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hear your voice.
Micah 6:1*

IN THIS ISSUE:

- AUTOMOTIVE
- DINING & ENTERTAINMENT
- HOME IMPROVEMENT
- SPORTS
- TAX TIME

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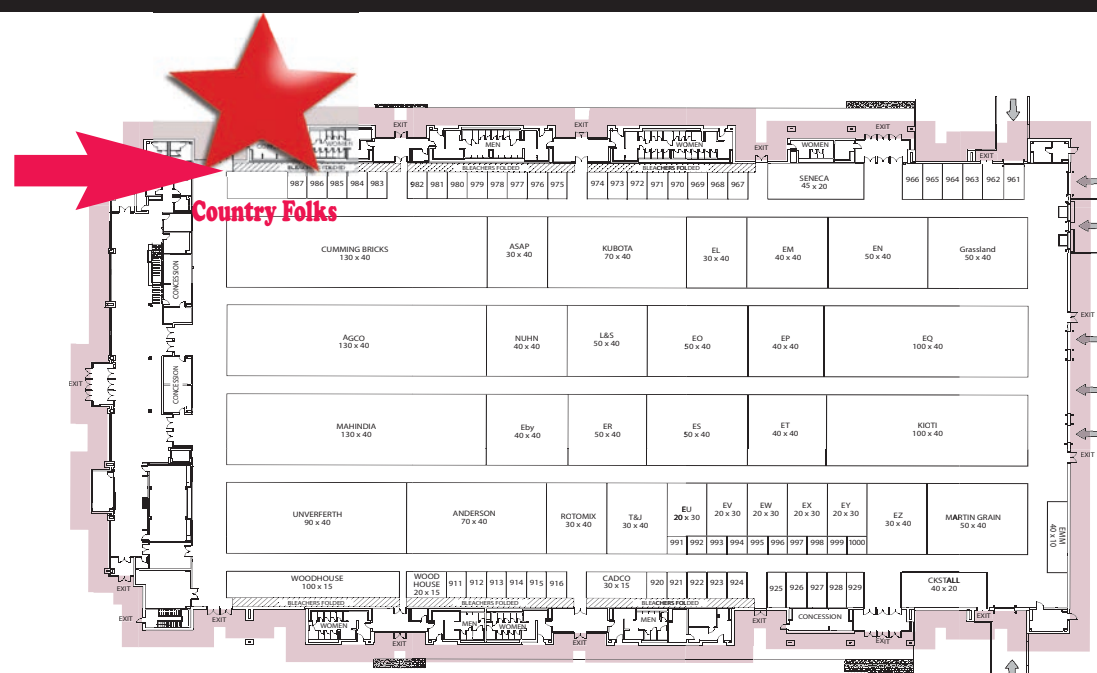
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MONTGOMERY COUNTY PUBLIC HEALTH

...would like you to know more about preparing for **SNOWMOBILE EMERGENCIES**

EMERGENCIES can happen quickly and **without warning**. It is important that every snowmobile be equipped with some basic items for emergency use. These items could make a big difference in a rider getting home without facing what might be a life-threatening situation.



1. First Aid Kit
2. Matches in a Waterproof Container
3. Chemical Heating Packs
4. An Extra Pair of Gloves & Hat
5. Candy Bars, Granola, Dried Fruit, Beef Jerky, or Other Concentrated High Energy Foods
6. Plastic Whistle
7. Paper & Pencil
8. Space Blanket
9. Signal Flares and/or Mirror
10. Snowmobile Extraction Devices, Such as Bungees & Packable Shovel
11. Tool Kit With a 6-Inch Locking Pliers, an Adjustable Wrench, Wire, Electrical Tape, Duct Tape, and Single Edged Razor Blade
12. Spare Spark Plugs Pre-Gapped
13. Spare Drive Belt
14. Rags or Paper Towels and a Liter Bag
15. Siphon Hose
16. Tow Rope
17. Spare Fuel Filter, Head & Taillight Bulbs



...would like you to know more about **SNOWMOBILE SAFETY**



As we bundle up to enjoy New York State's winter activities, it's a good time to make sure you are prepared to safely enjoy them.

One popular activity enjoyed throughout our county this time of year is snowmobiling.

MONTGOMERY COUNTY offers approximately 181 miles of funded NYS snowmobile trails and many more miles of unfunded trails. Here are some tips for **SAFE SNOWMOBILE OPERATION**:

1. Stay right and between the stakes.
2. Share the trail and yield to groomers.
3. Be prepared for changing trail & weather conditions.
4. Obey NYS snowmobiling laws.
5. Always ride with another snowmobiler
6. **NEVER DRINK & RIDE**. Operating a snowmobile requires peak concentration & reactions at all times.
7. Use and be familiar with standard trail signals to communicate within your group and to oncoming riders.
8. Ride within your ability, operate at a safe and prudent speed - it is unlawful to operate a snowmobile at speeds greater than 55 mph.
9. Respect landowner's wishes, obey posted signs and stay on the marked trail.
10. Wear a helmet & dress appropriately for weather conditions.



Use a slow cooker to create game day pick-me-ups

No matter which teams fans support, they're sure to get hungry watching the action play out. That's why game day hosts need to plan for various foods to keep guests satiated as they follow the scores.

Dips, small bites and other finger foods are staples when the game is on because they can be eaten easily in front of the big screen. Utilizing one or more slow cookers to prepare such items creates more time to watch the game, stock the cooler with refreshments and ready the home theater. Slow cookers also can keep meals warm on the buffet table.

These recipes for "Pepperoni Pizza Dip with Breadstick Dippers" and "Big Al's Hot and Sweet Sausage Sandwich" from "Crock*Pot® 365 Year-Round Recipes" (Publications International, Ltd.) from the Crock*Pot Kitchens make great game day meals. Adjust as needed for the game day crowd.

Pepperoni Pizza Dip with Breadstick Dippers

Serves 8

- 1 jar or can (14 ounces) pizza sauce
- 3/4 cup chopped turkey pepperoni
- 4 green onions, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1/2 teaspoon dried oregano

- 1 cup (4 ounces) shredded mozzarella cheese
- 1 package (3 ounces) cream cheese, softened

Dippers

- 1 package (8 ounces) refrigerated breadstick dough
- 2 teaspoons melted butter
- 2 teaspoons minced fresh Italian parsley

1. Combine pizza sauce, pepperoni, green onions, olives, and oregano in a 2-quart slow cooker. Cover; cook on low 2 hours or on high 1 to 1/2 hours or until mixture is hot.

2. Stir in mozzarella and cream cheese until melted and well blended. Serve with warm Breadstick Dippers.

3. For dippers, bake breadsticks according to package directions. Brush with melted butter and sprinkle with parsley.

Big Al's Hot and Sweet Sausage Sandwich

Makes 8 to 10 servings

- 4 to 5 pounds hot Italian sausage links
- 1 jar (26 ounces) spaghetti sauce
- 1 large Vidalia onion (or other sweet onion), sliced
- 1 green bell pepper, cored, seeded and sliced
- 1/4 cup packed dark brown sugar
- Italian rolls, cut in half
- Provolone cheese, sliced (optional)



Pepperoni Pizza Dip with Breadstick Dippers (above);
Big Al's Hot and Sweet Sausage Sandwich (right)

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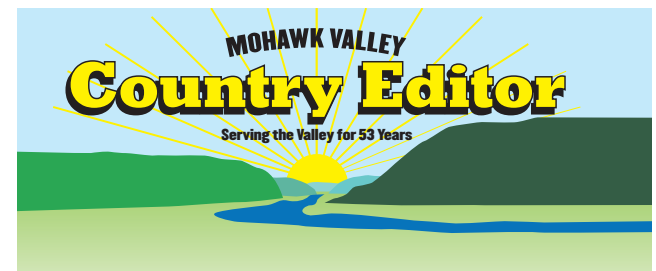
Find Freddy Bear in the paper and solve his riddle to win a prize!

Email your answers to
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1. Combine sausages, spaghetti sauce, onion, bell peppers, and brown sugar in slow cooker. Cover; cook on low 8 to 10 hours or on high 4 to 6 hours.

2. Place sausages in rolls. Top with vegetable mixture. Add provolone cheese, if desired.

Tip: Instead of large Italian rolls, use slider buns or medium kaiser rolls to stretch the sausage mixture further and make it easier to eat while watching the game.



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Herkimer students receive Academic H Awards for scholarly success

Herkimer Central School District recognized 54 students in grades 10 - 12 with Academic H Awards on Dec. 20 for earning an average of 90 or above for every marking period of the 2021-22 school year.

While introducing the awards, High School Principal Mary Tomaso said that some people might attribute the students' achievement to "just being smart," but friends, family and teachers know that academic success requires sacrifice, hard work and studying.

"The Academic H is our way of acknowledging your commitment to scholarship," Tomaso said. "This self-discipline and dedication to learning are personal qualities that will serve you well in your future."

The Academic H Awards are presented annually to honor students in grades 10 - 12 for their success in the prior school year with certificates and "H" pins. Current seniors will receive their 2022-23 Academic H Awards at graduation.

The ceremony also features a former Herkimer student returning each year to give current students some insights into life after high school. The guest speaker is traditionally the Student Council president from four school years prior, and this

year's speaker was 2018-19 Student Council President Johanna Humble.

'A path that works for you'

Tomaso said she likes to invite recent graduates to speak in order to give students some extra hope and

inspiration that their experiences at Herkimer can lay the foundation for great success if they put their heart and mind into it.

Humble talked to students about how she attended Onondaga County Community College to study interior

design, but decided to change to a different career path. She spoke about the challenges of going to college during COVID-19 and having to start taking classes remotely.

Herkimer 6



Herkimer Central School District students in grades 10 - 12 who won Academic H Awards pose on stage. Photos courtesy of Herkimer BOCES

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Herkimer Central School District Class of 2019 graduate Johanna Humble spoke to current students who won Academic H Awards

Herkimer from 5

She transferred to Herkimer College in fall 2020 and decided she wanted to study law. She later transferred to SUNY Canton, where she majored in legal studies and graduated this December. She pointed out to students the importance of putting thought into your schedule and how that can help you succeed and even graduate faster than the usual timeframe. She also credited taking College Now classes while in high school with helping her accomplish her goal of graduating early.

Humble has applied to Albany Law School and plans to become a criminal prosecutor.

She offered students various tips for attending college such as to keep their syllabus, stay organized, ask questions, make use of professors' office hours, avoid procrastinating and be involved in making your schedule.

"It's up to you to find a path that works for you," she said.

After the ceremony, Humble said she hopes students were able to benefit from hearing her story and advice from going through college. Going from a Herkimer student to a college graduate returning to speak to current students went by faster than she realized, she said.

After the speech, Tomaso thanked Humble for her insights and inspiration.

"You are proof of what I always tell people: Herkimer graduates do great things," Tomaso said. "I have always admired your work ethic, your commitment to family and your leadership."

Award Winners

Near the end of the ceremony, high school

counselor Carolyn Saugh announced the award winners, and Tomaso handed out the certificates and pins. Tomaso then congratulated the honorees.

"Your families are proud of you, and so am I," Tomaso said. "For the 26 of you who are new to this honor, know that as your classes get more challenging and your responsibilities increase, it gets more difficult to earn this distinction. For the 11 of you who have earned it for three consecutive years, kudos to you. Not only does it represent high honors, but it also represents Herk pride, hard work, a whole lot of heart and hope for your futures."

• 10th grade winners: Bianca Barreto, Sydney Bell, Sophia Blais, Danny Bleaking, Christopher Farrell, Brian Flint, McKenna Gargas, Fauziatu Ibrahim, Madison Marusic, Alyx McArthur, Audrey McDonnell, Lilia McLean, Chase Pettengill, Zachary Petucci, Logan Pullman, Avery Richard, Anjali Saugh, Ayla Simpson, Vanessa Verenich and Caden Weaver

• 11th grade: Christian Allen, Arrissa Bunker, Zoey Caldwell, John Campagna, Kyle Carney, Jayden Crandall, Nicholas Ferreras, Danielle Gilbert, Juleighanna Herringshaw, Nicholas Lamanna, Cassandra Larzelere, Abigail O'Hara, Julian Ruffule, Dirk Salamon, Naeleah Santiago Vazquez, Victoria Stapf, Cameron Voce, Leslie Xiao and Don Zhao

• 12th grade: Hannah Allison, Kendall Bi-amonte, Bailey Bray, Melia Couchman, Julia Dorantes, Jacob Lamanna, Lilliana Langdon, Joshua Leskovar, Caden Marusic, Abigail Polus, Jenna Riesel, Robert Stone III, Izabela Vredenburg, Logan Williams and Oksana Yudchits

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1:00 - 5:00 pm

Tyson's family invites you to join them as they gather to share favorite memories and reminisce on a life beautifully lived. It will be a time to come together and remember Tyson, who will be dearly missed by all who knew and loved him.



In lieu of flowers donations will be graciously accepted for The Tyson Fowler Memorial Scholarship Fund

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NYS poised to lead nation in policy efforts to prevent and reduce tobacco use

NYS poised to lead nation in policy efforts to prevent and reduce tobacco use

According to the American Lung Association's 21st annual "State of Tobacco Control" report released Jan. 25, New York State is in a position to solidify its leadership role on tobacco control policies. The state's mixed grades remained the same for the second year in a row, with tobacco use rates in decline, showing that a Tobacco-Free Generation is within reach.

The "State of Tobacco Control" report evaluates state and federal policies on actions taken to eliminate tobacco use and recommends proven-effective tobacco control laws and policies to save lives. This is critical, as tobacco use remains the leading cause of preventable death and disease in America and takes the lives of 28,170 New York residents each year.

"New York has been a leader on tobacco control policy for decades, and we are pleased to see both adult smoking rates and youth tobacco use rates on the decline," said Trevor Summerfield, director of advocacy at the American Lung Association in New York. "This is important

progress; however, there are still one in four high school students in New York State using tobacco products, putting their health at great risk. If the state can deliver on Governor Hochul's vision to increase tobacco taxes and remove all flavored tobacco from shelves in the next session, we have a real chance to save lives."

New York's Grades

The "State of Tobacco Control" report grades states and the District of Columbia in five areas that have been proven to prevent and reduce tobacco use and save lives. In the 2023 report, New York received the following grades:

1. Funding for State Tobacco Prevention Programs – Grade F
2. Strength of Smokefree Workplace Laws – Grade A
3. Level of State Tobacco Taxes – Grade B
4. Coverage and Access to Services to Quit Tobacco – Grade C
5. Ending the Sale of All Flavored Tobacco Products – Grade D

This year's report noted the need for New York policymakers to focus on ending the sale of all flavored tobacco products, including menthol cigarettes. According to the 2022 National Youth Tobacco Survey,

more than 2.5 million high school and middle school students use e-cigarettes, and more 85% of those kids use flavored e-cigarettes.

In addition, menthol cigarettes continue to be the major cause of tobacco-related death and disease in Black communities, with over 80% of Black Americans who smoke using them. Ending the sale of flavored tobacco products, including menthol, will not only help end youth vaping but will also help address the disproportionate impact of menthol cigarettes and flavored cigars have on many communities, including Black Americans, LGBTQ+ Americans and youth.

Additionally, the report recommended that the state increase tobacco taxes. One of the most effective ways to reduce tobacco use, among both low-income individuals and also for youth, is to significantly increase the tax on all tobacco products, including e-cigarettes. Multiple studies have shown that every 10% increase in the price of cigarettes reduces consumption by about 4% among adults and about 7% among youth. New York has not significantly increased its tobacco tax since 2010 and the Lung Association

supports Gov. Hochul's proposal to increase the tax by \$2 per pack.

The state's singular failing grade remains in the category for funding the tobacco control program. Despite receiving \$1.8 billion from tobacco settlement payments and tobacco taxes, New York only funds tobacco control efforts at 20.7% of the level recommended by the CDC. The Lung Association believes the funds should be used to support the health of our communities and to prevent tobacco use and help people quit, and not switch to e-cigarettes. These programs are also critical for helping to end tobacco-related health disparities and would greatly support the impact of higher tobacco taxes and the removal of flavored tobacco from the New York market by giving those wanting to quit tobacco additional resources and programs.

Federal Grades Overview

The report also grades the federal government on their efforts to eliminate tobacco use. This year, there were new steps taken by the government to prevent and reduce tobacco use, including proposed rules to end the sale of menthol cigarettes and flavored cigars, Congress passing

a law requiring the FDA to regulate tobacco products made with synthetic nicotine and increased federal enforcement of the Tobacco Control Act. As a result of these steps forward, the federal government's grade for "Federal Regulation of Tobacco Products" improved from a "D" grade last year, to a "C" grade in the 2023 report.

The 2023 "State of Tobacco Control" report grades the federal government in five areas:

1. Federal Government Regulation of Tobacco Products – Grade C
2. Federal Coverage of Quit Smoking Treatments – Grade D
3. Level of Federal Tobacco Taxes – Grade F
4. Federal Mass Media Campaigns to Prevent and Reduce Tobacco Use – Grade A
5. Federal Minimum Age of Sale for Tobacco Products to 21 – Incomplete

FDA is overdue in publishing the final Tobacco 21 regulations as required by statute, which is why it earns an "incomplete."

To learn more about this year's "State of Tobacco Control" grades and take action, visit Lung.org/sotc.

Herkimer College to host American Red Cross blood drive

Herkimer College will host an American Red Cross blood drive on Feb. 16 from 10:30 a.m. - 3:30 p.m. in Alumni Hall, located in the Robert McLaughlin College Center.

The American Red Cross is asking donors to consider a Power Red Cell donation for blood types O-, O+, A- or B-, but all blood types are essential. Power Red Cell donation resembles a regular blood donation, except a special machine allows you to donate two units of red blood cells during one donation while returning your plasma and platelets safely back to you. As of October 2022, the new minimum height requirement for females to be eligible for a Power Red donation has changed from 5'5" to 5'3".

All donors will receive a complimentary \$10 Amazon gift card by email courtesy of Amazon. In addition, all donors will automatically be entered for a chance to win a trip for two to Clearwater Beach, FL. For more information visit rcblood.org/heart.

To schedule an appointment, email brownvl@herkimer.edu or visit redcrossblood.org. Appointments are encouraged but walk-ins are also welcome. Donors are also encouraged to sign up for RapidPass to complete the pre-screening process from home. Sign-up can be found at redcrossblood.org/rapidpass.



Notre Dame Schools announces new interim principal

Notre Dame Schools Board of Trustees is pleased to announce the appointment of Richard F. Ambruso as the interim principal of Notre Dame Junior/Senior High School through June 2024.

Ambruso earned a master's degree in education from SUNY Polytechnic Institute and his NYS School District Administration license through advanced graduate studies at SUNY Cortland and Syracuse University. In addition, he enriched his administrative background by attending the Harvard University Graduate School of Education's National Institute for Urban School Leaders and Leadership an Evolving Vision programs.

In 1978, Ambruso started his career in education as a first-year teacher and varsity coach at Notre Dame High School. Over the last 44-plus years, Ambruso has provided services in parochial, institutional, public, nonprofit and private consulting educational forms. He also was an adjunct professor for the SUNY Oswego vocational education department.

Ambruso resides in Utica with his wife Georgene. They have three grown children: daughter Amara and sons Ryan and Alec.

Ambruso wishes to convey that it is his distinct honor and privilege to come full circle and again serve the Notre Dame School community.

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Intercessory Prayers Tuesday 7 PM (please call to confirm)

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NEW HOPE CHRISTIAN FELLOWSHIP
Pastor Peter Spiak
32 Spencer St. • 315-429-3630
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED METHODIST CHURCH
Pastor Matt Worley
21 N. Helmer Ave.
Church Phone 315-429-7381
Sunday Church Service
Oppenheim @ 10 AM
Dolgeville @ 11 AM

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

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 315-429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM
www.dolgevillechristianfellowship.org

ST. JOSEPH'S ROMAN CATHOLIC CHURCH
31 N. Helmer Ave., Dolgeville, NY
Phone 315-823-3410
Sunday Mass 9AM

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
Pastor Adam Coomes
3659 Route 5, East Schuyler
Sunday Worship 10:30 AM
Wednesday Night 6:30 PM
Phone 315-895-0926
Christianassemblyofschuyler.com

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10 AM September-June
Sunday Morning Worship 11 AM
Prayer & Praise Thursdays 7 PM

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Sunday Worship 9:30 am
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518-853-4195
Sunday Worship 9 AM

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Fonda, NY 12068-0627
518-853-3646
Weekly Masses: Sat. 4:30 PM, Sun. 10:30 AM
friars@katerishrine.com
www.katerishrine.com

FORT PLAIN
AMAZING GRACE BAPTIST CHURCH
131 Clark Rd., Fort Plain
518-568-7606
Pastor Frank Calabrese
Sunday School 10 AM,
Morning Service 11 AM,
Sun. & Wed. Eve. Service 6 PM,
Youth Group Wed. 6:30 PM,
Sat. Visitation 10 AM
www.amazinggracebc.org

GRANDVIEW BAPTIST CHURCH
15 Washington St., Fort Plain
518-993-9929
Pastor Sean Morin
Sunday School 10 AM
Morning Service 11 AM
Bible Study & Prayer Meeting, Wednesday 6:30 PM

ST. PAUL'S LUTHERAN CHURCH
36 Lydius St., Fort Plain, NY 13339
518-993-2040
Pastor Jonathan Litzner
405-250-8395
Church Service 11 AM

ST. JOHN'S LUTHERAN CHURCH
774 St. Hwy. 163, Fort Plain, NY
518-705-7552
Rev. David A. Johnson, Ph.D.
Sunday Worship 9 AM,
Sunday School 10 AM,
Ladies Aid W.E.L.C.A.
Handicapped Accessible

REFORMED CHURCH OF FORT PLAIN
165 Canal St., Fort Plain, NY 13339
518-993-4302
fortplainrca@yahoo.com
Rev. Nancy E. Ryan
Worship 11 AM,
AA meetings Mon. & Tues. 7 PM,
Emergency Food Pantry 518-993-4302

VICTORIOUS LIFE CHURCH RMI FELLOWSHIP
104 Main St. & 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

FORT PLAIN UNITED METHODIST CHURCH
39 Center St., Fort Plain
Audie Miller, Lay Supply Pastor
Church Office 518-993-3863
Kitchen 518-993-3464
ALL WELCOME, Worship Service 11AM

OUR LADY OF HOPE R.C. CHURCH
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 & by appointment
Please call parish office for Holy Day schedule

FREYSBUSH UNITED METHODIST CHURCH
Freyzbush Rd., Fort Plain
518-429-9936 or 518-424-8488
Worship 9 AM,
Sunday School 10 AM
ALL ARE WELCOME

FRANKFORT
OUR LADY QUEEN OF APOSTLES
414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule:
Saturday 4 PM (May - October);
Sunday 9 AM; Tues & Thurs 9 AM

FULTONVILLE
FONDA FULTONVILLE FONDA-FULTONVILLE UNITED METHODIST CHURCH
Pastor Kathy Reese
Sunday worship and Sunday school 10AM
Outdoor service: 11 Montgomery Street, Fultonville, May-Early Sept. (byo - chair)
Indoor service:
Winter and inclement weather
Glen Town Hall, 7 Erie Street, Fultonville
Community Outreach is very important to us
518 853-3311

FULTONVILLE REFORMED CHURCH
Corner of 5S & 30
Pastor Jane Hubschmitt
Sunday School 10 AM
Family Worship 10:30 AM

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GLEN REFORMED CHURCH
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

HERKIMER
SS PETER and PAUL ORTHODOX CHURCH
Fr Vasil Dubee
& Fr Dn Demetrius Richards
305 Main Rd., Herkimer
Phone 315-866-3272
Saturday Vespers -
5 PM (spring/summer months)
4 PM (fall/winter months)
Sunday Divine Liturgy 9:30 AM
Sundays

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

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

CHURCH OF SAINTS ANTHONY and JOSEPH
229 S. Main St.
Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

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

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

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

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

THE SALVATION ARMY
Lieutenants Derrick & Heather Purvis
431 N. Prospect St.
Phone 866-1240
Facebook.com/
TheSalvationArmyHerkimer
Sunday School 10 AM
Morning Worship 11 AM

FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship and Sunday School 9 AM

HERKIMER REFORMED CHURCH
102 Church St.
Phone 866-1523
Worship 9:30 AM
Shepherd's Table: Tuesday 11:30-12 PM

TRINITY EVANGELICAL LUTHERAN CHURCH
Corner of West German & Henry Streets
Phone 315-866-6474
Sunday Worship Services
10 AM in person and virtually on Zoom, YouTube & Facebook
Bible Studies
Thursday mornings 10 AM on Facebook

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
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

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ILION COMMUNITY CHURCH
Pastor Dean Mabry
44 Central Plaza
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ilionchurch.com

SAINT AUGUSTINE'S EPISCOPAL CHURCH
78 2nd Street
Phone: 680-322-1034
or 315-895-0363
Email: staugustine3@gmail.com
Sunday Services at 10 AM

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

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

JESUS NEVER FAILS COMMUNITY CHURCH
Reverend Hans Drews
1161 Elizabethtown Rd.,
Ilion, NY 13357
518-568-7983
hansandrosaline@yahoo.com
Sunday Service 11 AM

MORNING STAR UNITED METHODIST CHURCH
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

ANNUNCIATION CHURCH
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule:
Saturday 4 PM (November - April);
Sunday 11:30 AM;
Monday & Wednesday 9 AM

JOHNSTOWN
CHURCH OF THE NAZARENE
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

JOHNSTOWN FIRST PRESBYTERIAN CHURCH
37 South Market St.
Johnstown, NY 12095
518-762-8263
office@johnstownpresbyterian.org
Pastor George W. 'Blake' Blakesley
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Zoom and Facebook
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CHURCH SERVICE DIRECTORY

<p>LASSELLVILLE LASSELLVILLE UNITED METHODIST CHURCH State Hwy. 29 Pastor Robert A. Lindsay Worship: Sunday 9:30 AM Sunday School to start soon</p>	<p>INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936</p>	<p>CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM</p>	<p>PALATINE BRIDGE TRINITY EVANGELICAL LUTHERAN CHURCH OF STONE ARABIA 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>SPRAKERS CHRISTIAN CHURCH OF CHARLESTON FOUR CORNERS 1380 E. Lykers Rd., Sprakers 518-922-9088 Paster Brett Popp Sunday School (ages 3-adult) 9:45 AM Worship 11 AM Sunday Prayer Meeting 5:30 PM Thu. Evening of Encouragement & Community Kid's Bible Club 6:30 PM</p>	<p>ST. PAUL'S LUTHERAN CHURCH 32 W. Main St., St. Johnsville, 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 & Vision</p>
<p>LITTLE FALLS FIRST BAPTIST CHURCH 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 & 88.7 FM on Sundays from 11-12 with a 1 week delay. **LIVE on Facebook: "gingerleecase" account- 9:45 am on Sundays</p>	<p>THE HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH 618 E. Gansvoort St., Little Falls, NY 315-823-0793 Father Rafal Dadello Mass at 11 AM on Sunday www.holyspiritpncc.org</p>	<p>THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Ph (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM</p>	<p>THE HOUSE OF ZION, INC. 580 Dillenbeck Rd., Palatine Bridge 518-577-3069 Pastors Richard & 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>THE CHRISTIAN CHURCH OF RURAL GROVE 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>SEEKER'S FELLOWSHIP 14 Park Place, St. Johnsville, NY 13452 518-568-7700 • Pastor Mike Yezierski Sunday Worship 6 PM, Tues. Prayer 7 PM, Bible Study 7 PM (Wed., Thurs. & 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>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St., Little Falls, NY Phone 315-823-2284 Sunday Service & Religious Education 10 AM</p>	<p>MARSHVILLE MARSHVILLE EVANGELICAL CHURCH Route 10 South Pastor Mark Fowler Worship Sunday 9 AM</p>	<p>NELLISTON VALLEY ALLIANCE CHURCH 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 & Prayer 7 PM, Fri. Youth Group 7 PM (7-12th grade)</p>	<p>RANDALL RANDALL CHRISTIAN COMMUNITY CHURCH NY Rte. 5S Sunday Service 10:30 AM Worship Leader Darlene Spaulding</p>	<p>REFORMED CHURCH OF SPRAKERS 112 Sprakers Hill Rd. Rev. Nancy Ryan Worship ~ 9 AM All Welcome!!!</p>	<p>ST. JOHN'SVILLE METHODIST CHURCH 7 East Main St., St. Johnsville, NY 13452 Pastor Corey Jones 518-568-7983 • 315-866-8626 Worship Sunday 3 PM</p>
<p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p>	<p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST CHURCH 24 Fairfield St. Sunday Worship 9:30 AM</p>	<p>NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM</p>	<p>RICHFIELD SPRINGS CHURCH OF CHRIST UNITING PO Box 896, Richfield Springs, NY 13439 Rev. Casey Bradley • 315-858-1553 Service: Sunday 9:15 AM Church School: Sunday 9:30 AM</p>	<p>CURRYTOWN REFORMED CHURCH 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>EVERLASTING JOY BELIEVERS FELLOWSHIP 14 Park Place (in with Seekers Fellowship) St. Johnsville, NY 13452 315-858-2112 • Pastor Carolee Coye Sunday Service 10 AM</p>
<p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS 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>MOHAWK DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p>	<p>UNITED METHODIST Pastor Robbin Harris • Ph 845-8730 Morning Service 11:15 AM</p>	<p>RICHFIELD SPRINGS BIBLE CHURCH 19 Church St., Richfield Springs, NY 13439 Rev. David Tosi • 315-858-0564 Sunday School (all ages) 10 AM Worship Service 11 AM & 7 PM Wednesday - Prayer & Praise Call for info on various Youth Ministries www.richfieldspringsbiblechurch.org</p>	<p>RIVER OF JUBILEE CHURCH 5057 St. Hwy. 5 S, Sprakers, NY 12166 Pastor: Gail Adamoschek Pastor: Steve Adamoschek 518-322-1427 / 518-224-4455 Sunday Service 10 AM Children's Church Available Other Learning Opportunities Avail- able Visit us on Facebook</p>	<p>ST. JOHN'S REFORMED CHURCH 68 W. Main St., St. Johnsville 518-568-7396 Faithfully Following Jesus Christ Sunday Worship 10:30 AM</p>
<p>HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM</p>	<p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p>	<p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p>	<p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>	<p>SPRINGFIELD CENTER ST. MARY'S EPISCOPAL CHURCH 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>GRACE CHRISTIAN CHURCH Pastor Michael Torres 20 Center St., St. Johnsville, NY 13452 518-775-0366 Email gccpastor2021@gmail.com</p>
<p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p>	<p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Worship and Word: Sun. 10:30 AM Fellowship Lunch: 12:30 PM Discipleship Hour: Sunday 1:30 PM Bible Study & Prayer: Wed. 6 PM</p>	<p>ST. JOHN THE BAPTIST CATHOLIC CHURCH St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Vigil 4 PM Sunday Mass 8:30 AM</p>	<p>SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 9 AM</p>	<p>FIRST BAPTIST CHURCH 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>LIGHTHOUSE BAPTIST CHURCH 1524 St. Rt. 29A, PO Box 114 Stratford, NY 13470-0114 315-429-8854 • Pastor Martin Smith Sunday Morning Worship 10:30 AM; Wed. Eve. Prayer Meeting 6 PM; 2nd & 4th Sunday Dinner following Morning Service with Afternoon Service following dinner "Old-Fashioned Bible Preaching"</p>
<p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lffirstpres@gmail.com www.presbylff.org Sunday Worship 10 AM Sunday School 10 AM</p>	<p>CHURCH OF THE BLESSED SACRAMENT 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>OPPENHEIM OPPENHEIM UNITED METHODIST CHURCH Route 29 Pastor Matt Worley 315-429-7381 Worship 10 AM Sundays, Totally Awesome God-TAG time 6:30 PM Wednesdays beginning in Oct., Sunday School 9 AM beginning September 18th</p>	<p>SLOANSVILLE SCHOHARIE VALLEY GOSPEL CHURCH Pastor Pat Andreoli 133 Sprakers Rd., Sloansville, 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>ST. JOHN'SVILLE BETHESDA FELLOWSHIP 34 S. Division St., St. Johnsville, NY 13452 518-568-2678 Summer Schedule Sunday Worship 10 AM Wed. Worship and Prayer 6 PM</p>	<p>TRIBES HILL SACRED HEART CATHOLIC CHURCH 111 3rd Ave., Tribes Hill 518-829-7301 Mass Saturday 4 PM</p>



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NYS Parks announces stabilization beginning on Erie Canal Aqueduct at Schoharie Crossing

The New York State Office of Parks, Recreation & Historic Preservation recently announced that construction has begun on a \$1.7 million project to stabilize the historic Erie Canal Aqueduct at Schoharie Crossing State Historic Site. The aqueduct, which was built in 1841, is a vital piece of New York's history and a beloved landmark within the Erie Canal National Heritage Corridor.

"We are thrilled to be able to undertake this important project and preserve this engineering landmark for the enjoyment of all New Yorkers," said State Parks Commissioner Erik Kulleseid. "This stabilization project will ensure that the aqueduct remains a world-class destination for visitors while also honoring the ingenuity and hard work of the New Yorkers who built it over 180 years ago. The aqueduct is a component of one of our most visible parks within the Erie Canal National Heritage Corridor and tells the story of New York's role in the expansion of our nation."

The stabilization project will involve extensive repairs to the aqueduct's foundation and structure as well as the installation of new interpretive signage to educate visitors about the site's history. The aqueduct, which once carried the Erie Canal over the Schoharie Creek, is among the oldest remaining original structures of the canal.

NYS Canal Corporation Director Brian U. Stratton said, "The Erie Canal Aqueduct at Schoharie Crossing is an invaluable piece of the historic Canal that helped to build the New York we have today, and the Canal Corporation is grateful to Governor Hochul for her continued dedication to the preservation of our shared history. This stabilization project ensures the aqueduct will continue to stand as a reminder of our state's remarkable history and engineering achievements, for both New Yorkers and visitors alike to experience."

Executive Director of the Erie Canalway National Heritage Corridor Bob Radliff said, "With the upcoming bicentennial of the Erie Canal in 2025, stabilization of the Schoharie Aqueduct could not be more timely. This momentous project will offer hundreds of thousands of visitors to the Empire State Trail and Erie Canal opportunities to touch history, learn about the far-reaching impacts of New York's canals and witness the state's stewardship of historic resources."

Senator Neil Breslin said, "It is imperative that we preserve vital pieces of our history along the Erie Canal Heritage Corridor. This stabilization project at the Erie Canal Aqueduct over the Schoharie Creek honors the hard work and engineering foresight that went into building it over 180 years ago and will now remain a destination for visitors to continue to learn about and enjoy."

Assemblymember Angelo Santabarbara said, "Sites like the Erie Canal Aqueduct at Schoharie Crossing are invaluable and stand as a keystone of New York's rich history. The start of this project that will stabilize and restore this critical portion of the original Erie Canal is especially important to our upstate community and it's one I'm excited to be a part of. Once completed, this site will continue serving as a lasting reminder of the talent our state is known for. I couldn't be happier to see one of the gems here in our Upstate community receiving the care and attention it deserves. I look forward to seeing visitors come back to the site to learn about our history and be inspired."

Assemblymember Robert Smullen said, "It is good that the state recognizes the importance of preserving the historic Erie Canal Aqueduct at Schoharie Crossing. This project will highlight the incredible engineering feat completed by our people more than 180 years ago as the aqueduct carried the Erie Canal over the Schoharie Creek. I encourage all residents to visit the site later this year once this project has been completed."

The Erie Canal Aqueduct at Schoharie Crossing State Historic Site is a popular destination for history buffs and outdoor enthusiasts alike. The site will resume normal operations at the boat launch and picnic area upon completion of the project in 2023. Updates on the status of the project can be found at parks.ny.gov or on Schoharie Crossing State Historic Site social media.

Schoharie Crossing State Historic Site is dedicated to the preservation and interpretation of the Erie Canal as one of the 19th century's greatest commercial and engineering projects. The Visitor Center exhibit traces the history of the Erie Canal and its impact on the growth of New York State and the nation. Within the site's boundaries are many structures dating from the three eras of the canal's development. At the eastern end of the site is the Putnam Lock Stand at Yankee Hill that houses an exhibit on Erie Canal stores. The site's largest structure is the remains of the Schoharie Aqueduct, which carried the water of the Enlarged Erie Canal over the Schoharie Creek. Schoharie Crossing is also the location of 18th century Fort Hunter and the Lower Castle Mohawk village.

MV Golf & Event Center hosts Winter Festival and Snowshoe Race

The MV Golf & Event Center located at 6069 NY-5 in Little Falls is hosting its first winter festival, Freeze Fest & Snowshoe Race, on Feb. 11.

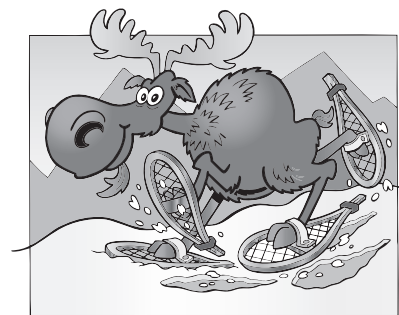
Starting at 11 a.m., snowshoe enthusiasts will race a 5K, 10K or 15K along the picturesque greens (and whites) of the golf course. The race is presented by Rock City Runners.

The day doesn't stop there – racers and spectators alike can take part in a fun-filled day for the whole family. Live music by two acts – Isaac French and Avery & Friends – will play throughout the day. Adults can enjoy bonfires, out-

door and indoor bar service, comfort food, cornhole and an ice golf contest. Children can take part in cardboard sledging, a short snowshoe run, make your own ice cream, s'mores roasting and enjoy warm food and beverages.

Snowshoe racers can register at runsignup.com/Race/NY/LittleFalls/MVSnowshoeRace or register day-of starting at 9:30 a.m. at the course. The race fee is \$25 for those who sign up before Feb. 5. The fee increases to \$30 after that date.

With or without snow, this event is a go.



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DINING & ENTERTAINMENT

Is tipping getting out of control? Many consumers say yes

by Haleluya Hadero
AP Business Writer

NEW YORK (AP) — Across the country, there's a silent frustration brewing about an age-old practice that many say is getting out of hand: tipping.

Some fed-up consumers are posting rants on social media complaining about tip requests at drive-thrus, while others say they're tired of being asked to leave a gratuity for a muffin or a simple cup of coffee at their neighborhood bakery. What's next, they wonder -- are we going to be tipping our doctors and dentists, too?

As more businesses adopt digital payment methods, customers are automatically being prompted to leave a gratuity — many times as high as 30% — at places they normally wouldn't. And some say it has become more frustrating as the price of items has skyrocketed due to inflation, which eased to 6.5% in December but still remains painfully high.

"Suddenly, these screens are at every establishment we encounter. They're popping up online as well for online orders. And I fear that there is no end," said etiquette expert Thomas Farley, who considers the whole thing somewhat of "an invasion."

Unlike tip jars that shoppers can easily ignore if they don't have spare change, experts say the digital requests can produce social pressure and are more difficult to bypass. And your generosity, or lack thereof, can be laid

bare for anyone close enough to glance at the screen — including the workers themselves.

Dylan Schenker is one of them. The 38-year-old earns about \$400 a month in tips, which provides a helpful supplement to his \$15 hourly wage as a barista at Philadelphia cafe located inside a restaurant. Most of those tips come from consumers who order coffee drinks or interact with the cafe for other things, such as carryout orders. The gratuity helps cover his monthly rent and eases some of his burdens while he attends graduate school and juggles his job.

Schenker says it's hard to sympathize with consumers who are able to afford pricey coffee drinks but complain about tipping. And he often feels demoralized when people don't leave behind anything extra — especially if they're regulars.

"Tipping is about making sure the people who are performing that service for you are getting paid what they're owed," said Schenker, who's been working in the service industry for roughly 18 years.

Traditionally, consumers have taken pride in being good tipsters at places like restaurants, which typically pay their workers lower than the minimum wage in expectation they'll make up the difference in tips. But academics who study the topic say many consumers are now feeling irritated by automatic tip requests at coffee shops and other counter service eateries where tipping has not typically been expected, workers make at least the minimum

wage and service is usually limited.

"People do not like unsolicited advice," said Ismail Karabas, a marketing professor at Murray State University who studies tipping. "They don't like to be asked for things, especially at the wrong time."

Some of the requests can also come from odd places. Clarissa Moore, a 35-year-old who works as a supervisor at a utility company in Pennsylvania, said even her mortgage company has been asking for tips lately. Typically, she's happy to leave a gratuity at restaurants, and sometimes at coffee shops and other fast-food places when the service is good. But, Moore said she believes consumers shouldn't be asked to tip nearly everywhere they go — and it shouldn't be something that's expected of them.

"It makes you feel bad. You feel like you have to do it because they're asking you to do it," she said. "But then you have to think about the position that puts people in. They're paying for something that they really don't want to pay for, or they're tipping when they really don't want to tip — or can't afford to tip — because they don't want to feel bad."

In the book "Emily Post's Etiquette," authors Lizzie Post and Daniel Post Senning advise consumers to tip on ride-shares, like Uber and Lyft, as well as food and beverages, including alcohol. But they also write that it's up to each person to choose how much to tip at a cafe or a take-out food service, and that consumers shouldn't feel embarrassed about choosing the lowest suggested tip amount, and don't have to explain themselves if they don't tip.

Digital payment methods have been around

for a number of years, though experts say the pandemic has accelerated the trend towards more tipping. Michael Lynn, a consumer behavior professor at Cornell University, said consumers were more generous with tips during the early days of the pandemic in an effort to show support for restaurants and other businesses that were hard hit by COVID-19. Many people genuinely wanted to help out and felt sympathetic to workers who held jobs that put them more at risk of catching the virus, Lynn said.

Tips at full-service restaurants grew by 25.3% in the third quarter of 2022, while gratuities at quick or counter service restaurants went up 16.7% compared to the same time in 2021, according to Square, one of the biggest companies operating digital payment methods. Data provided by the company shows continuous growth for the same period since 2019.

As tip requests have become more common, some businesses are advertising it in their job postings to lure in more workers even though the extra money isn't always guaranteed.

In December, Starbucks rolled out a new tipping option on credit and debit card transactions at its stores, something a group organizing the company's hourly workers had called for. Since then, a Starbucks spokesperson said nearly half of credit and debit card transactions have included a gratuity, which — along with tips received through cash and the Starbucks app — are distributed based on the number of hours a barista worked on the days the tips were received.

Karabas, the Murray State professor, says some customers, like those who've worked in the service industry in the past, want to tip workers at quick service businesses and wouldn't be irritated by the automatic requests. But for others, research shows they might be less likely to come back to a particular business if they are feeling irritated by the requests, he said.

The final tab might also impact how customers react. Karabas said in the research he did with other academics, they manipulated the payment amounts and found that when the check was high, consumers no longer felt as irritated by the tip requests. That suggests the best time for a coffee shop to ask for that 20% tip, for example, might be on four or five orders of coffee, not a small cup that costs \$4.

Some consumers might continue to shrug off the tip requests regardless of the amount.

"If you work for a company, it's that company's job to pay you for doing work for them," said Mike Janavey, a footwear and clothing designer who lives in New York City. "They're not supposed to be juicing consumers that are already spending money there to pay their employees."

Schenker, the Philadelphia barista, agrees — to a certain extent.

"The onus should absolutely be on the owners, but that doesn't change overnight," he said. "And this is the best thing we have right now."

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Explaining easements, setbacks and CCRs

Property setbacks as well as easements and conditions, covenants and restrictions (CCRs) must be considered before renovating an existing home or building a new one. Setbacks are mandated buffers between surveyed property lines and permanent structures. Easements are legal designations that enable individuals or entities to use portions of a person's property for physical access or to build on it for one reason or another. Easements may be owned by utility companies for gas lines or government agencies when sidewalks are on a private property. Additional examples of easements include greenbelt conservation easements, beach easements or view ease-

ments, according to The Spruce, a home and lifestyle resource. CCRs include rules established by many planned communities, subdivisions and planned unit developments. CCRs, easements and property setbacks can affect which type of renovations are allowed on particular plots and may affect the issuance of permits. It's essential to learn about property easements, CCRs and setbacks in advance and discuss them with contractors when drawing up preliminary plans. Your property deed or plat map as well as the local building inspection offices can highlight any regulations that may be in effect on your property and if they may affect future projects.

*Only one color, but not one size.
Stuck at the bottom, yet I easily fly.
Present in sun, but not in rain.
Doing no harm, and feeling no
pain.
What Am I?*



Mark Your Calendars!

FEBRUARY 3

Black & White Hero Sale 11 a.m. to 6 p.m. at the Ilion Masonic Temple, 118 Morgan St., Ilion. Call 315.269.6493 to order. Pick-up times will be 11 a.m. - 1 p.m. and 3-6 p.m. at the Third St. (side) door. Cost is \$9. Sponsored by Eastern Star. Gluten free wraps offered.

FEBRUARY 4

Bring Your Child to the Library Day 10 a.m. - 12 p.m. at 28 West Main St., Fonda. Scavenger hunt, Lego challenge, Valentine Card Craft and a special guest. Call 518.853.3016.

Utica/Oneida County Branch NAACP Black History Month Celebration 1-2:30 p.m. at Oneida County History Center, 1608 Genesee St., Utica. In person or online at oneidacountyhistory.org/programs.html. Contact the History Center at 315.735.3642 or visit oneidacountyhistory.org for additional information.

FEBRUARY 7

Red Cross Blood Drive noon to 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 and enter sponsor code: StJohnsSt.MarksCanajoharie.

Lunchbox Lesson 2023 - John Brown with John Browns Farm at noon as a Webex meeting. Brendan Mills, Historic Site Manager at John Brown Farm will discuss the lasting impact of Brown, his efforts toward emancipation of Blacks in America, and what his homestead in the Adirondacks continues to offer as a focus toward social change. No registration required. Free. Meeting link goes live at 11:50 a.m. on Feb. 7 at tinyurl.com/yc82y38r

FEBRUARY 8

Cheesemaking in Oneida County 7 p.m. at Irish Cultural Center of the Mohawk Valley - Museum, 623 Columbia St., Utica. Learn how Rome native Jesse Williams' vision would forever change the way cheese was produced in the United States. Free. Register at tinyurl.com/39cwcstv

FEBRUARY 9

Town of Webb Herkimer County Public Health Office Hours 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth.

FEBRUARY 11

Home Gardening Series: A Master Gardener's Favorite Plants 9:30 - 11 a.m. via Zoom. Register at tinyurl.com/6bmwcxak

Indoor Garage Sale and Bake Sale 9:30 a.m. - 3 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Bagged Lunch for Sale for \$6. Includes: Soup, Sandwich, & Drink. Items for sale: household items, books, chairs, kitchen items, tables, sofa and chair. For more information contact church office at 315.894.9041.

Chicken and Biscuit Dinner 3 p.m. until sold out at 1511 State Route 29A, Stratford. Dine in or take out. Call 315.429.7058 to pre-order and for availability. Adult \$12. Child \$6.

Freeze Fest & Snowshoe Race at 11 a.m. at MV Golf & Event Center, 6069 NY-5, Little Falls. Starting at 11 a.m., snowshoe enthusiasts will race a 5K, 10K or 15K. Snowshoe racers can register at rnsignup.com/Race/NY/LittleFalls/MVSnowshoeRace or register day-of starting at 9:30 a.m. at the course. Race fee is \$25 for those who sign up before Feb. 5. The fee increases to \$30 after that date.

FEBRUARY 12

Chocolate Delights 12 - 3 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Home-made: cannoli, filled cupcakes, cookies and more. For more information call Church Office at 315.894.9041.

FEBRUARY 15

Third Wednesday Night Dinners 4 - 6 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Bake Ziti Dinner. \$12 per dinner. Take-outs or delivery only. Take-outs may be ordered ahead by calling 315.894.9041.

FEBRUARY 16

American Red Cross Blood Drive 10:30 a.m. - 3:30 p.m. in Alumni Hall, in the Robert McLaughlin College Center. To schedule an appointment, email brownvl@herkimer.edu or visit redcrossblood.org. Sign-up can be found at redcrossblood.org/rapidpass.

FEBRUARY 17

Roast Pork Dinner 4-7 p.m. or sold out at Emmanuel Episcopal Church, The Parish Hall, 594 Albany St., Little Falls. \$13. Eat in, take outs or walk in curbside pickup. Free delivery. Call 315.741.4672.

FEBRUARY 24

Herkimer County 2023 Legislative Breakfast 8 a.m. at Herkimer College, 100 Reservoir Road, Herkimer. Contact Sarah Harrer at sharrer@herkimercountychamber.com

MARCH 9

Town of Webb Herkimer County Public Health Office Hours 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth.

MARCH 11

Antique Show and Sale 10 a.m. - 4 p.m. at Arkell Museum, Canajoharie. Admission is \$5 per person. Antique Appraisals by George Heigel for \$5 per item. Additional information can be obtained by contacting Show Manager Joan Draus by at 518.894.7807 or joandraus@gmail.com

APRIL 13

Town of Webb Herkimer County Public Health Office Hours 10 a.m. until 2 p.m. in the board room at 3140 State Route 28, Old Forge. For further information call Public Health at 315.867.1176 or visit herkimercounty.org or fb.me/HerkimerCountyPublicHealth.

APRIL 20

Defensive Driving Course 9 a.m. - 3 p.m. at Arkell Center, 2 Maple Ave., Canajoharie. April Johnson from the Shults Agency is the instructor. Call Joan Cimino to register at 518.673.4408, as seating is limited.

AUGUST 1

National Night Out 2023 5:30 - 8 p.m. at Wagner's Square, Mohawk St., Canajoharie. Contact officer Peruzzi at jasonperuzzi@canjo.org. This event will include food, music, vendors, activities for children and much, much more. Free to attend. Free to set up. Presented by Canajoharie Police Department as an annual community-building event providing a great opportunity to bring police and neighbors together in a positive environment.

AUGUST 17

Defensive Driving Course 9 a.m. - 3 p.m. at Arkell Center, 2 Maple Ave., Canajoharie. April Johnson from the Shults Agency is the instructor. Call Joan Cimino to register at 518.673.4408, as seating is limited.

To promote your event, please contact us at cfeditor@leepub.com or 518.673.0143.

BUSINESS FOCUS

Southern Adirondack Snowmobile Association

When there is snow to enjoy, the Southern Adirondack Snowmobile Association is there to make sure it is fun and safe for everyone.

The association is a registered 501(c)3 nonprofit that works to maintain trails and promote safety for those out on their sleds when the white stuff piles up.

They work for snowmobilers and business owners in the southern Adirondack region, maintaining trails near businesses to help bring income to communities in the area while folks are enjoying some winter recreation.

The association was formed in 2003, so they will be celebrating their 20th anniversary this year. The group boasts over 350 members, and approximately 15 of the members do the majority of the day-to-day maintenance and associated work – grooming trails, checking for fallen trees, making sure bridges are safe, etc. They all volunteer their time to do so.

The Southern Adirondack Snowmobile Association is proud to announce they have grown their membership significantly over the last several years, and led safety promotions and instilled respect for landowners in their membership. “Without landowners, we would not have a trail system,” they said.

In the testimonials on their website, Shelton H. wrote, “Communication is great, trails are well kept when we have enough snow, and they go above and beyond to help people when they are in a tight spot on the trails. They’ve secured a lifelong member here!”

The association’s goals for the future include adding more miles to their trail system, maintaining their current trail system and upgrading their equipment – a used 2010-2015 trail groomer runs approximately \$150,000!

Before heading out, they’d like to remind snowmobilers to respect the landowners and trails and ride safe so everyone makes it home.

The Southern Adirondack Snowmobile Association can be reached at sasnowmobileassociation@gmail.com or at [facebook.com/southernadirondack123](https://www.facebook.com/southernadirondack123).



One of the things the Southern Adirondack Snowmobile Association does is maintain trails so riders can enjoy them safely.

FEBRUARY

Herkimer County Office for the Aging

Meals on Wheels provides a well-balanced, hot, noon-time meal which is available Monday - Friday in most parts of Herkimer County. To be eligible, the person needs to be age 60 or older and be disabled due to a chronic or temporary condition. A temporary condition could be due to a recent hospitalization or accident. If you are interested in learning more about Meals on Wheels or signing up, please contact our office at 315-867-1204.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lasagna Italian Blend Vegetables Garlic Roll Cookie	2 Cheesy Ham & Rice Casserole Broccoli • Coleslaw Fruit Cocktail	3 Shaved Roast Beef on a Roll O'Brien Potatoes California Blend Vegetables Chef's Choice Dessert
6 Chili Corn Green Beans Pears	7 Chicken & Biscuits Mashed Potatoes Mixed Vegetables Cookie	8 Pork Chops Stuffing Brussels Sprouts Frosted Birthday Cake	9 Cream of Broccoli Soup Egg Salad Sandwich Kaiser Roll Pudding	10 Shepherd's Pie with Mashed Potatoes & Corn Broccoli Lemon Pudding
13 Spaghetti & Sausage Italian Blend Vegetables Peaches	14 Salisbury Steak Rice Green Beans Valentine Cookie	15 BBQ Chicken Baked Beans Broccoli Pudding	16 Pot Roast Roasted Potatoes Dill Carrots Brownie	17 Baked Ham Scalloped Potatoes Peas and Carrots Pineapple
20 CLOSED FOR PRESIDENT'S DAY	21 Herb Baked Chicken Au Gratin Potatoes Cauliflower Mandarin Oranges	22 Ash Wednesday Macaroni & Cheese Stewed Tomatoes & Zucchini Green Beans • Ice Cream	23 Turkey Dinner with Gravy Sweet Potatoes Corn Gelatin	24 Fish on a Bun Confetti Rice Spinach Cookie
27 Pulled Pork on a Bun Baked Beans Mixed Vegetables Pears	28 Fiesta Chicken Mashed Potatoes Squash Pudding Parfait	** Meals are Subject to Change. All Meals Served with Milk and Bread Daily.		

If you are not going to be home for a meal,
please call the office at 315-867-1204
at least a day in advance.

Herkimer College employees, food pantry program receive Genesis Group Education Awards

Herkimer College was well-represented among the honorees at the Genesis Group's annual Celebration of Education awards ceremony in November.

Mary Ann Carroll '80 was inducted into the Genesis Group's Hall of Distinction in recognition of her career achievements in education.

Carroll joined the Herkimer College faculty in 1986 and was promoted through the ranks to associate professor in 2004. She has also served in numerous administrative roles including associate dean for the Humanities division, faculty assessment coordinator and assistant dean of academic affairs. She is currently the associate dean of academic affairs for assessment and institutional effectiveness. She also serves as the college's accreditation liaison officer to the Middle States Commission on Higher Education.

For more than two decades, Carroll, in collaboration with her students and colleagues, planned and produced live and recorded programming, such as NJCAA sports championship game coverage, live concerts, community talk shows, news magazine programs and the college's commencement telecast on Herkimer's HCTV. She partnered with colleagues to help create innovative opportunities for broadcast media students

through digital advancements over the years. She also advised students in the Radio-TV Club, Generals' Theater Group and Acapella Club.

Among her many accomplishments, Carroll was named to Who's Who Among America's Teachers in 1994, 2002 and 2004. She is an award-winning producer, director, videographer, writer and editor with 10 national awards for excellence and distinction, including Telly Awards and the Videographer Awards for multiple documentaries and Christmas music specials.

Dr. Karen Jones '93, D.P.T., was recognized with an outstanding educator award. Jones joined the Herkimer College faculty 20 years ago. She has been promoted through the ranks, and now holds the highest faculty rank of full professor. Jones began her college education at Herkimer College, graduating with the very first Physical Therapist Assistant (PTA) class in 1993. She continued her education at Utica College of Syracuse University where she earned a bachelor of science and a doctorate in physical therapy. Jones was recognized in 2008 with the prestigious SUNY Chancellor's Award for Excellence in Teaching. In addition to teaching, Jones serves as director of the PTA program.

Jones's success as a teacher can be measured by the success of her students. Graduation rates, pass rates on the Boards and employment rates for PTA graduates are consistently above 95%. In 2019, the graduation rate for the PTA program was 95.5%; the pass rate on the Boards was 100%; and the employment rate was 100%. Additionally, in 2021 for the first time in the history of the PTA program, one of Jones's students scored a perfect score on the Boards.

Herkimer College's food pantry, the General's Cupboard, also received accolades as one of the Genesis Group's 2022 Outstanding Programs.

The General's Cupboard provides free food and personal care products for any Herkimer College student who may be experiencing hunger or struggling with financial hardship. All enrolled Herkimer College students are eligible to receive

Herkimer 19



Mary Ann Carroll accepts her award at the Genesis Group's Hall of Distinction ceremony. Carroll was inducted into the Hall of Distinction in recognition of her distinguished career achievements in education. She is currently Herkimer College's associate dean of academic affairs for assessment and institutional effectiveness. Photos courtesy of Herkimer College



Dr. Karen Jones, received the 2022 Outstanding Educators award, pictured with Herkimer College Provost Michael Oriolo. Jones holds the highest faculty rank of full professor and began her college education at Herkimer College graduating with the very first Physical Therapist Assistant (PTA) class in 1993.

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AUTOMOTIVE

Edmunds: The pros and cons of software running your car

by Kristin V. Shaw, Edmunds

Software was a big theme for automakers attending CES 2023 in January. BMW, Stellantis, Volkswagen and a joint venture between Honda and Sony showed off upcoming or concept vehicles that are significantly reliant on computers and code. The takeaway was clear: More and more vehicles will be run top to bottom by software, not hardware. In some cases, the future is already here.

What will it be like for shoppers when vehicles are dominated by bits and bytes instead of gears and gaskets? Edmunds' experts break down what's in store.

Software Defined Vehicles

The phrase "software-defined vehicle" is an industry term used to clarify the difference between a traditional car that is enhanced by technology and one that is run by technology.

While cars of the past 20 years have gained touchscreens and have plenty of engine- and safety-related computing power, those software features are largely stuck in time once the car rolls off the assembly line. The future holds that nearly every vehicle feature will be controlled by software, which offer the potential to improve features over time.

Another key difference is updatability. Consider the smartphone. Their manufacturers seamlessly update their software on a regular basis to fix bugs and breaches and add functionality. Software-defined vehicles work similarly. They have high-speed Wi-Fi and cellular connections that automakers use to send out software updates via the cloud to its vehicles. There's no need for owners to bring their vehicles to a dealership or

service center.

A New Day and a New Feature for Your Car

Tesla is a pioneer of adding software-based features to its vehicles. Over the years it has introduced improvements to the touchscreen interfaces and added new features such as video games. It's even issued updates that enhance vehicle performance. Startup EV brands Lucid and Rivian are following suit by employing over-the-air updates to give their vehicles new features and functions and issue bug fixes.

Software also allows for the introduction of features that wouldn't have been possible in the past. Genesis, Hyundai's luxury arm, is using facial recognition and fingerprint scanning with its new all-electric GV60 crossover. The physical key is required to set up both functions, but after that the owner can basically operate the car as easily as a smartphone.

Established companies are jumping in as well. Last summer, Ford used software to enable its BlueCruise hands-free driving system in tens of thousands of F-150s and Mustang Mach-Es. The vehicles had the hardware for the system already installed; the over-the-air update made it complete. It applied to the cars wirelessly, without the need for a dealer visit.

Maintenance is another potential advantage. These highly digital vehicles can monitor preventive and predictive maintenance and even diagnose problems from afar. It takes the guesswork out of what could go wrong and what needs to be adjusted without a visit to a mechanic shop or dealership.

The Downside of this New Tech

Software allows new features that wouldn't have been possible in the past. But sometimes these features aren't so great in practice. Tesla and Rivian, for example, use touchscreen-based controls to direct the flow of the cabin's air vents. It seems neat in theory but turns out to be a finicky and distracting process in real-world driving.

Old-school air vents that you adjust by hand just work better.

Software crashes and glitches are also problematic. Issues that PC users are all too familiar with can crop up in cars. It might be a touchscreen that goes blank and is inoperable while driving, glitchy operation of certain controls, or advanced driver assist features that aren't as fully vetted as they should be before being added to vehicles.

The risks of software crashes and privacy breaches are real issues. It's not outside the realm of possibility for someone with malicious intentions to take over the operation of a car and cause damage. Also, some experts are both applauding the technology and advising caution as it relates to personal data privacy: the more data collected from drivers, the more potential for hacking.

Edmunds Says:

Software will continue to evolve to change the vehicle ownership experience. Test-driving different new vehicles offers a sense of how much digital functionality you prefer. You might enjoy the opportunity for a quick fix or update via Wi-Fi. But technology-averse shoppers will likely prefer a vehicle with a more traditional design, which might include buying used.



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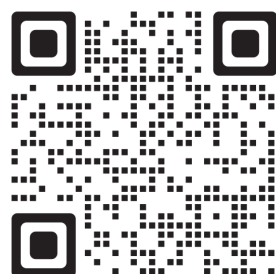
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2019 Ford F-150 XLT
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2020 Chevrolet Impala LT
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2019 Ram 1500 Big Horn/Lone Star
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58,560 Miles, Stock # CN150708R



2019 Ford F-150 Lariat
44,410 Miles, Stock # FNC59596T



2020 Hyundai Santa Fe SEL 2.4
16,204 Miles, Stock # CN230510R



2019 Ford Edge SEL
45,626 Miles, Stock # FNC56718T



2020 Chevrolet Malibu LT
Grand Sport 3LT
56,999 Miles, Stock # AM094037R



2020 Ford Fusion SE
51 Miles, Stock # AM172732R



2017 Ford F-150 XLT
84,375 Miles, Stock # AMC2863T



2018 Chevrolet Corvette Grand Sport 3LT
52,254 Miles, Stock # AM300586P



2014 Chevrolet Impala LT 2LT
108,409 Miles, Stock # CN106819T



2019 Ford Edge SEL
32,784 Miles, Stock # FNC56671T



2017 Ford F-250SD Lariat
50,637 Miles, Stock # FND22604T



2018 Lincoln Continental Select
15,186 Miles, Stock # FN609762P

Winter Fun is in the Air



Ava Burch and her dad Nick having a great time sledding.



Kenza Boussalham and Elizabeth Wren enjoyed some time sledding.



Rylee Baird enjoys playing in the snow.



Bailey Friers enjoying the snow at a year and half old.

Do you have a photo of your child's ball game, dance recital, art class or other fun hobby you would like featured in our paper?
Send photos and information to jkarkwren@leepub.com

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Members of the General's Cupboard committee accept the award for Outstanding Program. The General's Cupboard provides free food and personal care products for any Herkimer College student who may be experiencing hunger or struggling with financial hardship. Pictured (L-R): Rebecca Ruffing, committee chair, along with Vicki Brown, Wendy Marchese and Paula Fallon.

Herkimer from 14

assistance from the General's Cupboard with no questions asked. There are no income requirements, and students are welcome to "shop" during open hours or confidentially request assistance at any time.

The General's Cupboard is chaired by Rebecca Ruffing and includes members Wendy Marchese, Vicki Brown, Katy Netti, Julie Lewis and Paula Fallon, who serves as the designated pantry manager. The General's Cupboard is supported financially by the College Foundation, grants and monetary and in-kind donations. The General's Cupboard is an approved partner of the Food Bank of CNY.

According to the program's nominator, "The General's Cupboard staff have worked hard to bring awareness to the issue of food insecurity and to refer students to other available services while also eliminating the stigma that may come with utilizing a food pantry."

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It's nobler to give than to take.
The thrill of taking lasts a day.
The thrill of giving lasts a lifetime."
- Joan Marques -*

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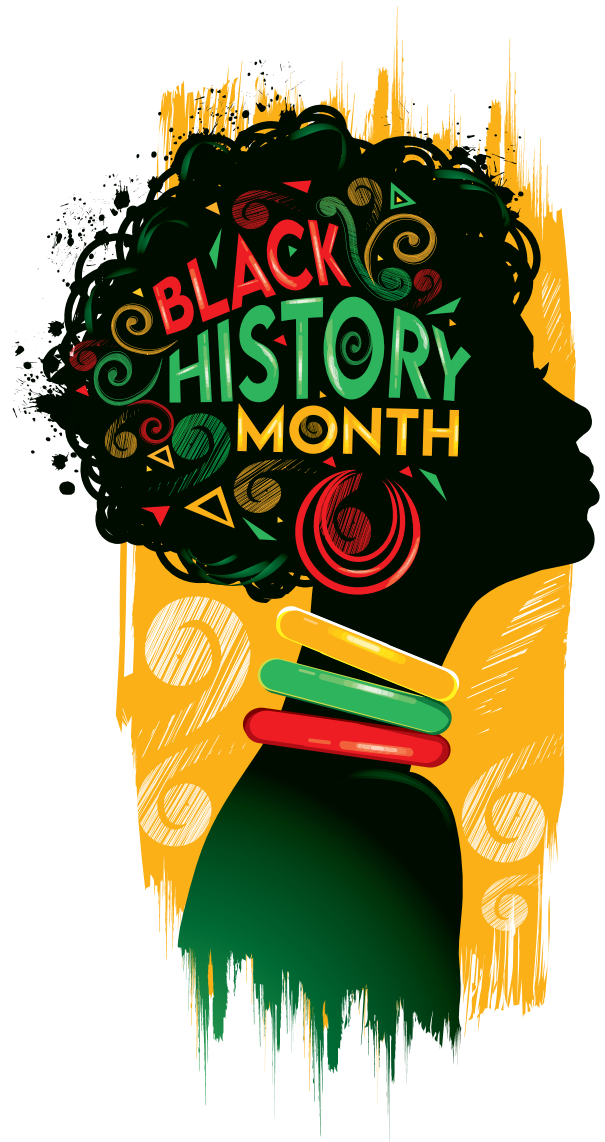
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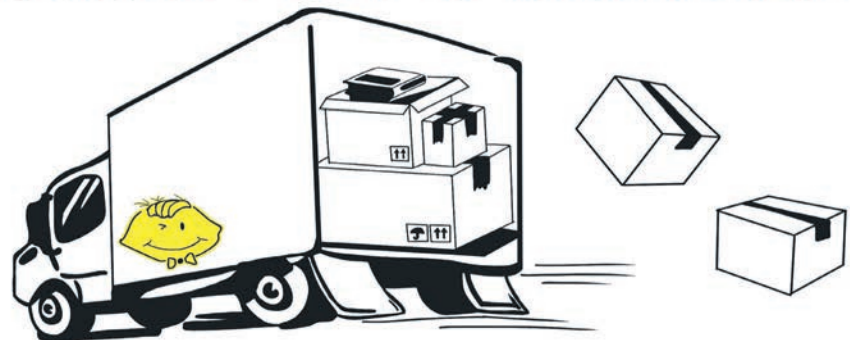
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Timeline tips: Factors to consider when planning your wedding day timeline

The notion that “timing is everything” is applicable in many situations, perhaps none more so than on a couple's wedding day. Many couples spend months, if not years, planning their weddings in the hopes that all that hard work will ultimately result in a day they will cherish forever.

The sheer volume of things to do on a wedding day can make couples feel overwhelmed. Those feelings can be overcome by emphasizing timing on the day of the wedding. Wedding day timelines will differ depending on variables that are unique to each couple's wedding, but the following are some factors to consider as couples organize the big day.

- **Venue(s):** The schedule couples adhere to on their wedding day will be greatly affected by their choice of venue. Does the venue have somewhere on premises for the couple and their party to get ready? Are the ceremony and reception being held at the same venue? Before creating a timeline, consider the location of the ceremony and reception venue(s) and the accommodations each provides. Getting to and from multiple facilities won't be an issue if couples choose a multi-purpose venue where they can get ready, tie the knot and dance the night away all in one place. Couples who will be moving from venue to venue throughout the day must build the time it takes them and their party to get about into their timelines.

- **Wedding party:** The size of the wedding party also bears consideration when planning a wedding day timeline. Large parties will require more time to get ready, and that should be factored into couples' timelines. Large parties also may be harder to corral and transport from place to place, so couples should build some extra time into their timelines to account for that. Small wedding parties can be easier to manage, so couples with small parties may be able to begin their timelines a little later in the day than those with large wedding parties.

- **Weather:** Weather is the most unpredictable variable couples need to plan for on their wedding days. As the wedding day

approaches, couples can monitor the day's forecast and then make any necessary changes to account for inclement weather. Getting around in a rainstorm will likely take longer than moving about on a sunny day, so some minor tweaks to the timeline may be necessary if storms or another type of inclement weather is in the forecast.

Couples can access wedding day timeline templates on various websites. But it's important that couples remember that their weddings are unique, so online guidelines might not be realistic. A careful consideration of a handful of variables specific to couples' weddings can help them craft timelines that make their big day go smoothly.



Does the wedding day location have somewhere on premises for the couple and their party to get ready?

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It's so great to find one
special person you want
to annoy for
the rest of your life."
- Rita Rudner -*

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Herkimer BOCES announces first quarter CTE Honor Roll

Herkimer-Fulton-Hamilton-Otsego BOCES recently announced the Career and Technical Education Honor Roll and High Honor Roll for the first quarter of the 2022-23 school year.

The following are the complete High Honor Roll and Honor Roll lists, organized by CTE seniors and juniors and the CTE program the students are in. Students also are listed with their

home school districts.

High Honor Roll

Seniors:

Automotive Technology: Clark Young, Richfield Springs

Building Construction: Michael Tubia Jr., West Canada Valley

Conservation: Nathan Sperl, Central Valley

Criminal Justice: Alyssa Baerman, Central Valley; Kloeie Bolton, West Canada Valley; Trinity Darling, Owen D. Young; James Llewellyn, Central Valley; Lacey May, Central Valley; Vanessa Miles, Frankfort-Schuyler; Ayden Rosscup, Little Falls

Culinary Hospitality: Ken Escamilla, Mount Markham; Yariel Espinet Pena, Little Falls; Aaron Haywood, Herkimer; Hailee Hilts, Mount Markham; Kaily Jackson, West Canada Valley; Owen McDonald, Central Valley; Samantha Skottke, Central Valley; Keyona Turner, Central Valley; Samantha VanDenburgh, Dolgeville

Heavy Equipment Operation: Jayden Kamp, Dolgeville; Shaun McNeil, Frankfort-Schuyler; Ian Mosher, Little Falls; Aliza Ostrander, Mount Markham; Nathan Shaver, Central Valley; Noah Trago, Mount Markham

Welding & Metal Fabrication Technology: Aidan Monahan, West Canada Valley

Juniors:

Advanced Manufacturing: Mikhail Karyagin, West Canada Valley

Automotive Technology: John Burditt, Richfield Springs; Bella Crafton, Dolgeville; Jordan Gibson, Central Valley; Ethan Scalise, Little Falls

Building Construction: Derek Barnes, Little Falls

Criminal Justice: Emma Archer, Central Valley; Paige Hight, Central Valley; Aubrey Lewis, Herkimer; Emonnie Perez, West Canada Valley

Culinary Hospitality: Juliana Harris, Frankfort-Schuyler; Christian Lopez, West Canada Valley; Isabella Meeker, Herkimer; Jenetta Merdanovic, Frankfort-Schuyler; Elizabeth Muller, Poland; Hayley Stephens, Poland; Madison Stevenson,

Dolgeville; Margaret Tompkins, Central Valley; Samantha Ward, Frankfort-Schuyler

Health Science Careers: Rhea Allen, Dolgeville; Zoey Caldwell, Herkimer

Heavy Equipment Operation: Benjamin Shepherd, Central Valley

ITA – Network Administration: Paige Berberick, Mount Markham; Brian Seigle, Richfield Springs

Outdoor Power Equipment: Joseph Tinkler, Little Falls

Welding & Metal Fabrication Technology: Jarrett Brelinsky, West Canada Valley; Zachary Congden, Mount Markham; Joshua Conover, West Canada Valley; Logan Fullem, Poland; Kevin Kretser, Central Valley; Angelina Randazzo, Frankfort-Schuyler

Honor Roll

Seniors:

Automotive Technology: Austin Becker, Central Valley; Clay Bobnick, Richfield Springs; Kiara Florian, Dolgeville; Hailey Looman, Central Valley

Building Construction: Blake Heaton, Herkimer; Thaddeus Luke, Central Valley; Lonzo Passage, West Canada Valley; Nicholas Petucci, Herkimer; Tyler Rando, Central Valley; Alexander Shubich, West Canada Valley; Jackson Vail, Poland

Child & Family Services: Aliza Burdick, Richfield Springs; Sara Entwistle, Mount Markham; Hannah Ferguson, Mount Markham

Conservation: Morgan Perry, Central Valley

Cosmetology: Abigail Crimmins-Abbe, Little Falls; Grace Koppany, Frankfort-Schuyler; Briana McGuire, adult student

Criminal Justice: Alyssa Baerman, Central Valley; Kloeie Bolton, West Canada Valley; Trinity Darling, Owen D. Young; James Llewellyn, Central Valley; Lacey May, Central Valley; Vanessa Miles, Frankfort-Schuyler; Ayden Rosscup, Little Falls

Culinary Hospitality: Ava Amendola, West Canada Valley; Isabella Congdon, Herkimer; Sarah Ossont, West Canada Valley; Shayla Spina, Frankfort-Schuyler; Abigail Streeter, Herkimer

Heavy Equipment Operation: Jacob Bruce, Little Falls; Brent Cotton, Little Falls; Taylor Grant, Little Falls; Bryson Lowell, Central Valley; Ian Mosher, Little Falls; Michael Ray, West Canada Valley

ITA – Network Administration: Cole Zuk, Central Valley

Visual Communications Media Arts: Madison Battisti, Little Falls; Anthony DeMars, Herkimer; Gianni Luce, Herkimer; Jolene Manipole, Poland; Jacob Patterson, Mount Markham; Lyubov Shikula, Frankfort-Schuyler; Lyla Williams, Herkimer; Corey Wohler, Frankfort-Schuyler

Welding & Metal Fabrication Technology: Kiley Ball, Central Valley; Trent Bunker, Herkimer; Madison Chapman, Little Falls; Isabella Drake, Little Falls; Brogan Graves, Richfield Springs; Nathan Randall, Dolgeville; Isaiah Rathbun, Dolgeville; John Smith, Poland; John Soposki, Richfield Springs; Robert Teel, Owen D. Young; Chloe Willett, Little Falls

Juniors:

Building Construction: Arrissa Bunker, Herkimer; Santino Curley, Frankfort-Schuyler; Colton Roark, Poland; Nicholas Smith, West Canada Valley

Child & Family Services: Alyssa Becker, Central Valley; Marionna Stephens, Little Falls

Conservation: Kyle Grimaldi, Poland

Cosmetology: Althea Brown, Herkimer; Elizabeth Colvin, Little Falls; Kaylee Lynch, Dolgeville; Jaedyn Redner, Little Falls; Trinity Velez, Central Valley; Courtney White, Central Valley

Criminal Justice: Destiny VanSlyke, Little Falls; Lyndsey Voorhees, Herkimer

Culinary Hospitality: Travis Anthony, Little Falls; Braydin Clark, Central Valley; Paige Cooper, Richfield Springs; Marie Cugliandro, Herkimer; Aurora Dubia, Little Falls; Haylie Lowe, Poland; Brandon Magana, Frankfort-Schuyler; Keegan Moss, Central Valley; Shane Polyak, Little Falls; Laiton Voorhees, Dolgeville; Saraiya Wierzbicki, Poland

Health Science Careers: Karleigh Beighley, Dolgeville; Emily Cerio, Herkimer; Taylor Dicob, Central Valley; Tegan Price, Central Valley; Brianna Williams, Central Valley

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Outdoor Power Equipment: Elijah Assisi, Mount Markham; William Dingman, West Canada Valley; Xavier Dunn, Little Falls; Thomas Haver, Poland

Visual Communications Media Arts: Paige Austin, Central Valley; Keira Lee, Central Valley; Megan March, Poland

Welding & Metal Fabrication Technology: Aidan Alsheimer, Poland; Max Bucenec, Little Falls; Cameron Foster, Richfield Springs; Lillian Frable, Richfield Springs; Colin Hart, Herkimer; Emmanuel Johnson, Herkimer; Riley Johnson, Central Valley; Jessy Kampf, Mount Markham; Tyler Ostinett, Central Valley; Riley Pine, Herkimer; Mason Salvatore, Poland; Carson Seamon, Richfield Springs; Cole Vail, Poland; James White, Frankfort-Schuyler; Aiden Wilcox, Central Valley

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Mon. Feb. 13th – Normal Monday Sale & Monthly Heifer Sale.

Mon. Feb. 20th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

Mon. Feb. 27th – Normal Monday Sale & Monthly Organic Day.

Mon. March 6th – Normal Monday Sale & Monthly Feeder Sale.

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MAGIC MAZE ● — INJURY

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

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

- Accidental
ACL
Ankle
Back
- Combat
Eye
Fatal
Head
- Personal
Serious
Slight
Stress
- Traumatic
Whiplash
Work related

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Weekly SUDOKU

by Linda Thistle

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

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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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ♦♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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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!

Meander

MARBLE

Introduce

LILANTS

Dirty

STUDY

Stubble

RIBLETS

TODAY'S WORD

Super Crossword

ACROSS

1 "Just a moment!"
7 Crusade
14 Changes gears
20 Debonair
21 Spiritedly, in music
22 Bull battler
23 Clinton drains material away by percolation?
25 Celebrity chef Lagasse
26 Deborah of "Separate Tables"
27 Coach Parseghian
28 Competent
30 "Red Book" chairman
31 Presley wears a disguise?
35 Rathbone jumps ship?
38 RSVP encl.
39 Ideologies
40 Kyo — (Darth Vader's grandson)
41 British peer
42 Prefix with angle
43 Liquidy lump
44 Keaton argues back in a debate?

49 Longhorn's gridiron rival
51 Anticipated
53 Downy quilt
54 Locke adds decorations?
57 Carders' demands
60 Nothing more than
61 Work for
62 "ER" roles
63 Up — (cornered)
65 Cobra variety
66 Romero competes in a relay?
70 Ford marks a word for omission?
72 "7 Faces of Dr. —" (Tony Randall film)
73 Matt of "Good Will Hunting"
74 Links org.
75 FBI guy, e.g.
76 Words clarifying a spelling
78 Osaka money
79 Heaney makes people smile?
84 Fiber for hose
86 Kept safe
88 Submit taxes paperlessly

89 Leroux does a ballroom dance?
92 Santa — (desert winds)
95 Zero
96 Engrave
97 Singer Janis
98 Baseball's Felipe or Moises
99 Scottish Celt
100 Thompson works as an usher?
104 Deane goes on a cruise?
106 Bush press secretary
107 Old British gun
108 Alternative to Yahoo
109 Russia's — -Tass
110 One of Janet Jackson's sisters
112 Wiig mends a sweater?
119 Precursor to web forums
120 Tartish brew
121 Peanut butter cup brand
122 Composed
123 Transition zone between plant communities

124 Will subject

DOWN

1 Ogre of myth
2 "Uh-uh"
3 Scratch (out)
4 Chicken with long, soft plumage
5 Curvy letters
6 Herb of the parsley family
7 Actor Linden
8 Ryan and Tatum of film
9 Fib tellers
10 Family rec facility
11 Infant cry
12 Lunched, e.g.
13 Lovers' flowers, in Spain
14 Superb
15 Native
16 Wrath
17 Physicist Enrico
18 Case hearing
19 Goes it alone
24 "Am not!" comeback
29 Funeral stand
31 These, in Mexico
32 Slowly, musically
33 Winner's hand gesture

34 Tough dude's self-assertion
35 Surpasses
36 Cost of cards
37 Picture book
40 Devastates
43 Actor Depardieu
44 Poet-singers
45 Tweaks text
46 Of the middle eye layer
47 Concise
48 Footfalls
50 Mental flash
52 Part of NOW
55 Matrix
56 Jim Croce's "I Got —"
58 Wine barrel residue
59 Actress Blair
63 "There Is Nothin' Like —"
64 "Daniel Boone" actor
66 Trolley sound
67 Cushy course
68 Stains
69 Winding-line dance
70 "Yipes!"
71 Adequate, to Li'l Abner
74 Argentina's Juan or Eva
77 Lecture jottings
79 Long stories

80 Politico Mo
81 Exodus peak
82 Architect Saarinen
83 Peddles
85 "So far, no"
87 Army group
90 Univ. in Raleigh
91 Fare-well link
93 Condition in outer space
94 Morally strict
98 Actress Quinn
99 Precious red stone
100 Bone of the 103-Down
101 Scratch out
102 Located
103 Foot-leg joint
104 — voice (softly)
105 "— alive!"
108 At — time (prearranged)
111 Words before dare or diet
113 Rocker Ocasek
114 "I believe," to a texter
115 Scot's denial
116 "There — god!"
117 New Year in Vietnam
118 MI-to-SC dir.

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ON THE FARM TIRE SERVICE

Home Country

by Slim Randles

We all know someone will find Jenkins's cabin. Someday. Oh, it's up there in those hills somewhere. We all know that.

It's become a friendly object of conjecture and speculation. No one living has seen it, as far as we know. Jenkins himself died quietly when he was on one of his infrequent trips to town for supplies. Funny guy, that Jenkins.

He worked in the city for years, mostly as a night watchman in a factory that made diapers. Didn't really enjoy people much and told us many times how nice it was to just be in the huge factory when it was quiet. Then one day he decided to move to the mountains and make pretty things

out of leather. Once in a while he'd have his coffee at the counter at the Mule Barn, but often as not, he'd camp out on the edge of town for the two or three days it took him to sell his crafts and buy supplies. He'd smile and wave from his campsite, then he'd be gone one morning. We wouldn't see him again for months.

Now and then someone would ask him where his cabin was, and he'd just point toward the mountains and say, "Up there." How far up there? "A ways." What was his cabin like? "Not too big."

And so we came to regard the little cabin as an intriguing mystery, an object of local legend. After he died, several of the fellows tried to backtrack him to find the place, but Jenkins evidently didn't take the same trail each time, as though he wanted his quiet times protected from even a friendly visit from one of us. During his lifetime, we respected his wishes. In this country, a man has a perfect

right to be a little strange. And, truth be known, we hold a certain admiration for those of us who hear different instructions.

But there is something in the human spirit, also, that begs to have its mysteries solved. So now, several times each year, one or two of us will use the mystery of the lost cabin as an excuse to poke our noses into the nuances and seclusions of these hills. We play off our curiosity against our wishes to respect a man's privacy, even when he's gone.

We have yet to discover Jenkins's lost cabin. Maybe we never will. Maybe that wouldn't be such a bad thing, either.

Brought to you by "The Fly Fisherman's Bucket List" by Slim Randles. Now available on Amazon.com.



Kovels Antiques and Collecting

by Terry and Kim Kovel

Coal Scuttles

A fireplace takes a lot of watching and "feeding" if it is going to keep a room warm. Today's wood-burning fireplaces use logs cut to the right size to fit into the fireplace. A metal basket holds the logs behind andirons, and a fire screen blocks the ashes and cinders from spilling out into the room. The poker is a tool used to turn or move burning logs. The shovel removes the ashes when the fire is put out. But what is the use of the big box with a lid that is on the floor next to the fireplace?

The box is called a coal scuttle. They were first used

in the 18th century to hold lumps of coal for the fire. By 1850, coal had been replaced by logs, but the box is still called a coal scuttle. The box could also be used to collect ashes when the fire was out.

This coal scuttle is made of oak with brass trim. It was made about 1900 in the shape of an earlier example with four round feet and a metal lining. It sold for \$125 at a DuMouchelles auction in Detroit.

Q: When I was little, my mother let me play dress-up with vintage clip-on earrings that originally

belonged to her mother and aunt. Were clip-on earrings more popular than pierced? When did ear piercing become more common?

A: Clip-on earrings were a 20th century invention. The first earrings were for pierced ears. Post and stud earrings appeared in the mid-1800s, but by the end of the century, people saw piercings as barbaric. Earrings with screw backs were invented in 1894 as an alternative to piercing. Clip-on earrings were pat-

ented in the 1930s. Pierced ears became fashionable again in the 1960s. As the styles changed, new owners sometimes put new backings on older style earrings, changing from clip-on to pierced and vice versa.

Tip: Pictures above a bed or sofa should fill about two thirds of the space. Hang a large picture or a group of small ones. Be sure the lowest picture will not be bumped by a person on the bed or sofa.

Current Prices

- Game board, two-sided, checkers and Chinese checkers, pine, hexagonal shape, black frame, turquoise and black

checkerboard on one side, multicolor Chinese checker board on reverse, c. 1925, 23 inches, \$95.

- Advertising tin, Crawford's Biscuits, steam roller truck shape, red and black, hinged roof opens to biscuits, front of boiler with logo and "William Crawford & Sons Ltd., Biscuit Manufacturers, Edinburgh, Liverpool & London," 7.5 inches, \$615.
- Toy, piano player, Le Petit Pianiste, man seated at piano, sways back and forth, hands move across keys, plays chime music, wood, metal, cloth, Fernand Martin, France, 6 inches, \$1,165.



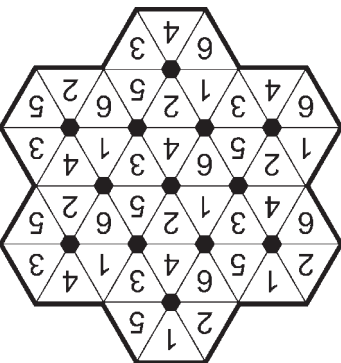
A coal scuttle
Photo courtesy of Kovels.com

Looking to declutter, downsize or settle an estate? "Kovels' Antiques & Collectibles Price Guide 2022" by Terry and Kim Kovel has the resources you're looking for.

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

Answer
Weekly SUDOKU



Answers
solution

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

Answers
Super Crossword

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SPORTS

Hypothermia a risk when temperatures drop

Cold winter temperatures begin to appear as early as November. While some people retreat into their homes to escape the chill, plenty of others embrace winter because of the opportunities for recreational activities such as snowboarding, skiing, snowtubing and much more. Many do not mind the brisk temperatures, preferring the cold when walking the neighborhood or hiking nearby trails.

However, just as activities enjoyed in hot climates put individuals at risk for heat-related health emergencies, when the mercury drops, hypothermia can compromise outdoor enthusiasts' health. The Mayo Clinic says hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce heat. While body temperature normally hovers around 98.6 F, hypothermia sets in when body temperature falls below 95 F.

Hypothermia occurs as a result of prolonged exposure to cold temperatures. It also can happen after capsizing into cold water or even sweating and then getting chills when the temperature drops.

WebMD says that, during exposure to cold temperatures, around 90 percent of heat loss escapes through the skin, and the rest is exhaled from the lungs. Heat loss speeds up when the skin is exposed to moisture or wind. In response, the body will shiver to produce heat through muscle activity. Furthermore, the body also will temporarily narrow blood vessels, called vasoconstriction. Activity of the liver and heart normally produces most of the body's heat. But as core temperature drops through hypothermia, these organs will engage in a protective shutdown to preserve heat and protect the brain.



Excessive shivering is one of the most common symptoms of hypothermia.

Anyone spending time outdoors in the cold weather should be aware of the most common symptoms of hypothermia so that prompt action can be taken. Such symptoms include:

- excessive shivering
- slowed speech
- clumsiness
- slowed breathing
- stumbling
- confusion
- weak pulse
- excessive fatigue

Infants and older adults have a higher risk of developing hypothermia due to a decreased ability to regulate body temperature.

Hypothermia is an emergency situation, so it is necessary to call 911 immediately if you or a companion suspects its presence. Treatment goals include increasing body temperature to a normal range. While waiting for trained medical professionals, these steps can be taken.

- Remove wet clothing.
- Cover the person with warm blankets, including the face but not the mouth. If no blankets are available, use body heat to warm one another.
- Try to administer warm soup or beverages if the person is conscious.
- Apply warm compresses to the chest, neck or groin.
- Do not move the person around or attempt to massage their body to help restore heat, as it could put the individual at risk for cardiac arrest.

Hypothermia is a serious condition that requires prompt attention when temperatures begin to drop.

Impress fellow fans with smoked brisket for the big game

Sports is often credited with bringing people together. That tendency to connect people from different walks of life is even more noticeable when sports is combined with food.

Food and sports go hand in hand. Food is never too far away when getting together with fellow fans. That's true if fans are hosting a game watch at home or if they're tailgating in a stadium parking lot. Certain styles of food are synonymous with sports, and that includes grilled and smoked items. Smoking has become particularly popular among sports fans in recent years, and many modern smokers are now portable enough that they can be taken on the road when following a favorite team.

Gameday can be the perfect time to master the art of smoking. Smoking can take a long time, which makes it an ideal option for day-long tailgates or game watch parties. Fans who have volunteered for cooking duties this season can impress guests with their smoking skills by following this recipe for "Texas-Style Beef Brisket" from "The Essential Kamado Grill Cookbook" (Rockridge Press) by Will Budiaman.

Texas-Style Beef Brisket

Serves 6 to 8

1 8- to 10-lb. beef brisket

3 tablespoons kosher salt

3 tablespoons freshly ground black pepper

Dry-brining time: Overnight

Prep time: 15 to 30 minutes

Cook time: 7 hours, 30 minutes to 9 hours, 30 minutes; plus 1 to 2 hours to rest

Grill temperature: 250 F to 275 F

Smoking wood: Oak or pecan

1. Trim off any hard fat from the brisket and square off the edges. Trim the fat cap down to an even 1/4-inch thickness. Sprinkle evenly on all sides with the salt and pepper. Refrigerate overnight.

2. Prepare the grill for smoking at 250 F to 275 F.

3. Place the brisket fat-side up on the grate over the drip pan. Close the lid. If desired, wrap in aluminum foil after 5 to 6 hours or once the bark (crust) is dark brown.

4. Turn over the brisket, close the lid, and continue cooking for 2 hours, 30 minutes to 3 hours, 30 minutes more or until an instant-read thermometer inserted into the center registers 200 F.

5. Rest the brisket, wrapped in foil, for 1 to 2 hours before serving. Cut across the grain into 1/4-inch-thick slices. Pour over as much of the drippings from the pan as you like and serve.

Cooking tip: The grain in each part of the brisket – it's made up of two different muscles, known as the flat and the point – runs in two different directions. Roughly speaking, the grain in the point runs perpendicular to the grain in the flat, so you'll want to slice the two sections separately.



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Recruiting farms for the 2023 Herkimer County Local Foods Map

CCE Herkimer is updating the Herkimer County Local Foods Map for 2023. All farms listed on the 2022 map will be contacted for updates. However, if your farm was not on the 2022 map and you would like to be considered for the 2023 map, call 315.866.7920 ext. 221. To be part of the map, you need to produce a local food product and your farm must be located in Herkimer Co. The deadline to be listed on the map is Feb. 17. See the 2022 map at bit.ly/CCEHerkCoLocalFoodsMap.

Skin cancer still poses a threat in winter

Skin cancer may be something on the minds of beachgoers and summer revelers frolicking around the pool. After all, when the sun is blazing hot and one's skin reddens after mere minutes outside, it's hard to ignore the potential for skin damage. But summer isn't the only time of year that skin must be protected.

According to the health and wellness resource Cancer Therapy Advisor, ultraviolet radiation is just as dangerous in winter as it is in summer, and people should continue to care for and protect their skin as the weather gets colder. In fact, sunscreen is something that should be worn year-round.

Various lifestyle choices increase a person's risk for skin damage and even skin cancer.

- Spending time outdoors in high altitudes: MD Anderson Cancer Centers warns that UV rays are especially intense in higher altitudes. The risk for sunburn increases because the thinner atmosphere isn't able to block many of the sun's most harmful rays.
- Enjoying snow-related activities: Snow reflects up to 80% of the sun's rays. Individuals may not realize that time spent on the slopes can result in sun damage that is just as harmful as that caused after a day at the beach.
- Heading out on cloudy days: Fog and clouds will not deter UVA rays from reaching the surface of the earth. UVA rays, which are present throughout the year, can penetrate fog and clouds and even glass, warns the Skin Cancer Foundation.

• Traveling to warm climates in winter: It's common for people to try to escape the cold and snow by vacationing in tropical locales during the winter. Many may mistakenly think it's a good idea to use a tanning bed to get a golden glow prior to departing. The Mayo Clinic reports that UV light from tanning beds is 12 times as intense as light emitted by the sun. Couple that with time spent in the tropical sun and severe damage can occur to unprotected skin.

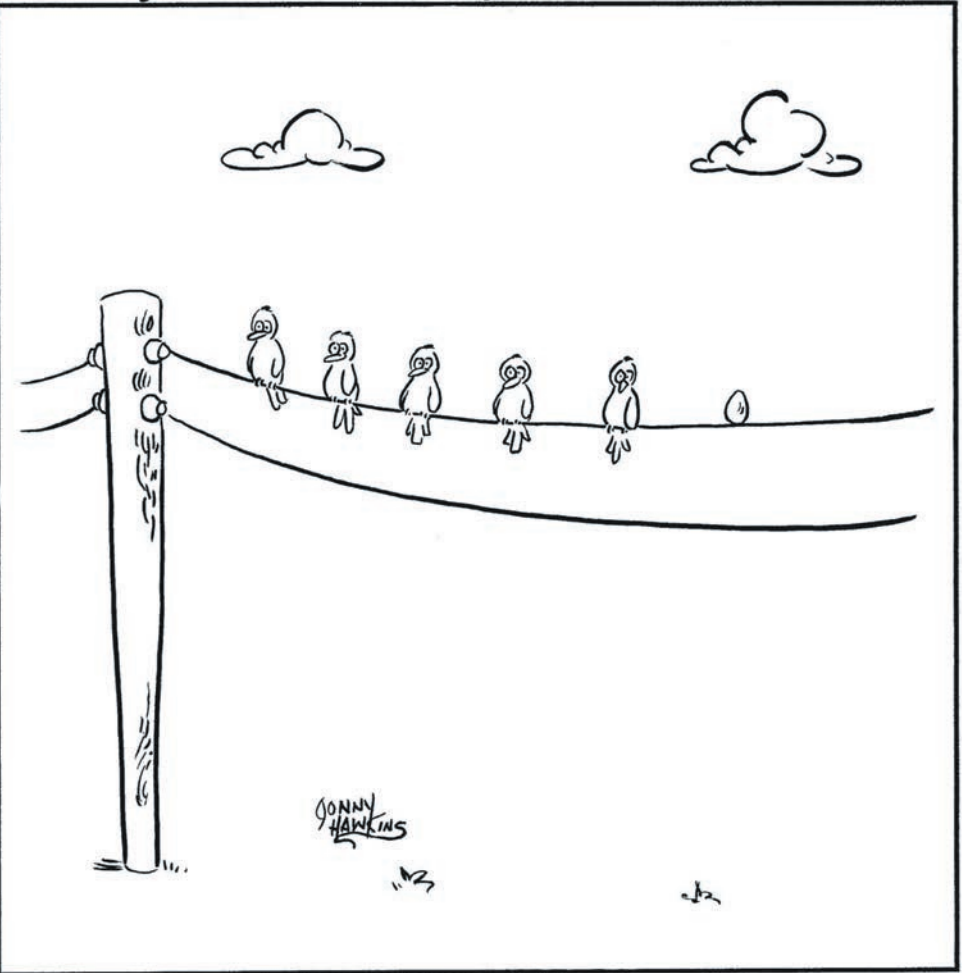
Protecting skin from the sun is a year-round endeavor. When thinking about skin damage and skin cancer prevention, do not overlook the lips as well, as the skin on the lips is very sensitive. Use a lip moisturizer with an SPF of at least 15 and sunscreen on the rest of the exposed parts of the body every day.

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HOME IMPROVEMENT

Host a Hall of Fame Homegate

(Family Features) From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran

Servings: 4-6

2 containers (10 ounces each) Fresh Cravings Hummus, any flavor

1 cup sliced cucumbers
1/2 cup Kalamata olives, seeded and roughly chopped
1/2 cup canned garbanzo beans, drained
1/4 cup crumbled feta cheese
3/4 cup cherry tomatoes, quartered
1/4 red onion, finely chopped
2 tablespoons finely chopped fresh parsley
1/2 lemon, juice only
extra-virgin olive oil
zaatar, for sprinkling (optional)
pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

2 tablespoons olive oil
1 large onion, chopped (1 cup)
1 deli roasted chicken, skin and bones removed, shredded
2 tablespoons taco seasoning
1 cup chicken stock or broth
8 ounces cream cheese, at room temperature
2 cups shredded Tex-Mex cheese blend
16 ounces Fresh Cravings Chunky Salsa, plus additional for serving

1 cup fresh cilantro, chopped
nonstick cooking spray
6 flour tortillas (9 inches each)
1 cup tortilla chips, crushed
1 cup shredded cheddar cheese
Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

1 tube biscuit dough (8 biscuits total)
7 ounces grated mozzarella cheese
1/4 cup jarred jalapenos, chopped
8 slices cooked bacon, chopped
1 cup Fresh Cravings Restaurant Style Salsa
nonstick cooking spray
Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

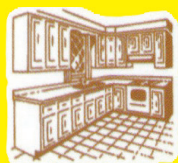
Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Source: Fresh Cravings



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HOME IMPROVEMENT

Smullen and colleagues denounce bail reform at Albany press conference

Assemblyman Robert Smullen (R, C - Mohawk Valley and the Adirondacks) recently joined Assembly Minority Leader Will Barclay (R, C - Pulaski), Senate Minority Leader Rob Ort (R, C - North Tonawanda) and members of the Assembly and Senate Minority Conferences at a press conference on the failures of bail reform in Albany. Smullen spoke about the murder of



Assemblyman Smullen speaks at a press conference calling for the repeal of bail reform and returning judicial discretion to judges in Albany. Photo courtesy of Assemblyman Smullen

John Lee last year by an individual who was released from police custody due to New York State's disastrous bail reform laws.

"The atrocity of John Lee's murder by an individual who should have been behind bars will not go unnoticed by our Conference," said Smullen. "We must keep violent repeat offenders off our streets and away from our loved ones. The 2019 bail reform laws are the reason for the tremendous escalation of crime in our state and they need to be

repealed immediately.

"We also need to return judicial discretion to our courtrooms. The power to determine the length of incarceration should be entirely up to the presiding judge. This is a common sense but vital fix to our revolving door criminal justice system here in New York."

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

Hudson Mohawk AHEC announces scholarship opportunity

The Hudson Mohawk Area Health Education Center (AHEC) will be awarding 10 scholarships of \$500 each to individuals who will be entering an approved healthcare related certificate or degree program at a local community college, university or training entity within New York State. Applicants must reside within the Hudson Mohawk AHEC 10-county service region which includes Fulton and Montgomery counties.

Interested applicants can learn more about the scholarship opportunity by visiting hmahec.org or emailing admin@hmahec.org.

Applications are due no later than March 17. Awards will be made in May.

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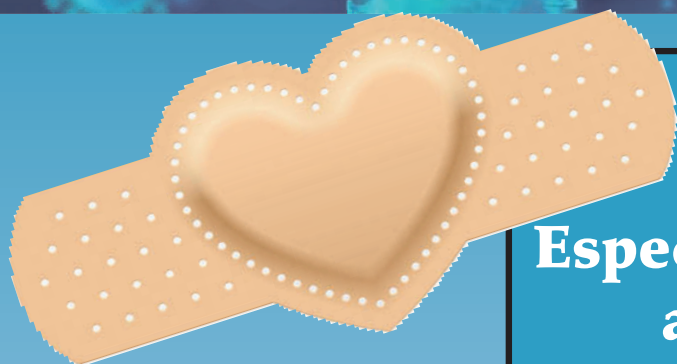
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