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## Arc Herkimer adds new member to executive team

Arc Herkimer, 350 S. Washington St., Herkimer, has added Catherine Loomis to its executive team as the vice president of Community Engagement and Career Development.

In this new position, Loomis will remain in a supervisory role at Career Connections, where she has spent much of her time the last 13 years, in addition to overseeing Family Support Services, Clinical Support Specialists and increasing outreach.

"I am very excited to continue my career at Arc Herkimer by building relationships between local business owners, families and other organizations," said Loomis. "My goal is to connect people to quality services to enrich the lives of individuals with intellectual and developmental disabilities."

Loomis began her career at Arc Herkimer as a computer lab instructor after graduating from Nazareth College. Since that time, she has moved up throughout the agency, taking on a variety of roles and responsibilities. Previously, as the Career Connections director, she was responsible for a staff of 20 who concentrated on helping people supported seek and keep employment.

With Loomis's leadership, the Career Connections program grew to include 10 vocational services, placing nearly 100 people in community jobs each year. These services included job development, coaching, community prevoc and other programs to teach individuals work readiness skills and ensure success on the job. Loomis focused on supporting

individuals and families, consistently reviewing their vocational needs, while making businesses a top priority to maintain relationships and supportive working environments.

"I really believe that every single person, if we find the right opportunity and provide the right support, has the potential to find a job that is right for them," said Loomis. "It is

so important to try all of the options until the best fit is found because employment makes a difference in someone's life for their self-esteem, ability, and independence."

In addition to career development, Loomis will concentrate on providing other supports and services to enhance family stability and aid for those with a disability. Knowing that processes for intake, assessment and support can take time, she focuses on explaining procedures step by step, providing realistic timeframes and keeping an open line of communication between individuals, family members, care managers and the community.

"Outreach is about forming relationships and educating the public on our services, so that when someone knows a person who needs support, we can be there,"

explained Loomis. "These conversations need to be repeated over and over again because you never know who has a family member or friend who may benefit from services in some way."

She also maintains an upbeat attitude with her team and has instilled the belief that everyone has the right to quality services and the potential for quality work.

"A supportive attitude can be contagious," said Loomis. "On the hard days, I focus on the impact we have had on someone's life and try to keep everyone motivated to explore new opportunities, knowing eventually we're going to make a difference."



Catherine Loomis, Vice President of Community Engagement and Career Development at Arc Herkimer.

Photo courtesy of Arc Herkimer

*Country Editor would like to issue a sincere apology for misspelling the Town of Frankfort's title (as Frankfurt) on the cover of the January 7 edition of this publication.*



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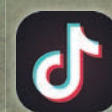
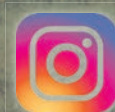
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## Scholarship applications now available through local foundation

The Herkimer Region College & Career Scholarship Foundation is accepting applications for scholarships for 2022. Each year, this local foundation presents approximately a dozen scholarships.

Students eligible for these scholarships include those who are majoring in technical education in their high school program and plan to go to college next year. This includes nearly all students enrolled in the Technical Education Center located at Herkimer-Fulton-Hamilton-Otsego BOCES. Also eligible are those adults who wish to enroll in vocational training, such as practical nursing, at Herkimer BOCES.

Application forms are now available from school counselors in all Herkimer BOCES area school districts, online for printing at [herkimer-boces.org/scholarshipfoundation](http://herkimer-boces.org/scholarshipfoundation) or by calling Shawn Maxson at Herkimer BOCES at 315.867.2023. The deadline for submitting an application is March 1.

The scholarship foundation also offers a Career Award for students who gain employment in a Career and Technical Education field prior to or soon after graduation and incur expenses as a result of that employment. This award allows the reimbursement of up to \$750 for trade-specific expenses such as

employment clothing, personal protective equipment, tools, supplies, certifications, credentials and/or licenses.

Aside from the scholarships that students apply for, there are special incentive awards available for those pursuing careers in certain areas. These special funds are administered by the Herkimer Region College & Career Scholarship Foundation and are in addition to the scholarships offered through the general fund.

The special incentive awards are:

- The Paul A. Bouck Memorial Fund provides a scholarship to a student who is entering a field of study that relates to agriculture, a rural-related field or other related areas.
- The Robert A. Moore Memorial Scholarship provides a scholarship to a student who has completed the Herkimer BOCES Visual Communications Media Arts program and plans to further their training in the field of radio and television broadcasting.
- The Special Nursing Fund provides a scholarship to a nursing student in need of financial assistance.
- The Mower Family Farm Fund provides a scholarship to a student who will be pursuing occupations in the field of agriculture.
- The William E. Whitehill Jr. Scholarship provides a scholarship to a student in the Technical Education Center who demonstrates the most improvement while in the program.
- The Chris Brockway Memorial Scholarship Award provides a scholarship to a student who completes the

Criminal Justice program.

- The Papaleo/Dady Family Scholarship provides a scholarship to a student who successfully completes a two-year technical education program at BOCES with a minimum grade-point average of 85%.

- The Harry J. Enea Sr. Memorial Scholarship provides a scholarship to a student entering the mortuary science field.

- The Chester A. Scerra Memorial Scholarship provides a scholarship to a student pursuing an education in the field of culinary arts.

- The William E. Busacker Scholarship Award provides a scholarship to a student who has demonstrated leadership in causes that promote change to the status-quo, compassion for the less-fortunate, animal rights or other issues.

- The Hummel Family Scholarship Award provides a scholarship to a student who demonstrated community-minded focus throughout the student's high school career.

The Herkimer Region College & Career Scholarship Foundation is unique because all scholarships go to technical education majors, Herkimer Region College & Career Scholarship Foundation Board President Sharon Baisley said.

Among the colleges being attended by winners of last year's scholarships are Herkimer College, Mohawk Valley Community College, Paul Smith's College, Utica College, Bentley University and SUNY Geneseo. Several nursing students were awarded scholarships to attend the Herkimer BOCES School for Practical Nursing.



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## Six tips to keep pets safe and warm this winter



Photo courtesy of Getty Images

(Family Features) – Just as people prepare their homes, cars and families for extreme temperatures and weather events of winter, it's important to remember pets' needs this time of year.

As cold weather sets in, Dr. Jennifer Freeman, DVM, resident veterinarian at PetSmart, shares these tips to prepare and ensure your pets are warm and happy throughout winter.

• **Take Caution When Outdoors** – When temperatures reach levels of extreme cold, Freeman recommends limiting outdoor walks and monitoring your pet's behavior for signs of stress or discomfort. Letting your dog outside to use the bathroom or go for a quick walk is okay, as snow can mask familiar scents," Freeman said. "This can cause your pet to become disoriented or lost if they get too far away."

• **Add Extra Layers** – Despite efforts to limit time outdoors, your pet needs to go outside for bathroom breaks and exercise. Pets who are small, short-haired, old or have any health issues or illnesses may be more sensitive to cold weather. Pet sweaters can help keep your pet warm. If

your pet is shivering, that's a sign they need extra layers. To help trap body heat and protect paws from extreme cold, consider using booties when venturing outside.

• **Watch out for Hazardous Chemicals** – Many people use snow-melting products like deicers, antifreeze and salt, which can cause skin irritation and be fatal if ingested by your pet. Pet parents should keep an eye on their pets when they're outside and be mindful of hazards. After a walk, it's important to thoroughly rinse your pet's paws and stomach, Freeman said, especially after walking in areas where these products are frequently used.

• **Keep Skin Protected** – Just like humans, many pets get dry skin

during the winter. When your pet needs a bath, try using a pet-friendly moisturizing shampoo to help keep skin healthy and hydrated. If your pet's skin seems extra dry, supplements like fish oil can be added to your pet's food to help the skin and coat. It's important to keep an eye on skin health and check with your vet if issues persist as they could be signs of larger problems.

• **Have an Emergency Plan** – "While creating emergency kits in case of

a storm or power outage, don't forget about your pet's needs," Freeman said. "A pet's kit should include supplies needed to keep them fed, warm and secure during emergency conditions like blizzards or extreme cold. Items like sweaters, insulated vests, paw booties, pet-safe ice melt and a heated bed or pad can help avoid risks associated with freezing temperatures." Gather any other care items your pet may require such as medications, puppy pads,

waste bags, litter box supplies and calming spray. Freeman also suggests storing a one-week supply of food in a waterproof container along with bottled water and portable bowls as well as a list of feeding routines and behavioral considerations in case others need to care for your pet.

• **Ensure Identification Information is**

**Current** – While winter emergencies may add to the importance, it's crucial your pet wears a tag displaying your phone number year-round. Microchip and register your pet with current contact information and tuck a copy of their vaccination and medical records, veterinary contact information and a current photo in your emergency kit.



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## Announcing “Venison for Veterans”

Assemblyman Robert Smullen (R, C, I, SAM-Meco) is partnering with the Fulton County Office for the Aging, the Fulton County Sheriff's Office and other local community groups to help provide “Venison For Veterans” in need. Smullen is eager to help expand this community-based program into Fulton County, which is well known for its many hunters and game clubs.

“I believe partnering with local hunters, fish and game clubs, and local businesses to donate venison is a simple but impactful way we can give back to members of our community,” Smullen said. “Through our partnership with the Fulton County Office for the Aging and the Sheriff's Department, we are hoping that hunters interested in sharing some of their hard earned bounty with those in need will consider donating.”

The donated game will be kept in freez-

er storage through a partnership with the Kingsboro Lumber Company, and donations will be accepted throughout January and February. Veterans and senior citizens who would like to receive venison should call the Office for the Aging at 518.736.5650 and leave their name, address and phone number. Volunteers will arrange for delivery scheduled for the week of March 15.

“I’m looking forward to helping those who can donate to connect with those in need. I am grateful to live in a community of volunteers, and encourage members of the hunting community do the same,” Smullen concluded.

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.

## To Your Good Health

by Keith Roach, M.D.  
**Risk to Chemotherapy Patient from Healthy Cat is Small**

**Dear Dr. Roach:** My neighbor is battling cancer for the third time. The medical personnel she sees when she goes for her chemotherapy treatments are urging her to get rid of her two cats. They claim the cats are a danger to her health. Wearing gloves and a mask while cleaning litter boxes will not help. Why? What do the cats have that can hurt someone going through chemotherapy? - S.C.

**Answer:** Cancer chemotherapy frequently causes damage to the body's immune system. Many types of chemotherapy work against fast-growing cells, and while cancer cells are fast-growing, your neighbor's healthy immune system cells, especially white blood cells, are also fast-growing and can be damaged by the chemotherapy. Avoiding potentially infectious agents is therefore wise advice for people going through chemo.

There are several potential infections that

can be transmitted from cats to humans. The one we worry about most is probably toxoplasmosis, a protozoan infection. Toxoplasmosis is a big concern in people with HIV, but also can be an issue in people who have recurrent chemotherapy or have a more prolonged reduction in immune system function. However, toxoplasmosis can be effectively avoided by wearing gloves while changing the litter box, keeping the cats indoors and feeding them only high-quality cat food and never raw meat.

Cat bites or scratches can be very serious, especially to someone with an immune system that is less than perfect. If her cats occasionally bite or scratch, that would be a problem.

There are a few other uncommon zoonotic diseases (ones that can be transmitted from animals to humans) that might be of concern. Her cats' veterinarian would be a useful resource to find out more. The cats should, of course, be thoroughly evaluated.

Allergies, not infection, might be the issue, but allergies are usually less of a problem during chemotherapy.

The risks from a healthy indoor cat are very small. Risks must al-

ways be balanced against the very strong feelings people have for their pets, especially at a vulnerable time. I would not recommend separating a person from her cats without very good reason, and would want to know exactly why, since it's not clear to me in this case.

**Dear Dr. Roach:** I am an 80-year-old man with Type 2 diabetes. I have been told that I have a heart “prebeat” but that I should not worry unless it becomes random and misses beats. I do not have atrial fibrillation and have passed several stress tests. I can feel a rapid heart rate, especially at night. I can usually stop it by heaving my chest. Am I at risk for a serious event? - R.G.B.

**Answer:** Premature heart contractions can come from either the top chambers of the heart (premature atrial contractions) or the bottom (premature ventricular contractions). Both are common, but neither is usually the sign of serious heart disease. The fact that you have found a way to stop them suggests to me that you are more likely having premature atrial contractions, which can come in runs of multiple beats (runs of premature ventricular contractions is called ventricular tachycardia and is very serious).

Evaluation of this common concern often includes a long-term electrical study of the heart, such as wearing a Holter monitor, a 24-hour recording of every heartbeat. If that has not been done, and you remain concerned, it might be reasonable to ask your doctor about obtaining one. If you have had one, and it showed nothing serious, then you are at no increased risk above the not-insignificant risk of an 80-year-old man with diabetes.

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 ToYourGoodHealth@med.cornell.edu.

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Ryan Worship 11 AM, AA meetings Mon. &amp; Tues. 7 PM, Emergency Food Pantry 518-993-4302</p> <p><b>VICTORIOUS LIFE CHURCH RMI FELLOWSHIP</b> 104 Main St. &amp; 431 St. Hwy. 80 Fort Plain, NY 518-993-3102 Sunday School 9 AM, Morning Worship 10:30 AM, Youth Group 5 PM, Evening Worship 7-8 PM</p> <p><b>FORT PLAIN UNITED METHODIST CHURCH</b> 39 Center St., Fort Plain Audie Miller, Lay Supply Pastor Church Office 518-993-3863 Kitchen 518-993-3464 ALL WELCOME, Worship Service 11AM</p> <p><b>OUR LADY OF HOPE R.C. CHURCH</b> 115 Reid St., Fort Plain, NY 13339 Parish Office 518-993-3822 ourladyofhope@frontier.com Mass Schedule: Saturday, 4 PM; Sunday, 9:30 AM; Confessions: Sat. 3 &amp; by appointment Please call parish office for Holy Day schedule</p> <p><b>FREYSBUSH UNITED METHODIST CHURCH</b> Freysbush Rd., Fort Plain 518-429-9936 or 518-424-8488 Worship 9 AM, Sunday School 10 AM ALL ARE WELCOME</p>	<p><b>GLEN</b> <b>GLEN REFORMED CHURCH</b> State Hwy 161 in the Hamlet of Glen 4 miles South of Fultonville glenreformed@nycap.rr.com Sunday Worship at 9. Sunday School immediately following Children's Message</p> <p><b>HERKIMER</b> <b>SS PETER and PAUL ORTHODOX CHURCH</b> Fr Vasil Dubee &amp; 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</p> <p><b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM</p> <p><b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 AM</p> <p><b>CHURCH OF SAINTS ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 10 AM No Saturday Vigil</p> <p><b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd., Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 &amp; 11 AM</p> <p><b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults &amp; children 8:30 AM &amp; 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575</p> <p><b>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p><b>NEW LIFE CHURCH</b> Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p><b>THE SALVATION ARMY</b> Lieutenants Derrick and Heather Purvis 431 N. Prospect St. Phone 866-1240 Facebook.com/ TheSalvationArmyHerkimer Sunday School 10 AM Morning Worship 11 AM</p> <p><b>FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS</b> Pastor Joelle Faulks Prospect St &amp; Park Ave. Sunday Worship and Sunday School 9 AM</p>	<p><b>HERKIMER</b> <b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12 PM</p> <p><b>TRINITY EVANGELICAL LUTHERAN CHURCH</b> Corner of West German &amp; Henry Streets Phone (315) 866-6474 Sunday Worship Services 10 AM in person and virtually on Zoom, YouTube &amp; Facebook Bible Studies Thursday mornings 10 AM on Facebook</p> <p><b>THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome - Family History Center, open by appointment</p> <p><b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com</p> <p><b>SAINT AUGUSTINE'S EPISCOPAL CHURCH</b> 78 2nd Street Phone: (315) 894-3775 Sunday Services at 10 AM</p> <p><b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggie Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070</p> <p><b>FIRST BAPTIST CHURCH</b> 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM</p> <p><b>JESUS NEVER FAILS COMMUNITY CHURCH</b> Reverend Hans Drews 1161 Elizabethtown Rd., Ilion, NY 13357 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM</p> <p><b>MORNING STAR UNITED METHODIST CHURCH</b> 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</p> <p><b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday &amp; Wednesday 9 AM</p>
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# CHURCH SERVICE DIRECTORY

<p><b>JOHNSTOWN</b> <b>CHURCH OF THE NAZARENE</b> 3316 St. Rt. 29 W, Johnstown, NY 12095 Offices: 518-762-2982 Cell: 857-523-8417 Pastor, Rev. Mark Fowler Sunday Morning Service 11 AM Sunday School for All Ages 10 AM</p>	<p><b>LITTLE FALLS</b> <b>FIRST PRESBYTERIAN CHURCH</b> Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lfirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM</p>	<p><b>CHURCH OF THE BLESSED SACRAMENT</b> Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Leo Potvin, Sacramental Minister 71 E. Main St. Phone 866-1752 Sunday Mass 9:30 AM</p>	<p><b>PAINES HOLLOW</b> <b>PAINES HOLLOW UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 &amp; 168 • 315-866-1128 Worship 9-10AM</p>	<p><b>SPRAKERS</b> <b>CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS</b> 1380 E. Lykers Rd., Sprakers 518-922-9088 Pastor Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement &amp; Community Kid's Bible Club 6:30 PM</p>	<p><b>ST. JOHNSTOWN</b> <b>ST. PAUL'S LUTHERAN CHURCH</b> 32 W. Main St., St. Johnstown, NY (next to NBT Bank) 518-568-3007 Church 518-568-2405 Parsonage Rev. David Johnson Sunday Worship 10:30 AM, Tues. Bible Bungee-Jumping 7 PM, "Bible Study" that actually makes sense! A Vibrant, Welcoming Community of Faith &amp; Vision</p>
<p><b>LASSELLSVILLE</b> <b>LASSELLSVILLE UNITED METHODIST CHURCH</b> State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p>	<p><b>INGHAMSVILLE</b> <b>INGHAMSVILLE BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p>	<p><b>CHRISTIAN BIBLE CHURCH</b> 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 &amp; Prayer Meeting 7 PM</p>	<p><b>PALATINE BRIDGE</b> <b>TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA</b> 5430 St. Hwy. 10, Palatine Bridge, NY Pastor A. Elisabeth Aurand Sunday In Person Worship 9 AM; email for link office@stjm-canajoharie.org 518-673-2224</p>	<p><b>THE CHRISTIAN CHURCH OF RURAL GROVE</b> 170 Rural Grove Rd., Sprakers, NY 12166 518-922-7831 Pastor Joshua Fetterhoff pastorjosh@ruralgrovechurch.org Sunday School (all ages) 9:45 AM, Morning Service 11 AM, Eve. Service 6 PM, Wed.-Family Night 7 PM, "Where Bible Teaching is Fundamental"</p>	<p><b>SEEKER'S FELLOWSHIP</b> 14 Park Place, St. Johnstown, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. &amp; Fri.) We teach the fullness of God's Word, a life of holiness for the believer, and salvation for all who trust in Christ's sacrifice.</p>
<p><b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 9:45 AM Rev. Chris J. Wintermute, Lead Pastor Rev. William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:00 AM Sunday School Classes 8:30 AM (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM &amp; 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecace" account- 9:45 am on Sundays</p>	<p><b>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH</b> 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p>	<p><b>THE WORD CHRISTIAN CENTER</b> Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p>	<p><b>THE HOUSE OF ZION, INC.</b> 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard &amp; Denise Allen Saturday Morning Worship Service 11:30 AM Listen to UMT on live radio 97.5FM the 1st Sunday of every month 3-4 PM</p>	<p><b>REFORMED CHURCH OF SPRAKERS</b> 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p>	<p><b>JOY FELLOWSHIP</b> 296 Co. Hwy. 119, St. Johnstown, NY 13452 518-568-3217 • William Hayes, Pastor Joyce Loughran, Assistant Pastor Sunday School 9 AM, Morning Worship 9:30 AM Wednesday Evening Worship 6:30 PM</p>
<p><b>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service &amp; Religious Education 10 AM</p>	<p><b>MARSHVILLE</b> <b>MARSHVILLE EVANGELICAL CHURCH</b> Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p>	<p><b>NELLISTON</b> <b>VALLEY ALLIANCE CHURCH</b> 85 E. Main St., Nelliston 518-993-3458 Pastor Ken Gies Sunday School (all ages) 9:15 AM, Sunday Worship 10:30 AM, Wed. Praise &amp; Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p>	<p><b>RANDALL</b> <b>RANDALL CHRISTIAN COMMUNITY CHURCH</b> NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p>	<p><b>CURRYTOWN REFORMED CHURCH</b> 829 St. Hwy. 162, Sprakers 518-922-8422 Rev. Donald Hoaglander Visiting Pastor Jane Hubschmitt 518-705-2201 Sunday School 9:15 AM Worship Service 10 AM</p>	<p><b>ST. JOHNSTOWN METHODIST CHURCH</b> 7 East Main St., St. Johnstown, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p>
<p><b>FIRST ASSEMBLY OF GOD</b> 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</p>	<p><b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED METHODIST CHURCH</b> 24 Fairfield St. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8:30 AM</p>	<p><b>NEWPORT</b> <b>FIRST BAPTIST CHURCH OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p>	<p><b>RICHFIELD SPRINGS</b> <b>CHURCH OF CHRIST UNITING</b> PO Box 896, Richfield Springs, NY 13439 Rev. Mark Isoset • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 10:30 AM</p>	<p><b>RIVER OF JUBILEE CHURCH</b> 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Available Visit us on Facebook</p>	<p><b>EVERLASTING JOY BELIEVERS FELLOWSHIP</b> 14 Park Place (in with Seekers Fellowship) St. Johnstown, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p>
<p><b>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS</b> Father Brian Slezak 763 E. Main St., Little Falls, NY Phone 315-823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p>	<p><b>MOHAWK DENNISON CORNERS COMMUNITY CHURCH</b> 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</p>	<p><b>UNITED METHODIST</b> Pastor Robbin Harris • Phone 845-8730 Morning Service 11:15 AM</p>	<p><b>RICHFIELD SPRINGS BIBLE CHURCH</b> 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Worship Service 11 AM &amp; 7 PM Wednesday - Prayer &amp; Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p>	<p><b>ST. MARY'S EPISCOPAL CHURCH</b> 7690 Rt. 80, Springfield Center 315-858-4016 Fr. Kyle Grennen, Priest-in-Charge Sunday Eucharist, 9:30 AM Coffee - Fellowship follows service Holy Days - as announced</p>	<p><b>ST. JOHN'S REFORMED CHURCH</b> 68 W. Main St., St. Johnstown 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p>
<p><b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM &amp; 6 PM</p>	<p><b>MOHAWK REFORMED CHURCH</b> 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 &amp; Couples) 9:30 AM September - June</p>	<p><b>KUYAHOORA COMMUNITY CHURCH</b> 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</p>	<p><b>SALISBURY CENTER</b> <b>FULL GOSPEL ASSEMBLY OF GOD</b> Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>	<p><b>FIRST BAPTIST CHURCH</b> Springfield Center, NY Rev. Terence Brant 607-264-3035 Sunday School 10 AM Morning Worship 11 AM Wed. night Bible Study 7 PM</p>	<p><b>GRACE CHRISTIAN CHURCH</b> Pastor Michael Torres 20 Center St., St. Johnstown, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p>
<p><b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery &amp; 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</p>	<p><b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sunday 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study &amp; Prayer: Wednesday 6 PM</p>	<p><b>OPPENHEIM</b> <b>OPPENHEIM UNITED METHODIST CHURCH</b> Route 29 Rev. Jack Ford 315-429-7381 Worship 9:30 Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p><b>SLOANVILLE</b> <b>SCHOHARIE VALLEY GOSPEL CHURCH</b> Pastor Pat Andreoli 133 Sprakers Rd., Sloanville, NY 518-864-5397 svgchurch@gmail.com Wednesday Prayer 6 PM; Sunday Morning Bible Study 9:45 AM; Worship Service Sunday Morning 10:30 AM</p>	<p><b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnstown, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p><b>ST. JOHNSTOWN</b> <b>BETHESDA FELLOWSHIP</b> 34 S. Division St., St. Johnstown, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>
					<p><b>TRIBES HILL</b> <b>SACRED HEART CATHOLIC CHURCH</b> 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>



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Now Here's A Tip

by JoAnn Derson

- To soften food that is stuck on a pan, try soaking it overnight with fabric softener. Just fill the pan with enough water to cover the burned-on food, then lay a dryer sheet of fabric softener in the pan (poke it down so it will stay under the water). The next morning, you should be able to wipe the food right off. You can even use the fabric softener sheet as a scrubber. - A.S. in Maryland
- I installed rivet rings in the corner of my bathroom towels. Now, when I hang a towel up, it stays hung up. - I.S. via e-mail
- Ways to avoid spam, that nuisance e-mail that comes to fill your e-mail box in droves: Use a name that has both words and numbers. Keep a separate e-mail address for bill-paying and one for shopping. Be sure to report spam to your e-mail provider. Up your filter and add everyone you know to your address book or "safe" list. - via e-mail
- To keep thread straight when threading needles, I run the end across a cheap glue stick. It works very well, and the glue washes right out of the thread. Or, if you are afraid it will be sticky, you can just clip the end off before you start sewing. - T.E. in Kentucky
- To make butter easier to spread on bread or toast, we keep a stick in a plastic sandwich baggie. We just handle the butter a bit through the bag. It softens, but doesn't overmelt, like when you put it in the microwave. You can just reseal the baggie and put it back in the fridge. - N.U. in Florida
- To make your carpets look clean in a hurry, like if you are having company over, just sweep them with your broom. - C.C. in Pennsylvania

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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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. Jan. 17th** – Sold 105 head - Cull Dairy ave. \$.58 top cow \$.75, cull beef \$.73, Organic cull dairy \$.83, Bulls/Steers –\$.89, bull calves top \$1.50 top beef calf \$2.50, heifer calves \$.25, feeder bulls \$.84 - \$.98.

**Mon. Jan. 31st** – Normal Monday Sale

**Mon. Feb. 7th** – Normal Monday sale & Monthly Fat cow & Feeder Sale

**Mon. Feb. 14th** – Normal Monday Sale & Monthly Heifer Sale

**Mon. Feb. 21st** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Upcoming Sales:**

**Fri. March 18th – 10:30 AM.** Sale held on the farm – Apulia Station, NY. Maplelane Manor Farm - Complete Registered Holstein Dispersal. Selling 240 Head – One of NY's Premier Breeding Establishments. DHI RHA 27,743 4.0 1116 3.3 902.

**Sat. March 26th** – Sale held at our facility. 11:30 AM Our Spring Premier All Breed Dairy Sale. We are gearing up for great consignments for this sale Registered All Breeds Dairy Cattle showage calves – heifers and great young cows. Also our great selection of fresh young cows. This does fill too fast so we will cut off at 125. Call today to have someone come and visit as we will be making our rounds soon!

**Sat. April 23rd** – Sale held at our facility. Our Annual Spring Machinery Consignment Auction. Watch for future info.

**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 website. 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.

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Community Calendar

January 2022						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
Holidays						
1st - New Year's Day						
17th - Martin Luther King, Jr. Day						

February 2022						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12
Holidays						
2nd - Groundhog Day						
14th - Valentine's Day						
21st - Presidents' Day						

March 2022						
S	M	T	W	T	F	S
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Holidays						
13th - Daylight Saving Begins						
17th - St. Patrick's Day						
20th - Spring Begins						

JANUARY 15, 22, 29

**Pierogi Sale at The St. Mary's Ukrainian Church**, 324 Moore Ave., Herkimer 10 a.m. to 2 p.m. Pierogi sell for \$7 a dozen. A golumbki sale will be held from 10 a.m. to 2 p.m. Golumbki sell for \$26 a dozen; \$13 a half dozen or three-piece for \$6.50. All fully cooked.

JANUARY 27

**Fort Plain Free Library hosts Paper Crafting with Patty** for hobbyists with an interest in card making and rubber-stamping at 6 p.m. Call 518-993-4646 for information.

**"Stuck on Stamps"** at 6:30 p.m. at Fort Plain Free Library. Call 518.993.4646 for information.

JANUARY 31

**Lafayette at Brandywine - The Making of an American Hero** presented by Award Winning Writer Bruce E. Mowday 7 p.m. at Fort Plain Museum, 389 Canal Street, Fort Plain. Registration is required at [tinyurl.com/t23a9anp](http://tinyurl.com/t23a9anp). For more information, call 518.993.2527

FEBRUARY 1

**It Takes a Village: Monthly Discussions Over a Meal** noon to 2 p.m. at St. Margaret's Ecumenical & Retreat Center at 47 Jordan Road, New Hartford. Visit [www.stmargaretshouseny.org](http://www.stmargaretshouseny.org).

**Story Hour** 11 a.m. at Frothingham Free Library, 28 West Main Street, Fonda. For more information call 518.853.3016.

**Children's Story Hour** 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit [fortplainfreelibrary.org](http://fortplainfreelibrary.org)

**Cooking with Love for the Planet, Part 1** 6:30 - 7:30 p.m. Registration is required at [tinyurl.com/2p9art6b](http://tinyurl.com/2p9art6b)

FEBRUARY 2

**Holy Eucharist Service** at St. Margaret's Ecumenical & Retreat Center at 47 Jordan Road, New Hartford. Wednesdays at 12 p.m. Join us for our Wednesday noon service and stay for lunch at 12:30 p.m. \$10pp suggested donation for lunch. Visit [www.stmargaretshouseny.org](http://www.stmargaretshouseny.org).

FEBRUARY 3

**Stretch Limousine Passenger Safety Task Force to Meet.** The first meeting of the Task Force, to be held virtually, has been scheduled at 1 p.m. Those wishing to attend may access the meeting by registering at [tinyurl.com/2p8fnkwa](http://tinyurl.com/2p8fnkwa)

**Creative Textile Fibers Group** at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit [www.fortplainfreelibrary.org](http://www.fortplainfreelibrary.org).

FEBRUARY 4

**Black and White Hero Sale.** Pickup 11 a.m.-1 p.m. and 3-6 p.m. Ilion Masonic Temple, 118 Morgan St. Pick-up at Third Street (side door). Pre-orders requested. \$8. Sponsored by Evening State Valley Chapter, #82, OES. Call 315.269.6493.

**Chicken and Biscuit Dinner** at 3 p.m. Stratford United Methodist Church, 1511 State Route 29A, Stratford. Call 315.429.7085 to reserve meals. Pick up starts at 3 p.m.

FEBRUARY 5

**Second Annual Wintergreen Winterfest** 11 a.m.–2 p.m. at Wintergreen Park Road, Canajoharie. For more information contact [www.facebook.com/events/238957741665909](http://www.facebook.com/events/238957741665909).

FEBRUARY 8

**American Red Cross Blood Drive** 12-6 p.m. at St. John's St. Mark's Church, 143 Church St., Canajoharie. To schedule an appointment, call 1.800.RED.CROSS or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: StJohnsStMark'sCanajoharie.

**Schoharie Crossing Lunchbox Lesson** 12 p.m. Canal History: Food Preservation and Westward Expansion. Online via WebEx. For more information, call the Visitor Center at 518.829.7516 or email [SchoharieCrossing@parks.ny.gov](mailto:SchoharieCrossing@parks.ny.gov).

**Children's Story Hour** 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit [fortplainfreelibrary.org](http://fortplainfreelibrary.org)

FEBRUARY 10

**Creative Textile Fibers Group** at 12:30–2:30 p.m. at Fort Plain Free Library, 19 Willett St., Fort Plain. For more information call 518.993.4646 or visit [www.fortplainfreelibrary.org](http://www.fortplainfreelibrary.org).

FEBRUARY 13

**Second Sunday Snowshoe Workshop** 1–3 p.m. at Landis Arboretum, 174 Lape Road, Esperance. For more information contact Landis Arboretum at 518.875.6935 or Email [www.landisarboretum.org](http://www.landisarboretum.org).

FEBRUARY 15

**Children's Story Hour** 11–11:45 a.m. at Fort Plain Free Library, 19 Willett St, Fort Plain. For more information call 518.993.4646 or visit [fortplainfreelibrary.org](http://fortplainfreelibrary.org)

To promote your event, please contact us at [cfeditor@leepub.com](mailto:cfeditor@leepub.com) or 518.673.0143.



## Snow much fun at the Utica Zoo

Recent snow accumulation heralds the 2022 snowshoe season at the Utica Zoo. The UZ Snowshoe Trail is a path that winds through the woods from Zebra View Pavilion, up to North Trek Trail and into the woods again before finishing off near the African Lion Habitat. The entire hike is approximately one mile and is the perfect way for anyone interested in this unique, wintery pastime.

Snowshoe rental fees (all sizes) are \$4/hour with a minimum of one hour (fee charged in hour increments). Payment is due upon return of snowshoes. Shoes must remain on zoo grounds and the rental charge does not include admission to the Utica Zoo. Enthusiasts are welcome to bring their own snowshoes to the zoo to walk the trail. Members do receive free admission with this program.

The last snowshoe rental occurs at 3 p.m. Snowshoes and poles must be returned to the gift shop before 4 p.m. Photo ID is required for rentals. Snowshoeing is available at the discretion of the staff and dependent on the condition of the trail. To minimize the damage to the equipment, at least six inches of snow must be on the ground to rent snowshoes and renters must use the designated trail only. Quantities are limited and rented on a first come, first served basis.

The Utica Zoo creates unique experiences and promotes public appreciation of wildlife through education, conservation and recreation and is home to over 200 exotic and domestic animals, welcoming over 100,000 visitors annually.

For more information on this and all things Utica Zoo, visit [UticaZoo.org](http://UticaZoo.org) or follow on Facebook, Instagram and Twitter at @uticazoo.



Recent snow accumulation heralds the 2022 snowshoe season at the Utica Zoo. Photo courtesy of Utica Zoo

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## Cope joins Mountain Valley Team as medical director

With the start of the New Year, Mountain Valley Hospice & Palliative Care (MVHPC) in Gloversville welcomed family medicine physician Dr. Kevin Cope as their new medical director overseeing clinical practice and quality assurance. Cope's transition was part of the planned retirement of long-term local physician Bob Brandis.

"Dr. Cope has been a positive force behind Mohawk Valley health and wellness for years," said Kara Travis, MVHPC president/CEO. "From his busy primary care practice with St. Mary's Healthcare and his work helping those in need of opioid recovery to his medical director role at Lexington ARC to mentoring youth in his church community, Dr. Cope brings a wealth of knowledge about the care continuum and an approachability to patients and staff that we are extremely lucky to incorporate into the MVHPC family."

Until his recent employment with MVHPC, Cope served on the MVHPC Board of Directors as Quality Assurance Performance Improvement (QAPI) chair, Nominating Committee and Palliative Care Steering Committee.

"I am looking forward to helping many of you in our community get the care you need in your homes by growing our palliative care program. We work with your primary care provider and your specialists to help relieve your symptoms and give you a better quality of life," said Cope. "This is exciting to me because this is at the forefront of healthcare today where we leverage technology to provide personal care in your home. Patients do not want to spend time in emergency rooms or hospitals. When the time is right, we also have excellent hospice care with local, community-based nurses, social workers and a chaplain to give you holistic care that matters most to you as you approach the end of your life."



Dr. Kevin Cope

Cope will be overseeing the care planning, symptom and pain management and overall clinical practice for both the hospice and palliative service lines. He can be reached at kevin.cope@mvhpc.org.

"I have been blessed and privileged to work in various roles with the MVHPC organization over the years, and I believe it is now my calling to assume the role of medical director. I thank Dr. Robert Brandis for his 18 years of excellent service and dedication. I certainly have big shoes to fill, but I feel prepared for the challenge," Cope added.

MVHPC is a community-based, nonprofit agency founded in 1988 with a mission of enhancing the lives of those served by honoring what matters most. Providing end-of-life care in homes, hospitals and skilled nursing facilities across Fulton, Hamilton, Montgomery and Saratoga counties, MVHPC also offers the unique eight-bed, Adirondack-style Nancy Dowd Hospice Home for 24/7 personalized care located in Gloversville. In July 2021, MVHPC expanded services to include home-based pain and symptom management for the chronically ill to reduce emergency room visits and prevent hospital readmissions.

## Free tax help is available and can help you get your refund faster

The IRS is experiencing massive backlogs because of the COVID-19 pandemic. It may take nine to 12 months for your return to be processed and to receive your refund if you physically mail your return to the IRS. However, you can generally expect to receive your refund in three to four weeks if you electronically file the return.

The IRS's "Free File" Program may be able to help. Free File partners will e-file your return for free. This year, you can e-file with Free File if your adjusted gross income is \$73,000 or less. Links to these free tax preparation and e-filing services are available at [irs.gov/freetax](https://irs.gov/freetax).

Free tax assistance is also available in many communities. The Volunteer Income Tax Assistance (VITA) Program and Tax Counseling for the Elderly (TCE) Program provide free tax preparation and e-filing services.

Locations can be found at [irs.gov/vita](https://irs.gov/vita) or from your local United Way. The AARP Tax Aide Program also provides free tax preparation. VITA, TCE and Tax Aide each have different eligibility requirements.

If you qualify for the Earned Income Tax Credit (EITC), you also qualify for free tax help by IRS-trained volunteers. You may qualify for the EITC even if you're single and have no children. EITC eligibility can be complicated. Check if you qualify at [irs.gov/eitcassistant](https://irs.gov/eitcassistant).

In addition to e-filing, you will usually receive your refund faster if you

ask for the payment to be directly deposited into your bank account.

If you have questions about e-filing, refunds or other income tax issues, the Legal Aid Society of Northeastern New York's Low-Income Taxpayer Clinic (LITC) may be able to help. The clinic's services are free of charge. You can call the

LASNYY Legal Line at 833.628.0087 and ask for our LITC. The clinic does not generally provide tax preparation services.

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## Plan a pet-friendly getaway

(Family Features) – For pet parents, traveling can be tricky, from finding a reliable pet sitter to worrying about your pet's separation anxiety while you're gone. To help alleviate some stress, consider a popular alternative: bringing your pet along for the journey.

As Americans are hitting the roads, many will do so with their pets. The majority (54%) of cat and dog owners plan to travel with their pets in the next year, according to a survey by Motel 6, an economy lodging option where pets always stay free.

"Traveling with your pet is great for socialization and training, especially for younger animals," said Dr. Rhonda Phillips, veterinarian and Patriot PAWS board member. "Just a few simple steps like thinking twice while packing, making pit stops along the way and doing some research before your trip can help take away some of the stress pet owners may have about travel-

ing with their furry friends."

Phillips recommends these tips for pet owners planning a trip with a cat or dog:

- **Check with your vet:** If you are traveling between states, be aware some states require a health certificate if you're visiting for more than 10 days, which your veterinarian can provide. It's also a good idea to get some advice before traveling if your pet is prone to anxiety or nausea during travel.

- **Don't forget pit stops:** More than one-third (39%)



Photos courtesy of Getty Images

of those planning to travel with a pet within the next year said the next trip they plan to take is a road trip. While road tripping, it is crucial for pets to have regular bathroom breaks and stretch their legs, just like humans. Phillips recommends stopping every two to four hours, depending on age and size of the animal.

- **Beat the heat:** Never leave your pet in the car, even with the windows cracked. The temperature in your vehicle can rise almost 20 degrees in 10 minutes and increase the longer you are away. Heat strokes can be fatal to animals within minutes. Also be aware sunburns can occur in dogs, primarily those with light or white-colored fur. Just like human sunburns, they can potentially lead to cancer, so ensure your pet doesn't spend too much time in the sun.


- **Scope out pet-friendly lodging:** Finding pet-friendly lodging accommodations is the biggest hurdle when traveling with a furry friend, according to 44% of pet parents surveyed. Before booking, ensure any hotels you're considering are pet-friendly to avoid any surprises like extra fees. One option is Motel 6, which is one of the few hotels where pets stay free. You can have up to two pets per room with a combined weight of 150 pounds or less. Other local restrictions may apply, so it's a good idea to contact the specific property before you plan to travel.

- **Don't pack light:** Bring your pet's food and water bowls as well as toys when traveling, as the familiarity can help ease anxiety. Travel with an assortment of entertainment options, such as catnip toys for cats, tug and chew toys or even ice cubes, to keep your pet's mind busy and avoid boredom. Also pack a pet emergency kit filled with your furry friend's medications, light bandage material, roll gauze, medical tape, topical triple antibiotic ointment and eye wash.

- **Keep pets contained:** When traveling by car, dogs should be harnessed or leashed, and cats should be in a carrier to provide accident protection and prevent them from jumping out. When staying in a pet-friendly hotel, bring a collapsible kennel or carrier to keep pets from running out the door and protect housekeepers who may enter the room.

Find more information at [motel6.com/en/home/promo/pet-friendly.html](https://motel6.com/en/home/promo/pet-friendly.html).





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## Strange But True

by Lucie Winborne

• In 2016, KFC released edible nail polishes in Hong Kong. They came in Hot & Spicy and Original flavor.

• The main reason why Mickey Mouse, Donald Duck, Pinocchio and other early Disney characters wore gloves is because it was easier to animate them and helped the characters appear to be more humanlike.

• It is illegal to name your pig Napoleon in France.

• Eighty-year-old Tatsuo Horiuchi has created paintings in Microsoft Excel for over 15 years, using vector drawing tools developed primarily for graphs and simple shapes to make panoramic scenes of life in rural Japan.

• More salt is used to remove ice from roads than for eating.

• A Tennessee judge ordered a name change for a baby named "Messiah." She was later fired after the decision was found unconstitutional on appeal.

• Hexakosioihexekontahexaphobia is the fear of the number 666.

• There was a tree in Glastonbury, England, that was known to flower on Christmas Day. Locals were disappointed that it did not obey the switch to the Gregorian calendar in 1752.

• George H.W. Bush's hatred of broccoli was so intense that he mentioned it 70 times during his presidency, banned it from the White House, and blamed the extinction of the dinosaurs on it.

• Speaking of those famous reptiles, in 1992 after paying for entry to the "Dinosaurs Live!" exhibition at the Memphis Zoo, six visitors demanded a refund. Their grounds? It didn't contain live dinosaurs.

Thought for the Day: "For pilgrims walking ... every footfall is doubled, landing at once on the actual road and also on the path of faith." -- Robert Macfarlane

(c) 2022 King Features Synd., Inc.



## Good Housekeeping

### Baked Chocolate Pudding

This easy yet impressive dessert can be made in advance and heated when you're ready to serve it, making it the perfect choice to shave prep time off of a special meal. The splash of framboise in the pudding adds an elegant touch.

1 cup (2 sticks) unsalted butter, melted and cooled, plus more for greasing  
3/4 cup good-quality cocoa powder  
1/2 cup all-purpose flour  
4 extra-large eggs, at room temperature  
2 cups sugar  
1 vanilla bean, split, seeds scraped  
1 tablespoon framboise liqueur (optional)

Vanilla ice cream, for serving

1. Preheat oven to 325 F. Lightly butter 2-quart shallow oval baking dish.

2. Into medium bowl, sift together cocoa powder and flour. In large bowl, with mixer on medium-high speed, beat eggs and sugar 5 to 10 minutes or until very thick and light yellow.

3. Reduce speed to low; add vanilla

seeds, framboise (if using), and cocoa mixture. Mix just until combined. Slowly pour in butter; mix just until combined.

4. Pour mixture into prepared dish set in larger baking pan. Add hot tap water to pan to come halfway up side of dish.

5. Bake exactly 1 hour. A toothpick inserted 2 inches from side will come out clean. Center will appear very under-baked. Cool completely.

6. Serve with ice cream. Serves 12.

Make Ahead: To make ahead, wrap; refrigerate up to 3 days. To serve, bring to room temperature.

Each serving: About 335 calories, 18g total fat (11g saturated), 110mg cholesterol, 30mg sodium, 40g total carbs, 1g dietary fiber, 4g protein.

For thousands of triple-tested recipes, visit [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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**Q:** Do you sell on line?

**A:** Yes, we have an on line catalog, <https://theshopsatwagnersquare.myshopify.com>

**Q:** Can we shop in the store and still have our items shipped home?

**A:** YES! Our boaters and cyclists ask this one a lot.

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## Tips before buying new tires

Though vehicles can't function without them, tires are something few drivers think about until something goes wrong. A roadside flat tire or a tire rotation recommendation from a mechanic during a routine oil change appointment may be the only time many drivers give much thought to their tires. That no doubt leads to some confusion about what to do when tires inevitably need to be replaced.

The automotive resource Kelley Blue Book notes that the life expectancy of most tires falls between 25,000 and 50,000 miles. That's a big gap, and car owners can check their vehicle manuals to see if their vehicle manufacturer recommends a more specific replacement interval. It's worth noting that mileage is not the only barometer drivers should use to determine if they need to buy new tires. The following tips can help drivers determine if now is the time to outfit their vehicle with new tires.

• **Measure the tread.** KBB notes that a tire assessment should always include measuring the amount of remaining tread. Drivers can do this on their own in various ways. One method involves looking at the tread wear bars, which are little bridges in the grooves between the ridges. If the bars are even with the tread

pattern, then the tire has very little tread remaining and must be replaced. The penny or quarter test is a popular way to determine if tires must be replaced. Insert a penny or quarter into the center of the tread between two ridges with Lincoln's or Washington's head facing you. If you can see the very top of the head or the space above the head, the tire must be replaced. If only a little bit of hair is visible, then the tire is nearing its end. The tire has sufficient remaining tread if the some of the forehead is concealed.

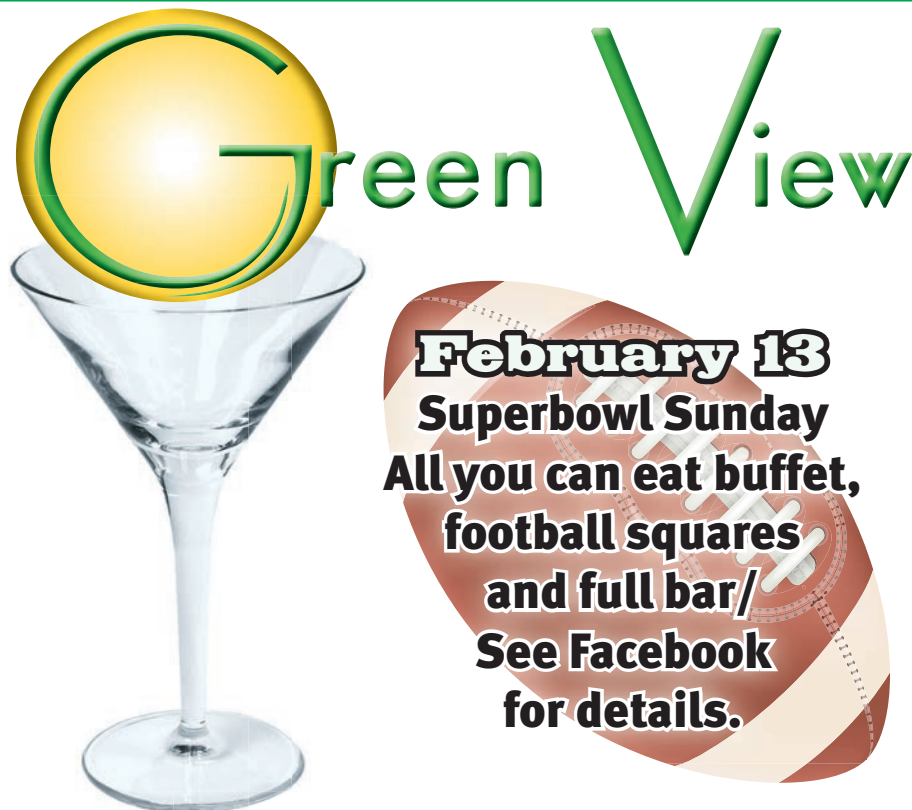
• **Check for other signs of wear and tear.** Little remaining tread is not the only sign tires must be replaced. Tires with cracked sidewalls, discoloration and/or bulging need to be replaced.

• **Confirm a larger issue isn't lurking.** Uneven wear on tires is typically a byproduct of a larger issue. Though tires that have worn unevenly will need to be replaced, replacing them without correcting the larger issue will only lead to more uneven wear on the new tires. That's a costly mistake. KBB notes that poor wheel alignment or suspension issues are typically to blame for uneven wear. This issue can be fixed and should be addressed prior to purchasing a new set of tires.

Tires sometimes exhibit telltale signs that they need to be replaced. Before buying replacement tires, drivers can inspect their existing ones and ask their mechanic to confirm that a larger issue isn't affecting their performance.



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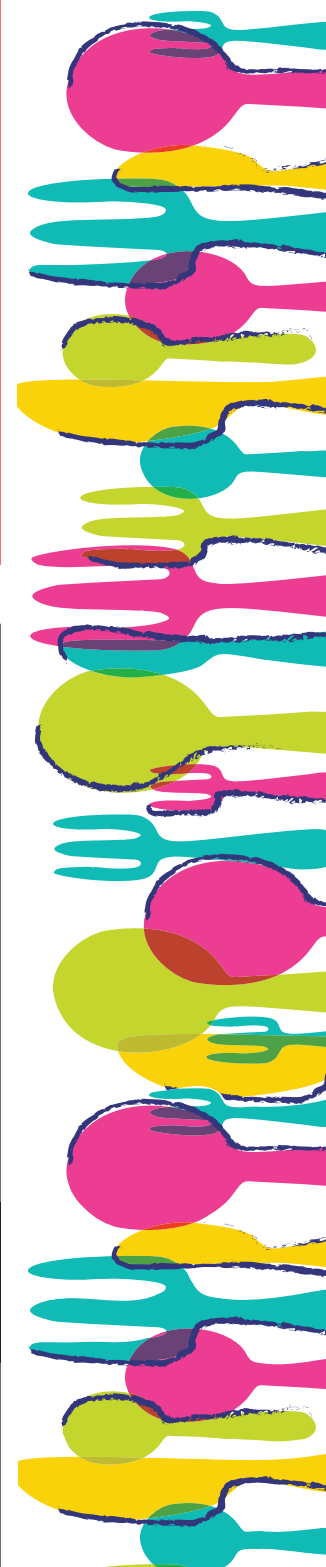
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## Arc Herkimer names new Chief Information Officer

Peter Bizzari has been named as the new Chief Information Officer (CIO) for Arc Herkimer, 350 S. Washington Street, Herkimer.

As the CIO, Bizzari will lead Arc Herkimer in managing the IT infrastructure to create stability, proactively perform upgrades in anticipation of the new wave of technology, enhance cybersecurity processes, as well as work on projects that integrate technology into the lives of individuals with disabilities.

"Arc Herkimer has an extraordinary track record of growth and success, positively impacting the disability community and beyond," says Bizzari. "I am honored to

aid in this continued success as a member of the Executive Team; through the use of technology, we will continue to enhance the lives of the people we support."

Bizzari worked for 14 years in a non-profit healthcare setting as the Director of IT & Compliance. He also managed both the medical records and purchasing departments. In his role, Bizzari was responsible for building the information technology infrastructure from the ground up, which provided him with the opportunity to expand his knowledge in networking, as well as further his career.

In addition to his experience, Bizzari also possesses a Master of Business Administration and an Advanced Graduate Certificate in project management from SUNY Empire State College, as well as Bachelor of Science in health services management from SUNY IT (now SUNY Poly).



Peter Bizzari, Chief Information Officer (CIO) for Arc Herkimer. Photo courtesy of Arc Herkimer

## What to expect at a veterinary dental cleaning

Oral health is as important for companion animals as it is for their owners. Left unchecked in pets, periodontal disease can lead to pain, trouble eating and other issues.

Pet owners are urged to brush their pets' teeth to help remove bacteria that can lead to tartar buildup. If oral hygiene is ignored, pets can develop tooth decay and other issues.

People know from experience what to expect when they go to a dentist for a cleaning, but a pet's oral cleaning may be an unknown – and that can induce anxiety. Most cleanings follow a similar pattern and recognition of that pattern can give pet owners an idea of what to expect at a veterinary dental cleaning.

### Anesthesia

One of the main differences between a dental cleaning for a person and one for a pet is the use of anesthesia. According to Kulshan Veterinary Hospital, pets do not willingly open their mouths to give veterinary dentists access to perform cleanings. Anesthesia ensures that the animal will remain still and the vet can remove any plaque and tartar that has built up. If a tooth needs to be extracted, sedation ensures that will go smoothly.

### Pre-Testing

Since anesthesia will be used, vets often will run lab work and an EKG to determine if a pet is healthy enough to receive anesthesia. Testing ahead of time also helps the vet make the best decisions regarding which types of anesthetics to administer and in what quantities.

### Examination & Cleaning

The vet will conduct a thorough examination of the pet's mouth, noting any abnormalities. A dental probe is often used to evaluate bleeding gums and detect pockets in the gums where food can accumulate and potentially lead to decay.

After the examination, VCA Hospitals said tooth scaling will be performed, using both ultrasonic and hand scalers to remove plaque and tartar above and below the gum line. Teeth will then be polished to remove any microscopic scratches that can snag bacteria and lead to subsequent build-up.

### Monitoring

Throughout the procedure, a pet's vital signs are monitored and IV fluids are administered to keep the animal comfortable and safe. Before the pet is brought out of anesthesia, dental X-rays also may be taken to check for problems not visible to the naked eye. The pet also will be monitored after anesthesia in the recovery room.

### At Home

When the pet is released to go home, it is important for pet owners to keep up with dental cleanings. Do not use toothpaste designed for humans, as there are special animal-safe products for this purpose. Depending on what was done during the cleaning, the vet may prescribe antibiotics and/or pain medications.

Dental cleanings are an important component of overall pet care. Consult with a vet to learn more about pet dental cleanings.

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## How drivers can handle suddenly unsafe driving

The chance to take in idyllic landscapes and sun-soaked views is a big part of what makes road trips so appealing. When traveling during certain times of year, such as spring and autumn, seasonal landscapes dotted with vivid colors can be especially stunning.

Prior to embarking on a road trip, travelers can't be blamed for getting caught up in the sights they're on the cusp of seeing. But it's equally important that drivers take steps to prepare for unsafe driving conditions. Even if the forecast is nothing but sunny skies, driving conditions can suddenly take a turn for the worse. The following are a handful of unsafe conditions drivers may encounter on the road, and what they can do to make it through such situations safe and sound.



The following are a handful of unsafe conditions drivers may encounter on the road, and what they can do to make it through such situations safe and sound.

- **Aggressive drivers:** Aggressive driving or road rage is a significant issue, more so than some drivers may recognize. A 2016 survey from the AAA Foundation for Traffic Safety found that nearly 80% of drivers expressed significant anger, aggression or road rage behind the wheel at least once in the previous 12 months. The insurance experts at Geico® recommend that motorists who encounter aggressive drivers do their best to stay away from them. Consider safely changing lanes, gradually slowing down or even exiting the highway. Geico® advises against stopping, as that can lead to potentially dangerous confrontations.

- **Bad weather:** Bad weather can include anything from snowfall to driving rain to thick fog. Though it's wise for drivers to consult the weather forecast prior to hitting the road, no forecast is 100% accurate, which underscores the importance of knowing what to do when conditions suddenly take a turn for the worse. If inclement weather appears unexpectedly, slow down and be sure to leave extra room between your vehicle and the vehicle in front of you. The automotive analytics firm J.D. Power notes that many experts recommend drivers double the cushion between their vehicles and the ones in front of them when driving in rain, snow, sleet and other adverse weather conditions. Doing so can help to offset the slower brake time that occurs when driving in bad weather.

- **Debris:** Road debris can include anything from materials that get blown away from roadside work sites to falling rock to tire treads to items that fall off of other vehicles. The suddenness of and the potentially serious consequences of being hit by or hitting debris is why a proactive approach is ideal. Avoid tailgating so you have ample room to maneuver should anything fall into the road. It's also important to leave room on the side of your vehicle so you can swerve out of the way. On especially long road trips, share driving duties so whoever is behind the wheel is fresh and alert. Alertness improves reaction time, making it much more likely drivers can avoid debris.

The open road has its hazards. But drivers who plan ahead and know what to do when encountering adverse conditions can ensure road trips are memorable for all the right reasons.

## Herkimer College appoints Research and Assessment Specialist

Herkimer County Community College has appointed Brenda Carney of Little Falls to the position of research and assessment specialist. Carney will be responsible for developing research methods, gathering and inputting data, analyzing results and disseminating outcomes in graphic and narrative reports and presentations. She will engage in accreditation projects and maintain institutional research and institutional effectiveness records, including essential data reports.

Carney's experience includes account manager at Northstar Recycling

in Little Falls, business data analyst for Bassett Healthcare in Cooperstown, project coordinator at MVCC and research assistant and program manager at Herkimer College. She also has served as an art teacher and special education teacher at Herkimer BOCES, art teacher in the Frankfort-Schuyler School District and adjunct instructor at Herkimer College.

Carney holds an associate degree in art studies from Herkimer College and a bachelor's in interdisciplinary studies/creative arts from SUNY Empire State College.



Brenda Carney

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## Using positive reinforcement to address pets' behavioral issues

What can pet owners do when their pets exhibit unwanted behaviors, such as damaging furniture or jumping on people? The first instinct may be to yell or punish the pet by being cross with them. However, many animal behaviorists believe that positive reinforcement training is the most effective way to address pets' behavioral issues.

Positive reinforcement training, according to the Humane Society of the United States, utilizes rewards for desired behaviors. The reward, whether it is a treat, praise, toys or anything the pet finds rewarding, will eventually get the pet to repeat the behavior that

earned them that reward. Rather than punishing a bad behavior, pet owners who utilize positive reinforcement reward good behaviors.

Positive reinforcement also is known as operant conditioning. It is a similar concept studied by famed Russian physiologist Ivan Pavlov. When the dinner bell rang, Pavlov's dogs salivated. The American Kennel Club says that was classical conditioning because the dogs salivated involuntarily. However, operant training conditioning is when dogs learn to associate their behavior with certain results, all while learning there are good and bad outcomes. The

goal is to increase behaviors with pleasant consequences, such as receiving a reward. Experts say that by focusing on the positive, pet owners will see fewer side effects than negative punishment training, such as aggression, fear, anxiety and avoidance.

Timing is the key to positive reinforcement training. The reward must occur immediately after the desired behavior or the pet may not associate it with the proper action. So if the dog sits, then the reward has to come as soon as it gets on the floor. If the reward comes when they have stood back up, then the pooch may think the reward is

for standing.

When practicing positive reinforcement, keep commands short and training sessions brief so that dogs can understand before they get restless. Dogs don't understand sentences, says HSUS, and they will lose interest if sessions are too long. Consistency also is essential. Each person interacting with the pet should use the same commands and cues to achieve the desired result, which is a well-behaved pet.

It may take time for a pet to acclimate to commands and training. But with patience, positive reinforcement can be effective.

## Paw's Corner

by Sam Mazzotta

### Keep Pets Prepared for Emergencies in Winter, Too

**Dear Paws:** Please remind your readers to include their pets in winter emergency preparedness planning. Last year, when the Texas power grid failed in extreme cold weather conditions, shelters saw many pets with cold-related injuries. When the power goes out on a cold night - or for several days - dogs and cats can't just "tough it out." - Tyler in Southeast Texas

**Dear Tyler:** You're absolutely right. Readers, emergency preparedness should always include your pets. I warn my East Coast readers each summer at the start of hurricane season to put together a grab-and-go emergency kit for their pet. But every region experiences natural disasters, and sometimes they occur in the depths of winter.

A winter-ready pet emergency kit should include:

- A warm blanket for each pet.
- A soft pad for pets to sleep on if you're in an evacuation center.
- Booties and sweaters to wear when pets go outside in freezing conditions.
- Pee pads and pet waste bags.
- Three days of canned or dry pet food, and

bottled water.

- A copy of each pet's vaccination and medical records.
- A three-day supply of each pet's medication.
- A list of important phone numbers, including their veterinarian.
- Extra leash and collar for each pet, and extra ID tags.

If your pet isn't microchipped, I strongly recommend it. Pets have escaped from even the most responsible, organized owners. Keep them up to date on vaccina-

tions as well - it's hard to predict whether your pet will be exposed to a disease by another cat or dog during an evacuation.

You can find more tips and recommendations for emergency preparedness at [www.ready.gov/pets](http://www.ready.gov/pets).

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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## Good Housekeeping

### Red Wine Spaghetti

This easy pasta dinner is quick enough to enjoy any night of the week, and a great way to use up leftover wine before it goes off.

- 2 cups wine
- 2 cups water
- 8 ounces thin spaghetti
- 1/2 teaspoon salt
- 1 tablespoon capers, drained and chopped
- 1 tablespoon butter
- 1/8 teaspoon pepper
- 2 tablespoon grated Pecorino cheese
- 1. In 12-inch skillet, stir wine, water,

spaghetti and salt. Heat to boiling on high, stirring.

2. Boil 9 to 11 minutes or until pasta is tender, stirring often. Remove from heat.

3. Stir in capers, butter and pepper. Top with grated Pecorino cheese. Makes 2 servings.

For thousands of triple-tested recipes, visit [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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## Make vet visits easier for all involved

People often get anxious about visiting the doctor, and the same can be said for pets. According to the online animal resource Top Dog Tips, a lot of dogs and cats have serious anxiety about going to the vet.

Veterinarian visits typically happen once per year, and the earlier your pet can become more comfortable and acclimated to the process, the better it will behave during each subsequent visit. The following are some steps pet owners can take to make vet visits go smoothly.

- **Handle your pet frequently.** Teach your pet to accept touching of the paws, ears, mouth, tail, legs and stomach. Regular sessions petting and touching your pet may make them more comfortable when the vet has to do so.

- **Consider waiting outside.** Research from Companion Animal Psychology says 30% of dogs are highly stressed while sitting in the waiting room of the vet's office. It can be hectic in the waiting room, with lots of new smells, people coming in and out and animals with all sorts



of energy. If waiting rooms put your pet on edge, wait outside.

- **Associate the carrier with comfort.** If you pull out the crate only when the pet will be going to the vet, the animal will soon associate it with negative experiences. Instead, use the crate frequently and rely on treats so that the dog or cat sees it as a safe and fun space to spend its time. Take frequent car rides to different destinations so pets don't associate car rides with vet visits.

- **Find the right veterinarian.** Interview several vets to find an office and staff who love interacting with your pet and can make them comfortable.

- **Stay relaxed your-**

**self.** Pets can sense their owner's energy. If you are worked up and anxious, then your animal may feed off of those feelings. By remaining calm, you can help keep your pet calm.

- **Do a fun or practice visit.** Acclimate the pet to the vet's office with a trial run. This way they can interact with the vet and learn the smells and sounds under less stressful conditions. This is a great way for the pet to have a positive initial experience with its new vet.

Vet visits are vital to pets' long-term health. Setting the stage for positive experiences early on can make visits go smoothly throughout the pet's life.

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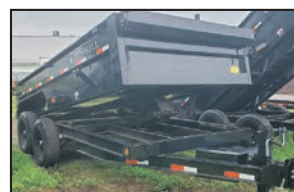
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# Home Country

by Slim Randles

Steve pulled his pickup to the curb in front of Windy Wilson’s small house and started to become erect. This has become more of a project than it used to because there’s still a lot of Steve to uncramp, and he’s not as young as when it was easy. “Come on in, Steve,”

Windy yelled. “Coffee’s on.” Steve petted the dog, Ramses, and then went to the kitchen table. “Kinda wondering why you asked me to come over, Windy. I mean, heck, we talk to each other every morning over coffee at the Mule Barn.”

“This here’s gotta be a private conversation, Steve,” Windy said, pushing his hat back some as he sat. “Need your advice.” “You sick? You should go see Doc if you need some help.” “Naw, I’m fitter’n a fried egg, Pard. But I wanted to see about getting’ me one a-them honorary degrees... you know, like ol’ Doc did.” Doc was recently honored by Jerry Hat Trick Junior College with an

honorary Associate in Arts degree in Humanities. And they don’t even teach humanities there, but Doc had contributed to their new gym. “How far’d you go in actual school, Windy?” “Oh, I got pretty high up into high school there,” he said, “but my grades wasn’t too pretty good, so I quit and become a cowboy on ‘em.” Steve stirred more sugar into his cup. “Don’t know

what to tell you. An honorary degree isn’t something you work for, you know. The school usually looks around for someone who has gone ‘way beyond the... well, what’s expected of them. Not sure how you’d do it. But this is America, Windy. Americans don’t quit. Americans figure out new ways of doing things. Americans usually need a coffee refill.” “I’ll take care of that,” Windy said, “and I’ll work

on that ‘way beyond American stuff later, if it don’t get too cold.” Brought to you by the horses and other animals from their forever home at Masleña Rescue. Help feed one or two at [www.masleñarf.org](http://www.masleñarf.org).



## Donna’s Day: Creative Family Fun

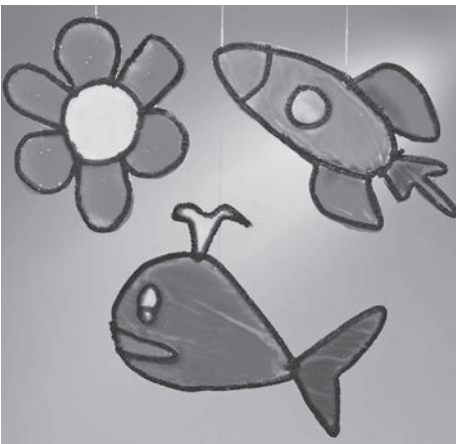
by Donna Erickson

**Make a Colorful Sun Catcher of Your Kid’s Favorite Things** This month, make these colorful window decorations to brighten your child’s bedroom during gloomy winter days. When the glue has dried, these sun catchers will have the look of stained glass. Help your kids create a design of a character or object from their favorite books and stories.

- You’ll need:
- Plastic wrap
  - Plastic or paper cups
  - All-purpose, white household glue
  - Food coloring
  - Several thick, black pipe cleaners in 12-inch lengths
  - Ribbon, string or cording
- Think about what kind of sun catcher

you would like to make, such as a star, heart or daisy. For your first project, make it as simple as possible. Use basic drawings from coloring books to get yours started, if you wish. As you get more proficient, make a shamrock for St. Patrick’s Day or a decorated egg for Easter. Bend and attach pipe cleaners together to get your desired shape, and glue the shape completely flat onto a sheet of plastic wrap. Add details by gluing smaller lengths of pipe cleaner on the inside of the design, like a small circle for the center of a flower. (It is very important that pipe cleaners adhere to the plastic wrap.) Your design should look similar to the outlines on a coloring-book page. Let dry. Now it’s time to add the color. Pour 3-4 tablespoons of glue into a

paper cup. Add 5-10 drops of food coloring, and stir. Mix glue and food coloring in additional cups if you wish to have a rainbow of colors. Pour the colored glue inside the pipe-cleaner shape. If you added details, pour different colors in the various sections. Let dry completely. (It usually takes about a day.) When dry, the colored glue will appear translucent. Carefully peel off the plastic wrap from the sun catcher and discard. Hang your beautiful design in a window using cording or ribbon. Find more family fun at [www.donnaerickson.com](http://www.donnaerickson.com). Write to Donna at [Info@donnaerickson.com](mailto:Info@donnaerickson.com) (c) 2022 Donna Erickson



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## Making your own maple syrup

Nothing beats real maple syrup when it comes to flavor. It’s a natural sweetener that’s sustainable and (potentially) profitable. As we get closer

and closer to maple syrup season, you may be contemplating harvesting sap and making your own syrup this year.. For the story, see [countryculture.co](http://countryculture.co).

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TRUBLE

Today's Word

3. Printer; 4. Blare

SCRAMBLERS

solution



Mega Maze

1. Breath 2. Route; 3. Printer; 4. Blare

Answers

Solution time: 23 mins.



Answers

King Crossword



HISTOGRAM

Answer

Weekly SUDOKU



Answer

GRAPHS AND CHARTS



HISTOGRAM



Weekly SUDOKU

by Linda Thistle

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

ACROSS

1 Hula swivelers

5 Kvetch

9 Comedian Margaret

12 Inky stain

13 Stead

14 Bond rating

15 Sooner State native

17 "The A-Team" actor

18 Trails

19 Rose parts

21 Halloween disguises

24 Rating unit

25 iPhone down-loads

26 Skunk rela-tives

30 "— was say-ing ..."

31 Passion

32 — tai

33 Olympic win-ner

35 Poet of yore

36 Dutch cheese

37 Arm bones

38 Peer in a box

40 The Emerald Isle

42 Branch

43 Intermediary

48 "Patience — virtue"

49 Thus

50 Corn recipe

DOWN

1 "Veep" airer

2 Sort

3 D.C. figure

4 Celery servings

5 Drain block-age

6 Intends

7 Actor Stephen

8 Groan-inducing humorist

9 TV station employee

10 Injure

11 Feed-bag filler

16 Possesses

20 Tic- — -toe

21 Sir's counter-part

22 Church sec-tion

23 Peter Parker's alter ego

24 Coin aperture

26 Prudish

27 Takes too much,in med. lingo

28 Skater

29 Lipinski

31 Faction

34 Fear-stricken

34 Big fuss

35 Censors

37 Internet address

38 Hoosegow

39 Celestial bear

40 Jittery

41 Altar vows

44 Roth svgs. plan

45 Extinct bird

46 Picnic crasher

47 Born

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COUNTRY CULTURE

THE LAND • THE FOOD • THE PEOPLE

MAGIC MAZE • GRAPHS AND CHARTS

PIEBYVSQNKHEBYW  
TRO(HISTOGRAM)LJG  
EBYWURERPVNKTIP  
GDBZXVLXASQORMI  
KIGECATRAHCRABE  
YWUSQPISNLCJHHC  
FECAAATOLPYECDH  
XVTUBSQPNEMKEIA  
JAHLFECBZRBYNRR  
DNEGELACSTXAIGT  
VSUTRTRAHCWOLFQ

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

Axes

Bar chart

Data

Flow chart

Grid

Histogram

Labels

Legend

Line chart

PERT

Plot

Scale


Title

Tree chart

Variables

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"Willie, are you in some kind of \_\_\_\_\_?"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Gasp

BATHER

Course

UTERO

Compositor

RIPTERN

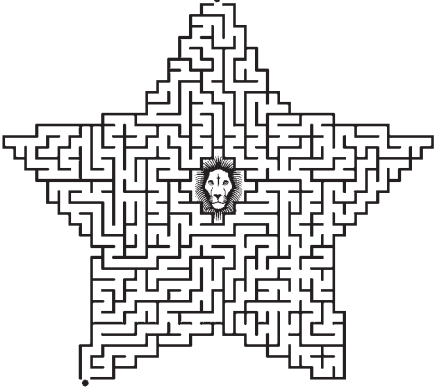
Resound

ABLER

TODAY'S WORD

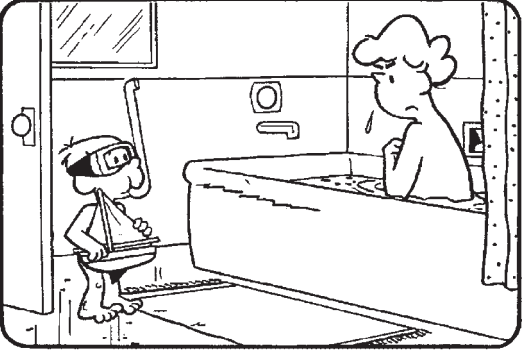
Mega Maze

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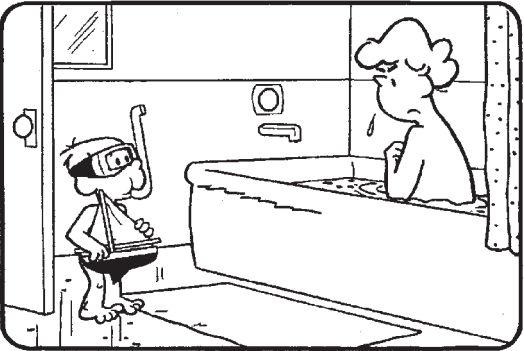


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mirror is smaller. 2. Tube is shorter. 3. Curtain is shorter. 4. Boat is different. 5. Soap dish is missing. 6. Curtain is shorter.

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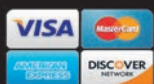
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