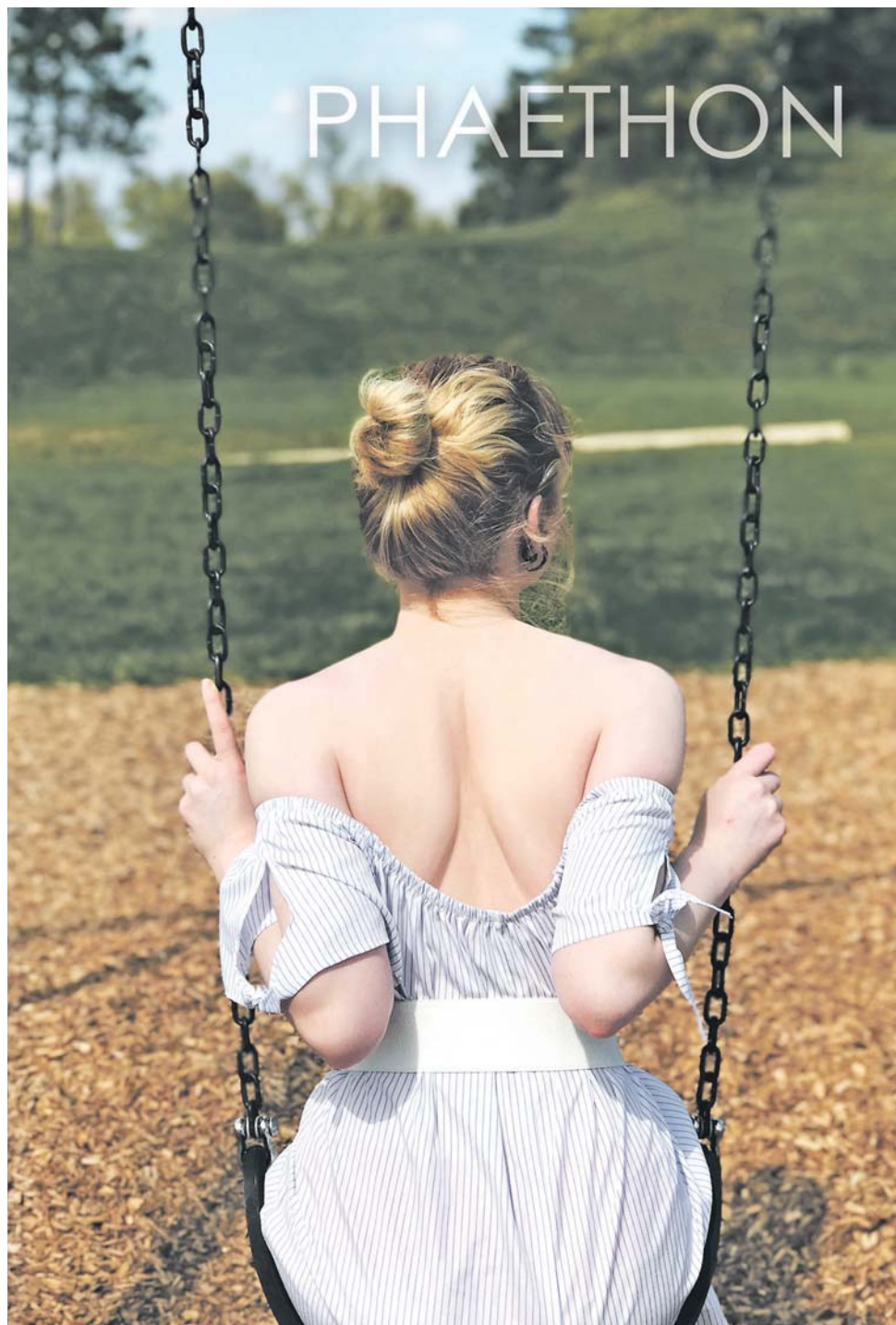
The 2020 edition of Phaethon is now available for digital download on the Herkimer College website.

Phaethon is the college's student-submitted literary arts magazine. At 158 pages, this is the largest Phaethon yet, featuring a cornucopia of fiction, poetry, photography and other creative endeavors. Named after the Greek myth of Phaethon, son of sun god Apollo, who dared attempt to drive Apollo's chariot that pulls the sun across the sky, the magazine val-

ues bold, confident, daring, courageous and risky fiction, poetry and art. "We do not value art that tests the boundaries of expression. We value art that obliterates them," said faculty advisers.

While a digital version is currently available on the Herkimer College website, print copies will also be available and a release event with poster signing will be held early in the Fall 2020 semester.

For more information and to read the latest edition, go to herkimer.edu/phaethon.



The 2020 edition of Phaethon, Herkimer College's student-submitted literary arts magazine, is now available for digital download on the Herkimer College website.

Photo courtesy of Herkimer College

Did you know?

Sweet potatoes, which are sometimes referred to as "yams," are widely associated with Thanksgiving. But these starchy tubers are so nutritious that people may want to consume them more often.

Sweet potatoes are loaded with fiber and an assortment of vitamins, including vitamin A and vitamin C, as the online medical resource Healthline.com notes that a one-cup serving of baked sweet potatoes with the skin still on can provide as much as 65% of the recommended daily value of vitamin C. And the benefits of sweet potatoes don't stop there.

A 2015 study published in the medical journal Food & Nutrition Research found that anthocyanin, an antioxidant found in sweet potatoes, can protect eye cells from damage. That can promote healthier eyes and potentially help people maintain stronger vision as they age. In addition, an animal study found that the anthocyanin found in purple sweet potatoes can protect brain function by reducing inflammation and preventing free radical damage. While further study is necessary to determine if similar effects can be enjoyed by humans who consume sweet potatoes, the potential to improve brain function is yet another reason to include nutrient-packed sweet potatoes in your diet.

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What noisy brakes may be telling you

The only noises many drivers ever want to hear coming from their vehicles are the sounds of their favorite songs blasting from their stereos. But cars sometimes make noises that aren't nearly as inviting as music.

Noises that seem to pop up when applying the brakes can be especially scary for motorists. No one wants to drive a vehicle with faltering or suspect brakes, so learning to distinguish between the two most common brake noises can be a wise move for drivers.

Grinding brakes

The automotive retailer Pep Boys® notes that grinding noises indicate a serious problem with the braking system. According to CarsDirect.

com, there are two major causes behind the grinding noise made by brakes. If the grinding sound is audible when pressing on the brake pedal, this is likely because the rotor disc is coming into contact with part of the caliper. This typically occurs because the brake pads or rotors are extremely worn down, causing the steel backing of the worn out pad to grind against the rotor. In such instances, Pep Boys® recommends replacing the brake pads immediately.

If the grinding noise is audible while the vehicle is in motion, debris might be stuck inside the brakes. Drivers might be able to dislodge this debris by repeatedly moving their cars forward and

backward in a safe place, such as a driveway. If that does not work, have the brakes serviced by a qualified mechanic.

Squealing


Many drivers are familiar with the high-pitched squealing sound that comes from their vehicles or those of fellow motorists. That squeal, while certainly not music to the ears, might be a good thing. That's because Pep Boys® notes that some brake pads are equipped with small steel clips that serve as wear indicators. When brake pads have worn down, these devices produce a squealing sound to let drivers know it's time to get new brake pads.

But squealing can be indicative of other things as well. Squealing noises are sometimes heard immediately after brake pads or rotors have been replaced. In such instances, the noise typically subsides within a day or two once the pads have been broken in.

Glazed pads also can create a squealing sound. When calipers stick, the brakes stay partially applied, producing excessive friction or heat. The heat causes the brake pads to glaze.

No one wants to hear noises coming from their brakes. However, such noises are often a car's way of telling drivers that brakes need to be serviced.

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Decor ideas to give homes a fresh look this spring

Spring is a season of rejuvenation, and that spirit of renewal can take hold inside a home.

Warm weather and longer hours of daylight make spring a perfect time to imagine a home's interior design in a new light. The following are a handful of decor ideas that may inspire homeowners to give their homes an entirely new look this spring.

- **Wallpaper:** Wallpaper fell out of favor years ago, but new styles that aren't so heavily patterned can make for wonderful additions to any room. Large-scale prints can give a room a whole new feel without giving homeowners or their guests the impression that they have stepped back in time. A simple, mural-style floral wallpaper on the walls surrounding a table in a breakfast nook can bring nature inside.

- **Pastel colors:** Nothing embodies the spring quite like pastel colors. If colorful, bright flowers dot the garden in the backyard, homeowners can bring those uplifting pastels inside by painting an accent wall or even adding some brightly colored accent furniture to rooms that could use a lift.

- **Declutter:** Clutter is often conquered during spring cleaning sessions, but homeowners who want to create more free-flowing interior spaces can downsize their furniture and/or look for multipurpose features that make it hard for clutter to take over a room. Create more open space in entertaining areas by mounting the television and getting rid of a bulky entertainment center. Create even more space by replacing rarely used end tables with a storage ottoman where books and magazines can be stored to give a room a fresh, clean look.

- **Accent features:** Sometimes the smallest changes to an interior space make the biggest impression.

Spruce Up Your Shelter

Replace dated accents like vases and table lamps with newer items that reflect the latest styles and trends. Such adjustments won't break the bank, and they can give rooms a whole new feel.

Spring is a great time to reconsider home interiors. This spring homeowners can embrace various strategies, both big and small, to give their homes a whole new feel.

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What can and cannot be composted

Avid gardeners know that compost can add vital nutrients to soil used in gardens, container plants and lawns. The fact that compost is so versatile and nutrient-dense may not even be its most admirable quality. Made from items used in and around the house, compost costs just about nothing to produce.

The raw materials that make up compost come from organic waste. These can be disposables from the garden and kitchen, as well as other areas around the house. According to the Environmental Protection Agency, yard trimmings and food scraps add up to 20 - 30% of the municipal solid waste in the U.S. Turning waste into compost not only helps the landscape, but also the planet.

Compost is relatively easy to make, and there are scores of materials that can be put into compost. But it is just as essential to know which ingredients cannot be used in compost.

Okay for compost

Most organic materials, or items that were once living, can be used in compost. Plant-based items used in cooking, such as potato peelings, carrot skins, banana peels, cocoa hulls, coffee grounds and filters, corn cobs, apple cores, egg shells, fruit peels, kelp and nut shells, can be added to compost.

Other items from around the house, like unused kitty litter, hair, shredded newspapers and cardboard, leaves, flowers, paper, pine needles, ashes and sawdust, can be successfully added to compost. Stick to items that are not treated heavily with chemicals.

Not okay for compost

Inorganic and non-biodegradable materials cannot go into compost. These are items like plastic, glass, aluminum foil and metal. Pressure-treated lumber, although a natural material, is treated with preservatives and often pesticides that can be harmful if they

leech into the garden.

The small-gardening resource Balcony Garden Web indicates coated or glossy printed papers, such as those from catalogs, magazines, wrapping paper, marketing materials and business cards, should not be added to compost piles because of the chemicals and inks used in these pages.

Planet Natural Research Center says to avoid pet droppings from dogs and cats. Animal products like bones, butter, milk, fish skins and meat may decompose and start to smell foul. Maggots, parasites, pathogens and other microorganisms can form in the compost. These materials also may attract flies and scavenger animals. Plus, they decompose very slowly.

Any personal hygiene products should be avoided because they are tainted by human fluids and that can pose a health risk.

While weeds are not harmful in compost piles, there is the risk that seeds can germinate and then infiltrate garden beds when the compost is used. The same can be said for tomato plants and some other hardy fruits and vegetables.

Compost is a winner in the garden and around the landscape. Learning which ingredients can and can't be added to compost piles is useful for any gardener.

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Make the dentist a fun experience for kids

Visits to the dentist for periodic cleanings and checkups are an important component of oral hygiene. Dentists also may be the first people to identify potential issues that can affect health elsewhere in the body.

Many people are unaware that children should visit the dentist early in their lives. The American Academy of Pediatric Dentistry recommends that a child should visit the dentist by age one or within six months of the eruption of his or her first tooth. However, many parents wait until much later – age two or three – to take kids to the dentist, offers Delta Dental Plans. Hesitance to visit the dentist may stem from personal fears or perceived reactions by children.

Primary teeth may eventually fall out, but they shouldn't be ignored. They save space for permanent teeth and serve other functions. Therefore, parents should begin to acclimate children to the dentist at a young age to make the experience fun and even enjoyable.

Lead by example

Children who witness their parents putting off going to the dentist or being apprehensive about visiting the dentist may develop their own fears. Always paint the dentist in a positive light and keep appointments.

Focus on the good aspects

Talk up all the benefits of going to the dentist, such as having a squeaky clean and fresh mouth. Many hygienists will hand out small toys after a successful visit, or at the least a great new toothbrush and other fun products to try.

Get a tour of the office

Ask the staff if your child can get a special tour of the office with explanations of all the tools and equipment. Understanding what to expect the next time around in a no-pressure situation can make the process much easier for everyone involved. The dentist may be able to also give a test ride on the exam chair, moving it up and down, as well as showing off the water fountain and oral irrigator.

Avoid giving false hope

Do not tell a child that “everything will be okay” at the dentist’s office. If a child needs treatment that may be uncomfortable, he or she may not trust you the next time a dental visit is scheduled, according to Joel H. Berg, D.D.S., M.S., director of the Department of Dentistry at Seattle Children’s Hospital. Avoid words like “shots,” “pain,” “hurt” or even “cavities.” Dentists, particularly pediatric dentists, may have their own vocabulary that can assuage fears and seem less alarming to kids.



Over time, dental visits can become an easy routine with children, setting them up for a lifetime of healthy mouths and teeth.

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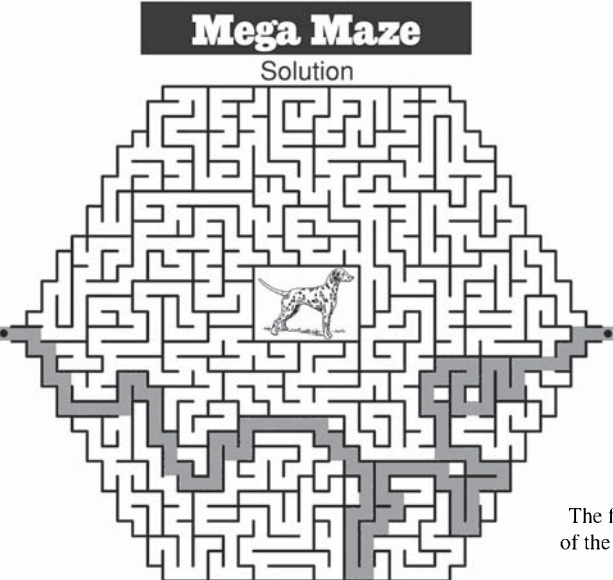
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Solution time: 24 mins.

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



Answer

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

FEAR & KNOT

answer

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

Stickelers Answer

The formula 8n - 5, where n is the position of the number you are seeking, will give you the correct value.

The dangers of added sugars

Sugar is often seen as a guilty pleasure that's only to be enjoyed on rare occasions. But that reputation is not entirely accurate, as sugar is naturally occurring in many healthy foods, including fruit.

Naturally occurring sugars do not pose a threat to overall health. However, added sugars, which the American Heart Association notes can be found in soft drinks, candy, pies and fruit drinks, can contribute to weight gain. Obesity is a risk for cardiovascular disease, which means that added sugars can adversely affect heart health.

One of the difficulties with added sugars is that they are often present in foods and beverages generally considered healthy. Fruit juice, for example, seems like a healthy addition to any diet. However, the AHA notes that many juices contain added sugars from fruit juice concentrates. Such juices may not be seen as such, but they can be as compromising to one's overall health as soft drinks or other beverages generally considered to be unhealthy.

The AHA acknowledges that part of the difficulty with navigating one's way through added sugars is that these unhealthy additives go by many names. Harvard Medical School notes that added sugars are not currently listed on nutrition facts labels, though they are listed among the ingredients on food packaging. Both the AHA and the HMS recommend scanning ingredients lists for words that end in "ose," such as fructose, dextrose, glucose and maltose. Those are some examples of added sugars, as are high fructose corn syrup, molasses, corn sweetener, syrup and honey.

The AHA recommends limiting consumption of added sugars and offers guidelines for both men and women. Men should limit their added sugar consumption to a maximum of nine teaspoons per day, while women



Reading ingredients lists on food-packaging labels can help shoppers determine if foods and beverages contain potentially unhealthy amounts of added sugars.

should not consume more than six teaspoons per day. Understanding the dangers of added sugar can help men and women protect their overall health and lower their risk for cardiovascular disease. More information is available www.heart.org.

Exterior renovations that can improve home value

Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted "wow" factor.

Landscaping

Abundant and well-planned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71 percent of prospective homebuyers say a home's curb appeal is an important factor in their buying decisions. As buyers use the internet to look for their dream homes, there's no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs

Improving home value may come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This way it is discovered before homebuyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

Improve the entryway

The front door is the focal point of a home's exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling magazine's "Cost vs. Value Report

2019" indicates changing an entry door to a steel replacement can offer 74.9 percent ROI. Such a door provides visual appeal and added security — things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

Outdoor lighting

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a light-lined path to the door to improve visibility, and motion-detection lights to improve the security of the property.

Repaint (or reside) the exterior

A fresh coat of paint or new (or cleaned) siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9 percent ROI, says Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of all exterior projects listed on the "Cost vs. Value Report 2019." This improvement returns 97.5 percent when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to those that are most financially beneficial.

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Mon., May 11th – Normal Monday Sale & Monthly Heifer Sale

Mon., May 18th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Sat., May 23rd – sale held on the farm – Bouckville, NY. 10:00 AM. T-Farm Complete Machinery Dispersal- watch future ads for complete listing.

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STICKELERS

by Terry Stickels

[sic]

Below is an infinite number sequence starting with 3:

3 11 19 27 35 43 ?

Can you come up with a formula to predict the value for any number in the sequence if you know what position the number holds in the sequence? In other words, 3 is in the first position, and 35 is in the fifth position.

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FEAR KNOT

By: rj johnson

DOUBT? ... OR DARE!

♥ GTO
C I A C A A
L O T H E
R B C I
G O R A N D
♥ H S A
♥ G H S A
♥ G N O A M
♥ D B A
T A L C E T
E S D A C
H U C O

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

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Mega Maze

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Americanisms

"Yesterday's the past,
tomorrow's the future,
but today is a gift. That's
why it's called the present."
— Bill Keane

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-
- May is**

 - Gifts from the Garden Month
 - National Barbecue Month
 - National Bike Month
 - National Photograph Month
 - National Salad Month
 - Older Americans Month

Country Editor

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277 Construction Services
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312 Crafts
325 Custom Butchering
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415 Employment Wanted
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495 For Rent
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527 Furniture
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585 Guns
587 Hair Styling
589 Hardware
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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
1205 Wanted

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★ ★ ★ ★ ★

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Five steps taxpayers can take now to protect against identity theft

All taxpayers should make sure they're doing everything they can to prevent a thief from stealing their identity.

Tax-related ID theft occurs when someone uses a taxpayer's stolen personal information to file a tax return claiming a fraudulent refund. The thieves use personal information like a stolen Social Security number.

The IRS and its partners are constantly working to combat these types of crimes, but they can't do it alone. Taxpayers play an important role when it comes to preventing identity theft.

Here are some tips to help taxpayers protect themselves against identity theft. Taxpayers should:

- Always use security software. This software should have firewall and anti-virus protections.
- Use strong, unique passwords. They should also consider using a password manager.
- Learn to recognize and avoid phishing emails, threatening calls and texts from thieves. These scammers pose as legitimate organizations such as banks, credit card companies and even the IRS.
- Not click on links in unsolicited emails or messages from unknown senders. Also, people shouldn't click on links or download attachments from emails that seem suspicious, even if they appear to be from senders they know.
- Protect personal information and that of any dependents. For example, people shouldn't routinely carry around their Social Security cards. They should also make sure tax records are secure.

Source: IRS.gov

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Oriental Chicken Express

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1 1/4 cups diagonally sliced celery

1/2 cup chopped green bell pepper

1/4 cup diced green onion

1 (16-ounce) can fat-free chicken broth

3 tablespoons all-purpose flour

1 tablespoon reduced-sodium soy sauce

1 1/2 cups diced cooked chicken

breast

1 (8-ounce) can sliced water chestnuts, drained

1 (8-ounce) can pineapple chunks, packed in fruit juice, drained

3 cups hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.

2. Continue cooking over medium heat, until mixture starts to thicken,

stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.

* Each serving equals: 214 calories, 2g fat, 16g protein, 33g carb., 298mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

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How to protect dogs from Lyme disease

Lyme disease is a potentially dangerous condition transmitted by the passing of bacteria from deer ticks to their unsuspecting hosts. The Centers for Disease Control and Prevention says Lyme disease is the most common vector-borne disease in the United States.

Tens of thousands of people are diagnosed with Lyme disease each year. But Lyme disease also affects animals, including popular house pets like dogs. Tufts University says that the Lyme bacterium can cause serious illness in

some dogs. Lyme disease can be difficult to detect and cause serious and recurring health problems. That is why it is essential for pet parents make concerted efforts to reduce the risk that their dogs become infected.

The American Veterinary Medical Association says the best way to protect pets against Lyme disease is to emphasize prevention.

• Speak with your veterinarian about a tick preventive product that is right for your dog. These can include repellent collars, topical



Keep the lawn trimmed to make it less hospitable to ticks that transmit Lyme disease.

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*Based on EDA tractor sales data of under 20 horsepower models from 2009 to 2019. © Kubota Tractor Corporation, 2020. \$0 Down, 1.99% A.P.R. financing for up to 60 months and rebate offers on purchases of select new Kubota BX Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A., subject to credit approval. Example: 60 monthly payments of \$17.52 per \$1,000 financed. Customer instant rebates of up to \$1,300 are available on qualifying cash or standard rate finance purchases. Rebate is not available with 0% A.P.R. or other promotional financing. Additional instant rebate of \$700 are available with purchase of two new qualifying implements. 1st implement \$500, 2nd implement \$200. Some exceptions apply. Offers expire 6/30/20. Terms subject to change. This material is for descriptive purposes only. Kubota disclaims all representations and warranties, express or implied, or any liability from the use of this material. For complete warranty, disclaimer, safety, incentive offer and product information, consult your local Dealer or go to KubotaUSA.com.

treatments and ingestible medications.

• Vets may recommend vaccination against Lyme disease if you live in an area that is home to high tick populations. Recommendations also may be based on your pet's lifestyle and overall health, among other factors.

• Address conditions

in the yard that are conducive to ticks. Mowing the lawn regularly is one way to make the backyard less attractive to ticks, as is removing leaf litter.

• Keep a clean home and landscape. Rodents and other wildlife can carry deer ticks. Secur-

ing trash cans, picking up food scraps, removing hiding spots and potential dens and other strategies can keep these carriers away.

• Conduct a daily tick check if your dog spends time outside. Pay attention to bumps on the skin and part the fur so you can see where the coat meets the skin. Don't forget to look in the ears.

• When possible, avoid areas where ticks may be found, such as tall grasses, wooded areas and marshes. Stick to trails when spending time in wooded areas.

Dogs with Lyme disease may exhibit various symptoms. These include loss of appetite, fever, joint swelling, decreased activity and lameness. Visit the vet promptly if symptoms occur and do not abate, or are causing considerable distress for your pet.

Lyme disease is a concern for pets. Avoidance, preventive measures and outdoor maintenance can help reduce the likelihood that pets will contract Lyme disease.

~ Mother's Day ~

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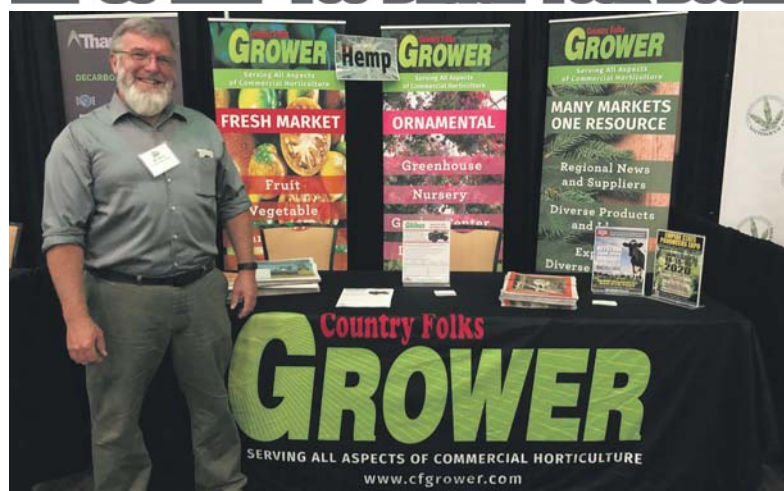
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