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Volume 7 Number 13



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COUNTRY EDITOR 2 • August 11, 2017



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# To your good health: What kind of doctor is a 'Hospitalist'?

by Keith Roach, M.D.

Dear Dr. Roach: I recently spent four days in the hospital for a respiratory infection. I was not admitted to my primary care doctor's service, but had three names on my wristband. When I inquired as to who they were, I was told that they were hospitalists. They would see me and communicate with my primary care physician. I did not see the same doctor more than once in my four day admission. When I saw my PCP after discharge, he did say he had been in contact with the hospitalists.

Is this common? Who is absorbing the cost? Does my PCP bill for consultation? — M.M.E.

Answer: Hospitalists are specialists in inpatient medicine. Hospitalists typically have no outpatient responsibilities, and spend the entire day in the hospital taking care of admitted patients only. Because they are constantly in the hospital, they usually can see an admitted patient more expeditiously than a doctor with outpatient responsibilities, and they tend to become expert and efficient at managing serious illness requiring hospitalization. Most studies comparing hospitalists with doctors who do both outpatient and inpatient medicine have shown that hospitalists facilitate decreased lengths of stay in the hospital and at least as good medical outcomes. The theory is that by specializing in just inpatient medicine, one can become expert as well as very efficient at using the resources available at a particular hospital.

The potential downside of hospitalists is that the personal knowledge about a particular patient isn't as high. Your PCP knows you — hopefully very well, if he or she has been taking care of you for a long time. Although your records may be available to the hospitalists, it isn't the same as personal knowledge. That being said, with good communication (both ways) between your doctor and the hospitalists, the quality of care can be excellent.

There is no doubt that the hospitalist model is increasing in prevalence in the U.S. and Canada.

In answer to your question, your insurance company (or the government) pays the hospitalist directly. The PCP does not bill for consultation.

Dear Dr. Roach: My husband has Meniere's disease. We cannot find anyone who can help him. Is there any medication for this? — L.M.

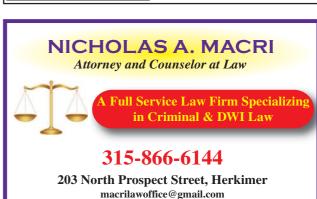
Answer: Meniere's disease causes episodes of vertigo, tinnitus and eventually hearing loss. It is caused by swelling in the organ of balance in the inner ear, but the reason for the swelling isn't clear.

Before being seen by a doctor, your husband can try to identify triggers for the attacks. Common triggers include a high salt diet, tobacco, alcohol and stress. A low salt diet can dramatically reduce episodes.

ENT doctors are usually expert in treating Meniere's disease. A diuretic such as hydrochlorothiazide often is used if diet alone doesn't help.

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# Valley Residential Services ADHC visits Herkimer Fire Department

Valley Health Services' staff and Adult Day Health Care (ADHC) registrants were welcomed by Deputy Fire Chief, Brian Reile, Herkimer Fire Department and other veteran and new firefighters on Friday, June 28 during a tour and discussion about fire safety.

Reile and new firefighter, TJ Chilluffo, gave the

ADHC registrants and staff an overview of fire safety, their role in combatting and diffusing fires, and how people can be safe in the event of a fire emergency in their homes. The ADHC registrants were eager to learn and ask questions, and even moreso when they were provided their own fire hats.

# Strange but true

#### by Samantha Weaver

- It was aviation pioneer Amelia Earhart who made the following sage observation: "Never interrupt someone doing what you said couldn't be done."
- You might be surprised to learn that famed composer Wolfgang Amadeus Mozart wanted to marry the notorious Marie Antoinette. Of course, at the time he stated this desire, he was six years old and she was seven.
- It's possible that you've never tried to imagine a baby bat nursing though, as mammals, they certainly do. Now that you are imagining it, here's a hint: The babies have to nuzzle into mom's armpit (wingpit?) to get to the milk.
- The year the Second Continental Congress issued the Declaration of Independence, establishing the United States of America, the fledgling nation had a total population of 2-1/2 million less than one-third of one percent of the global population. By 1800, even though the population of the growing nation had more than doubled, America still ranked 16th in the list of most populous nations. Today, though, with a population of over 325 million, the United States has more people than any country except China and India.
- Those who study such things say that as we get older, we breathe more slowly.
- Sure, a group of swans can be referred to as a flock or a flight, but why not show some creativity? You can

# **Country Preacher**

by Pastor Dan West

In Romans 12 the Apostle Paul is writing to those "beloved of God, called saints" (1:7). In chapter 12, verse 2 he writes to them (and us) "don't be conformed to this world, but be transformed by the renewing of your mind..."

This word "transformed" comes from the same Greek word that we get our word "metamorphoses" from. If you don't remember this word from your elementary science class, it is the word we use to describe the transformation a caterpillar goes through in becoming a beautiful butterfly.

Who makes that possible? Whose design is that? Who makes that considerable change take place? The answer is the Designer and Sustainer of the universe, God.

So, what is the power that transforms our minds? The same. In fact, **verse 2** goes on to say that allowing this to take place in you is the only way you will know the perfect will of God.

Totally refurbished, single bedroom mobile home located on a secondary road near Dolgeville. This is a very comfortable, clean dwelling that I would live in myself. It's suitable for a single adult or married couple. Absolutely No Smoking, and preferably no pets. Heat and lights are included, along w/kitchen appliances, washer & dryer. Also one small storage shed. \$700 monthly, 3 References lease signature, as well as security deposit required.

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Pictured are the Valley Health Services staff and registrants with Deputy Fire Chief, Brian Reile in back row right, and new firefighter, TJ Chilluffo, back row left.

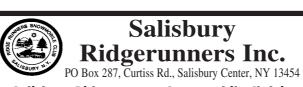
Photo courtesy of Valley Residential Services

refer to a grounded group as a bank or a drift (presumably due its resemblance to a drift of snow); in the air, they can, collectively, be called a wedge. The best choice, however, might be the fanciful term "a lamentation of swans."

Thought for the Day: "It has been said that a pretty face is a passport, but it's not. It's a visa, and it runs out fast." — Julie Burchill

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# Donna's Day: Creative family fun

#### by Donna Erickson Homemade lamplight is out of this world

Have your summer out-

state or national park un-

Whatever your adventure, capture the memory with a space age craft that's fun, practical and will keep alive your child's curiosity about space. Decorate a plain,

CHARLES D.

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smooth lampshade you already have, or purchase an inexpensive version to create your night-sky theme. With just a few supplies from around the house, you and your kids can make an out of this world shade to brighten a bedroom or family room.

Here's what you'll need:

- Plain. standard smooth white lampshade
- Sheets of tissue paper in several colors (we used navy blue and shades of purple)
- Household white glue diluted with a few drops of water to create a milkshake-like consistency
- Paintbrush
- 1-inch glow in the dark adhesive backed stars
  - Darning needle
  - Sturdy craft wire

•Medium and large buttons, beads, star shaped charms and baubles with holes

Here's the fun:

ting with scissors.

2. Set the lampshade on

ter. Let dry.

3. Attach glow in the

4. Now it's time to put

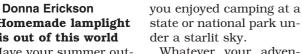
Bend the wire outward so that it looks like it is suspended in space around the shade. Continue attaching a single charm, bead or button to additional pieces of cut wire to represent the International Space Station, the moon, stars and even a rocketship. Vary lengths. The sky's the limit when it comes to expressing your creativity.

5. Attach the shade to your lamp base to light up a desk, night table or dresser.

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ings taken your family to a planetarium or a space exhibit at a science museum. Did vou take a trip to NASA's Kennedy Space Center in Florida? Maybe

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londay, Aug. 14th - Normal Monday Sale & Monthly Heifer Sale

Friday, Aug. 18th - Friday, August 18th - 11:00 AM Sale on farm Leonardsville, NY. Ward Farm - David & Tamar Ward. Complete Herd Dispersal 100 Head of Grade Holsteins - a few Crosses. 60 Milking age, 15 Bred heifers, balance Open and calves. Cows are ave. 83# day/ with cows milking up to 130#. SCC 100,000. Cattle go out everyday - Dry cows & heifers are in freestall. This is a tremendous group of cattle from top to bottom - wel bred cows with deep open ribs & tremendous feet & legs. Working hard on a high forage diet-you will not be disappointed. GPS address: 2159 St. Hwy. 8, Leonardsville, NY.

Monday, Aug. 21st - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale Monday, Aug. 28th - Normal Monday Sale & Monthly Organic Day.

Friday, Sept. 8th - Friday, Sept. 8th - 11:00 AM Sale on the Farm Deposit, NY. Maple Lane Farm Complete Herd Dispersal - 130 Head of Registered & Grade Holsteins. Al sired & Bred 70 milking age, 22 bred heifers balance youngstock. Cows ave. 65#/day. SCC 200,000. RHA 24327 3.7 897 3.0 728. Owner: David Gould & Family. GPS address: 1090 Cty Rt. 48, Deposit, NY.

#### Upcoming Sales to Watch for:

Fall All Breed Sale - Saturday, Oct. 28th 2017. Accepting 150 Registered All Breed Dairy

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

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

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1. Tear tissue paper into 1-inch x 1-inch pieces. This is a fun job for preschoolers. Older children might prefer cutstraight sided squares or rectangles

a newspaper covered work surface. Paint an outside section with the glue and water mixture over the top of the tissue paper and smooth each piece out with your fin-

gers. When the shade is

covered, finish it off with a coating of glue and wa-

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dark stars here and there on the tissue paper covered exterior, then use the darning needle to poke about six to eight holes evenly around the top edge of the shade.

planets and stars jutting outward in space, circling the shade. Start with a 10-inch length of wire. Poke and twist in place one end through the holes of a large flat button to represent a planet or the sun. Loop the opposite end of the wire through one of the holes in the shade.



Call Beth at 518-673-0101 bsnyder@leepub.com Lee Newspapers Inc. 6113 St. Hwy. 5 • Palatine Bridge, NY 13428

# Keep your car breathing well: change the air filters

(NAPS) — Just as you need clean air to breathe, so does your car. The vehicle's air filters are what make that possible.

To help them keep doing that and ensure vehicle longevity and interior comfort, car owners should have the engine and cabin air filters inspected and changed regularly.

#### How they work

The vehicle's engine air filter traps dirt particles

that can cause damage to engine cylinders, cylinder walls, pistons, piston rings and bearings, leading to the engine losing power. The air filter also plays a critical role in keeping pollutants from contaminating the airflow sensor on fuel-injected cars. A normal-wear item that requires regular checks and replacement, air filters should be inspected at each oil change

and replaced annually or when showing other signs of contamination.

The cabin air filter is responsible for cleaning the air entering the passenger compartment. Under normal circumstances, it helps trap pollen, bacteria, dust and exhaust gases that may find their way into a vehicle's heating, ventilation and air-conditioning (HVAC) system, compromising inte-

rior air quality and damaging the system. Most cabin air filters are accessed through the panel in the HVAC housing, which may be under the hood or placed within the interior of the vehicle. A cabin air filter should not be cleaned and reinstalled. Instead, it should be replaced every 12,000 to 15,000 miles or per the owner's manual.

#### Expert advice

"Air filters are your vehicle's first line of defense against contaminants that reduce cabin air quality and negatively impact engine performance," explained Rich White, executive director of the nonprofit Car Care Council.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer educa-



tion campaign promoting regular vehicle care, maintenance and repair.

For a free copy of the council's "Car Care Guide" or for further information, visit www.carcare.org.

# Car Care Council offers helpful resources at every turn

Whether driving across the country or just across town, the non-profit Car Care Council offers tools and tips about regular vehicle care, maintenance and repair to help motorists prepare for every turn ahead.

"The Car Care Council's website at CarCare.org contains a wealth of auto care resources to help motorists take a proactive role in maintaining their vehicles so they can address any needed maintenance or repairs before hitting the road," said Rich White, executive director, Car Care Council. "That way they can enjoy the drive without worrying about the surprise of car trouble and unexpected vehicle repairs."

The Car Care Council website is filled with useful information to help motorists navigate common maintenance procedures and better understand auto repair needs. The blog section on the homepage is frequently updated with the latest tips and advice about vehicle care, preparing your vehicle for the changing seasons, pre-trip vehicle inspections and more. The site also features a customizable service schedule and e-mail maintenance reminders, a comprehensive repair shop locator and a vehicle systems overview.

Motorists can also follow the Car Care Council on Facebook, Twitter, YouTube, Instagram and Pinterest to receive quick car care tips and reminders.

The council's popular Car Care Guide for motorists and is available at no charge, electronically

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CARE 7













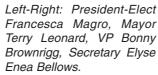
# Mohawk Valley Rotary Club welcomed Mayor Leonard

hawk Valley Rotary Club welcomed Village of Ilion Mayor Terry Leonard at its recent meeting. Mayor Leonard spoke about some of the projects happening in the Village of Ilion. He highlighted an initiative called the hydrant brigade where volunteers are helping to

paint hydrants in the village. "We have had volunteers who have helped to paint dozens of fire hydrants in our village and that small change is making a big impact on our community," said Leonard. The Mayor provided an update on the Duofold property as well as information on the stairway funding. If you are interested in helping to paint hydrants in your neighborhood, email ilionccc@gmail.com for details.

Learn more about The Mohawk Valley Rotary Club through their Facebook page at www.facebook.com/mohawkvalley.rotaryclub.







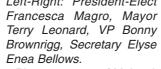


Photo courtesy of Mohawk Valley Rotary





or by printed copy, in English and Spanish. The guide covers major services, component groups within the vehicle, service interval recommendations and much more.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at http://media.carcare.org . To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.carcare.org.

Source: Car Care Council





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#### **GRACE BAPTIST CHURCH OF** DOLGEVILLE

Paster Len Byarty 12 Van Buren St. Sunday School (All Ages) 10-11 AM Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM

#### DOLGEVILLE UNITED METHODIST CHURCH

Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM

#### **DOLGEVILLE CHRISTIAN**

FELLOWSHIP
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Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4240 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

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Rev. Quy Vo, Pasto 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM

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

#### OAK RIDGE FREE METHODIST CHURCH

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#### UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

326 Moore Ave nday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

#### **NEW LIFE CHURCH**

Pastor David Havner 337 Protection Ave Phone 866-1164 www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

#### TRINITY EVANGELICAL LUTHERAN CHURCH

Rev. Ann Zimmerman, Pastor Corner of West German & Henry Streets Phone 866-6474 Sunday Services 8 AM Spoken Sunday Worship Service 10:30 AM with Music Bible Studies on Thursday Mornings at 10  $\mbox{AM}$ 

#### THE SALVATION ARMY

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

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Pastor Janet Gleason Prospect St. & Park Ave. Sunday Worship 8:30 & 10 AM Wednesday 7 PM Sunday School 10 AM

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Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment: please leave a message at 315-866-7189

#### HERKIMER REFORMED CHURCH

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

#### CHRIST EPISCOPAL CHURCH

Rev. Jill Stellman 300 N. Main St. Church Office 866-0551 Email christherk@verizon.net Sunday Services: Sunday School 9:00 AM Holy Eucharist 10:15 AM

# LITTLE FALLS FIRST BAPTIST CHURCH

555 Albany St. Morning Worship will begin at 10:15 AM Rev. Chris J. Wintermute will be speaking this morning.

Nursery (infants through age 4) Junior Church (K-4) during Morning Worship Service Sunday School Classes 9 AM (nursery through adult)

Morning Worship Service 11 AM and is broadcast live over radio station WIZR 930 on the AM dial with a one week delay Monday School Board Meeting 6:30 PM Tuesday Trustee Meeting 7 PM Wednesday Final Bible Study & Prayer Time at homes 7 PM

#### HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH

Thursday Choir Practice 7 PM

Father Rafael Dadello 615 E. Gansevoort St Phone 823-0793 Sunday Mass 11 AM

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Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM

#### HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Deacon Jim Bower, Administrator

Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM

#### **EMMANUEL EPISCOPAL CHURCH**

Father Steven A. Scarcia, D.Min, rector 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

#### FIRST ASSEMBLY OF GOD

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

### **HOLY TRINITY LUTHERAN CHURCH**

512 E. Gansevoort St. Sunday Worship 9 AM Sunday School 9 AM sday Services 12:10 PM & 7 PM

#### FIRST PRESBYTERIAN CHURCH

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#### Wednesday Prayer 7 PM MOHAWK REFORMED CHURCH

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Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM

#### **CHURCH OF THE BLESSED** SACRAMENT

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

#### CHRISTIAN BIBLE CHURCH

H. Ed Reed, Pastor/Teacher 167 Ward Rd. Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

#### THE WORD CHRISTIAN CENTER

Pastor Gene Kipper 27 E. Main St. Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM

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

#### UNITED METHODIST

Rev. Robert Lindsay Phone 845-8730 Sunday School 11 AM Morning Service 11 AM

#### **COLD BROOK UNITED METHODIST** CHURCH

Pastor Genett Timlin 467 Main St Sunday Worship 10:30 AM

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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

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# Vehicle checklist for car pool season

(NAPS) — If any of the nearly 56 million children in the country getting ready to go back to school via car pools are yours, you can help make sure all the vehicles involved are kid safe and road ready with a five-point checklist:

1. Check lights and wipers for visibility. With shorter days and inclement weather ahead, make sure lights and wipers function properly so that you can see and be seen. Check the exterior and interior lights

and replace any that are dimming, rapidly blinking or not functioning. Check wiper blades for signs of wear and replace if necessary.

2. Get an annual brake inspection. The braking system is your car's most important safety feature. Before car pool season gets in full swing, make sure that your brakes are functioning properly. Schedule a brake inspection and look for warning signs that your vehicle may need brake services, such as an illuminated

brake light or screeching, grinding or clicking noises when applying the brakes.

3. Check tires for under inflation or excessive wear. Check tire pressure and refill underinflated tires, including the spare, look for uneven wear and check tread depth. An easy way to do the latter is by placing a penny headdown in the tread groove. If the tread does not cover Lincoln's head, it's time to replace your tires.

4. Make sure everyone is buckled up. The National Highway Traffic Safety

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website has important tips on seat belt fit and position. For the younger ones riding along, the site has information about how to install car seats as well as guidelines on selecting a car seat or booster based on your child's age and size.

5. Consider a back-up detection device. Consider having a back-up detection device installed that provides rearview video or warning sounds when moving in reverse. While drivers should not rely solely on these devices, they can help to reduce the risk of backover incidents along with following other prevention tips from NHTSA.

'Back-to-school time is hectic for most families, but scheduling a complete vehicle inspection is time well spent,' said Rich White, executive di-



Carpooling can save time, money and the environmentand make getting to school more fun.

rector, Car Care Council. 'Knowing your vehicle was checked by a professional technician will give you peace of mind and make all those trips to school and activities safer and less stressful.'

The Car Care Council is the source of information for the 'Be Car Care Aware' consumer education campaign promoting

the benefits of regular vehicle care, maintenance and repair to consumers.

For the latest car care news, visit the council's online media room at http://media.carcare.org To order a free copy of the popular 'Car Care Guide,' visit the council's consumer education website at www.carcare.org.

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# **Good Housekeeping:** Bacon Gruyere breakfast "pie"

This easy sunny side up "pizza" recipe is an eggcellent idea for Saturday brunch.

- 1 sheet (half of 17.3 oz. package) frozen puff pastry, thawed
  - 1/3 cup sour cream
- 3/4 cup shredded Gruyere cheese
  - 4 slices cooked bacon
- 3 large eggs

<sup>\$</sup>2,220

- Fresh thyme leaves, for garnish
- 1. Heat oven to 400 F.
- 2. On a large sheet of parchment, roll pastry to 12 x 10-inch rectangle. Fold 1/2-inch of edges to form rim; using a fork, seal rim and poke holes all over pastry. Place pastry on cookie sheet; bake 20 minutes or until golden brown.

3. In small bowl, combine sour cream and Gruyere. Spread onto tart, creating 3 wells for eggs. Arrange bacon strips over topping. Crack eggs into wells; sprinkle with 1/4 teaspoon each salt and freshly ground black pepper.

4. Bake until egg whites are set but yolks are still runny, about 12 minutes. Garnish with thyme. Makes 6 servings.

Each serving: About 310 calories, 22g fat (8g saturated), 12g protein, 15g carbs, 1g fiber, 425 mg sodium.

For thousands of triple tested recipes, visit our website at www.goodhousekeeping.com/recipes.

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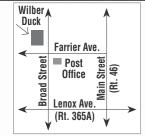
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# 2017 Great American Irish Festival features new competitions

#### by Elizabeth A. Tomlin

Folks flocked to the 2017 Great American Irish Festival from all over the Northeast to celebrate in Bag Pipe Competitions, traditional Irish music, dancing, food, grog and — new this year — traditional Highland Games and heavy athletics at the Herkimer County Fairgrounds in Frankfort, NY.

"It's a great way to celebrate the Irish culture in

our community," remarked Erin Flansburg. "I really love that it is a family event. Sunday is a very family friendly day especially since it begins with an Irish mass."

Flansburg has been vol-

unteering at the event for years and says that this is her favorite Irish Festival.

"The bands are awesome and the committee tries to get new bands to our area as often as they can. This year, The Screaming Orphans made their first appearance."

Event Director Judy Weeks was proud to announce the introduction of "the wide array of Gaelic Sports" this year, with Highland Games. "We have world class athletes competing in these games!" said Weeks.

IRISH FESTIVAL 11



Highland Games, new to the Great American Irish Festival this year, attracted world-class athletes to compete in traditional Highland Games and heavy athletics.

Photos by Elizabeth A. Tomlin











# Whatchamacallits



Our Whatchamacallit this week looks like a cast iron jigsaw puzzle. What it is, though, is a tray filled with shards from a cast iron stove, which were used as cannon shot.

Sometimes called bundle shot, scattershot, scrapshot or langrage (a French term), this was used in lieu of proper ammunition if it was scarce or on purpose to inflict maximum damage. Bundle shot was designed for damaging your opponent — packs of short metal bars, which were bundled together with rope. When it was fired from the cannon, the rope loosened and the bars would spread in a widening pattern hitting many at once.

When using scattershot, scrapshot or langrage, the canister was packed with random metal objects, rocks or other hard things and acted much like shrapnel from an IED today. The only visual I can think of for this usage comes from the movie "Pirates of the Caribbean" when the two goofball pirates, dressed like women, shoot silverware from

their cannon.

Not long after began the use of hot shot. This was when the metal pieces were heated to red-hot before being placed into the cannon barrel immediately prior to firing. I wouldn't have wanted to be the man with the short straw on that duty! Hot shot was used in naval battles to set the opponents ship on fire — although I'm sure it would have been effective against buildings as well.

Anyway, I digress, back to our Whatchama-callit. I tried to find historical excerpts mentioning this type of ammunition specifically during the Revolutionary War — as these were found in Montgomery County (an area known to have had some battles) but only found reference to naval usage.

It could very well be that the men that utilized this old stove as weaponry had no other ammunition available for their protection.

(Sources: the ways of the pirotes come garkon)

(Sources: thewayofthepirates.com, zarkonnen.com)

#### IRISH FESTIVAL from 10

"Games include a crowd favorite, the 175-pound caber toss, in which athletes compete to flip a 19foot log end over end."

Other competitions in heavy athletics for both men and women took place on Saturday.

Bag pipe competitions were also a crowd favorite and nearly 20 bands and from divisions came Rhode Island, Connecticut, as well as all over New York State to compete.

"It's a humbling venture to be in," said Bill Reardon of the 79th New York Highlanders Pipe Band, a

Leatherstocking District Pipe Band led by Stephen Yerly. "Bag pipes are a difficult instrument to play."

This year the Festival featured the 2017 Northeast Junior League Champion youth competition.

"2017 marks the first time youth bands will compete against each other in the Northeast," Weeks confirmed.

The goal was to "improve the overall quality of youth bands through competition, as well as to foster friendships between the bands.

**IRISH FESTIVAL 12** 



The 79th New York Highlanders Pipe Band, Leatherstocking District Pipe Band, led by Stephen Yerly, competed in the Pipe Band Competition.



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#### IRISH FESTIVAL from 11

Olivia Flansburg, 7, has been attending the family friendly event for her whole life and has been performing Irish dancing at the festival for three years.

"Olivia loves listening to the music and she loves dancing," reports her mom Erin. "This year she was practicing while we were getting lunch and someone watching came up and gave her a dollar. I think she smiled the rest of the day."

Attendees said the things they like about the event are spending time with family and friends and celebrating part of their heritage in a safe environment while having fun.

The committee says the "Great American Irish Festival, Inc., was established to be the primary fundraising arm for the Irish Cultural Center of the Mohawk Valley. The festival organization has as its underlying purpose the furtherance of an appreciation and understanding of Irish/Celtic music, culture and history."

Volunteers at the event pointed out that there will be a fundraising Bazaar at the Our Lady of Lourdes Notre Dame Elementary School on Aug. 26-28.

"We have between 20 and 30 kids from Notre Dame that work here



The Capital District Youth Pipe Band, a division of the Scotia-Glenville Pipe Band, played in the inaugural Northeast Bagpipe Band Competition at the Great American Irish Festival.

parking cars at the Irish Festival," remarked volunteer Roy Kane, Notre Dame Vice Principal. "They've been doing this for 5 or 6 years as a community service." Kane said that Notre Dame serves 26 school districts.

For more information on the fundraiser, email Carol Polito at fpolitosr@roadrunner.com .















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# Herkimer County Fair needs Pageant and Talent Show contestants

The Herkimer County Fair is gearing up to begin Tuesday, Aug. 15 with a Fair theme of Discovering Agriculture and is in need of contestants in the Pageant and Talent Show.

Queen contestants must be between 13 and 17 years of age. Princess

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and Prince must be between 10 and 12 years of age. These roles are a very important part of the Herkimer County Fair. The winners will be busy the week of the fair participating in Fair events, awarding trophies and ribbons, and

nichvn's

doing interviews. The Queen, Princess and Prince Pageant will take place on Tuesday, Aug. 15 at 8:30 p.m. in the American Homes Entertainment Complex.

The Fair is also in need of Junior Miss (ages 7-9), Little Miss (ages 4-6), and Little Mister (ages 4-7). This pageant takes place on Tuesday, Aug. 15 at 6:30 p.m. in the American Homes Entertainment Complex. Both Pageant events are sponsored by Gillette Shows

and American Homes. The application deadline for both pageants is Aug. 12 at 5 p.m.

The Talent Show is also in need of contestants. The talent show is open to all amateurs and ages and is in need of vocalists, instrumentalists, dance and variety. Each division is awarded a trophy and first place receives \$50, second place receives \$50, and third place receives \$15. Maxi Showcase is for contestants age 13 and



2016 Herkimer County Fair Queen Emily Ward-Case.
Photo courtesy of Herkimer Co. Fair

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The events are open to residents of Herkimer and surrounding counties. Applications and more information is available at www.herkimer-countyfair.org or call the Fair office at 315-895-7464 between 10 a.m. and 7 p.m.

See you at the Fair.



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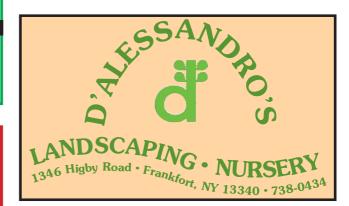
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# Ribbon cutting of new gazebo at Valley Residential Services (VRS)

The weather could not be more perfect for a ribbon cutting event at Valley Residential Services as staff of VRS and Valley Health Services (VHS), VHS board members, VRS residents, friends and families gathered for this fun filled evening. John Seymour entertained guests prior to and after the ribbon cutting, in his suave crooning way. Guests enjoyed strawberry shortcake, mingling, laughing, and dancing. It was a fun evening for all.



Pictured from left to right: Connie Jastremski, VHS Board; Ann Lyga, VHS Board secretary; Charlotte Szarejko, VRS resident and Resident Council president; Lisa M. Betrus, VHS president; Michele Hummel, office manager, Herkimer County Chamber of Commerce; John Miltello, VHS Board; Marty Smith, VHS Board president; and Jennifer Miller, VRS administrator. In background, residents of VRS.

Photo courtesy of Valley Residential Services, Inc.



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Porcupine Meatballs with Cabbage For those too hot to cook days, here's a hearty microwave dish that is sure to please.

- 8 ounces extra lean ground sirloin beef or turkey breast
- $\bullet$  2/3 cup (2 ounces) uncooked Minute Rice
- 1 teaspoon dried parsley flakes
- 1/4 cup fat free half & half

- 1/4 cup water
- (10 3/4 ounce) can Healthy Request Tomato Soup
- 4 cups shredded cabbage
- 1/2 cup chopped onion
- 1/8 teaspoon black pepper
- 1. In a large bowl, combine meat, uncooked instant rice, parsley flakes, half & half and water. Shape into 8 meatballs. Arrange meatballs in a circle in a microwave safe pie plate. Cover with

waxed paper. Microwave on high (100 percent power) for 6 to 8 minutes, turning dish after 3 minutes. Set aside.

- 2. In an 8 cup microwave safe mixing bowl, combine tomato soup, cabbage, onion and black pepper. Cover with waxed paper. Microwave on high for 5 minutes. Stir.
- 3. Evenly arrange meatballs over cabbage mixture. Re-cover and microwave on high for 3 minutes. Place bowl on

counter and let set for 3 minutes. For each serving, spoon 3/4 cup cabbage mixture on serving plate and top with 2 meatballs. Serves 4.

- \* Each serving: 216 calories, 4g fat, 15g protein, 30g carbs, 329mg sodium, 66mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Vegetable, 1 Starch; Carb Choices: 2.
- (c) 2017 King Features Synd., Inc.

# Good Housekeeping: Spicy Southern Hash Browns

Our trick to preparing these hash browns for a crowd: individual patties that are baked instead of fried. Make them up to two hours ahead and reheat in a 350 F oven for 10 minutes, or until warmed through.

- 2 pound russet potatoes
- 2 large eggs
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1 teaspoon salt

- 1 small sweet potato
- 3 green onions
- 1/2 teaspoon cayenne (ground red) pepper
- 1. Preheat the oven to 450 degrees F. Spray a large cookie sheet with nonstick cooking spray.
- 2. In large bowl, fold all the ingredients together. Divide evenly into 12 mounds on prepared cookie sheet; flatten into patties. Spray tops with nonstick cooking spray.
  - 3. Bake the hash browns for 15 to 20 minutes, or

until golden brown on the bottoms. With thin spatula, turn the patties over. Bake another 15 minutes, or until brown on the bottoms. Serve immediately, or make up to 2 hours ahead and reheat in a 350 F oven for 10 minutes. Makes 6 side dish servings.

For thousands of triple tested recipes, visit our website at www.goodhousekeeping.com/recipes .

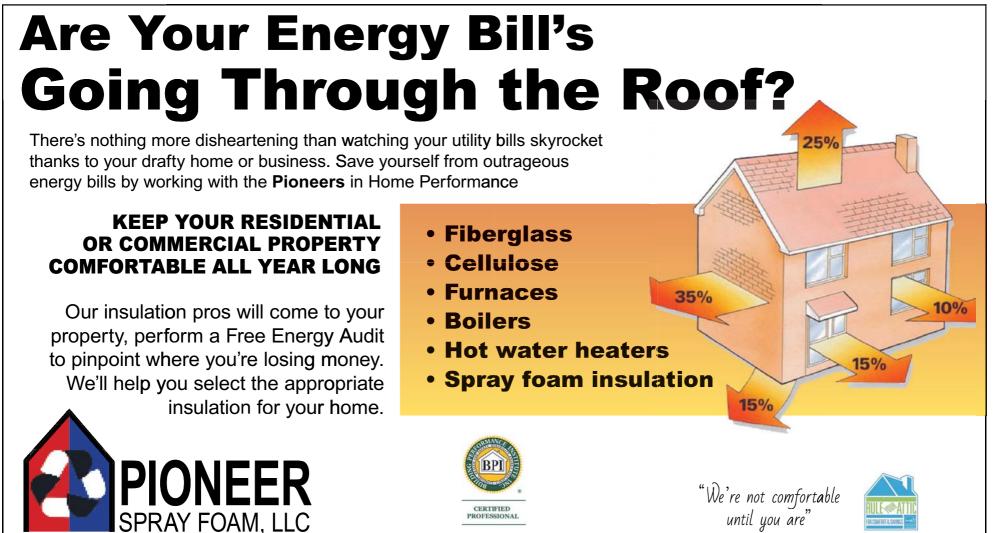
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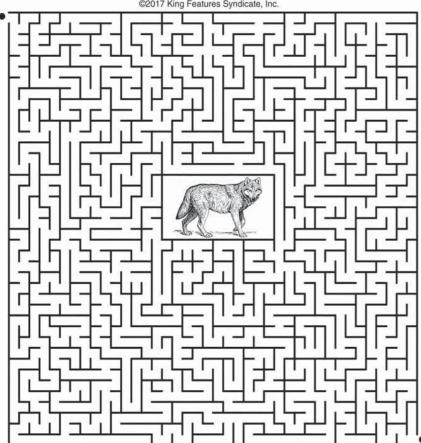






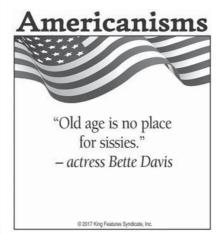
**16** • August 11, 2017 COUNTRY EDITOR

# Mega Maze



Just Like Cats & Dogs





HENRY BOLTINOFF

# King Crossword

#### ACROSS Do something Apparel Crockpot creation Thickness 13 Radius neigh bor 14 Head 15 Bribe 16 Paper quan-17 Hebrew month 18 Cosmetic item "Of course" 22 Young fellow 23 "Ivanhoe" author

26 Rarin' to go 27 Vagrant 50 Masseur's

30 Aesopian also-ran

Foundation Foundation

33 Ram's part-

34 Plague 35 Tier

36 Spread seeds 37 Household

member 38 Paperwork

specialists 45 Met melody 46 Annoys

47 Have a bug

48 Volition 49 Reebok rival

workplace 8 Shell out Gotta have

52 FBI employee 10 Needle case 53 Evergreen 11 Healthy type

20 Dine **DOWN** 

Church section Satiate

Sort 4 Structure on

a tank 5 Spreads for bread

6 Chew away at

32 Body powder 34 Luau treat

Dog owner's

chore

35 Diminish Burn with

steam

40 Cleo's water

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36

19 Computer unit

Authentic 23 The lady Chess piece 24 Cornfield call 39 Ontario 25 Tramcar load neighbor

26 Driver's license datum 41 27 Fundy, for

one 28 Work with 29 Mal de -

licated 43 Mature 31 Pete Weber's 44 Deli salad

STEVENDING

## MAGIC MAZE

#### THE LIBRARY

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NAIRARBILORNPMM Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

UBSRECNEREFERIQ

Abstract Archives Call number Hold

ISBN ISSN Librarian

Loan Microfilm Periodical Reference

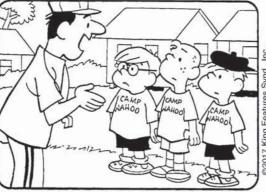
Renew Reserve Vertical file

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## **HOCUS-FOCUS**



Find at least six differences in details between panels.



nistle cord is shorter. 3. Stripe is different. 3. Book is missing. sing. 5. Frog is missing. 6. Flagpole is missing. 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com



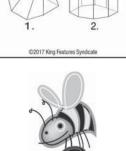
LAFF-A-DAY



"Don't argue with your grandmother. I've been grounded since 1997!



"I'm proud of my son. ... He's in one of those country-club prisons!"



What are the names of the solid objects?

# Weekly **SUDOKU**

by Linda Thistle

		2		3		6	5	
9			8			7		
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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.

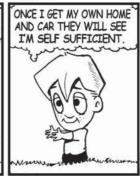
#### **DIFFICULTY THIS WEEK: ◆**

♦ Moderate ◆◆ Challenging ♦♦♦ HOO BOY!

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# **Amber Waves**









by Dave T. Phipps



# Water safety

It's time to uncover the barbecues and get out the bathing suits. While everyone gears up to enjoy the warm weather, Herkimer County Public Health wants us to enjoy the season safely.

This summer make sure everyone is safe in and around the water. Drowning claims the lives of more than 4,000 people every year, but most of these deaths can be prevented.

Children up to four years old have the highest death rate due to drowning. In most cases, a drowning or near drowning experience can occur quickly, for instance when a child falls into a pool or is left alone in the bathtub.

"Constant adult supervision is the best way to keep young children safe in and around the water," said Diane Ward, CHN of Herkimer County Public

Ms. Ward advises following these water safety rules:

- Always swim with a "buddy." Never swim alone:
- · Parents with small children should share supervisory responsibilities with a lifeguard:
- Never leave a child alone near water at the pool, the beach or in the tub. A tragedy can occur in seconds;
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard approved personal flotation device, when around the water;
- Do not use air filled swimming aids (such as water wings) in place of personal flotation devices;
- Don't overestimate swimming ability or underestimate the water depth. Currents can be deceiving and treacherous, posing a risk for even the strongest swimmers:
- Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom;

- Enter headfirst only when the area is clearly marked for diving and has no ob-
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs judgment, balance and coordination, and affects swimming and diving skills;
- Properly fence in your swimming pool and always supervise children using the pool. Remove toys from in and around the pool when not in use; and
- Power or manual covers will completely cover a pool and block access to the water, but be sure to drain any standing water from the surface of the pool cover. A child can drown in very small amounts of water.

"Enroll children over age four or when they are developmentally ready in swimming classes taught by qualified instructors. Keep in mind that lessons don't make your child 'drown proof'," Ms. Ward said.

When you are in or around water. watch out for the dangerous "too's" too tired, too cold, too far from safety, too much sun, too much strenuous activity. Try to be knowledgeable about the water environment you are in and its potential hazards. Deep and shallow areas, currents, depth changes, obstructions and entry and exit points are all important to note. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of inclement weather.

Always have a first-aid kit and emergency phone contact handy. Parents should be trained in CPR (cardiopulmonary resuscitation). For more information on water safety, call Herkimer County Public Health at 315-867-1176 or visit the New York State Department of Health at www.health.ny.gov .

# Paw's Corner: Pets and Lyme disease

#### by Sam Mazzotta

Dear Paw's Corner: We recently had a scary incident with our beloved collie mix, "Moon." She is an energetic dog, but one day last week she started slowing down, panting more and not wanting to play as much. A couple of days later she was

even limping a bit. I took her to the veterinarian that very day!

The vet quickly diagnosed Moon as having Lyme disease. She loves to run around outside on our big property, and I try to check her daily for ticks, but sometimes forget. I never noticed a tick

on her, but the vet said that it's not unusual to never see a tick or notice a bite, and yet the symptoms appear.

The good news is that Moon responded very quickly to treatment. Even though she will be taking antibiotics for a few more weeks, she is

Weekly SUDOKU \_\_\_

Answer

back to her old energetic self. Please remind your readers to check their pets frequently for ticks and monitor them closely if they spend any time outside. - Doug in Concord, NH

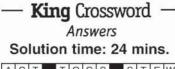
Dear Doug: I'm so glad to hear that Moon is doing ok! It is indeed very important to check pets that

**Pride of American Agriculture** 

spend time outdoors daily for ticks. If you have multiple pets and only one goes outside, you should check all the pets. The check can be as simple as running your hand up through their fur to feel for the telltale smooth, hard bump of an attached tick. Using a flea and tick repellent also is impor-

tant, but it's not 100 percent effective. So check regularly, and monitor your pet for behavior or physical changes. If you feel that something is "off," not quite right, contact the vet.

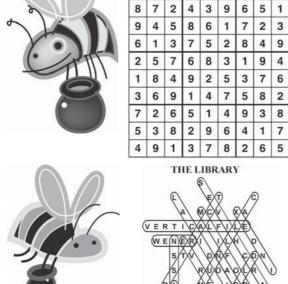
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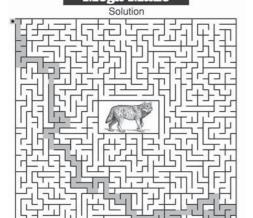


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#### Stickelers Answer

- 1. Oblique heptagonal pyramid
- 2. Right octagonal prism





Mega Maze





Saturday, September 2"

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- **Elvis Impersonator Billy McGrath**
- Amped Up Band
- The Fulton Chain Gang
- Big Sky Country Fritz's Polka Band
- Skeeter Creek Band
- **Dusk till Dawn**
- Kevin Richards Line Dancing
- DJ Kwazy Tunes



## hursday, August 31 Demolition Derby—Firs Timers & Figure 8 (27) Rodeo (20) Sunday, September 3"

Annual Convoy for a ause Parade and Shov nine (27)

4-Wheel Drive Truck Pull (27)

Monday, September 4th RESEGNOS ENTRY UNTIL NO 6:00pm Demolition Derby — Small Car & Grand Slam (27)

FIREMAN & MILITARY WITH PROPER ID

FondaFair.com

# Seven reasons to shop farmers' markets

A farmers' market is likely coming to a field or open parking lot near you — if there isn't already one operating nearby. The United States Department of Agriculture says that, between the years of 2008 and 2013, the number of farmers' markets doubled across the country.

Farmers' markets will continue to thrive and expand as people increasingly realize the benefits of supporting local food providers. Buyers who are not yet familiar with farmer's markets can examine the following seven reasons to break the ice.

1. Enjoy fresh, seasonal foods.

Foods at farmers' markets tend to be limited to in-season offerings. Some nutritionists suggest eating seasonally available foods is better for your body, because humans ate seasonal produce for thousands of years before shipping and refrigeration changed how people received the majority of their foods. In addition, many people feel that fresh, seasonal foods taste better than the

alternatives.

2. Discover new foods.

There's always something new at a farmers' market, and this can entice shoppers to expand their flavor palates. Explore interesting, locally grown items. Even children may fall in love with colorful fruits or vegetables and their refreshing tastes.

3. Embrace organic and non-GMO offerings.

Many farmers' markets offer foods that are organically grown and are produced without GMOs. Farmers' market retailers also tend to give firsthand accounts of where their foods come from and how they are grown or raised.

4. Indulge in nutritious foods.

The vivid colors and smells emanating from



Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers' market, where shoppers are bound to find something fresh, unique and delicious.

farmers' markets indicate just how fresh and nutritious the offerings tend to be. Farmers who peddle their wares at farmers' markets adhere to careful farming methods to ensure their foods are as nutritious as possible.

5. Learn secrets and recipes.

In addition to fresh produce, farmers' markets may offer baked and other prepared goods. Shopkeepers often mingle with their customers, offering trade secrets and recipe ideas. Additionally, local farm families supported

by farmers' markets generally offer supreme customer service to keep shoppers coming back week after week.

6. Turn the trip into a social excursion.

A farmers' market can be an exciting and flavorful social gathering place for families and groups of friends, as well as a great place to meet other members of the community. Sometimes farmers also mingle with local artisans, so the market can be a one-stop-shopping locale for locally produced food and art. 7. Save money.

Farmers' markets may sell organic produce at a cost comparable or even lower than other retailers. That's because local farmers don't have to transport their items as far as retailers whose foods were shipped from far away places.

Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers' market, where shoppers are bound to find something fresh, unique and delicious.







of the Good Shepherd FOSTER CARE PROGRAM

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An old man was walking on the beach one morning after a storm. In the distance, he could see someone moving like a dancer. As he came closer, he saw that it was a young boy picking up STARFISH and gently tossing them into the ocean.

"Young man, why are you throwing starfish into the ocean?"

"The sun is up, and the tide is going out, and IF I DON'T throw them in, they'll die."

"But young man, do you not realize that there are miles and miles of beach and THOUSANDS of starfish? You CANNOT possibly make a difference."

The young boy LISTENED politely, then bent down, picked up another starfish, and tossed it into the sea.

"It made a DIFFERENCE to that one."

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#### **JUST LISTED**

# 217 Main St, Whitesboro



Come take a look at this large 4 bdrm, 2 bath house in the village of Whitesboro. This home features a big entrance hall, living room, formal dining room and eat in kitchen, with beautiful hardwood floors and natural woodwork, in need of some TLC. This is Corporate owned

isting, being sold as is as seen, buyer to satisfy themselves as to condition. Cash offers only. Proof of funds required.

#### 19 Buchanan St, Ilion



to the park! This very cute ranch home is just waiting for its new owner. Featuring kitchen, di

3BRs & 1 full bath. Nice hardwood floors, appliances included, plus a large corner lot. Come check it out!

#### **Bull Hill Rd, Ohio**



Enjoy the outdoors! Hunt, 4-wheel, camp on this 112 acre property that can be all vours! Great for recreational fun or to build the home of our dreams. Country ocation, mostly wooded, owner is willing to subdivide if you desire a smaller piece.

## **JUST LISTED**

#### 440-442 N Bellinger St, Herkimer



Nice 2 family duplex in the village of Herkimer. Each apartment is 2BR, 1 bath upstairs with Lvr, Dnr and ktchn down Nic rents and separate electric and heat. Nice back vard and parking for each side Prequalified buyers only.

#### 716 Exchange Ave, Herkimer



2BR, 1 bath ranch in a great locan Include LR, kitchen formal DR central air hardwood

attached garage. Nice corner lot. Great basement for storage

#### 416 N Prospect St, Herkimer



Beautiful house that can be all yours! Nice large entrance hall leading to grand staircase, LR w fireplace, DR w cabinets, FR, kitch en & ½ bath round

Upstairs has 4BRs and full bath along with the laundry room Can be purchased as a package w 416 ½ N Prospect St.

## Senior News Line: Where to retire?

#### by Matilda Charles

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**Cooked Salami** 

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"Where should I retire?" That's a big question for many seniors. We can review "Best of" lists — such as places with lowest state taxes, cities that are senior friendly and more

— but until we actually visit an area, we can't know if it's right for us.

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Muenster

what it's like. Is there plenty of local shopping? How about libraries and museums?

- Schedule a look-see of a few possible homes with a real estate agent and get a good look at the market. Ask lots of questions, especially about neighborhoods, safe property taxes and public transportation.
- Read the local newspaper each day you're there. Call the paper and ask to speak to the local editor about economics, part time jobs if you're going to want one, the expanding or shrinking community, business and more.
- Ask your local doctor about the medical situation in your proposed hometown. He might be able to do a quick investigation of hospitals there. If he gives it a big thumbs-up, you'll know you'll be in good hands. Orgo online medicare.gov and look for Hospital Compare.
- Check in at the local senior center, ideally at a luncheon or event where vou can talk to other seniors. Ask about life in that town, events for seniors, suggestions for neighborhoods and whether there is plenty to do that would interest you.

While a vacation to hunt for a place to retire might not be the most relaxing you've ever had, it might be the best one if you gather enough information to make a decision about where you'll live next.

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**COUNTRY EDITOR** 

# Country Editor

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

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- 535 Generators 537 Gifts
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- 589 Hardware
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- 605 Heating 610 Help Wanted
- 653 Hotel / Motel
- 683 Jewelers 700 Lawn & Garden
- 711 Lessons
- 760 Lumber & Wood Products 790 Maple Syrup Supplies
- Miscellaneous 810 Mobile Homes
- 811 Monuments
- 812 Multi Media 813 Music
- 815 Motorcycles
- 817 Nails 820 Nurseries
- 910 Plants
- 950 Real Estate For Sale Real Estate Wanted
- 960 RVs & Motor Homes
- 975 Rentals
- 980 Restaurant Supplies 1040 Services Offered
- 1075 Snowblowers
- 1080 Snowmobiles 1096 Sports
- 1109 Thrift
- 1140 Trailers Trains
- 1148 Travel 1165 Trees
- Truck Parts & Equipment 1180 Trucks
- Vacuum 1187
- Vegetable
- 1200 Veterinary 1205 Wanted

#### **Announcements**

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**Announcements** 

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#### **Appliances**

KITCHEN electric range, washing machine, electric clothes dryer, freezer. 518-821-3727

#### **Auctions**

BREEDER AUCTIONS every 2nd & 4th Sunday of the month at 11:33 am. Kings Auctions, 689 Burrows Rd., West Winfield (315)822-5221

CONSIGNMENT AUCTION every Saturday evening at 6:33 pm and Food Auction every 1st Thursday of month at 6:33pm. Kings Auctions, 689 Burrows Rd., West Winfield (315)822-5221

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# **FRIDAY • 2:00 PM**

(Week Prior to Each Friday Dated Paper) For as little as \$4.00 - place a classified ad in

The Country Editor

#### Cars, Trucks, Trailers

FOR SALE: 1994 Corvette LT-1, very good condition, inside and out, only 47K, \$9500 OBO, Call for more info. 315-867-9335

#### Collectibles

WANTED - CA\$H PAID: For old jewelry, old buttons, books. Dolls toys, even if broken, 1970s older. 1960s & older. Clothing. Old frames, Christmas, Halloween items. Interested in almost anything old. Shirley 315-894-9032.

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#### For Sale

FISHER PLOW: Complete package, new frame, lights, wiring, harness & fish stick, 90" blade, \$2,500; railway express safe, \$95. 518-673-

RAFFLE TICKETS - 500 -\$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. Call Beth at Lee Publications 518-673-0101 6113 State Hwy. 6, Palatine Bridge, NY 13428.

SELF INKING STAMP -Great for Raffle Tickets. \$21.00+ tax, Shipping extra. Call Beth Snyder at Lee Newspapers Inc. 518-673-0101

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"BEV's BEST BLUEBER-RIES". U-Pick Farm, Call before you come for picking times. 315-429-9425

BLUEBERRIES: 6:30am-6pm, pick your own or already picked. Steuben Rd., Herkimer. 315-867-5735 Closed Sundays. herkimerblueberries.com

#### **Furniture**

**FURNITURE** NFW YOU'RE TOO PAYING MUCH!! Come see Kings! hours 9-5 pm. Store Mon.\*Wed.\*Thurs.\*Fri. & Sat. King's, 689 Burrows Rd., West Winfield, NY. (315)822-5221

**DOUBLE RECLINER** LOVESEAT like new heavy duty swivel TV wall mount table top gas grill. 315-858-1048. 30 inch round PVC pedestal patio table.

#### **Garage Sales**

(3) FAMILY GARAGE SALE: Friday Aug 11+ Sat. Aug 12, 9:00-4:00. 166 Calbet Rd., 226 Calbet Rd., 340 Calbet Rd., Fort Plain, NY, Bathroom vanities w/sink, bunk beds. maytag washer, stools, coffee table, end tables, coates, (Kids&Ladies) Clothes. quilts, blankets, fenton glass, round bath tub, king sized sheet sets. Plus whatever else you may be looking for. For more information call 518-993-4330. No early birds please.

MOVING SALE: Furniture, garden tools, household & Christmas items, refrigerator, pictures, bedspreads & more. 707 Jeffrey St., Herkimer, August 11th & 12th, 8am-4pm

#### **Help Wanted**

WANTED: Bartender. The Stone Jug, Salisbury Center. 315-429-3392

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FOR RENT: On King St., Herkimer. 1st floor, 1 bedroom, water included, no pets, smoking or children. Parking available. Call 315-866-4741.

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FOR SALE: 2005 Eton and 2009 Kiwa Moped Moped. Both in great running condition. Prices reduced. Can be seen on King St., Herkimer. 315-866-4741

# Country Editor

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#### **Help Wanted**

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#### **Miscellaneous**

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#### **Real Estate For Sale**

VILLAGE OF ILION: Commercial-Former Laundrymat + Floral Shop Survey site. Asking \$265,000,00 Take a visual tour www.crossettres.com All Broker iquires welcome. 315-894-8557

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour www.crossettres.com Asking \$10,000.00 All Broker inquiries welcome. 315-894-8557

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**Real Estate For Sale** 

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#### **Wood For Sale**

ery. 315-894-0117

## Calendar of **Events**

#### **COUNTRY EDITOR**

NOTE: Calendar entries must arrive at the Country Editor's office by Thursay a week before our Friday publication date for them to be included in the calendar of events. Send events to Lee Newspapers c/o Country Editor, PO Box 121, Palatine Bridge, NY 13428 or email to: dshariff@leepub.

AUG 11

#### **Annual Cookout and** Bake Sale

Emmanuel Episcopal Church, The Parish Hall, Little Falls. 4-8 pm. Eat in or take out. Call day of at 315-823-7009. For more information call 315-717-

#### AUG 12

#### The Village of Ames Museum

Latimer Hill Road. Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is

# or call Country Editor

Today s Date

# Tires &

#### Wanted

Bottles...BOEPPLE, FRANCISCO, LYON, PRICE-FINKLE, R.L. TUTTLE, SILAS W. WITTER. 315-823-

SPECIAL: Cut and split seasoned hardwoods, 10-face cord loads, \$600. Free deliv-

#### free For more information visit www.amesmuseum. weebly.com or call 518-673-5820. **AUG 11**

#### Pierogi Sale

Farm/Company Name: \_\_\_\_

\* (REQ.) Card Security Code #\_\_\_\_\_

Name on Credit Card (print): \_\_\_\_

City:

Phone #:

Signature:

Amount Paid:

Email Address:

St. Mary's Ukrainian Orthodox Church, 314 Moore Ave., Herkimer. 11 am-2 pm. \$8 dozen fully cooked. AUG 12

#### Pierogi Sale

St. Mary's Ukrainian Orthodox Church, 314 Moore Ave., Herkimer. 9:30 am-2 pm. \$8 dozen fully cooked. **AUG 12** 

#### Blueberry Festival

Fairfield Restorations Association looking for Vendors. Contact Terri at 315-272-8203 for more information. AUG 13

#### Adirondack Scenic **Railroad Presentation**

Norway History Center. 1067 Newport Gray Road, Norway. 2 pm. Free to the public. Light refreshments will be served.
AUG 18

#### Pierogi Sale

St. Mary's Ukrainian Orthodox Church, 314 Moore Ave., Herkimer, 11 am-2 pm. \$8 dozen fully cooked.

#### **AUG 19**

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#### Pierogi Sale St. Mary's Ukrainian Orthodox Church, 314 Moore Ave., Herkimer. 9:30 am-2 pm. \$8 dozen fully cooked. AUG 19

# One Day Bus Trip to New York City

Depart from Herkimer and Clinton. \$60 pp. For more information call 315-866-

AUG 20

St. John's Reformed Church Worship Service Indian Castle Church, Route 5S East of Little Falls. 10:30 am. Refreshments and fellowship following the service.

AUG 22 & 23

# Little Theatre to hold auditions for Play On!

7pm.The performance dat es will be October 6, 7, 8, and 15. Play 13, 14 and 15. Play On! will open the Little Theatre's 2017-2018 production season. For more information call 315-894-3203 or email ilionlittletheatre@gmail.com . AUG 25

#### Pierogi Sale

St. Mary's Ukrainian Orthodox Church, 314 Moore Herkimer. 11 am-2 pm. \$8 dozen fully cooked.

# **AUG 26**

#### Pierogi Sale

Today s Date:\_

St. Mary's Ukrainian Orthodox Church, 314 Moore Ave., Herkimer. 9:30 am-2 pm. \$8 dozen fully cooked. **AUG 26** 

#### One Day Bus Trip to visit the "Adirondack Experience-The Museum at Blue **Mountain Lake**

Departing from Herkimer and Clinton.

\$55 pp and includes your admission. Discounted prices for youth. For more information or to sign up call the Herkimer County Historical Society at 315-866-6413

#### AUG 31

#### **Rabies Clinic**

Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. 5:30-7 pm. \$5 donation. For more information or to pre-register email www.herkimercounty.org or call 315-867-1176. SEP 2

#### One Day Bus Trip to Boston

Depart from Clinton and Herkimer. \$60 pp. For more information call the Herkimer County Historical Society at 315-866-6413.

## Kitchen Diva: Snack attack!

#### by Angela Shelf Medearis

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. For younger children, prepare single serving snacks to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Here are some ideas:

# Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole wheat English muffin with spaghetti sauce, chopped vegetables and low fat shredded mozzarella and melt in the microwave.

#### Mix it up

For older school age kids, mix dried fruit, unsalted nuts and popcorn in a snack size bag for a quick trail mix. Blend plain fat free or low fat yogurt with 100 percent fruit juice and frozen peaches for a tasty smoothie.

#### Grab a glass of milk

A cup of low fat or fat free milk, or milk alternative (soy milk) is an easy way to drink a healthy snack.

Nibble on lean protein

Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

# Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack size bags in the cupboard and use them to control serving sizes.

# Fruits are quick and easy

Fresh, frozen, dried or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100 percent juice served.

#### Consider convenience

A single serving container of low fat or fat free yogurt, or individually wrapped string cheese can be just enough for an after school snack.

#### Swap out the sugar

Keep healthier foods handy so kids avoid cook-



Photo courtesy of Depositphotos.com

ies, pastries or candies between meals. Add seltzer water to 1/2 cup of 100 percent fruit juice instead of offering soda.

# Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like but-

**SNACK ATTACK 23** 











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#### SNACK ATTACK from 22

ter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

#### Go for great whole grains

refined Limit grain products such as snack bars, cakes and sweetened cereals. Offer whole wheat breads and whole

oat cereals that are high in fiber and low in added sugars, saturated fat and sodium. Keep popcorn on hand for a tasty, whole grain snack.

Try making these delicious recipes for Pizza Pepper Poppers and Fro-Yo Fruit Cubes the next time your children have a

snack attack!

#### Pizza Pepper Poppers • 2 large green, red or

- yellow bell peppers • 1/2 cup pizza or
- spaghetti sauce • 2 teaspoons Italian
- seasoning • 1/8 teaspoon red pepper flakes
  - 1 cup toppings: diced

mushrooms. broccoli. tomatoes. squash, onions, olives, etc.

- 1/2 cup grated cheese, divided
- 1 (5 ounce) package mini-pepperoni slices
- 1 teaspoon chopped basil or parsley
- 1. Heat your oven or toaster oven to 350 F.

2. Slice off each of the four sides of the peppers and lay flat, cut side up, on a baking sheet.

- 3. In a medium bowl, mix the sauce with the Italian seasoning, red pepper flakes and diced toppings. Place equal amounts of the topping mixture in each pepper piece. Top with 1/2 of the cheese, the mini-pepperoni slices and the remainder of the cheese.
- 4. Bake for 10 minutes at 350 F. Turn the heat up to broil for 1-2 minutes to completely melt the cheese and crisp the toppings. Sprinkle with basil or parsley, if desired. Makes 8 poppers.

## Fro-Yo Fruit Cups

- 1-1/2 cup plain Greek yogurt
  - 1/4 cup whole milk

- 2 teaspoons honey or agave syrup
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup blueberries
- 1/2 cup strawberries, quartered
- 1/2 cup raspberries
- 1. In a medium bowl. combine yogurt, milk, honey or agave, vanilla, cinnamon and salt, and whisk until smooth. In an ice tray, distribute fruit in each of the cube molds.
- 2. Spoon yogurt mixture over fruit, filling molds completely. Freeze for 5 hours, or until frozen solid.
- (c) 2017 King Features Synd., Inc., and Angela Shelf Medearis





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