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Herkimer College announces new Commit 2 Complete program

Herkimer County Community College announces the creation of its Commit 2 Complete program, an initiative that encourages students to complete their associate degree in two years.

Students accepted into this program will receive a \$1,000 award to apply to the cost of on-campus housing.

They will also report to a special academic adviser, who will guide them in developing and pursuing a graduation success plan.

Commit 2 Complete students will have opportunities to participate in a variety of specialized activities and events to encourage a personal growth-mindset, assist in goal setting, and help deepen their self-awareness.

Commit 2 Complete, sponsored in part by the Herkimer County College Foundation, Inc., is open to fall-start, new and transfer full-time students who are enrolled in an associate degree program and intend to live on campus.

For more information, visit herkimer.edu/commit.

To your good health

by Keith Roach, M.D.

Homemade "foot box" relieves night cramps

Dear Dr. Roach: I am a very healthy 74-year-old male. I am not on any medications and enjoy normal blood pressure and great stats from my regular bloodwork. I weigh 140 pounds and have been exercising every day faithfully for decades.

A couple of years ago, I started getting cramps in both legs throughout the night. My toes would curl down and my entire leg would get stiff; the pain was horrible. I had a terrible time "walking it off," and very often when I finally got it to pass, as soon as I got back in bed the whole thing would start all over again. Sometimes I would go a few nights without having a problem, but there was always the fear that I would have another episode.

I read online advice to get the weight of the sheet and covers off the feet. I took a strong cardboard box and sleep with my feet in the open end of the box. The first time I got in bed with this rigged up, it felt very strange not having anything on my bare feet, but eventually I got used to it. The remarkable news is that I have not had a single episode since fabricating the box over six months ago. — G.K.

Answer: I appreciate your writing in. I have had many patients use a box during sleep for acute gout, where even a sheet on top of the affected toe can be exquisitely painful, but I had not heard this used for nocturnal leg cramps. Some patients have noticed that the symptoms

do seem to be started or exacerbated by the weight of blankets.

Before resorting to that, I recommend regular exercise, even a few minutes of riding a stationary bicycle before bed can help. Couple that with regular stretching of the calf and hamstring muscles and adequate hydration. Although many readers ask about it, I do not recommend quinine for most people, and it's quite rare for the cause to be disturbances of sodium, potassium, calcium or other electrolytes. B complex vitamins and magnesium are helpful in some people, but I restrict iron



to people with proven iron deficiency.

If all else fails, prescription medications such as verapamil may be helpful.

Dear Dr. Roach: I'm getting low grade tumors in my bladder. I just had my second operation after the Bacillus Calmette-Guerin treatment didn't work. I read that tumors can't grow in an alkaline environment. Should I eat vegetables, like broccoli and sprouts? Also, would vitamin E and selenium be helpful? — R.G.

Answer: It is true that having an acid urine pH is a risk factor for bladder cancer. Many fruits and vegetables make urine pH more alkaline, whereas meat and dairy make the urine more acid. Smoking also makes the urine more acid.

Eating more fruits and vegetables (and abstaining from smoking) will help reduce recurrence of bladder cancer, though I'm not sure it's through urine acidity. Please don't stop your doctor's recommendations, though, as diet alone is not adequate therapy for bladder cancer.

A 2012 study found no benefit in selenium and vitamin E on prevention of bladder cancer. It's unlikely to be significantly effective in treatment.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYour-GoodHealth@med.cornell.edu.

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Activities are being planned for a jam packed day of Family Fun! Watch for more details

www.facebook.com/Canajoharie-StreetFair

2019 seems like an eternity ago... but it wasn't all that far in the past. It was pre-COVID so this year some changes will be implemented for the safety of us all BUT... it will be a celebration and we are happy to be back! Watch for more details to follow!!!

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Why seniors are at greater risk for COVID-19

It has been more than a year since the world learned about the novel coronavirus COVID-19. Since December 2019, there have been tens of millions of reported cases and nearly two million deaths worldwide attributed to COVID-19, according to data from the Johns Hopkins University Center for Systems Science and Engineering.

Experts are still unclear how prevalent the virus really is because a large number of cases are not reported due to mild or asymptomatic infections. But there's no denying COVID-19 can be very risky for one large segment of the population.

The chances for severe illness from COVID-19 increases with age, with older adults at the greatest risk, offers the Centers for Disease Control and Prevention.



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

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The CDC further indicates that eight out of 10 COVID-19 deaths reported in the United States have been in adults who are 65 and older. Compared to younger adults, older individuals are more likely to require hospitalization if they contract the illness. People between the ages of 75 and 84 are at eight-times more likely to be hospitalized and 220 times more likely to die from COVID-19 than the youngest patients.

There are some key reasons why older adults are at higher risk. Vineet Menachery, an immunologist at the University of Texas Medical Branch who studies coronaviruses and their effects on aging immune systems, older adults are more likely to suffer from underlying conditions that can hinder the body's ability to recover from illness. In addition, a greater propensity for inflammation in the body and changes in the way the immune system responds with age are other mechanisms that increase seniors' risk for COVID-19. Furthermore, COVID-19 affects the part of the lungs that delivers oxygen to the bloodstream and removes carbon dioxide. As a person gets older, the lungs are not as elastic and this can affect gas exchange and other functions. Being older coupled with having cardiovascular disease, asthma and diabetes also can raise the threat level of COVID-19.

Seniors must be extra diligent to engage in behaviors that reduce their risks. Epidemiologists recommend the following:

- Wash or sanitize hands whenever possible, especially upon entering and leaving public buildings.
- Shop and travel during off-peak hours, such as early in the morning, to avoid crowds.
- \bullet Use contactless payment methods rather than handling money.

- \bullet Ask friends and family to do your shopping and run errands for you.
- Wear masks over the nose and mouth and stay at least six feet away from others.
- If the COVID-19 vaccine is available to you, ask your doctor more about it and get vaccinated if it's safe to do

Learn more about at-risk groups at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.



The chances for severe illness from COVID-19 increases with age, with older adults at the greatest risk, offers the Centers for Disease Control and Prevention.

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

May 1

Stratford United Methodist Church Annual Chicken Barbecue at 1511 State Route 29A, Stratford. Take out only. Pick up begins at 3:30 p.m. Call day of for reservations 315.429.7058.

May 4

Alzheimer's Foundation of America Brain Health Awareness Webinar for New York Veterans 11 a.m.-12 p.m. Register at www. alzfdn.org/veterans.

May 13, 14 and 15

Rummage Sale Thursday, May 13, Friday, May 14 from 10 a.m. to 5 p.m. and Saturday, May 15 from 9 a.m. to noon at the Salisbury Town Hall, Rt. 29A, Salisbury Center. Must wear a mask and practice social distancing. Shoppers are asked to bring there own bag to pack purchases. Sponsored by the Salisbury Historical Society.

May 17

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

May 20

Baked Ham Dinner 4-7 p.m. or sold out. Take out only. At Emmanuel Episcopal church, The Parish Hall, 594 Albany Street, Little Falls.

Free delivery to Herkimer and Little Falls. Curb side, walk ins. Reserve dinner at 315.741.4672.

May 22

Fort Klock Opening Day 10 p.m.-4 p.m. Come experience Colonial life in this beautiful historic fortified homestead. 7203 Route 5 St. Johnsville. For more info call 518.568.7779.

June 12

Craft Festival 2021 event now canceled. 41st year slated for June 11, 2022. Sponsored by the Church Of Christ Uniting in Richfield Springs.

June 14

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

July 12

Rabies clinic at Susquehanna Society SPCA 4-7 p.m. Register at 607.547.8111, ext 111.

July 24

Moses Quinby Day. Bee-keeping convention and Public field day.

Speakers. Craft/food vendors. Kids activities. Music. Fort Klock, 10-4. For info: mosesquinby62@gmail.com.

August 16

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

Sept. 13

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

October 4

Rabies clinic at Susquehanna Society SPCA 4-7 p.m. Register at 607.547.8111, ext 111.

November 15

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

December 13

Rabies clinic at Susquehanna Society SPCA 2-5 p.m. Register at 607.547.8111, ext 111.

MV Rotary Club discusses dog park



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The Mohawk Valley Rotary Club met recently to discuss the Roger J. Skinner Memorial Dog Park. A gofundme page is set up to accept donations to help finish the park. Visit www.gofundme.com/f/the-roger-j-skinner-memorial-dog-park. Photo courtesy of Mohawk Valley Rotary Club

The Mohawk Valley Rotary Club met recently to discuss the Roger J. Skinner Memorial Dog Park, dedicated to Roger Skinner, a Whitesboro resident, local business owner and a longtime member of the Mohawk Valley Rotary Club.

The club would like to announce the gofundme page, that is set up to accept donations to help finish the park. Ed View has been working tirelessly to complete the park so it can open in late June. People can visit the page and make a donation at:

https://www.gofundme.com/f/the-roger-j-skinner-memorial-dog-park

The Mohawk Valley Rotary Club sponsors this park, located on Marginal Road in Herkimer. Donations will go directly to the building and upkeep of the park.

Comfort foods made fast and healthy

by Healthy Exchanges
Pepperoni pasta salad
Pack this in your lunch-

box and see if you don't get an "attitude adjustment" with the first bite! 1 (15-ounce) can stewed tomatoes, chopped and undrained

1/4 cup finely chopped onion

1/4 cup fat-free Italian dressing

1 teaspoon Italian seasoning

3 cups cold cooked penne or rotini pasta, rinsed and drained

1/3 cup sliced ripe olives

1 (3.5 ounce) package Hormel reduced-fat pepperoni, diced

1/2 cup shredded reduced-fat mozzarella cheese

1/4 cup grated reduced-fat Parmesan cheese

In a large bowl, combine undrained stewed tomatoes, onion, Italian dressing and Italian seasoning. Stir in pasta, olives, pepperoni and mozzarella cheese. Add Parmesan cheese. Mix gently to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (1 cup each) servings.

* Each serving equals: About 205 calories, 5g fat, 13g protein, 27g carb., 729mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1/2 Vege-

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Herkimer Generals Call of Duty esports team heads to national semifinals

In its first year of competition, the Herkimer Generals esports Call of Duty: Modern Warfare team has advanced to the national semifinals of the National Junior College Athletic Association Esports (NJCAAE) invitational tournament.

The Generals secured their position after a 4-3 win over Gogebic Community College on April 19.

The team of first-year students Christian Mandia (Utica, NY) and Jayden Vargas (Bronx, NY), which is seeded No. 4 for the tournament, was scheduled to take

on the top-seeded team from the University of South Carolina-Sumter on April 26. The winner of that match advanced to the national finals later that evening.

The game can be watched live on Herkimer College's Twitch channel: twitch.tv/herkimer_generals_esports.

Put more you into your wedding day

(Family Features) – A wedding day is filled with symbolic tradition, from varied religious customs to the never-ending circle reflected in the rings and the types of flowers accentuating the celebration. Even with all the traditional rituals to consider, nearly every bride and groom can find

ways to give their special day some unique touches that reflect their personality and love.

Music sets the mood for every wedding, and it's an easy place to put your own spin on the celebration. Whether you forgo the traditional bridal march entirely or simply look for an arrangement that gives an updated twist to the classic version, let guests know this isn't your average wedding by setting the festivities against a soundtrack that lets your true character shine.

The wedding party is intended to be a collection of those nearest and dearest to the bride and

> groom, who help ensure the day goes off without a hitch and who lead fellow revelers in celebrating the start the new couple's life together. That being said, there's reano son this

group must be limited to women on her side and guys on his, or even that it's limited to humans – a beloved pooch can make for an adorable ring-bearer, after all.

Photography is an essential element of your big day, but think beyond the images you'll capture throughout the wedding and reception. Photos lend a personal touch, no matter what your color scheme or theme. Integrate photos of the two of you at various stages of life, together as a couple and with loved ones (perhaps even some you're honoring in memoriam). You can display these at a table with the guest book, as part of the table centerpieces or even on the gift table. Or take things digital and load all your images into a slideshow set to music.

Make favors meaningful. Forgo more common items like bubbles and chocolate. and instead send a little of yourself home with your guests. You Maybe it's a memento from a place with special meaning to you both, or a bottle opener shaped like a bicycle to represent the way you met. Just think about the moments and things that define you as a couple and do some searching online. You'll probably be surprised by how quickly the options the pile up.

Serve up a menu that shows guests more about your life together. Your loved ones can order basic beef or chicken anywhere. Instead, give them a glimpse into you. Make your main course the same food you enjoyed on your first date or during another monumental moment in your courtship. Or plan the entire menu around a region that you hold close to your heart.

Weddings are filled with traditions, but that doesn't mean you can't put your own touches on the day for a special event filled with memories that are uniquely your own. Find more advice for life's special moments at elivingtoday.com.

Source: eLivingTo-day.com



Photo courtesy of Getty Images













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300 N. Main St. Church Office (315) 866-0551 Email: ChristChurch315@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

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559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM

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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

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24 Fairfield St Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8 AM

MOHAWK GRACE EPISCOPAL CHURCH

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

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Learn the right ways to clean lawn and patio furniture

Once the days begin to grow a little bit longer and the numbers on the thermometer creep a tad higher, outdoor entertaining season is right around the corner. Homeowners may be anxious to once again return to the comforts of their backyards. However, their patio furniture may not be ready for lounging just yet.

Some simple cleaning strategies make it easy to brighten outdoor furniture made of metal, glass, wood, and plastic. Before homeowners know it, their backyards will be ready for outdoor entertaining season.

Proper storage

Storing outdoor furniture during the colder months of the year is a great way to protect items from the elements. This may involve careful shrink-wrapping and keeping items outdoors, or by moving furniture indoors to a shed or garage. Cleaning the furniture one last time before storing it also can be handy.

Remove stuck-on debris

Inspect furniture and be prepared to remove any stuckon debris, such as bird droppings, sticky food residue or even cobwebs and insect nests. Be sure to use a cleaning tool that is safe for the material you are cleaning. Test an inconspicuous area of the furniture first to ensure your tools don't damage the furniture. For example, many scrub brushes can scratch glass or aluminum.

Make a thorough cleanser

Clean stains off of furniture with a versatile cleanser. A mild cleaner can be made by mixing 1/2 cup baking soda with 1 gallon of warm water, according to the experts at Better Homes & Gardens. Regular dishwashing detergent also can be mixed with water, as it has a mild bleaching agent. This cleanser can be used on plastic resin furniture or metal furniture, which are popular patio furniture materials.

Patio fabrics

Check the cleaning instructions of outdoor fabrics, as there might be specific instructions on the tags. In some cases, fabric may be removed and washed in a washing machine on a gentle setting. A solution of dish soap and warm water also is a gentle way to clean outdoor fabrics. Once items are clean, HGTV advises applying a water-repellent fabric protector to minimize staining and maintenance.



Some simple cleaning strategies make it easy to brighten outdoor furniture made of metal, glass, wood, and plastic.

Strip or sand

Wood furniture may need specialized care. If stains cannot be removed with a mild cleanser, then hard woods like teak can be surface-sanded to restore items' original look.

Pressure washers can often do more harm than good to patio furniture, so it's best to look for an alternative way to clean them. Usually a bit of

elbow grease and a cleanser is all that's needed. Give the cleaning product time to work. Wipe down and dry the furniture thoroughly to prevent the growth of mildew.

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The Kitchen Diva

by Angela Shelf Medearis Welcome spring with fresh artichokes

Artichokes are strange and lovely. It's a thistle, a flower and its pale green blossoms are one of the first signs of spring. Artichokes are in season, so it's time to go to the market and get some thorny deliciousness for yourself.

Artichokes may be a food you already think you know, stripped down to its heart and frozen and packaged in a box, a jar or a can. The wonderful thing about artichokes is that they are delicious in all their forms. But if you've never had the chance to buy them in their full, sculptural beauty, fresh off the plant, mature or tender and young, then you are missing something special.

The artichoke is a member of the cardoon family, which is native to the Mediterranean, and cultivation began there as early as the 9th century. The plant likes mild, dry climates, and in the United States it seems to like California's central valley

almost exclusively. Being what it is, which is a leafy flower, it is a great source of fiber. It's also high in vitamin C and magnesium.

If you live in California, you've probably had the opportunity to savor a fresh artichoke. However, the artichoke might be a little exotic to the rest of us. The big round globe, with all its lavers, might seem a little intimidating. What to do with it? What is edible, and what is not?

Use fresh artichokes within a few days of purchasing. You may want to trim off the prickly points of the leaves before preparing them. Surprisingly, most of the artichoke flower is edible. The only exceptions are the more fibrous end of the stem (although the upper part of the stem is very good) and the fuzzy center, or beard of the flower, called the "choke." This part of the large, mature artichoke is not edible.

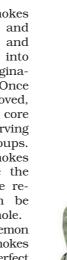
There are many tasty and attractive ways to prepare fresh artichokes. Large heads are delicious stuffed and

roasted. Or artichokes can be steamed and the leaves removed and served for dipping into any sauce your imagination can dream up. Once the "choke" is removed, the hollowed-out core can be used as a serving dish for salads or soups. Small, young artichokes don't need to have the fibrous center choke removed, and it can be cooked and eaten whole.

This recipe for Lemon Chicken With Artichokes and Olives is the perfect showcase for fresh artichokes and the vibrant flavors of spring. Just follow my step-by-step instruc-

Lemon Chicken With

- 1 large (4 pound) chickmoved
 - 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- seasoning
- 1 teaspoon salt
- ground black pepper
- chicken broth



tions for preparing them.

Artichokes and Olives

- en, halved, backbone re-
- 2 tablespoons poultry
- 1 teaspoon freshly
- 1 cup low-sodium



Artichokes are in season, so it's time to go to the market and get some thorny deliciousness for yourself. Photo by Depositphotos

6 whole garlic cloves with skins on

1/2 medium yellow onion, peeled and roughly chopped

artichoke large hearts, quartered, 3 1/2 pounds total (See "How to Prep Hearts" below)

2 tablespoons grated lemon peel

2 teaspoons lemon juice

1 cup pitted green or black olives

5 flatleaf parsley sprigs How to prep artichoke hearts:

Snap off thick green outer leaves down to yellowish core. Halve artichokes crosswise; discard thorny tips. Trim stem to about 1/2 inch and peel tough outer skin from remaining stem. Halve artichoke lengthwise; scoop out and discard fuzzy, red-tipped choke. Put hearts in cold water with a little lemon juice and set aside until you're ready to cook.

To prepare the recipe:

- 1. Preheat oven to 375 F. Heat oil and butter in a large Dutch oven over medium-high heat.
 - 2. Sprinkle chicken all

over with poultry seasoning, salt and pepper; lay chicken in hot oil, skinside down. Cook until browned, about 5 minutes. Turn chicken over. Pour the chicken broth around the outside edges of the chicken. Add the garlic, onion, artichokes, lemon and lemon peel.

- 3. Roast chicken in the oven, uncovered, until cooked through, about 1 hour, or when the temperature reaches 165 F on a thermometer placed in the thickest part of the thigh without touching the bone.
- 4. Remove the bird from the oven and let it rest 10 minutes. The thigh meat is forgiving, even if overcooked. In fact, it becomes more tender when cooked to at least 160 F. Add the olives and parsley, and serve immediately. Serves 4-6.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to 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 Medearis.

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by Terry and Kim Kovel Tramp art birdcage

What is "tramp art"? There is folk art, regional art, naive art, fine art and other very special names for groups of collectibles and antiques, but tramp art is probably the latest one to become popular. Tramp art has been made for many years, but the name was invented by a folk-art author in 1959 to describe whittled objects made from old cigar boxes and other scrap wood. Although wooden cigar boxes were used to hold cigars since the 1850s, the idea of chip carving the wood into picture frames, birdcages, dollhouses and more didn't become a noticeable craft until about 1875 to the 1930s.

What is still called tramp art was made not only by the "tramps" (hobos) of the past, but also by prisoners, sailors and others, almost always men. Today we can use a cellphone to fill lonely hours, but in the past, whittling and other crafts were popular. At first collectors thought it was an American idea, but by the 1980s, antiques dealers were finding similar carved boxes in Europe, especially Germany, and bringing them back to sell at shows.

Today tramp art, like graffiti, has been accepted as an art form. This 34-inch-wide architectural tramp art birdcage has five doors and other openings. It sold at a Skinner auction in Boston as part of a collection of tramp art for \$615.

g: I've been holding onto a pair of candlesticks given to me more than 40 years ago, and I never use them. They're not really my thing. Can you help with the marks? It has a "W" in a circle with three curved lines on either side. It also says "sterling cement reinforced." Any pricing info would be great, too.

A: Your candlesticks were made by Frank M. Whiting Co., of North Attleboro, MA. The company was in business from 1878 to 1940, when it became a division of Ellmore Silver Co. That company went out of business about 1960. Silver that is "cement reinforced" also is called "weighted" silver. The heavy base helps candlestick stand up. One of the ways to value silver is to find the meltdown value by multiplying the current price of silver by the weight. The cement is heavy and makes judging silver value different. A weighted Whiting candlestick sold online for about \$20.

Current prices

Stoneware water cooler: barrel, cobalt blue bands, crown stencil, metal spigot, Robinson Ransbottom, 4 gallon, 15 1/2 inches, \$59

Folk art cane: dog handle, full body, wood,

Kovels: Antiques and collecting

carved, Pennsylvania, 1800s, 33 3/4 inches,

Gaudy Dutch Single Rose pattern plate: green & yellow leaves, blue & yellow border, 10 inches, \$148

Toy Robot: Rotate-O-Matic Super As-

tronaut, black, red, feet, stop 'n go, hinged door, blinking & shooting gun, sounds, S.H. mark, Japan, box, 1960s, 11 3/4

inches, \$315

TIP: Do not dry-clean an old quilt. The chemicals will damage the fabric.

Need prices for your antiques and collectibles? Find them at Kovels.com, our website for collectors. More than 1,000,000 prices and 11,000 color photographs will help you determine the value of your collectibles.

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It might be hard to see the bird in this cage, but it is probably a model that was part of a tramp art collection. It sold for \$615.

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It's tool time

by Suzanne Freitas Extension Master Gardener University of Vermont

Warm days may tempt you to work in the garden and remove winter mulch, but wait a bit longer. We still could have snow and some very cold nights. Plants still need protection.

The freeze and thaw cycles of early spring can damage plants that have survived a cold winter. While waiting for warmer weather, this is an excellent time to clean your gardening implements and make sure your tools are in good working order.

First, inspect your pots and growing containers and clean them. It's important to disinfect plant containers that were used in the previous gardening season. Disease-harboring debris can build-up inside containers.

To disinfect pots, soak them in a solution of one part bleach to nine parts water for 10 minutes. Use a scrub brush to clear away stubborn debris. Finish by rinsing pots with clear water. Your pots are now ready.

Second, get out your weeders, cultivators and other gardening tools and inspect them. If you discover some rust, here's what to do to get them back in working order:

- Soak in a 1:1 mixture of vinegar and water overnight.
- Then scrub in a circular motion with steel wool
- Rinse in soapy water and then plain water.
- Let dry thoroughly, then rub lightly with linseed or mineral oil.

Make sure tools are

dried thoroughly before storing. Treating tools with linseed or mineral oil on a regular basis is the best way to keep them from getting rusty.

Third, inspect your pruners, loppers or shears. Pruners should be taken apart and deep cleaned at least once each season.

- Unscrew the nut that holds them together, and wash all parts separately in soapy water.
- Soak in vinegar and water, and scrub with steel wool to remove any rust.
 - Rinse and dry.
- Then soak in bleach and water to sanitize, then rinse and dry.
- Rub with boiled linseed oil and reassemble.

In addition, check the sharpness of your tools. Cutting or pruning with dull blades often results in damaged branches, so it's important always to keep your tools sharp.

Branches that have been ripped or torn apart are more susceptible to disease. Keep your pruners and other cutting tools sharp with a specialized pruner-sharpening tool or a sharpening stone. Other tools such as hoes, shovels and knives can be kept sharp with quick touch-ups from a sharpening file, followed by a

sharpening stone.

Lastly, do not forget to take care of the handles of your tools. Minor cracks can be reinforced with heavy-duty duct tape. Or you just might decide that now is the time to replace that old tool.

Α higheffective tool is a spear-headspade. ed The narrow. pointed head lets you dig in beds without disturbnearby ing plants.

Another handy tool drain is a spade. This is a sturdv shovel. which slice through compacted soil. roots and sod because it has

sharp teeth that provide extra cutting power.

A regular maintenance routine will keep your gar-

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Spring is a good time to clean and sharpen garden tools to keep them in working order.

Photo by Suzanne Freitas

den tools in good working order and will help them last longer. Tools need to be sharp but also clean and sterile.

Tools that are exposed to plants or soil with bacterial, fungal or insect infestations can spread problems throughout the garden. It only takes a few minutes after each gardening session to take care of your tools and protect your garden the next time they are used.



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Exterior lighting can add ambiance to a property

The value of the right lighting in a home is undeniable. Lighting can instantly transform a room and create the ambiance homeowners are looking to establish. Though it might be mostly seen as a way to create mood inside a home, lighting also can do much for lawns and gardens.

Backyards have come a long way over the last several decades. Once reserved as play areas for children and stomping grounds for the family dog, backyards have become oases for homeowners and their families. Outdoor living areas are wildly popular, and no such area is complete without exterior lighting. In fact, a recent report from the National Association of Home Builders found that 85% of home buyers want exterior lighting, making it the second most desired outdoor feature (patios topped that list).

Exterior lighting can have a dramatic effect on landscaping, and estimates from the online financial resource Kiplinger.com suggest such lighting is inexpensive, with installation averaging roughly \$67 per fixture.

When installing exterior lighting around their landscapes, homeowners can keep various tips in mind to create a relaxing, awe-inspiring mood on their properties at night.

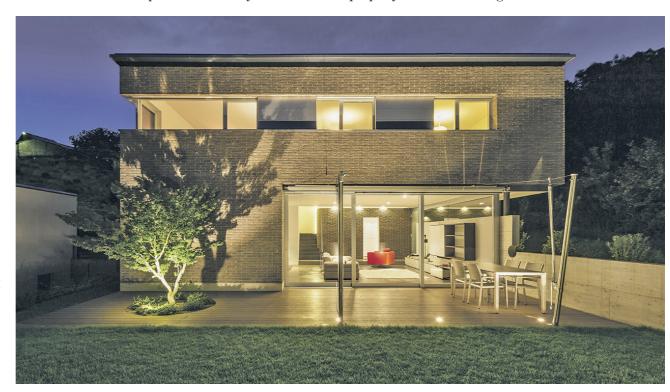
- Consider uplights. Uplights are installed in the ground and direct light up at a tree, focusing on its trunk or canopy. This creates a dramatic effect that makes it possible to enjoy majestic trees at night just like you might when spending time in the yard during
- Focus on trees. Many homeowners already have exterior lighting lining their walkways and patios, but focusing on trees can create an entirely different look. Though it's possible to install exterior tree lighting on your own, landscaping professionals with lighting experience know which fixtures will pair most effectively with the trees around your property and how to arrange them for maximum effect.

• Opt for warm light. Warm white light creates an inviting feel around the property. The exterior lighting experts at Utah Lights acknowledge that choice of lighting is up to homeowners but also note that, in situations with lower levels of ambient light, such as in exterior lights around a property, people typically prefer warmer light. That's because warm light tends to be easier on the eyes and directs attention to the features of the landscape, which is many homeowners'

goal when installing exterior lighting in their yards.

• Utilize a timer. Modern exterior lighting timers make it easier than ever to control the lights outside a home. Many such timers even adjust for the changing seasons and the shifting hours of daylight. That means homeowners shouldn't have to tinker with the timer once it's set.

Exterior lighting can add significant appeal to a property without breaking the bank.



When installing exterior lighting around their landscapes, home-owners can keep various tips in mind to create a relaxing, awe-inspiring mood on their properties at night.

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Donna's Day: Creative family fun

by Donna Erickson Family fresh key lime pie

It's been a long winter, and now it's time to celebrate a new season! Nothing says spring like the zingy taste of citrus, and that's when my favorite Key lime pie recipe takes center stage at our dessert table.

It has all the "key" ingredients for togetherness, too, making it a winner all the way around. There's something for everyone to do. Yes, there is mixing and stirring, but also letting out the wiggles when pounding graham crackers and squeezing lots of limes. And for the steady hand, there's separating egg yolks from whites. When it's time for the grand finale, someone else gets to whip the luscious cream and spoon the tempting dollops on each piece. Make that my job.

Sound like fun? You bet! Here's how to get started.

Here's what you'll need:

11 cinnamon honey or regular graham crackers crumbled to a pie-crust consistency

1/2 cup melted unsalted butter

1 cup fresh-squeezed lime juice (use Key limes, if available) from about 1 pound of limes

2 14-ounce cans sweetened condensed milk

4 large egg yolks **Topping for the pie:**

Whipped cream

1 teaspoon grated lime zest Fresh mango slices (optional)

Here's the fun:

After you have set the oven to 325 F, here's how to get the kids involved:

Step 1: Let one child count 11 graham crackers from the box and break them into pieces in a sturdy plastic bag. Show him how to pound the crackers with a lightweight hammer until they are a pie-crust consistency. Dump into a mixing bowl and mix with the melted butter, then press evenly against the bottom and side of a pie pan.

An adult should bake the crust in the oven for 5 minutes. Remove and set aside.

Increase oven temperature to 350 F.

Step 2: While one child crushes the graham crackers, let another child squeeze the fresh limes to yield about 1 cup of lime juice. An adult should reduce the lime juice in a saucepan to 1/4 cup at a slow simmer over medium heat. Cool to room temperature.

Step 3: Whisk egg yolks together in a bowl. Stir in the sweetened condensed milk and cooled juice. Pour filling into

the pie shell and bake 7-10 minutes or until the middle is firm but able to jiggle. Cool, and refrigerate for at least 2 hours before serving.

Top with dollops of whipping cream sprinkled with lemon zest and fresh mango slices. Delicious!

Find more recipes and family fun at www.donnaerickson.

com. Write to Donna at Info@ donnaerickson.com

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Nothing says spring like the zingy taste of citrus.

Paw's Corner

by Sam Mazzotta

Dog's first encounter with skunk ends badly

Dear Paw's Corner: We have a big fenced backyard and have no problem letting our dog "Ace" out to roam. However, for the first time, Ace ran into a skunk! Now I'm trying to get rid of that horrible skunk odor, with no luck. What can I use to clean his fur? And how do I keep skunks off my property? -- Suzie H., via email

Dear Suzie: I agree, skunk encounters are pretty awful. And when a dog gets a good soaking from the skunk's defensive spray, it can be very tough to get out of its hair. The American Kennel Club's website (www. akc.org) has some expert advice on getting rid of the skunk smell on dogs. Rule No. 1: Do not bring the dog in the house if you can avoid it.

The AKC recommends a homemade solution to

break up and remove the odiferous oil that makes up skunk spray: Mix a quart of 3% hydrogen peroxide (available over the counter at the local pharmacy) with two teaspoons of mild dish soap and a quarter cup of baking soda. This mixture will start foaming immediately, so have Ace ready. (Don't wet down his fur yet.) Rub the foamy solution into his coat, soaking it completely. (Avoid getting into his eyes or ears.) Leave it on for five minutes, then rinse. Discard any unused solution.

To keep the skunk from coming back, determine where it's getting into your yard and when. Skunks raising young like nesting spots like wood or debris piles. Open trash cans or compost piles are attractive foraging spots. Skunks are most active after sundown or in the early morning hours. Ace may be fine in the yard during the day, but you should accompany him on potty breaks before sunrise or after sundown to prevent another stinky encounter.

Send your questions, tips or comments to ask@ pawscorner.com.

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Simple ways to reduce risk of disease in your garden

No garden is immune to disease. Even the most attentive, experienced gardeners have had to confront disease in their gardens, which can lead to significant damage and potentially kill plants.

Various bacterial, fungal and viral diseases can affect gardens, and the University of Maryland Extension notes that fungicides, which are chemicals that destroy fungus, are only rarely recommended to combat disease. In fact, a proactive approach rooted in prevention

is often the most effective way to reduce risk for disease in gardens.

• Choose the right varieties of plant. The UME notes that choosing disease-resistant varieties is an effective way to prevent disease in gardens. Gardeners who have confronted disease in their gardens in the past should do their best to identify which diseases were present and then choose plants that are considered resistant to those diseases. A local garden center professional can

help gardeners who are uncertain about what to plant.

• Plant in the right spots. The choice of where to plant is significant. Avoid wet areas with insufficient drainage. The home renovation experts at HGTV note that wet soil can decrease plants' chances for survival because of excess water and a lack of oxygen. If the

only spots available for planting tend to be especially wet, consider planting in raised beds or having a French drain installed. Learn how much light plants need prior to planting them. Some can thrive in shady areas, while others require ample sunlight each day.

Simple 15



A proactive approach rooted in prevention is often the most effective way to reduce risk for disease in gardens.

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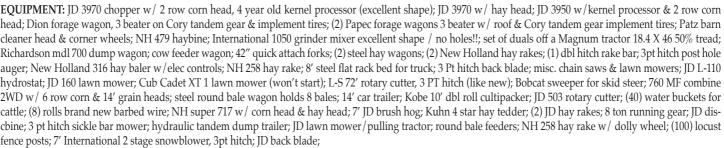
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Bible Trivia

by Wilson Casey

- 1. Is the book of Agrabah in the Old or New Testament or neither?
- 2. Which book repeats this paraphrased counsel three times to the young women of Jerusalem, "Do not stir up or awaken love until it pleases"? Proverbs, Psalms, Song of Solomon, Genesis
 - 3. By Roman reckoning, what time of day did Je-

sus meet the Samaritan woman at the well? Daybreak, Noon, Mid-afternoon, Dusk

- 4. On the island of Patmos, to whom was the Book of Revelation given? John, Paul, Matthew, Luke
- 5. Who hid 100 prophets in two caves and supplied them food and water? Solomon, Philemon, Obadiah,
 - 6. The Semites were descended from Shem, the son

of ...? Moses, Noah, Paul, Jacob

ANSWERS: 1) Neither; 2) Song of Solomon (2:7, 3:5, 8:4); 3) Noon; 4) John; 5) Obadiah; 6) Noah

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Expert tips for welcoming a kitten

(Family Features) Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, 6 in 10 have "foster failed" and permanently adopted the

pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you're fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving home

The new sights, sounds and smells in your home,

and the separation from her mother, may make vour kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you've prepared for the kitten with the kitten still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a safe place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but on the first night you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don't like to eat too near their litter boxes and should always have fresh water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten's diet can cause digestive trouble, so for the first few days, keep the same feeding routine as the previous caretaker. You can slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth

Ongoing care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet's

Gradually introducing vour kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.

Simple from 14 —

- Plant at the right time. Planting too early when the soil is not yet warm enough can make plants vulnerable to disease by weakening their ability to fight. Use a soil thermometer to determine soil temperature and only plant when the conditions for planting are ideal.
- Harvest on time. When planting vegetables, it's imperative that the vegetables are harvested on time. The University of Georgia Extension notes that fully mature vegetables left on the plant attract disease and are vulnerable to insect infestations.
- Control insect infestations. Certain insects can spread disease, so it's important that gardeners learn to recognize which insects pose a threat to their plants. Speak with a local gardening center about invasive insects and how to address infestations without harming the plant.

As the planting season approaches, gardeners can take various steps to make their plants and vegetables less vulnerable to disease.

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. April 19 - Sold 162 head Cull Dairy ave. \$.52 top cow \$.66, Bulls/Steers \$.80- \$.85, Dairy feeders \$.56 - \$.83, bull calves top calf \$2.15 top beef calf \$2.70, heifer calf top \$.45, Dairy feeders \$.56 - \$.83, Feeder Heifers \$.83 - \$1.11.

Mon. May 3rd - Our Normal Monday Sale & Due to all the weekend sales we have booked we will do our Annual Fat Cow & Feeder Spring Turn out Sale. Selling feeders, bred cows, cow/calf pairs. Special: Angus- Simmental Cross Beef Herd - consist of Cow/calf pairs, Feeders - heifers, bulls & steers, bred cows. Also Angus-Hereford cross $\operatorname{Herd}\,$ - Bred Cows,feeder $\,\operatorname{heifers},$ $\operatorname{bulls}\,\&$ steers. Another Herd of Mixed beef breed cattle - bred cows, feeders and steers. 20 Cow/calf pairs from Angus bull; 3 Reg. White Park & White Park Angus Cross Heifers ready to breed; 2 White Park/Hereford X feeders; 2 White Park/Red Angus X Feeders all well grown and real nice. Davjen Farm LLC sends a group of Grassfed Feeders - Murray/Gray -Hereford Cross 1 Bred heifer, rest feeders heifers and Steers. Expect a lot more sale day calls coming in daily. Call to get into the advertising it makes a difference.

Sat. May 8th - sale held at sale barn 11:30AM. Spring Production All Breed Dairy Sale - Featuring Lui-Vu Registered Holstein Milking Herd Dispersal. Consisting of 40 head in all stages of lactation DHI RHA 23027 3.9 $899\,$ 2.9 677 ave. 80#/day with many milking 100# up to 127#! SCC 140,000. This may be one of NY's Best kept secrets - one of the finest uddered herds we have walked into in a long time! Owners: Jeff & Gwen Manley. Watch for other great consignments from CJ Button, Boardwalk Holsteins, Sweet Peas, Grocott, Coopers Jerseys, Silver-Spoon, Monument View Farms, Curlydell Farm, Locust-Vale, Lantland Farms, Collins-Crest, Cedarcut Ayrshires, plus many more. We are selling Holsteins, Jerseys & Guernseys, Ayrshires and the quality is building! We are FULL for this sale now

Mon. May 10th - Normal Monday Sale & Monthly Heifer Sale. Group of 35 head of Registered and sire ID Holsteins. 3 Fresh cows from overstocked Dairy all milking well some up over 100# watch future ads for complete

Sat. May 15th - Sale held on the farm - Jordanville, NY, 11:00 AM, Thomas Rudd Farm Equipment Dispersal. Complete line Hay & Tillage Equip. 2 Kubota Tractors w/ loaders; Kuhn Round Baler; Discbine; tedders; rakes, 2002 F350 Truck; 24' flat bed gooseneck Trailer; many round bale feeders 2 w/roofs; 4 btm plows; cultipacker; roller; round pens; Complete Roping Areana (over 100 - 10' galvanized gates) & roping chutes. Watch for future ads for more details! GPS address: 240 Yule Corners Road, Jordanville, NY, Thomas Rudd:

WATCH FUTURE ADS ON UPCOMING SALES WE HAVE IN THE WORKS IF YOU HAVE SOMETHING TO SELL IF ITS ONE OR A WHOLE HERD LET US HELP YOU THROUGH THE PROCESS.

*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 any last minute updates.

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

HOSKING O SHES HE 6096 St. Hwy. 8, New Berlin, NY 13411

cell: 607-972-1770 or 177 Dan Hosking: 607-972-8773

2 Day Mohawk Valley Parochial CONSIGNMENT AUCTION

Held at Mohawk Valley Produce Auction 840 Fords Bush Rd., Fort Plain, NY 13339

Friday, May 7th & Sat. May 8th

Taking Consignments Now for the Heifer Auction Heifer Auction will be Held Fri., May 7th at 3:00 PM Receiving Heifer Consignments Fri. AM Between 9:00 and 11:00 For Information on Consigning or Purchasing Heifers Call Alvin Stolzfus 518-993-9926

Also Taking Consignments for All Farm Machinery for Sat., May 8th Auction starting at 8:30AM For Info Call Jr Beiler at 518-568-5646

PONY CONSIGNMENTS WANTED

for Sat., May 8th Auction

All ponies will need Coggins test prior to being unloaded at the auction site. Contact Daniel King 518-396-6885

CONSIGNED: Tools, shovels, rakes, brooms, new DeWalt tools, Makita, Milwaukee, hand tools, lots of new tools.

Farm Equipment: McCormick 2 horse cultivator, Kuhn 12 ft. tedder w/gas

Sporting Goods: Camping items, BB guns, fishing rods, crossbows, trail cams, ammo

Misc: Water tubes, pony carts

Country Editor

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

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- 537 Gifts 575 Greenhouse Supplies
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- 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

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

BANNERS: VINYL - Single Sided - Double Sided, various sizes. Set up and sales tax additional. Free shipping. Call Lee Newspapers Inc. at 518-673-0101 commercialprint@leepub.com



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.

VENDORS WANTED: The Moses Quinby Conference & Field Day is seeking food craft vendors Saturday, July 24th, from 10-4. All craft vendors welcome. Those with bee, beekeeping, honev. garden/pollination and eco-related items will be given priority. Call for information: (518)599-2450 or mosesquinby62@gmail.com

\star \star \star **ADVERTISERS**

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

or 518-673-0111

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, Train 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

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 ♦ 5500# \$750
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Building Materials/Supplies

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OSB 4'x11' x 15/32. Plywood..1/2 \$28, 5/8 \$30, 3/4 \$35 2x4x8' to 16'.....**\$5.40-\$10.80** 2x6x8' to 16'**\$8.00-\$16.00** .2"-**\$22,** 2.8"-**\$25** Exterior Doors Starting at.\$180 #2 Galvalume Roofing..\$1.65 LF

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

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Construction Services

Custom Services

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FOR SALE: Farmall Super H. \$2.500. 315-360-0143

Feed, Seed, Grain & Corn

150 TONS good quality processed corn silage. \$55/ton. Can arrange hauling. Montgomery County, Damin Farm, 518-568-2643

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

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Call With Your Needs 315-866-2733 or 315-717-3333

Crafts

VENDORS WANTED for the 48th Annual Fort Klock Craft Fair September 11 & 12. Visit our Facebook page (www.facebook.com/fortklockhistoricrestoration), website (www.fortklockrestoration.org) email fortklock@gmail.com or contact Joan at 518.649.2531 for more information.



For Rent

LITTLE FALLS: West Shore Street. Ground floor, 2 bedroom apartment. Recently painted, new carpeting, includes heat & appliances. \$500 per month plus utilities. Call 315-563-1980

LITTLE FALLS: John Street. 1 bedroom ground floor apartment. Includes electric, heat, hot water, appliances. Freshly painted, some new flooring. \$550 per month. Call 315-563-1980

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For Sale

RAFFLE TICKETS - 250-\$60, 500-\$65, 1,000-\$80, 1,500 - \$95. Other quantities available. Set up & sales tax additional. Shipping extra. Call Lee Newspapers Inc. 518-673-0101 or email commercialprint@leepub.com

40 GALLON fish tank complete with walnut stand, \$25.00; Brother's printer \$25.00: walnut desk. \$15.00: 4 new Universal rims, \$100. New Euro-prox XP110 food processor/blender; TV and Microwave stands, assorted antique chairs and tables, much more. Call 315-894-1335

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Garage Sales

GARAGE SALE: 4/30 & 5/1 9-5. Womens and Juniors clothing, propane stove, antique baby crib, other miscellaneous and antiques. Caswell Road, Palatine Bridge.518-673-5188

GARAGE SALE: Fri. 4/30 & Sat. 5/11, 10am-4pm. 401 Pleasant Street, Utica, NY 13501. Lawn mower, foot locker, games, home decor, jewelry, kitchen items. kitchen table & chairs, furniture, clothes, more.

HUGE YARD SALE: Sat. & Sun. May 1st & 2nd, 8am-4pm, weather permitting. Tools, DVD's, VHS, albumns, CD's, fishing equipment, antique crystal bowls, glasses, vases, Disney &TY plushies. 162 Piseco Rd., Stratford. To check our weather 315-570-

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

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EXPERIENCED Truck Driver and experienced Blacktop Laborer Wanted. For more info call 315-868-4878

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FOR SALE: Frontier 72" 3pt hitch finish mower, excellent shape. 315-269-2598

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BUSINESS CARD MAGNETS only \$55.00 for 250. Set up & sales tax additional. Free Shipping. Please allow 7-10 business days for delivery. Call Lee Newspapers Inc. at 518-673-0101 or commercialprint@leepub.com

Miscellaneous

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. Set up & sales tax additional. Lee Newspapers Inc. 518-673-0101 or commercialprint@leepub.com

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- Bring in your USB, SD card, or photos for us to scan
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TOWN OF SALISBURY:Dolgeville Schools, 8.8 acres, woods, sandy soil, \$29,000. 5.2 acres woods, \$19,000. Excellent home sites. Owner financing. www.helderberg realty.com 518-861-6541, 518-256-6344

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All appliances.
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Visual tour.

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

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> CLIP & SEND



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\$4.00 | 14 words | Week | \$1.10 each additional | \$1.1

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, ear	ch additional word add 10¢ eac	h)		
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			24 words - \$5.00	
	TELEPHONE NUM		34 words - \$6.00	
Name (Print):	,		,	
Farm/Company Name:				
			unty:	
City:		State:	Zip:	
			Cell #:	
Email Address:				
Payment Method: Check	/Money Order 🛭 Am	nerican Express	Discover Visa MC	
Card #:			Exp. Date:	
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HERKIMER COUNTRY EDITOR

Coffee Break



Weekly **SUDOKU**

by Linda Thistle

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

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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MAGIC MAZE ● THINGS THAT

OTQNKIFCZWURPYM J H E C Z S X U S S Q N L T J GECZKXEEVTRPNIA L J H(C O C O N U T S) E C R A YWOWONSVOKTRCAP NTLKIREIYCSHGLE SCBMAZMDTEELSUX WUOTSRIPVSONNPM LDSJIVGAGEDBIOA YXWLEVELAESUAPT TIURFLRSSETAROP

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

Arches Coconuts **Dominoes** Fruit

Leaves Pine cones Popularity Rain

Regimes Sea level Skydiver Sleet

Stars

Stocks

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King Crossword

ACROSS

- 1 Civil-rights
- org. 6 Crunchy sandwich
- Eastern "way"
- 12 D-Day beach
- 13 Kanga's kid 14 Pirates' quaff
- 15 Stopwatch 16 "Charlotte's
- Web" author 18 Van Gogh
- painting 20 Black, in
- verse
- 23 Pouch
- 24 Raiment 25 "Rule. Britannia!"
- composer 27 Bush 29 Refines, as
- ore
- 31 Decrees 35 Void
- 37 Old U.S. gas brand
- 38 "West Side Story" song
- Stashed
- 43 Science room
- 44 Shortly
- 45 Party snack 47 "The War of the Worlds"
- author 49 Did yard work
- 52 Enzyme suffix 53 Granola grain

- 54 Speak one's 9 Navajo or
- 55 USPS delivery 10 Ones for the
- 56 "- Clear Day 57 Egg holders
- DOWN 1 Word of deni-

mind

- 2 French pal
- "Winnie-the-3 Pooh" author
- 5 Seine city
- shots

- Норі
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- Signs 17 Disney's "Love Bug"
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- 42 Matt of Hollywood
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- 48 Privy
- 50 Tolkien creature
- Moines

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CryptoQuip

for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

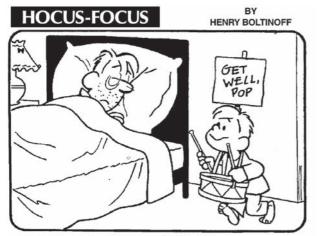
Clue: J equals H

NJW NMXLMWG MS MWKK JWL ELHWPG X MXKW XTSBM X PSSNW, TBM MJWP KWEM JWL JXPUHPU.

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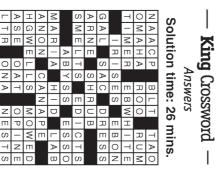
Coffee Break



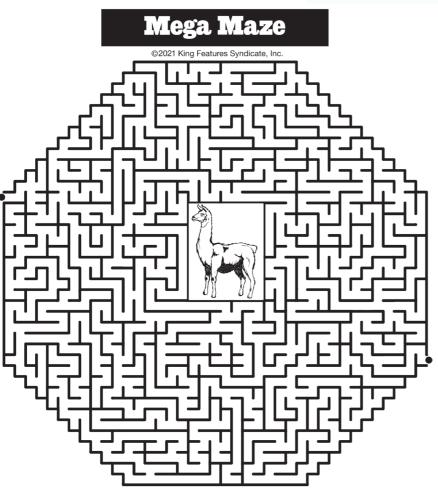
Find at least six differences in details between panels.

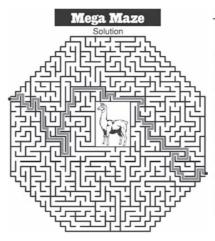


Differences: 1, Pillow is smaller. 2. Sign is different. 3. Drumstick is shorter. 4. Bow is missing. 5. Slippers are added. 6. Drum is different.









Weekly SUDOKU -

Answer

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

CryptoQuip

answer

She started to tell her friend a tale about a noose, but then left her hanging.

Amber Waves

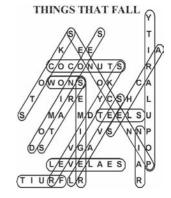












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