

FEBRUARY 26, 2021

Delivered by the U.S. Postal Service

518-673-3237

Volume 10 Number 37

FARMERS INSURANCE

John Healey Agency

4 W. Main St. Little Falls, NY 13365 315-823-0000

LIFE • HOME • AUTO • BUSINESS
The cornerstone of every happy life...

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Isaiah 26:3

SUPER COUPON!

Super Coupon Super Coupon

PRSRT STD
U.S. POSTAGE
PAID
UTICA, NY
PERMIT NO. 55
ECRWSS



FREEMAN'S BLINDS & DRAPERY SHOP

Located Inside Johnson's Carpets - "Let us make your house a home"

15% Off
Select
Custom Fabrics

(Sheers not included)



30% Off
All Graber
Custom Blinds

Plus FREE Cordless Controls on Select Graber Blinds through 4/21/21

Complete Line of Ready-Made Curtains, Valances & Insulated Pinch Pleated Draperies

Never A Charge For Our Services - FREE Measuring, Consultation & Installation (at request, add'il fees may apply)

Church Servi

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH

467 Main St Sunday Worship 10:30 AM

DOLGEVILLE

NEW HOPE CHRISTIAN FELLOWSHIP Pastor Peter Spiak 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 FELLOWSHIF

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

Father Brian Slezak, Pasto 31 N Helmer Ave Phone 315-823-3410 Mass 9 AM Sunday

EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby

3659 Route 5 Fast Schuyle Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM; Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

HERKIMER
SS PETER and PAUL ORTHODOX CHURCH
Fr Vasil Dubee & Fr Dn Demetrius Richards
305 Main Rd., Herkimer Phone (315) 866-3272 Saturday Vespers -5 PM (spring/summer months) 4 PM (fall/winter months)

Sunday Divine Liturgy 9:30 AM Sundays



Whiter-Hendrix Funeral Home, Inc. Since 1893 "When Experience Matters"

100 Otsego Street Ilion, New York 894-3781

HERKIMER TEMPLE BETH JOSEPH

327 N. Prospect St Phone 866-4270

ST. FRANCIS de SALES CHURCH

Rev. Mark Cunningham, 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 10 AM No Saturday Vigil

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

Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade)
Phone 866-0575

LIKRAINIAN ORTHODOX CHURCH OF 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

enants 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 and Sunday School 9:00 AM

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

Branch President Larry Martinson Sacrament Meeting 10 AM In person: 317 Gros. Blvd., East Herkimer Zoom Meeting ID: 898 8286 4361 Missionaries Phone: 315-527-9557 churchofjesuschrist.org Visitors welcome!

HERKIMER REFORMED CHURCH

102 Church St Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shenherd's Table Tuesday 11-12:00 PM

CHRIST FPISCOPAL CHURCH

300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Free Community Dinner: Last Saturday of the month, 5:00 PM on Mary Street Entrance

ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com

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

FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise nesday Mid Week Service 7 PM Sunday Morning 11 AM

MORNING STAR UNITED METHODIST CHURCH

36 Second Street Pastor Joelle Faulks Sunday Worship 10:30 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 Carbor 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 Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor

Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12

with a 1 week delay.

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
Father Brian Slezak, Pastor
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 Iffirstpres@gmail.com www.presbylf.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 MIDDI EVILLE UNITED METHODIST CHURCH

24 Fairfield St. Church Services 8 AM - 9 AM

MOHAWK GRACE EPISCOPAL CHURCH

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 Follow us on Facebook Morning Worship: 10:30 AM Sept.-June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

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 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

MOHAWK THE WORD CHRISTIAN CENTER

Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

<u>NEWPORT</u> FIRST BAPTIST CHURCH OF NEWPORT

7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM

UNITED METHODIST Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 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 Vigil 4 PM Sunday Mass 8:30 AM

PAINES HOLLOW

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

SALISBURY CENTER
FULL GOSPEL ASSEMBLY OF GOD
Pastor Robert Brent
106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER

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

STRATFORD Stratford United Methodist Church

1511 State Route 29A Pastor Mark Hediger • 315-429-9085 pastormarkh@aol.com Sunday Worship: 9:00 AM Childrens' Sunday School: 9:00 AM Weekly Bible Studies

Humphrey Memorials, Inc.

3051 State Rte. 28 Herkimer, NY 13350 ent Sales & Engravir Professional Memorial Clear Specialty Sandblast & Etching 315-866-4471

mthreymemorials.co



Main Street Chiropractic Health and Wellness Center

• Flexible Walk in Hours Dr. Kathleen Fusco Insurance Not Necessar 8841 N. Main Street **Poland, NY 13431**

(315) 826-7772







Help Is Just Around The Cornel 104 N. Main St., Herkimer, Ph. 866-0826



115 Court Street Herkimer, NY (315) 866-4590

40 West James Street Richfield Springs, NY (315) 858-1810

Quality Used

"It's Always Worth A Trip To Zipp"

True Value Hardware

73-77 N. Main St. Dolgeville 315-429-9761



Thomas C. Whitcomb. Owner Phone 315-823-1320 www.whitcombautosales.com

February 26, 2021 • 3







Presidents' Deals EX1



ALL NEW 2021 Nissan Rogue AWD

2020 NISSAN SENTRA

2020 NISSAN SENTRA SV

2020 NISSAN MURANO SV AWD

sale \$31,999



\$259₁₁



17,999



AWD Leather & loaded up. 34k mi. #UC1821

CREW CAB 4X4



Factory hitch and bedliner. Fully equipped. 21-23k





Moonroof, Leather, Navi., Loaded! One of the Best Buys! 24k mi. #UC1854

' SV AWD



Everything you want! 31k mi. #UC1836

18 CHEV



Lovely in and out. 39k mi. #UC1837



40k mi. #UC1779

Great commuter car. Super gas

mileage! 33-35k mi.

16 ROGUE AWD Well equipped, clean, 86k mi. #UC1860

7 seater, all the buttons, 29k mi.

#UC1835

Oil Changes..... For Life NYS Inspections.... For Life Area Towing..... For Life Courtesy Shuttle... For Life

SPECIAL

Business Center.... For Life Night Drop Off...... For Life

320 N. Comrie Ave., Johnstown,

"If it doesn't say Treiber on the back of your car...you paid too much!

* Former rental units just add tax and tags.

4 • February 26, 2021

New strategy focuses on attracting new residents to the Adirondacks Northern Forest Center to Partner With Communities

A new strategy released recently by the Northern Forest Center outlines how Adirondack communities can arrest demographic and economic decline by attracting new residents. With an aging population, many Adirondack communities are struggling to maintain strong schools, a robust workforce, and vital civic institutions

The Center's strategy identifies opportunities for the Adirondack region to address these challenges and attract new residents by building on regional and community strengths and capitalizing on existing assets.

"Many people love the Adirondacks, from time spent living or traveling here," said Leslie Karasin, Adirondack program manager for the Northern Forest Center. "We have an opportunity to convert these people to residents to strengthen our communities and our economy. We already do fairly well at attracting retirees to the region, so we must focus on attracting young people to live here."

The strategy identifies the attributes that young people are looking for in a new community and defines the steps that places can take to provide these elements for potential residents. Intended as a guide for community leaders, nonprofits, and public entities, the strategy provides valuable processes and tools to position Adirondack communities for success.

"In our work across the Northern Forest, we see that communities that are motivated, creative and willing to approach old problems in new ways can experience tremendous success," said Rob Riley, president of the Northern Forest Center. "This strategy includes a roadmap that communities can follow to assess their needs and build toward success. The key is to focus on visible outcomes."

Riley said the Center is raising funds to implement the strategy and to directly assist communities with

According to Hacken-

researchers have deter-

mined at least two ways

weaken the heart. Myocarditis can create scar tissue

that forces the heart to work

harder to circulate blood

and oxygen throughout the

body. Initial studies into

the link between COVID-19

and myocarditis suggest-

ed that the disease was

very common among mid-

dle-aged adults who had

been diagnosed with the

virus, though more recent

research has refuted that.

A study published in Octo-

ber in the journal Cardio-

vascular Pathology found

that the true prevalence of

Meridian Health,

this work. "We're quickly putting this concept into action. A year from now we expect to see lots of energy and momentum thanks to coordinated action, new ideas and partnerships, local leadership, and leveraged investment. We also hope to start seeing the tangible results of this work by then – more young people in Adirondack communities."

Early activities will include establishing affinity groups to make progress in key sectors such as housing and recreation, and partnering with several communities to plan and execute a suite of projects that make them more attractive to a new generation.

Hundreds of people contributed ideas to the strategy through individual interviews, focus groups, and the 2020 Common Ground Alliance forum, where hundreds of participants focused on the topic of attracting new residents.

"The conversations that began at the Common Ground Alliance forum have been nothing short of long lasting and electric," said Ross Whaley, Common Ground Alliance core team member and Northern Forest Center board member. "Seeing the alignment of organizations and efforts behind this strategy is inspiring. This is truly an exciting time in the Adirondacks."

In addition, more than 350 alumni of area high schools and colleges completed an online survey about their interest in moving back to the region, or their satisfaction about having stayed or moved back. Of those who currently live outside the Adirondacks, 21% said that they would love to move back, and 52% said that they would consider moving back if the conditions were right.

"Broad community partnerships coupled with a cooperative, can-do mindset and solid plan are integral to capitalizing on the opportunities before us," says Cali Brooks, Adirondack Foundation president and CEO, and a key advisor in the development of the strategy. "This strategy reflects careful thought and insight to provide a unified frame for setting the stage for a more promising future."

Attracting New Residents: A Strategy for the Adirondack Park and its Communities is available on the Northern Forest Center's website at nfcenter.org/new_residents. Communities interested in learning how to partner with the Center to implement the strategy should contact Leslie Karasin at lkarasin@northernforest.org.



Published weekly on Friday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President *Frederick W. Lee*V.P., General Manager *Bruce Button*V.P., Treasurer *Janet Lee Stanley*

Classified Ad Manager......Peggy Patrei
Controller......Lyndsay Pickel
Editor.....Joan Kark-Wren
Production Coordinator.....Jessica Mackay
Shop Foreman......Harry Delong
Social Media Coordinator.......Gabbie Albrecht

Tina Krieger, Sales Manager 518-673-0108, tkrieger@leepub.com

Kari Montes, Sales Associate 518-703-2826, kmontes@leepub.com

Tom Shaver, Sales Associate 315-272-6586, tshaver@leepub.com

Reader ads 518-673-3011 or 800-218-5586

Commercial Printing,

518-673-0101, commercialprint@leepub.com

Send all correspondence to:
Country Editor
PO Box 121
Palatine Bridge, NY 13428
Advertising e-mail: tkrieger@leepub.com
Editorial e-mail: jkarkwren@leepub.com
Web site: www.countryeditor.com

We cannot GUARANTEE the return of photographs. Publisher is not responsible for typographical errors. Size, style of type and locations of advertisements are left to the discretion of the publisher. The opinions expressed in this publication are not necessarily those of the publisher. We will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the sole right to edit, revise or reject any and all advertising with or without cause being assigned which in his judgement is unwholesome or contrary to the interest of this publication. We assume no financial responsibility for typographical errors in advertisement, but if at fault, will reprint that portion of the ad in which the error appears.

Did you know?

myocarditis in COVID-19 patients was less than 2 percent. Though that's good news, researchers behind the study note that, in the months and years to

come, there is still much to be learned about the effects of COVID-19 on the heart.

that the COVID-19 virus affects the heart. Infection with the COVID-19 virus **CASH PAID FOR** has been shown to exacerbate preexisting heart conditions, which is one reason why public health We also Provide Rigging & Equipment Moving Service agencies like the Centers for Disease Control and **NOW OPEN! VISIT OUR NEW YARD** Prevention have continued **GreenWave** 2974 Route 5, Frankfort, NY to emphasize the impor-315-313-6700 **SALVAGE & RECYCLING** tance of preventive meawww.greenwavesalvage.com • hans@greenwavesalvage.com sures like wearing masks DO YOU HAVE LARGE ITEMS TO SCRAP OR MOVE? WE PICK UP and social distancing. In DOZERS • CRANES • EXCAVATORS • TRACTORS • INDUSTRIAL MACHINERY

Hans Hendrick President NYS DMV# 7124837 Finder's Fees Paid addition, COVID-19 can directly cause myocarditis. The Myocarditis Foundation says myocarditis is a LICARI disease that causes inflammation of the heart muscle, which can enlarge and



HERKIMER COUNTRY EDITOR

North Country municipalities invited to apply for Clean Energy Funding ANCA designated regional coordinator for NYSERDA Clean Energy Communities program

North Country municipalities are invited to participate in a grant program designed to help them save energy and reduce costs by implementing clean energy projects. The Adirondack North Country Association (ANCA) will be coordinating the newly launched round of the Clean Energy Communities (CEC) program throughout the North Country region.

Governor Andrew Cuomo and the New York State Energy and Research Development Authority (NY-SERDA) announced the launch of the new CEC Leadership Round on Jan. 26 as part of the state's broader climate and clean energy agenda. ANCA's Energy Circuit Riders will be providing free technical assistance and consulting services to North Country governments interested in participating.

"There is a solid foundation built on ANCA's involvement in round one of the Clean Energy Communities program, and the next round allows us to be nimble and responsive to more North Country communities interested in participating. It's a winwin," said Jerrod Bley, director of ANCA's Clean Energy Program, which has been offering free technical assistance to municipalities for six years. "We are eager to help our hard-working local leaders take advantage of everything that the Leadership Round has to offer."

ANCA is part of a regional group of outreach coordinators selected by NYSERDA and headed by the Albany-based Capital District Regional Planning Commission (CDRPC) to implement the Leadership Round in the North Country. This round will help more cities, counties, towns and villages join more than 300 local governments statewide that have already been designated as Clean Energy Communities. All eligible communities can participate in the new round without local cost share and regardless of previous participation in the program.

Kelly Tyler, Director of Communities and Local Government at NYSERDA said, "As a valued partner stewarding our environment and reducing carbon emissions to meet New York State's climate and clean energy goals under Governor Cuomo's leadership, ANCA is a leading resource for our northern communities. As our Clean Energy Communities program partner, they will help provide more municipalities with information on a wider range of actions that can be embraced to save energy and lower costs while creating healthier communities to live and work in.

To earn CEC designation, each community must complete four high-impact actions intended to reduce greenhouse gas emissions, save taxpayer dollars and improve quality of life for communities. Additional funding is included for disadvantaged communities through the Leadership Round in support of New York's Climate Leadership and Community Protection Act goal of increasing access to clean energy and sustainable infrastructure to all end-users.

Round one of the CEC program, which wrapped up in 2020, resulted in 20 designated communities in the North Country implementing 108 high-impact clean energy actions. Over \$1.7 million in grant funds were awarded to support clean energy projects throughout the region.

A new team member to serve as CEC Coordinators in the North Country region will join ANCA Energy Circuit Riders Nancy Bernstein and Jennifer Perry. The coordinators are currently informing municipalities about the program and are ready to assist eligible communities in completing high-impact actions, becoming designated CEC communities and accessing grant funds for clean energy projects.

ANCA will work in partnership with organizations across New York to implement the statewide program, including CDRPC, the Hudson Valley Regional Council, and the Mohawk Valley Economic Development District, as well as two subcontractors who will provide valuable technical assistance.









Family Focused Eye Care

Providing quality, affordable eye care for the entire family.

Participating with most vision and medical insurances; including Davis, Eyemed, Excellus, MVP, Medicare, WellCare, Empire and more.

Always accepting new patients at our 3 convenient locations:

394 East State St., Herkimer (315) 866-3751

8010 State Rt. 12, Barneveld (315) 896-3900 38 Roosevelt Dr., Whitesboro (315) 736-3217



f www.WADASEYE.com 🧿





We Carry McCadam Cheese, Hapanowicz Kielbasa & Queensboro Tub Butter WE ACCEPT ALL MAJOR CREDIT CARDS & EBT CARDS

<u>SPECIALS THIS WEEL</u>

New York State Cabbage .59/lb **Vine Ripe Tomatoes \$1.49/lb** 5 Lb. Bag Carrots \$4.99/each 10lb. Bag Potatoes \$3.99ea Fresh Beets \$1.49/lb

Now Carrying:

Dinos Sweet & Hot Sausage Patties, Sweet & Hot Sausage Links, Beef Patties, **Breakfast Sausage Patties**

STAR BAKERY BABKA & ITALIAN BREAD CROGHAN BOLOGNA & Jalapeno Cheddar Croghan Bologna

NINE VARIETIES OF PIEROGIES EXTRA SHARP CHEESE NYS MAPLE SYRUP & HONEY

221 S. Caroline St., Herkimer • (315) 866-7272 Serving You 7 Days A Week All Year Round Open: 8am-6pm

Little Falls Hospital Radiology Technologists receive certifications

Little Falls Hospital, Bassett Healthcare Network, is announces that two of their radiology technologists, Jennifer Gookins (mammography) and Erica Orf (computed tomography) recently achieved their ARRT (American Registry of Radiologic Technologists) certifications.

The ARRT is the leading credentialing organization that recognizes

qualified individuals in medical imaging, interventional procedures, and radiation therapy. The ARRT promotes high standards of patient care and earning ARRT certification and registration is an individual accomplishment that proves

the technologist has the knowledge and skillset to deliver the highest quality of care to patients.



Jennifer Gookins Photos courtesy of Little Falls Hospital



Erica Orf

Bible Trivia

by Wilson Casey

- 1. Is the book of Darius in the Old or New Testament or neither?
- 2. From Philippians 4, what does the apostle Paul instruct us to do rather than worry? Cry, Pray, Love, Talk
- 3. Who, perhaps, did Jesus give a standing ovation to in Acts 7:55-59? Herod, James, John the Baptist, Stephen
- 4. How long did the journey of Ezra take from Babylon to Jerusalem? 3 days, 2 weeks, 4 months, 4 years
- 5. Who's the runaway slave in the book of Philemon? Lemuel, Marcus, Doulos, Onesimus
- 6. All of Job's children were killed in a ...? Flood, Fire, Wind, Stampede

ANSWERS: 1) Neither; 2) Pray; 3) Stephen; 4) 4 months; 5) Onesimus; 6) Wind

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

(c) 2021 King Features Synd., Inc.

LOGAN BECK FARM LLC



All Your Home Grown Feeds At Amazing Pricing!!!

Call our office for prices at 518-705-9668 or stop in and see us at 338 Nellis Road, Fort Plain, NY 13339

Hours: Monday-Friday 7AM-5PM, Saturday 7AM-12PM, Closed Sunday

Now Offering Local Delivery At No Charge - 20 Bag Minimum





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

February 26 March 3 php?id=1485.

Hyde Hall and the return of the Silver Goddess will be live-streamed on Feb. 26 at 8 p.m. and can be viewed on Caffe Lena's YouTube page at youtube.com/watch?v=-q_JzcEasNo. For more information about the Musicians of Ma'alwyck, contact Ann-Marie Barker Schwartz, at annmarie@musiciansofmaalwyck.org or visit musiciansofmaalwyck.org.

Soybean and Small Grain Summit 12:40-3:35 p.m. on Zoom. Register at cnydfc.cce.cornell.edu/event. php?id=1488.

March 9 and 11

2021 Central NY Dairy Day 12:30-2:30 p.m. on Zoom. Register at cnydfc.cce.cornell.edu/event.

March 18

Meatloaf Dinner at Emmanuel Episcopal Church, 594 E. Albany St., Little Falls 4-7 p.m. or sold out. Take out only. Curbside pick up walk ins. Local deliveries available in Little Falls only. Call 315.717.9462 or 315.823.1323. Leave message.

Adirondack Impressions: Watercolors by Jeanne Lampson now on display at View

View, the Center for Arts and Culture in Old Forge, announces the opening of a new exhibition, "Adirondack Impressions: Watercolors by Jeanne Lampson" a solo exhibition by Jeanne Lampson.

Lampson's exhibit will also feature an online exhibition of all the work that will be on display. Lampson is this year's Central Adirondack Art Show Award's Judge. The opening reception for Lampson's exhibit, along with a solo exhibition by Sara Baker Michalak and the Central Adirondack Art Show will take place at View on April 23 from 5-7 p.m.

by reservation.

"Adirondack Impressions: Watercolors by Jeanne Lampson" will be on display through May

View is located at 3273 State Route 28 in Old Forge. To learn more about View programming, visit ViewArts.org, or call 315.369.6411.



View, the Center for Arts and Culture in Old Forge, NY, announces the opening of a new exhibition, "Adirondack Impressions: Watercolors by Jeanne Lampson" on display through May 8.

Photo courtesy of View









8 • February 26, 2021

Coffee Break



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

Amber Waves









Weekly SUDOKU





6	7	5	8	-	ω	9	4	N
9	8	ω	6	4	2	5	-	7
4	-	2	9	7	5	8	ω	6
ω	9	-	7	6	4	N	G	8
8	N	4	ω	5	9	6	7	
7	5	6	N	8	-	ω	9	4
N	4	8	5	9	7	-	6	ω
5	ω	7	-	N	6	4	œ	9
_	6	9	4	ω	8	7	N	5

Differences: 1. Sale sign woman's jacket. 3. Ceiling 5. Man's tie is white. 6. Ro

(0	D	_	S		٦	Ш	Α	F		⊣	Ш	R	_
Solution	R	Α	Н		Α	С	Α	_		0	R	\dashv	S
□	А	G	А		S	エ	A	D	П	\neg	æ	Ш	Ε
<u></u>	В	0	R	Ν	Ш	0		D	\prec	Ε			
			\overline{x}	Ι	R		С	L	Е	≥	S	0	Ν
≕	Z	Α	Т	Т		D	\Box	Ε	S		エ	₿	0
time:	Ε	æ	Α	S		0	æ	R		ے	0	-	Z
	S	0	Z		T	0	Е	S		A	R	\neg	Ε
23	Α	×	X	W	Α	R	D		Ъ	<	Т		
				Α	≤	S		В	Ш	Þ	⊣	\dashv	Υ
≅.	S	エ	Α	R	Р	Т	\cup	R	Z		Е	S	Ε
mins.	\dashv	0	٦	D		0	≤	Ε	Z		R	A	⊣
,,,		Ш	\dashv	S		Р	Α	\dashv	Ε		≤	IJ	_

TIRE SHOP

Ordered your tires online?
You can ship direct to us and we will do the rest!

WINTER TIRE STUDDING Done On Premises - \$20 Each

- Oil Changes
- Custom Wheels
- Car & Truck Accessories
- Tire Repair
- New Tires
- Truck Tire Service
- Construction Site Tire Services

- Goodyear National Accounts
- NYS Contract Pricing
- Multi-Line Dealer
- Semi Tractor & Trailer
 Computerized Wheel Balancing
- Century Pickup Truck Caps
- Tire Chains

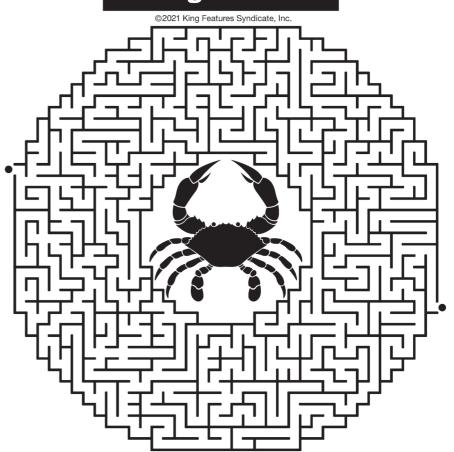
THETIRESHOP.BIZ

OPEN MON.-SAT. 8-6

155 Erie Blvd., Canajoharie, NY

ON
THE FARM
TIRE SERVICE

Mega Maze



Coffee Break

King Crossword

ACROSS

- Cardinal cap
- lain
- 13 In (lined up)
- 14 Weeding tool 15 Reality show for aspiring
- 17 PC key
- bles
- tions
- 25 Reverberate
- 26 Rubber wedge, say
- 31 All better
- Actress Thurman
- musicians
- 35 Author Harte

- 48 GPS sugges-
- 50 Despot
- 51 British verb

Seize Butte's kin

- letters 12 "Othello" vil-
- entrepreneurs
- 18 Minor quib-
- 19 Hospital sec-
- 21 Type of beam 24 Pack (down)
- 30 Small battery
- 33 Hoedown
- 36 Seeing things Tubular pasta
- 38 Tribal emblem 40 Coffee, slan-
- gily 42 Mess up
- 43 Temporary
 - tion
- 49 Last write-up
 - 9 Mountain road feature

- 53 Biafoot's
- **DOWN** 1 USO audi-
- ence 2 Fan's cry 3 Khan title

ending

cousinl

52 Zilch

- Third-largest island
- 5 "The Martian" 26 Union payactor Damon 6 Historic peri-
- ods Junior
- 8 Clumsy

- 10 Snitched 11 Reply to "Shall we?" 16 White wine
- cocktail 20 Mornings (Abbr.) 21 Piece of let-

versity

Easter eggs

Bailey's rank

35 Actor Warren

34 Decorate

37 Beetle

38 Garr of

39 Scraps

40 Unite

(Abbr.)

Tootsie

41 Museo dis-

play

rival

46 Squealer

47 Hosp. scan

44 Showtime

45 Jargon suffix

- tuce 22 Exotic berry
- 23 Elm, for one 24 Low digits
- ment 27 Bruins legend
- 28 Portent 29 Canape
- spread 31 South Carolina uni-© 2021 King Features Synd., Inc

Just Like Cats & Dogs

by Dave T. Phipps



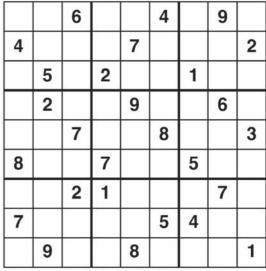


"Life gets very precious when there's less of it to waste." - Bonnie Raitt

© 2021 King Features Syndicate, Inc.

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!

© 2021 King Features Synd., Inc.

LITERARY **MAGIC MAZE** • **GENRES**

JMJHEDCBYYVTQOL

IGDBLRYDWSLTRPM KIFDIAEBYAAYWUS

Q O M M K M C S C C I T F D B

ZXEWOAAIUTSOIWO

NLJCGTTHRILLERH

F D N A N I C A Y O W S V T E

S Q S A L(A D V E N T U R E) NLFOBKMYRETSYMI

H F P E C R B O R Z Y W I V U

SRQPNMUNRORROHL

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: Saying One Thing Implying Another

Action Adventure Comedy Crime

Drama Fantasy Historical Horror

Mystery Political Romance Saga

Urban Western

©2021 King Features Syndicate, Inc. All rights reserved.





Get class-leading speed, ergonomic comfort and exclusive Hydro-Gear ZT-3600 transmission for a great offer. Demo the durable, professional-grade Z400 today.

VISIT US TODAY FOR THIS LIMITED-TIME OFFER



2991 State Highway 5S, Fultonville, NY 518-853-4500 www.randallimpls.com M-F 8AM-5PM SAT 8AM-NOON

Smullen partners with Senator Tedisco calling for support of local landlords

Assemblyman Robert Smullen (R, C, I, SAM-Meco) and Sen. Jim Tedisco (R, C-Glenville) have signed a letter to Gov. Cuomo urging that the renter's moratorium on payments to landlords not be extended past the proposed end date of May 1 in an effort to support smaller local landlords and ensure their revenue stream is not compromised. The halt of rent payments throughout the COVID-19 pandemic, an

effort to reduce evictions in a dangerous time, has made landlords, particularly those who own commercial properties that small businesses use, considerably more vulnerable, with little-to-no state assistance. Smullen and Tedisco believe they have a solution to the problem.

"Small businesses are the backbone of American life, yet they've been consistently overlooked for support opportunities throughout the fight against COVID-19," said Smullen, a local business advocate. "In partnership with Sen. Jim Tedisco, I'm proud to present a loan-to-grant program that aims to support local and small business owners to make property rental payments and keep their doors open by paying landlords who would in turn repay the state,

leaving the landlord free of concern of missing tenant fees."

"As we work to climb out of this terrible pandemic and safely re-open our economy, I'm happy to join with Assemblyman Robert Smullen to help the 'mom and pop' small property owners who are struggling to pay their own bills and maintain their properties as

they lose out on rental income," said Tedisco."I have recently brought forth the concept to my Senate Conference of a rental assistance loan-togrant program for property owners where the state provides them loans to cover missed rental payments. Under this loan-to-grant concept, if the tenants pay their back rent then the landlords

would simply repay the state. If the tenant never pays the rent, then the landlord would be held harmless."

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.







If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar,



Small Farms Quarterly Magazine

Are you looking for ways to farm profitably without getting bigger?

Do you like to read about families who are living a good life on a small farm?

Are you looking for new ideas, tips and resources to help you reach your farm and family goals?



Our goals are to:

- Celebrate the Northeast region's smaller farms Inspire and inform farm families and their supporters
- Help farmers share expertise and opinions with each other
- Increase awareness of the benefits that small farms contribute to society and the environment
- Share important research, extension, and other resources with our readers

To subscribe, please fill out the form and return with your payment to:

Tracy Johnson

Small Farms Quarterly

PO Box 121, Palatine Bridge, NY 13428 • 888-596-5329 • subscriptions@leepub.com

- Country Folks subscribers automatically receive SFQ four times a year at no extra cost. Country Folks is a weekly publication serving Northeast and Mid-Atlantic agriculture industries. Our coverage area reaches from Maine to North Carolina with four regional additions. Our key market focuses include dairy, beef, crops, small ruminants, etc. Editorial content revolves around production, animal health, industry events, trade shows, auctions, etc. http://countryfolks.com Country Folks is delivered weekly for \$50 per year including a digital version. **SFQ does not run in the Mid-Atlantic Country Folks paper.
- Small Farms Quarterly only subscribers receive just the four issues of Country Folks that contain the SEQ insert for only \$5 a year.

State	Zip
	/Money Order
Exp Date	CVV
Date	
	ver □ AmEx □ Check

Think safety first when power washing your home this spring

Spring cleaning is a great way for homeowners to clear their homes of clutter. As people spend extra time indoors in winter, items can quickly pile up around the house. Spring is a great time to clean up such clutter, but interior spaces are not the only areas of a home that can benefit from some extra attention once the weather warms up.

Harsh winters can take a toll on home exteriors. Dirt and grime can build up on exterior home surfaces over the course of the winter, affecting the appearance of the siding of a home as well as outdoor entertaining areas.

Power washing is a great way to give a home a fresh, clean look in spring. But there's more to power than simply renting the right equipment and getting to work. The CDC notes that there are many risks associated with using power washers. For instance, the CDC says strong spray from power washers can cause serious wounds that initially seem minor. However, such wounds can lead to infection or disability if left untreated. In addition, if manufacturer safety instructions are not followed, electric shock can occur due to improper use.

Homeowners who are intending to power wash their own homes this spring should first determine if they're physically capable of doing so. Power washers can be difficult for some people to control, so it's imperative that homeowners honestly assess their physical abilities before renting a unit. The CDC urges homeowners who determine they can safely handle power washers to take these additional safety steps to make sure the process of cleaning their home exteriors goes smoothly.

- Never point a pressure washer at yourself or others.
- Do not attempt to push or move objects with spray from the washer. If anything is in

your way, turn the power washer off and then move the obstruction.

- Never use a gasoline-powered washer in an enclosed space, which can increase the risk of carbon monoxide poisoning.
- Always test the ground fault circuit interrupter (circuit breaker or outlet) before using a pressure washer.
- Always plug a properly grounded pressure washer into a properly grounded receptacle.
- If an extension cord must be used, keep the pressure washer's power cord connection out of and away from any standing water, and use a heavy duty extension cord with components rated for use in wet locations. Keep both the power cord and extension cord connections as far away as possible from the item being washed and away from any water runoff. While power washing, periodically take note of the location of the extension cord connections to ensure they are not in a puddle.
- Wear rubber-soled shoes that provide some insulation when using the pressure washer.
- Never cut or splice the pressure washer's power cord or extension cords.
- Never remove the grounding prong from the pressure washer's power cord plug or the extension cord.
- Pause the project if a circuit breaker is tripped. Always have a qualified electrician check the pressure washer for electrical problems after it has tripped a circuit breaker.
- Never allow children to operate a pressure washer. Keep children at a safe distance when an adult is using a pressure washer.

Power washing can give a home a whole new look after a winter's worth of dirt and grime builds up on the home's exterior. Safety must remain the utmost priority when operating a power washer on your own.















Take advantage of telemedicine for better health

(Family Features) If there is a silver lining to the challenges the past year created for families, it may be the growth, availability and affordability of virtual care for medical and mental health needs. The ability to see a doctor from home, with little notice, offers a level of flexibility in accessing health care that was historically quite rare.

Virtual care, or telemedicine, can span a wide range of services to address a family's health needs without going to a doctor's office and provides easy access to experts and specialists via phone and video. Plus, telemedicine services are covered by most insurance providers.

"Telemedicine is a safe and practical way to access health care for the entire family," said Dr. Desreen N. Dudley, a clinical psychologist and behavioral health quality consultant for Teladoc. "For example, Teladoc has thousands of care providers across all 50 states that let members quickly connect with a doctor or specialist who can provide peace of mind any hour of the day or night."

From care for specific illnesses to managing ongoing concerns, learn how accessing telemedicine might be a good fit for your family's health care needs.

Everyday illnesses

In the past, if your doctor's office couldn't get you in to help treat conditions like allergies, sinus infections or other common illnesses, urgent care was one of your

few remaining options. Now, virtual care can be increasingly relied upon to conveniently address non-emergency needs and everyday illnesses in place of urgent care.

Specialty care

Even with a referral, it can take weeks or months to get an appointment with some specialists. One example is dermatology. Instead of waiting months to be seen by a dermatologist, with a virtual provider, you can seek and receive treatment a matter of hours.

Mental health

As a result of the pandemic and related social implications, many organizations are reporting substantial upticks in requests for mental health support and anticipate telemedicine will outlive the pandemic. In fact, phone and video visits for mental health have been shown to be as effective as in-person treatment, according to the Telemental Health Institute.

Wellness care

Most people think of their health needs in terms of reactive care for known problems, but it can also be useful for wellness care, such as nutrition. With more families cooking meals at home during the pandemic, registered dietitians can provide virtual consultations to help ensure everyone, including family members with special dietary needs, receives proper nutrients.

Expert advice

If you're unsure about a diagnosis, need help choosing treatment, have medical questions or concerns, or want an expert's advice or second opinion, some virtual care providers can connect you with leading specialists to give you the answers and confidence you need to make informed decisions about your family's health.

Learn more about how virtual care may work for your family at Teladoc.

Take charge of your mental health

Between virtual school, safe playdates and working from home, lives have been interrupted in countless ways by the COVID-19 pandemic. Among those is the impact on mental health. These tips from Dudley can help make your mental health a priority.

Engage in self-care

Self-care should be prioritized along with your work or family priorities. Make time to reconnect with family and friends by phone or video chat and allow kids to do the same. Remember asking for help, including seeking mental health counseling, is a form of selfcare, too.

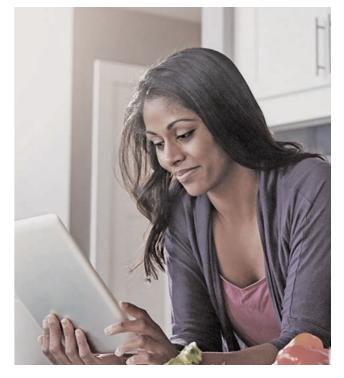
Change expectations

Give yourself and your family grace, embrace flexibility and let go of your pursuit of perfection. Be patient and give yourself a "timeout" when challenges arise. For example, wait to address kids' negative behaviors until you are less frustrated and stop apologizing for things like children making noise in the background of calls.

Keep a structured routine

Even if your regular schedule is off due to virtual school or other factors, maintaining routines like regular bedtimes allows for more time to get things done and unwind. Similarly, focus on your responsibilities during the day then catch up with kids and non-essential activities after work hours.

Source: Teladoc





THINKING SMALL ISN'T ALWAYS A BAD THING!

By definition, a small farm generates less than \$250,000/yr in revenue. Small farms make up 90% of all farms in the US; nearly 2 million!

That's a BIG market!



Reach 20,000 readers throughout the northeast US
4X/yr with Small Farms Quarterly

A publication of Cornell University's Small Farms Program www.smallfarms.cornell.edu

Advertising deadline for Spring 2021 issue is March 5, 2021.
Issue Publishes April 5, 2021.

To request a media kit or subscribe, call

518-673-3237

JR'S Auction IS LOOKING TO BUY!!

Complete Estates, Barn Clean-Outs
Antiques - Tools - Furniture
Complete Real Estate
and Warehouse Clean Outs!!

Also Booking On Site Auctions!! 518-993-4668

J.P. TRUCKING & PAVING

- Residential &
 - Commercial Asphalt
- Driveways
- Athletic Courts
- Commercial Lots
- Drainage

- Culverts
- Topsoil
- Mulch
- Stone
- Crusher Run
- Asphalt Repair

(518) 339-2072

Fort Plain, NY 13339

The Kitchen Diva

by Angela Shelf Medearis

Casseroles are one-dish wonders

I was looking for a baking pan in the back of a cupboard and inadvertently discovered I have quite a collection of casserole dishes. I started thinking about all the casserole recipes I've collected over the years. When I was a newlywed and novice cook almost 46 years ago, preparing a casserole was my "go-to" dinner recipe.

I decided to do some research on the origin of the casserole, and I discovered a photo of an ancient casserole dish in a museum in Athens, Greece. Casseroles, both the dish and various recipes, have had a long and interesting culinary history.

There's some debate about the origin of the term "casserole" but most culinary historians think it's from the French word for "saucepan." Casseroles come in a variety of styles, but what they all have in common is that they are typically a large, deep dish used both in the oven and as a serving vessel. The Oxford Encyclopedia of Food and Drink in America provides detailed information about casseroles:

"Casserole cookery has been around since prehistoric





times, when it was discovered that cooking food slowly in a tightly covered clay vessel softened fibrous meats and blended succulent juices. With the addition or subtractions of leftovers or inexpensive cuts of meat, the casserole is flexible and economical in terms of both ingredients and effort. The classic casserole, a French dish, was originally made with a mound of cooked rice. Fannie Meritt Farmer's Boston Cooking School Cook Book (1896) had one casserole recipe, for Casserole of Rice and Meat, to be steamed for 45 minutes and served with tomato sauce.

"In the 20th century, casseroles took on a distinctive American identity. During the depression of the 1890s, the economic casserole provided a welcome way to stretch meat, fish and poultry. Certain items also were scarce during World War I, and leftovers were turned into casserole meals. The same was true during the Great Depression of the 1930s.

Typically, casseroles are composed of a meat, starch,



Casseroles come in a variety of styles, but what they all have in common is that they are typically a large, deep dish used both in the oven and as a serving vessel. Photo courtesy of Depositphotos

Van Meter & Van Meter Tax Service, INC **We Can Help You with Your Taxes** Professional, Friendly & Ethical Service **Affordable Rates! Open Year-Round!**



Cathy Christman CFP, EA · Mark Davidson · Sarah Davidson · Luke Van Meter

Now 2 Locations to Serve You

536 East Main Street Little Falls, NY13365 (315) 823-9200

59 W. Grand Street Palatine Bridge, NY 13428 (518) 673-0002

www.vanmeterlic.com

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

Weekly Sales Every Monday - Misc. items, Poultry & produce etc. will start approx. 12:00. 1:00 we will start Dairy followed by all other livestock. Let's keep the cattle in the market place to help the competition – sending direct gives you no competition Mon. Feb. 15th - Sold 148 head Cull Dairy ave. \$.54 top cow \$.61, Finished Angus Steers \$1.01 - \$1.05, bull calves top calf \$1.10 top beef calf \$1.95, heifer calf top \$.15 top beef calf \$2.05, Dairy feeders \$.25 - \$.60.

Mon. Mar. 1st - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Mon. Mar. 8th - Normal Monday Sale & Monthly Heifer Sale

Mon. Mar. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Mar. 22nd - Normal Monday Sale & Monthly Organic Day. Also our Easte Lamb & Goat Sale. Call to advertise your group for either Easter sale - it makes a

Sat. March 27th - Premier Spring All Breed Sale 11:30 AM. Accepting 150 head for this sale of Registered All Breed Dairy Cattle. This sale fills up fast so if you need someone to come visit give us a call or if you have a consignment get us your info asap. Great Consignments already from Empire Farms - Swiss, B&L Dairy, Scotch View Farm, Morrill Dairy, Sco-Li, Ranway, Wainwright, Schmitz-L, Fantasy-Found, Robeth Holsteins sends a load of breeding age Reg. Holstein bulls with great pedigrees. The quality is piling up! If you're looking for that special show age heifer nice young milking cows we will have it here as always!

Mon. Mar. 29th - Normal Monday Sale & 2nd Easter Lamb & Goat Sale

Sat. April 17th - sale held at the sale barn. Our Annual Spring Machinery Consignmen Auction - selling small farm related items, Machinery & Equipment etc. Sale starts at 9:30 AM. Call early enough to get into the advertising.

*Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for

Directions: Hosking Sales LLC, 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

www.hoskingsales.com Like us on facebool

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL

Tom & Brenda Hosking & Family

SALES HE

cell: 607-972-1770 or 1771 Dan Hosking: 607-972-8773 creamy sauce (after 1934, it was usually a creamed soup from a can) and a vegetable. Casseroles are an economical, one-pot meal, and can be prepared in advance for breakfast, lunch or dinner.

Today, casseroles have been updated to include a variety of ingredients from lobster and tofu to made-fromscratch sauces and locally grown vegetables. The shape, size and construction materials of casserole dishes have also changed over its centuries-old history. However, the purpose of the casserole is still the same, to bring a familiar container of comfort food to the ones we love.

Bring a little comfort to your family and friends with this Sausage and Gumbo Casserole With Garlic Toast Topping, and enjoy a little history with each bite.

Sausage and gumbo casserole with garlic toast topping

1 pound smoked sausage, cut into 1/4-inch-thick slices

3 tablespoons vegetable oil

1 medium-size green bell pepper, chopped

1 small onion, chopped

1/4 cup instant roux mix, like Tony Chachere's Creole Instant Roux Mix

1 (10-ounce) can diced tomatoes and green chiles, like Rotel's

1 (32-ounce) container chicken broth

1 (16-ounce) package frozen okra

1 cup quick-cooking rice, uncooked

1/2 teaspoon Cajun seasoning

1/2 teaspoon dried thyme

3 tablespoons butter, melted

2 garlic cloves, minced

1 (12-ounce) French baguette, cut into 1/2-inch-thick

Fresh parsley, finely chopped for garnish

- 1. Heat the oil in a Dutch oven over high heat, 1-2 minutes. Add the sausage, green bell pepper and onion. Saute the sausage mixture for 8 minutes or until browned; stir in roux mix. Cook, stirring constantly, 2 minutes.
- 2. Stir in tomatoes, chicken broth, okra, rice, Cajun seasoning and thyme. Bring mixture to a boil. Remove from heat. Pour into a 13- by 9-inch baking dish.
- 3. Stir together butter and garlic; brush on one side of bread slices. Top sausage mixture evenly with bread slices, buttered side up.
- 4. Bake, covered, at 425 F for 10 minutes. Then, uncover casserole dish and bake 10 minutes. Let stand 10 minutes before serving. Sprinkle with parsley, if desired. Makes 8 to 10 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her latest cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see howto videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Me-

(c) 2021 King Features Synd., Inc., and Angela **Shelf Medearis**

Country Editor

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

Number / Classification

- 25 Air Tools
- Announcements
- 45 Antiques
- 55 Appraisal Services 75 ATV

- 80 Auctions
- 82 Auto Body 110 Bedding Plants
- 120 Bees-Beekeeping 130 Bird Control

- 155 Building Materials/ Supplies 157 Building Repair
- 160 Buildings For Sale 161 Bulk Foods / Spices
- 165 Business Opportunities
- 170 Butchering Supplies 173 Carpentry
- 175 Cars, Trucks, Trailers
- 180 Catalogs
- 182 Catering
- 190 Chain Saws 195 Cheesemaking Supplies
- 205 Christmas 214 Clocks & Repair 215 Collectibles
- 216 Clothing 235 Computers
- 253 Consignment
- 265 Construction Equipment For Rent 275 Construction Machinery Wanted
- 277 Construction Services
- 280 Construction Supplies 312 Crafts
- 325 Custom Butchering 330 Custom Services
- 360 Deer-Butchering & Hides
- 370 Dogs 410 Electrical
- 415 Employment Wanted
- 440 Farm Machinery For Sale 445 Farm Machinery Wanted
- 447 Farm Market Ítems
- 460 Fencing 470 Financial Services
- 480 Fish
- 483 Flooring 494 For Lease
- 495 For Rent
- 500 For Sale
- 510 Fresh Produce, Nursery
- 525 Fruits & Berries
- Furniture
- 529 Garage Sales 530 Garden Supplies
- 535 Generators
- 537 Gifts
- 575 Greenhouse Supplies
- 585 Guns 587 Hair Styling
- 589 Hardware
- 600 Health Care/Products
- 605 Heating 610 Help Wanted
- 653 Hotel / Motel
- 683 Jewelers
- 700 Lawn & Garden
- 711 Lessons 760 Lumber & Wood Products
- 790 Maple Syrup Supplies
- 805 Miscellaneous
- 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
- Rentals
- 980 Restaurant Supplies 1040 Services Offered
- Snowblowers
- 1080 Snowmobiles
- 1096 Sports 1109 Thrift
- 1140 Trailers
- Trains
- 1148 Travel
- 1165 Trees Truck Parts & Equipment
- 1180 Trucks Vacuum
- 1190 Vegetable
- 1200 Veterinary 1205 Wanted

Announcements

Announcements

ADVERTISING DEADLINE

FRIDAY • 2:00 PM (Week Prior to Each Friday Dated Paper)

For as little as \$4.00 - place a classified ad in The Country Editor

Call Peg at 1-800-836-2888 or 518-673-0111

or email classified@leepub.com

Announcements

CHECK YOUR AD - AD-**VERTISERS** should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. Report any errors to 800-836-2888 or 518-673-0111.

\star \star \star \star **ADVERTISERS**

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

or 518-673-0111



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

Antiques

WANTED TO BUY: Vintage Clothing, Early Postcard & Greeting Card Albums, OLD... Window Displays, Albums, Oak Bookcases, Decorated Stoneware, Garden Statues, Gnomes, Axes, Folk Art, Nautical Items, Adirondack Things, Display Cases, General Store Stuff, Coin & Watch Collections, Jewelry, Beer Related, Milk Bottles, Sets, Old Signs, Comics, Oddities, Rookwood Pottery, Cigar Related, Unusual Enamelware, Pyrex, Old Christmas Elves, Santas, Snowmen & Ornaments. Vintage Tablecloths, Hankies, Quilts, Doilies. Also Old Paintings, Frames, Stained Glass, & Signed Fritz Vogt Drawings (1800's). We DO NOT buy anything made after 1975... Keepin' It Old! We don't take the winter off, Free House Calls, Cash Call 315-823-1177, Showcase Antiques, Leave Message For Dave



Attachments

UNIVERSAL ATTACHMENTS PALLET FORKS

2000# ♦ 4200# ♦ 5500# BALE SPEARS LP BUCKETS **MATERIAL BUCKETS ROCK BUCKETS MANURE FORKS**

529 Hardscrabble Rd. Little Falls, NY 315-823-1342

Building Materials/Supplies

REMODELING: Anderson window 110" length includes 2 crank-out windows each end. For more information 315-794-0080

INSULATION: All Types. New/ Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam 315-822-5238. Insulation www.upstatesprayfoam.com

Building Materials/Supplies

Scratch & Dent Appliances Refrigerators \$399-\$599 Washer..... Water Heaters\$279-\$419 Freezers\$399-\$949

#2 Building Materials OSB..7/16 **\$19**, 5/8 **\$22**, 3/4 **\$25** Plywood......5/8 \$22, 3/4 \$24 2x4x8' to 16'......**\$4.00-\$8.50** 2x6x8' to 16'\$6.00-\$13.00 4'x8' foam.1"-**\$11**, 1.5"-**\$16**, 2"-**\$20** Exterior Doors Starting at.\$180 #2 Galvalume Roofing..**\$1.45 LF**

Adirondack Discount Sales 302 Bacon Brook Rd, Dolgeville, NY 315-429-3184

Cars, Trucks, Trailers

RHD 2008 JEEP Wrangler X 171,472 miles. REBUILT transmission, many new parts were used, \$11,000. Call/ Text 518-596-9681

Chippers

MightyOx Wood Splitters and Chippers. 3 Models to Choose From. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

Custom Services

BOILING POT PHOTOGRA-PHY: Graduation Photos, Weddings, Baby and more. Find us on Facebook. 518-378-3279

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! FREE SHIPPING included. Call Lee Newspapers Inc. at 518-673-0101 email commercialprint@leepub.com

Dogs

WANTED: Healthy female Beagle puppy pending litter or recently born, will have excellent home. Vet reference available. Leave message 315-429-9740

For Rent

APARTMENT FOR RENT. 143 Furnace St. Little Falls. \$550 month. 2 bedrooms. No Pets, No Smoking. No Utilities included. 315-985-1202

ILION: Near downtown, newly remodeled one large bedroom spacious apartment, fully furnished, mature adults, utilities included, NO Pets, NO smoking. Parking for one car. \$675/month plus one month's security & references. 315-894-1335 or leave message.

LITTLE FALLS - West Main Street. First floor two-bedroom apartment, \$500 per month plus utilities. Call 315-503-8512

For Rent

VILLAGE OF FRANKFORT: 2 bedroom second floor apartment. For details and visual tour: Real Estate Rentals (crossettres.com) Applications 315-894-8557

Illion 1-bedroom upstairs; off-street parking; newly remodeled \$550+ security and utilities 315-894-4411

RENTAL OF 60 acres of crop land in Town of Danube availabe now. 315-823-2759. 315-832-1691

For Sale

APARTMENT SIZE stove, 4 burners w/broiler, excellent condition, \$90; walnut desk, \$15.00; 4 new Universal rims, \$100. New Euro-prox XP110 processor/blender; TV and Microwave stands, assorted antique chairs and tables, clown collection in boxes, much more. Call 315-894-1335



RAFFLE TICKETS - 500 -\$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. **SELF-INKING** STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

2010 FORD WINDOW VAN 8-seats, 114k miles no rust runs great, 1 owner \$8,600 315-894-4411

Furniture

COFFEE TABLES and two end tables solid oak with a beveled glass top insert \$75.00 OBO. Pictures on request 315-868-7151

Heating

Heating

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

Help Wanted

EMPLOYMENT OPPORTU-

NITY: Herkimer County: Looking for help in freestall or tiestall dairy with milking parlor, experience preferred, own transportation, parttime, full-time. Please call: 315-717-9366



Legal Notices

ARTICLES OF ORGANIZA-TION of MOHAWK VALLEY SPREADING LLC under Section 203 of the Limited Liability Company Law. The purpose for which the comwas formed on 1/13/2021 in Montgomery County is to engage in any lawful act of activity under LLCL of the State of New York. The Secretary of State is designated as the agent of the LLC and the address of the company is 188 Youngs Corners Rd., Amsterdam,

Logging Equipment

NY 12010

BRUTE FORCE Firewood Processors Sales & Rentals. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

Heating



Dutchman **E**nterprises Fort Plain, NY 13339 - 518-993-2543 HERKIMER COUNTRY EDITOR

Country Editor

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

Corrugated Signs, Shopping Bags/Totes, Gift Certificates, Invitations, Labels, Magnets, Business Cards, Rack Cards, Banners, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Signs, Pull-Up Banner Stands, Feather Banner Stands, Door Hangers, Envelopes, Posters, Calendars, Self-Inking Stamps, Flyers/Brochures. Call with your needs. Lee Newspapers Inc. 518-673-0101 or commercialprint@leepub.com

Professional Services

LANDLORD & TENANTS: Counseling, managing your rental property accounts (Quicken), pre-screening. Offering a Course-"How to Prepare for the Rental Market." Crossett Real Estate Services www.crossettres.com E-mail louise@crossettres.com Phone 315-894-8557

13 OR 14-MONTH PHOTO WALL CALENDARS **ONLY \$15.00!**

- Bring in your USB, SD card, or photos for us to scan
- Email your photos to: commercialprint@leepub.com Call 518-673-0101 Lee Newspapers Inc. 6113 State Highway 5.

Palatine Bridge, NY 13428

Real Estate For Sale

2 FAMILY HOME on Main Street, Little Falls, off-street parking, nice back yard, needs work. \$22,000 or make offer. 315-823-1618 leave message

Real Estate For Sale

Real Estate For Sale

BUILDING LOTS

2.2 Acres Field/Views \$15,900 6.9 Acres Wooded/Stream \$21,900

8.7 Acres Field/Woods/Stream \$26,900

POND VIEW ESTATES 315-891-3254

Services Offered

HANDYMAN MIKE

Interior Specials • Remodeling Kitchens • Bathrooms Painting • Swirl Ceilings Sheetrocking • Windows Doors • Decks • Roofs Free Estimates 315-272-9644

8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00. Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-

MAN WITH PICKUP TRUCK Clean outs, trash removal, small moves. 315-982-9302, 315-269-5884

Snowblowers

HUSQVARNA Snowblowers on sale now. Large selection. Financing available. Randall Implements. Route 5S, Fultonville. 518-853-4500

Trailers

BELMONT & BRAVO Trailers: Snowmobile, enclosed, gooseneck, skid steer, dump. much more! Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

Real Estate For Sale

NEW HOMES MODULAR COMPANY

Higher quality home **Better specifications** More upgraded features

WE BEAT ALL OUR COMPETITORS' PRICES Ph. 315-891-3254



VILLAGE OF ILION:

Two-family. Updated kitchens & baths. All electric property. Surveyed. All appliances included. Both units rented. Ample parking. Visual tour.

\$125,000 For Sale & Managed By

CROSSETT REAL ESTATE SERVICES Tel: 315-894-8557

Email: louise@crossettres.com www.crossettres.com



CLIP & SEND

Herkimer County

PO Box 121, Palatine Bridge, NY 13428 • Ph: 518-673-0111 OR 800-218-5586

114 words \$.10 each additional / Week

Deadline Thursday 4pm - Fill Out This Form OR Call Us To Place Your Reader Ad

READER AD FORM

Today's Date	# of Weeks to Run	Starting Issue Date (Saturday Dat		
COPY: (First 14 words \$4.00,	each additional word add 10¢ each)			
		14 words - \$4.00		
		24 words - \$5.00		
	(TELEPHONE NUMBERS = C	9NE WORD) 34 words - \$6.00		
Name (Print):				
		County:		
		: Zip:		
		Cell #:		
Payment Method: Che	ck/Money Order 🗖 American Ex	press 🗆 Discover 🗆 Visa 🖵 MC		
Card #:		Exp. Date:		
Name on Credit Card (pr	rint):	MM/YY		
		Today's Date:		
4				

Ph: 518-673-0111 or 800-218-5586 • Fax: 518-673-2381 • Email: classified@leepub.com Mail: Herkimer-Country Editor, PO Box 121, Palatine Bridge, NY 13428

Trailers Trailers

Authorized Dealer For: Belmont Trailers & Bravo Enclosed Trailers



Belmont Skid Steer Equipment Trailer



Bravo Bumper Pull Trailer

Dutchman **E**nterprises Fort Plain, NY 13339 • 518-993-2543

M	A	G	N	E	Т	S	
---	---	---	---	---	---	---	--

Full Color Incl. FREE SHIPPING

Business Card Magnets:

250: \$55

500: \$85

Set-up: \$15

Custom Magnets Available Call For Quote

*NYS tax applies for in-state orders.

6113 State Highway 5 Palatine Bridge, NY 13428

Vehicle Magnets:

12x18: \$55 (pair)

12x24: \$65 (pair)

18x24: \$80 (pair)

12x42: \$110 (pair)

12x72: \$150 (single)

6113 State Highway 5 Palacine Bridge, 11. State commercialprint@leepub.com

Kovels: Antiques and collecting

by Terry and Kim Kovel Pottery cigar box

Homes of the early 1900s in the United States had many matched sets of decorative pieces. There was a coffee and tea service with creamer, sugar bowl and tray. There was usually a desk set with a pen, blotter ends, inkwell, pen holder, letter opener, stamp box and more. And, of course. there was a smoking set that had a box for cigars, cigar cutter, sometimes a cigar holder, humidor, lighter, ashtray, a cigarette holder and a special cigarette case to carry. When viewed alone, the parts are often hard to identify.

A recent auction by Rago sold a pottery box with a lid and corners that featured hooded figures. The size suggests it was originally made to hold cigars. Cigars were sold in standard size wooden boxes starting in 1865. A decorative box often held them on a desk or table. This box is marked Atlantic Terra Cotta Com-

pany, an important maker of New Jersey clay tiles from 1907 to 1949. It sold for \$875.

Q: I inherited a 1768 German family Bible. What's the best way to store it so it doesn't deteriorate?

A: If your family Bible lists names of family members with birth and death dates going back over 250 years, you have a treasure! Before you store the Bible, use your cellphone or digital camera to take pictures of the pages that have family information so you can share them with other family members and have copies in case the ink fades.

Don't try to copy the pages by opening the book flat on a photocopier. It may break the spine. The public library may have a photocopy machine with a book mount to hold the book partly open, but the light may fade the print.

Don't keep the Bible in a plastic bag. Put a piece of archival tissue paper

handwritten pages to prevent the ink from bleeding through. Store the Bible flat in an archival box and pad it with archival tissue paper to keep the Bible in place. Store it in a cool, dry place, not in the attic or basement. Archival materials can be purchased at sites online. A few places for archival supplies are www.gavlord.com and www.lightimpressionsdi-

Current prices

Coffee pot: Pairpoint, silver plate, birds, leaves, lanterns, gourd shape, long spout, 11 x 7 inches, \$45.

Shelley cup and saucer: yellow polka dots, trim, handle, white ground, 5 3/4 inches, \$105.

Scale: weighing, brass, butcher, fitted case, John Chatillon & Sons, 16 1/4 x 13 inches, \$160.

Box: dresser, Bolivian rosewood, white ash stripe, turned wood, Jerry Patrasso, 2 1/2 x 3 7/8 inches, \$260.

TIP: Rub tartar-con-

trol toothpaste on your scratched snow dome paperweights. It will remove the smaller scratches.

"Kovels' Antiques &

Collectibles Price Guide" - the new 2021 edition with more than 11,500 prices, 3,000 pictures and many helpful tips - is available

in bookstores and online, or visit www.Kovels.com for a special offer.

(c) 2021 King Features Synd., Inc.



Recycling is not new. Attractive boxes that held products like cigars were often reused to hold jewelry or sewing equipment. What the hooded figures on this box represent is unknown, but the box sold for \$875 to be used in a 21st-century way.







HERKIMER HEARING AID CENTER

in the Prospect Complex 200 N Prospect St, Herkimer

Specializing in Hearing Loss & Hearing Aids for Over 20 Years!



If you suffer from:

- Ringing In The Ears / Tinnitus
- Difficulty Understanding Conversations
 Made and Conversations
- Moderate, Severe or Profound Hearing Loss
- Problems With Your Existing Hearing Aids
 At our Board Contified provider halp your
- Let our Board Certified provider help you.
- Expert Evaluations For All Ranges Of Hearing Loss
- Unrestricted Access To The Best Hearing Aid Components
- Customized Treatment With <u>YOUR</u> Specific Prescription
- Best Comprehensive Care For <u>YOUR</u> Unique Hearing Loss

PROUDLY STAYING LOCAL
HIGHEST QUALITY CARE • SATISFACTION GUARANTEED
GET THE BEST CARE AND SAVE HUNDREDS!

Competitive Insurance-Style Discounted Hearing Aid Options Available if Necessary. No 800# For Approval, Simply Come In.

No Marketing Gimmicks. Just Professional Care. ENJOY THE SOUNDS OF LIFE AGAIN!

Marcus Boehm, BC-HIS Board Certified in Hearing Instrument Sciences

Appointments: **315-866-6728** www.herkimerhearing.com





1276 State Route 5-S, Mohawk, NY 13407 (315) 823-8822

We offer the following products at the BEST PRICES!

- Fuel Oil
- C ...
- Gasoline
- Coal (Bulk or Bag)
- Propane
- PropaneWood Pellets
- On/Off Road Diesel
- OVP Racing Fuel
 OFarm Diesel
- Farm Diese
- Kerosene

We also offer automatic delivery, budgets and prepay plans.

Multiple fuel discounts, veteran's discounts and senior discounts are available.

Serving Herkimer, Montgomery, and Fulton Counties.

LITTLE FALLS LUMBER



WE STOCK ONLY PREMIUM GRADE BUILDING MATERIALS. DOUG FIR, SPRUCE, TREATED LUMBER, OSB, ZIP SHEATHING. AND WE HAVE THE EXPERTS ON STAFF READY TO HELP YOU WITH YOUR NEXT PROJECT.

Curbside & Delivery
Service Available
Call Ahead

Open Monday-Friday 8:00-4:00; Closed Sat. & Sun. 73 Southern Ave., Little Falls

(315)823-2470

Visit Our Website for Packages & Specials

www.littlefallslumber.com



Be an effective partner in your IBD care

(Family Features) A lifelong diagnosis like inflammatory bowel disease (IBD) may feel overwhelming and confusing, but by working closely with your health care providers, you can work toward managing the disease and improving your quality of life.

Consider these recommendations from the Crohn's & Colitis Foundation to partner with your health care team to manage your IBD.

Be upfront about your symptoms

Being honest with your doctor about your symptoms is an important first step in your journey with your IBD diagnosis. Oftentimes, this starts by sharing exactly what you are experiencing on a daily or even weekly basis, such as frequency of bathroom visits, pain, blood in your stool or fatigue, so your health care team can gain a better understanding of how

you are feeling. One way to help ensure you're managing your diagnosis properly is to keep a journal, which offers a simple way to track if symptoms have improved or worsened since your last visit and help you remember questions that may arise. If you find it difficult to discuss certain topics, practice talking about these issues with a friend or family member before appointments and consider bringing a loved one to appointments for support.

Work with your health care team to set goals

Goals, or targets, will be different for every patient based on the type of

disease, severity, progression and a variety of other factors. Finding the right IBD treatment can take time, so it's important to balance your present priorities. Start by taking an honest approach to your personal preferences regarding medications. Consider if you have time in your schedule for lengthy infusions. Or perhaps you prefer administering self-injections. You may have short-term goals, such as attending a family wedding in two months, as well as longterm goals related to the future course of your disease, like reducing IBD inflammation and achieving remission, which is



Being honest with your doctor about your symptoms is an important first step in your journey with your IBD diagnosis. Photos courtesy of Getty Images

CHARLES D. STAHL care to

"SPECIAL TRUCKLOAD SALE"

Approx. 5 Face Cord \$425

Approx. 7 1/2 Face Cord **\$550**Approx. 11 Face Cord **\$850**

FURNACE CHUNK WOOD

Approx. 11 Face Cord \$825

Prices may include extra delivery charge.

315-823-1982 *Ask About Our Seasoned Hardwood*

HEAP VENDOR



People ask us why

our prices are so low.

We think a better question is...
why are our competitor's
prices so high?

Full Service Funeral from \$2995. Viewing prior to Cremation from \$2745. Direct Cremation from \$995.

Cremation specialists • Pre need specialists • Veteran funeral assistance
Full service funerals • Monument offerings

Funeral Directors
Daniel J. Enea
Scott Pizer

Mohawk Valley Funerals and Creamations & Daniel J. Enea Funeral and Cremation Care 7507 State Rte. 5 (Corner of Bidleman Road) Little Falls, NY 13365



315-508-5131 www.mohawkvallleyfunerals.com





Painting, Dry Wall & Dry Wall Repair, Textured Ceilings, Water Damage, Replacement Windows & All Home Repair Fully Insured

No Job Too Small Over 35 Years Experience 315-570-1985



315-429-3061

713 State Hwy 162 Sprakers

APARTMENTS AVAILABLE

Call for a tour
Mention this ad
For a Special Offer



105 Protection Ave. Herkimer, NY 13350 Phone: 315-866-3611 - Fax: 315-866-6074

Subsidized Housing, 1 Bedroom Apartments, Senior Citizens & Mobility Impaired



nathan@tescorproperties.com Sherry Wellington - Manager



considered mucosal healing. This process is often called "treat-to-target" in the medical community and helps avoid complications and minimizes long-term disease risks as much as possible.

This goal-oriented approach to managing IBD is much like setting a target and trying to hit the bullseye. Your provider alone can't do it; you need to be an active partner in the goal-setting discus-

sion. Providing clarity to your health care professionals regarding personal preferences and your short- and long-term goals like a desire to get pregnant, to travel, to decrease stress and anxiety, gain self-care skills or to return to school can keep the entire team on the same page.

Make decisions together by acting as an effective partner

Asking questions is the first step toward creating an effective partnership with your health care team. You can start by seeking an understanding of which diagnostic tests are important for you to undergo. Decide together which steps should be taken now and which you should aim for in the future. Be willing to learn each part of the process, including treatment options, potential risks and benefits.

It may take some time before you see any progress made toward achieving your goal. Certain treatments may some time to work. Review any external factors that may impact the effectiveness of your treatment. Talk to your doctor about adjusting treatments and consider changing your targets if available treatments are not helping you reach your goals.

Find more advice for effectively partnering with your physician to manage IBD at crohnscolitisfoundation.org.

Source: Crohn's & Colitis Foundation of America



BBB Better Business
Bureau Approved

4361 Acme Rd., Ilion

Dog/Cat Sitters

315-525-3331

Boarding, Kennel

& Daycare Services

Check us out on Facebook!

18 • February 26, 2021

Roasted vegetables

Cooked until they are tender and golden, roasted vegetables can accompany almost any winter meal — especially roasted meat and poultry.

- 1 1/2 pounds medium-size red potatoes
- 2 (about 1 3/4 pounds) fennel bulbs
- 2 (about 1 pound) red onions
- 2 (each about 1 pound) acorn squash
- 5 medium carrots
- 4 medium parsnips
- Olive or salad oil
- 2 teaspoons chicken-flavor instant

- 1 teaspoon coarsely ground black pepper 3/4 teaspoon salt
- 3/4 teaspoon dried thyme leaves Fresh thyme sprigs, for garnish
- 1. Cut potatoes into 2-inch chunks. Cut root ends and stalks from fennel bulbs; cut each bulb lengthwise through the root end into 4 wedges. Cut each onion into 4 wedges. Cut each squash lengthwise into quarters; discard seeds. Cut each quarter crosswise into 2 pieces. Cut carrots and parsnips crosswise in half. (If thick, cut thick portion lengthwise in half.)
- 2. Preheat oven to 400 F. Evenly divide vegetables between 2 large roasting pans, each about 17 by 11 1/2 inches (or between 1 large roasting pan and one 15 1/2 by 10 1/2 inch jelly-roll pan). Toss vegetables in each pan with 2 tablespoons olive or salad oil. In small bowl, mix bouillon, pepper, salt and thyme. Toss half the seasoning mixture with vegetables in each pan.
- 3. Arrange pans on 2 oven racks. Roast vegetables 30 minutes, stirring once. Switch pans on oven racks; roast 20 to 30 minutes longer, stirring once, until vegeta-

bles are tender and nicely browned.

- 4. Remove vegetables to warm large platter. Pour 2 tablespoons hot water into each pan, stirring to loosen brown bits. Pour liquid from each pan over vegetables. Garnish with thyme sprigs. Serves 8.
- * Each serving: About 270 calories, 8g total fat, 540mg sodium.

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

(c) 2021 Hearst Communications, Inc. All rights reserved

Did you know?

Leaves that fall from trees can be a marvel to behold. But leaves can stain exterior surfaces when they eventually settle on vehicles, concrete driveways, patios and other surfaces, become wet and/or are not cleaned away in a timely fashion. Leaf stains are caused by tannins in the leaves. The pigments can be absorbed by porous materials like concrete and leave stains behind. While these stains may wash away over time, homeowners

may prefer a faster way to get rid of unsightly stains.

To remove moderate leaf stains, mix oxygen bleach with hot water and apply to stains using a scrub brush. Dark stains may require a tougher

cleanser, such as one that contains trisodium phosphate. Some homeowners find success using a pressure washer to clean away leaf stains, while others rely on commercial leaf-stain removers.









GRAPHIC DESIGN
& PRINT SERVICES

by Lee Newspapers Inc.













All Sizes • All Quantities • Color or Black & White

Blueberry Pie
Ingredients: Non-GMO whole blueberries, water,
evaporated cane juice sugar, non-GMO apple cider vinege

Crust: Non-GMO unbleached and unbromated flour non-hydrogenated transfat free BBS shortening, baking powder. Brushed with natural eggs.

No Preservatives • Keep Refrigerated

Net Wt. 5 oz.



Bin Tags • Store Signs • Products Labels • Roadside Signs • Sandwich Boards • Tote Bags • Posters • Banners • Flyers • Brochures • Invoices • Envelopes • Gift Certificates • Self Inking Stamps



Contact your sales representative or the Commercial Print Department for more information: 518.673.0101 – commercialprint@leepub.com



24 CHURCH STREET CANAJOHARIE, NY 13317 (UNDER THE VILLAGE CLOCK)

518-673-0292

Just 1 Minute Off Exit 29 NYS Thruway

St. Patrick's Da is Wednesd March 17th



Celebrate Your Favorite Irish People!

Great Decorations & Fun Novelty Items Home & Office & Fun &

pen Year Round For All Of Your Cift & Decorating

WINTER HOURS:

WED/SUN 10-5, CLOSED MON. & TUES. THROUGH SPRING
Like our page to get updates about all of our events and promotions! @leesshopsatwagnersquare



Something for everyone & every budget!



CARS % CARS % CARS



2018 FORD FUSION SE

Silver Metallic, 42K Miles, FWD, 6-Speed Automatic, Stk # U15176

\$15,995



2017 LINCOLN MKZ RESERVE \$25,495





2009 Honda Accord 2.4 EX-L \$8,150





Alpine White, 88K Miles, AWD, 8-Speed Automatic, Stk # U15275

2016 Ford **FUSION SE** \$12,795





shadow Black, 6oK Miles, FWD, s-Speed Automatic, Stk # U15187

2017 LINCOLN Continental RESERVE \$30,995



Silver Metallic, 17K Miles, AWD, 6-Speed Automatic, Stk # U14948

SUVS 🖇 SUVS 🦂 SUVS



2017 FORD EDGE SEL

Ebony, 24K Miles, AWD, 6-Speed Automatic, Stk # U14936

\$20,995

2019



2016 JEEP WRANGLER Firecracker Red, 50K Miles, 4x4, 5-Speed Automatic, Stk # U15146

\$24,995



2016 JEEP RENEGADE TRAILHAWK

Granite Crystal, 68K Miles, 4x4, 9-Speed 948TE Stk # U15143

S13.995

2017

FORD

ESCAPE **SE**



2019 EXPLORER PLATINUM

White Platinum Metallic, 22K Miles, 4x4, 6-Speed Automatic with Select-Shift, Stk # U15186

\$39,995



ESCAPE **SE** \$18,995 White, 39K Miles, 4x4, 6-Speed Automatic, Stk # U15225



Gray, 54K Miles, AWD, CVT, Stk # U14998





Charcoal Black, 28,500 Miles, 4x4



Blizzard Pearl, 39K Miles, AWD, 8-Speed Automatic, Stk # U15070



Magnetic, 26K Miles,



2018 Ford ESCAPE SE \$17,995

TRUCKS TRUCKS









uxedo Black, 90K Miles, 4x4, --Speed Automatic, 5tk # U15204

2018 Ford F-150 **SUPERCAB S**TYLSIDE \$35,995



2019 ORD F-350 **CREW CAB** \$67,495





\$33,600



Tan, 14K Miles, 4x4, 6-Speed Auto ic, Stk # U14895

SEE WHY IT'S SO EASY TO DO BUSINESS AT

STEET-PONTE FORD

5074 COMMERCIAL DR., YORKVILLE



