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Ilion Piece-Makers Quilters Guild display masterpieces

by Elizabeth A. Tomlin

"Quilting used to be done as a group, it was a time for sharing," remarked Kathy Stalec, co-chair of the Ilion Piece-Makers Quilters Guild. "Now it's a very solitary thing; no longer a social event."

Stalec was providing demonstrations of her fine handiwork during the Piece-Makers Quilters Guild show, which took place at the historic Fort Herkimer Church, Mohawk, NY.

Stalec explained that times are gone where

women gathered around a quilting frame, working together on projects. "This was a time to exchange recipes and sometimes even some gossip," said Stalec.

The historic church was adorned with quilts of all sizes and patterns, including heirloom quilts, patchwork (or pieced quilts), appliqued quilts, double wedding ring quilts, traditional log cabin quilts, jelly roll quilts, sampler quilts, farmers

QUILTERS 4

Times are gone where women gathered around a quilting frame, working together on projects.



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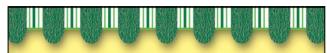
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Pat LaFontaine demonstrates to a quilt show visitor stitching that she used in this pattern.

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QUILTERS from 3

wife quilts and other intricate designs.

Visitors, including young folks, ladies and gentlemen, were examining and photographing the beautiful display, asking questions about stitching and talking about how machines have taken place of hand stitching.

Stalec was working on a quilt that not only demonstrated hand stitching but showed her fine embroidery work as well, while Ilion Piece-Makers Quilters Guild Chair Pat LaFontaine explained methods of quilting to a variety of interested attendees.

"We have shows irregularly every 2-4 years," said La-Fontaine. "We do a raffle quilt every year."

Proceeds from raffles are used for community projects. "We do multiple projects for charity such as walker bags, quilts for police departments, for the cars or to go out with car seats." These small sized quilts are targeted for young or small children, to be used with the special car seats given out by the Ilion Police Department in an effort to promote use of car seats and to help folks comply with laws concerning car seats.

LaFontaine says the quilting guild has 40-50 active members, who meet monthly September through June.

Anyone interested in learning more about the Ilion Piece-Makers Quilters Guild are invited to contact Pat LaFontaine for more information by emailing her at patpiecer@hotmail.com.

"It's a lost art now," commented Stalec.



Visitors attended the Ilion Piece-Makers Quilters Guild quilt show, asking questions and taking photos of the intricate patterns.



Quilters Kathy Smith; Pat LaFontaine, Chair of the Ilion Piece-Makers Quilters Guild; and Co-Chair Kathy Stalec, provided demonstrations and information to attendees during the Fort Herkimer Church quilt show.

Photos by Elizabeth A. Tomlin



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Disaster planning for those with special needs

Disasters such as floods and storms can happen at any time and you must be prepared. Individuals with special needs often require more detailed planning in case of an emergency. Here are some things to consider:

• Have at least a 3-day supply of all your medications. Store all medication in one location and in their original containers.

• Have a list of all your medications —

name of medication, dose, frequency, and the name of the prescribing physician.

If there is a power outage, have a backup power supply for essential medical equipment.
If you use oxygen, have an emer-

gency supply (enough for at least three days).

• If you use an electric wheelchair or scooter, keep a manual wheelchair for backup.

• Teach those who may need to assist ge you how to operate necessary equipment. pla

• Label and attach laminated instructions to your equipment.

• If you are vision impaired, deaf, or hard of hearing, and if you are unable to use the TV or radio, plan for someone to convey emergency information to you.

• If you live in an apartment, ask management to identify and mark accessible exits and areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.

Contact Herkimer County Office for the Aging or NY Connects for more information at 315-867-1415 or www.herkimercounty.org, go to departments, then Office for the Aging. Or, go to ready.gov/pledge.

Arc Herkimer to host autism workshop for working with individuals with autism

As a leader in Central New York in bringing renowned experts to area professionals and families, Arc Herkimer will present a workshop: Evidence Based Strategies for Working with Individuals on the Autism Spectrum on Friday, Nov. 3.

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The free training will be held from 8:30 a.m. to 3 p.m. at Herkimer College's Robert McLaughlin College Center, 100 Reservoir Road in Herkimer, NY. The training is open to professionals, individuals on the autism spectrum, family members, and caregivers. Reserve a spot by Friday. Oct. 27. You can register and download forms at www.archerkimer.org under upcoming events. To

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tact Janet LaRock at 315-574-7780 or email jlarock@archerkimer.org. This workshop will be presented by James Ball, Ed.D., a board certified Behavior Analyst-Doctoral and president/chief executive officer of JB Autism Consulting. Dr. Ball will discuss systematic techniques for working with individuals on the Spectrum. He will focus on teaching specific

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tion, and generalization training. A step-by-step demonstration will be presented using real life examples. Modifications will be explored that allow this particular program to be effective with individuals significantly challenged with autism, as well as those with Asperger syndrome. A question and answer period will be provided.

skills, enhancing motiva-

Participants will be able to: identify three reinforcement techniques, implement three specific teaching techniques, and design an individualized teaching program to assist an individual on the autism spectrum in the learning process.

Dr. Ball has been in the field of autism for over 25 years providing preschool, educational, residential, and employment services to children and adults affected by an autism spectrum disorder (ASD). He is involved with many organizations and he has lectured both nationally and internationally. He authored award-winning breakthrough books and has received numerous awards.

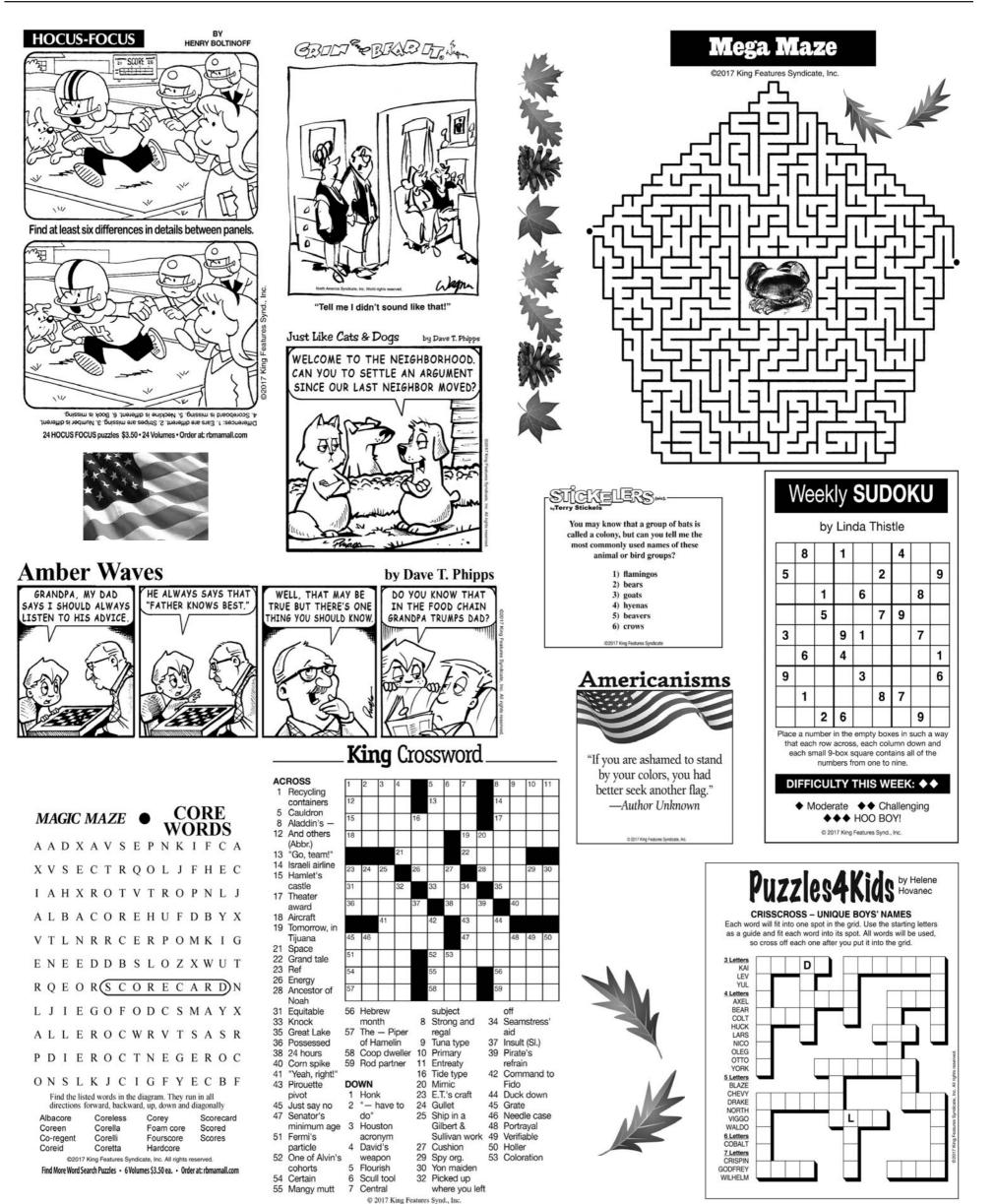
This training is made possible by Arc Herkimer and by the Family Support Services of the CNY DDRO Consumer Council. Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout the community.

For more information regarding the Arc Herkimer, call 315-574-7000.



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New agreement connects three Herkimer BOCES programs to Herkimer College degrees

HERKIMER — When Herkimer-Fulton-Hamilton-Otsego BOCES Information Technology Academy junior Anthony Treonze completes the ITA program; he will already have 29 credits finished for a computer network technician associate degree at Herkimer College.

That's thanks to a new partnership between Herkimer BOCES and Herkimer College that allows graduates of three Herkimer BOCES programs to enter Herkimer College with close to a year's worth of a related associate degree already done.

Students have the choice to earn College Now credits, which can be applied to their degree at Herkimer College or transferred to another college. Or they can complete a two-year degree at Herkimer College using articulated credits and then go on to a four-year college — which is what Treonze plans to do.

"I think it's really cool,"

— Weekly SUDOKU —

Answer

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4 9 1 7 6 3 2 8 5

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3 2 8 9 1 6 5 7 4

7 6 9 4 8 5 3 2 1

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6 1 3 5 9 8 7 4 2

8 5 2 6 7 4 1 9 3

Puzzles4Kids

Answer

GODFRF

Mega Maze

he said. "You get a year of college right out of high school — for free too. That's really big."

The partnership follows the model of a guided pathways articulation agreement and went into effect starting this school year. Current Herkimer BOCES seniors in the three programs are able to pick up some credits, and this year's juniors are the first to feel the full effect of the agreement.

In addition to the Information Technology Academy graduates earning up to 29 credits toward a computer network technician associate degree, Herkimer BOCES visual communications media arts graduates earn up to 28 credits toward a general studies associate degree, and Herkimer BOcriminal justice CES graduates earn up to 22 credits toward a criminal justice associate degree. Students are awarded

the Herkimer College articulated credits if they complete the BOCES program and earn an 80 percent or higher grade, receive a recommendation for credit from Herkimer BOCES and enroll in the related degree program at Herkimer College.

The agreement provides flexibility for students and their families by also allowing the option of attempting any of the credits through Herkimer College's College Now Program at the regular College Now rate, which is \$55 per credit hour as of the fall 2017 courses.

Students have to decide prior to taking the credits whether they are enrolling for College Now. Courses taken through College Now are credits earned at Herkimer College and will appear on an official college transcript and may be accepted by other colleges based on the specific transfer credit policy for a student's college of choice.

A "powerful" partnership

Herkimer College Provost Michael Oriolo said this agreement adds to an al-

CORE WORDS

Stickelers Answer

flamboyance
 sloth

 King Crossword — Answers

Solution time: 25 mins.

POT

LANES

LAMF

MANANA

3) trip

4) cackle

5) colony
 6) murder

ready strong partnership between the college and Herkimer BOCES.

"It's a win-win," Oriolo said. "It helps us with our enrollment and graduation rates in those programs. The benefit for the students is that instead of just accumulating credits, they are earning credits that fit into a distinct program on campus. They're taking specific courses toward a degree, and they're being prepared for courses in that discipline."

Oriolo said college officials appreciate that both the college and Herkimer BOCES aim to support students in the community and offer them opportunities.

"It's just a powerful way to do that with this partnership," he said.

The agreement is the result of much planning and hard work by both entities, Herkimer BO-CES Assistant Superintendent for Administration James Picolla said.

"This cutting-edge partnership helps create a better, brighter future for the education of students in the region," Picolla said. "We hope we can build on this model and offer other program agree-

ments in the future." A year of college

Herkimer BOCES Information Technology Academy instructor James Hunt said he likes that the articulation agreement is in place for his students.

"That basically is a year of college done, and with the articulation agreement credit option, it's free," Hunt said. "It's a fantastic opportunity for them."

The agreement benefits students because they have two years at Herkimer BOCES to get a feel for what a college class is like, Hunt said.

"I try my best to run my course the same way a college course runs," he said. At the same time, Herkimer BOCES career and technical education students also are earning a high-school degree and being prepared for entrylevel jobs in their career field, Hunt said.

ITA student Treonze, of Mount Markham, said his ultimate goal is to work in cybersecurity or software development and make a difference whether that is a breakthrough in his industry or an impact on the world in general.

He appreciates the op-



portunity to earn the credits while in high school and the chance to experience a college-level class, he said.

"Not every person can say they have a year of college right out of high school," he said.

College ready

It's a leg up for students and an economic benefit for families that students can leave high school with 22 to 29 college credits through the agreement, Herkimer College Associate Dean of Academic Affairs Dr. Robin Voetterl-Riecker said.

"Beyond that, it really does help students get college ready," she said. "The expectations embedded in the courses are college-level reading, writing, discussions — it's the academic rigor we expect here at the college."

There is a big transition between high school and college as far as academic expectations, emotional demands and personal responsibility, Voetterl-Riecker said.

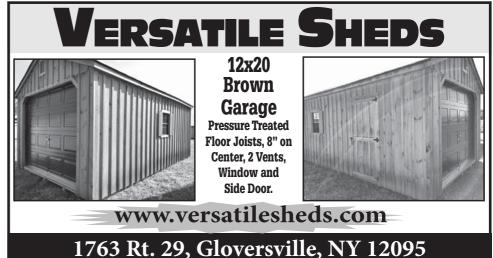
"Whether students realize it or not, they're developing and growing academically and personally," she said.

Herkimer BOCES students in the programs are not only set up to be significantly ahead of the curve at Herkimer College, but then they have the ability to go on to a fouryear college, she said.

Creating opportunities

Herkimer BOCES School To Careers Director Dr. Christopher Groves said BOCES and the college having a lasting partner-

NEW AGREEMENT 8



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Mohawk Valley Rotary Club welcomes Captain John Wood

HERKIMER, NY — Mohawk Valley Rotary Club recently welcomed Cap-

tain John Wood as their guest speaker. Captain Wood spoke about the

Salvation Army of Herkimer and the many projects that the compa-



L-R: Club President Cindy Bennett, Rocco Lamanna, Irving Mason, Captain John Wood, Treasurer Travis Olivera, Michele Hummel, Joanna Marshall, Secretary Elyse Enea Bellows, holding sign-Bonny Brownrigg.

Photo courtesy of Mohawk Valley Rotary Club

the year. Captain Wood discussed the Salvation Army's Choice Pantry Model. The Choice Pantry provides a means for individuals and families to come and choose items on a monthly basis. Captain Wood explained, "Families need to register, with a photo identification, identification for everyone living in the house, and proof of address. During the winter months, we serve 60 families a week and in the summer the number increases to 250 families."

ny works on throughout

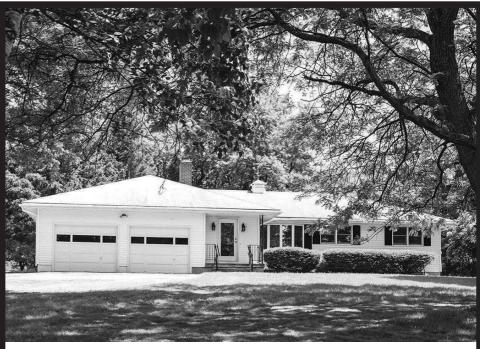
For more information about the Mohawk Valley Rotary Club or becoming a guest speaker, contact Mohawk Valley Rotary Club on Facebook.

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NEW AGREEMENT from 7

ship, and it was great to see them come together for this plan.

"The focus was to create outside-of-the-box opportunities within our individual confines and to push the boundaries again to come away with a product that further improves the relationship between the educational institutions," he said. "It's good for the region."

The agreement helps position and prepare students for success, Groves said.

"This is about creating opportunities for students that otherwise they may not have had bridging students from the high-school experience to the college experience," he said. "The bottom line is: This is good for students."

Herkimer BOCES Career and Technical Education Principal Kathy Fox said earlier career planning taking into account the option of tying BOCES programs to college can help the agreement be even more effective going forward.

"This is a new partnership, and students can go up there — and with proper planning — get a degree in one year," she said. Herkimer BOCES programs were identified that are in career fields that typically need college, so the agreement could lead to better employment chances, Fox said.

"The more opportunities we can expose students to when they're in high school, the better off they're going to be," she said. "They're going to see more avenues to better careers."



It's time to get a flu shot

Rivenburg

ILION Fall means many things to many people. To those in the health care field, fall often means time to get a flu shot.

The Centers for Disease Control and Prevention

The Halloween **Spooktacular** PSYCHIC <u>IRANIIR</u> October 29th 2017 \$5.00 Admission PP Sunday 10-6pm at **Auskerada Place** 78 S. Main St. Dolgeville NY 13329 **Psychics, Mediums, Healers & Vendors** Free Classes & **Demonstrations** ~Food Available~ For more info Call Marie 315-429-3245

by Jessica Arsenault recommends that everyone six-months of age and older receive an annual flu vaccine. And with the typical flu season beginning in October, now is the perfect time to get that shot, said Caitlin Pohleven, Supervising Pharmacist at Kinney Drugs in Ilion.

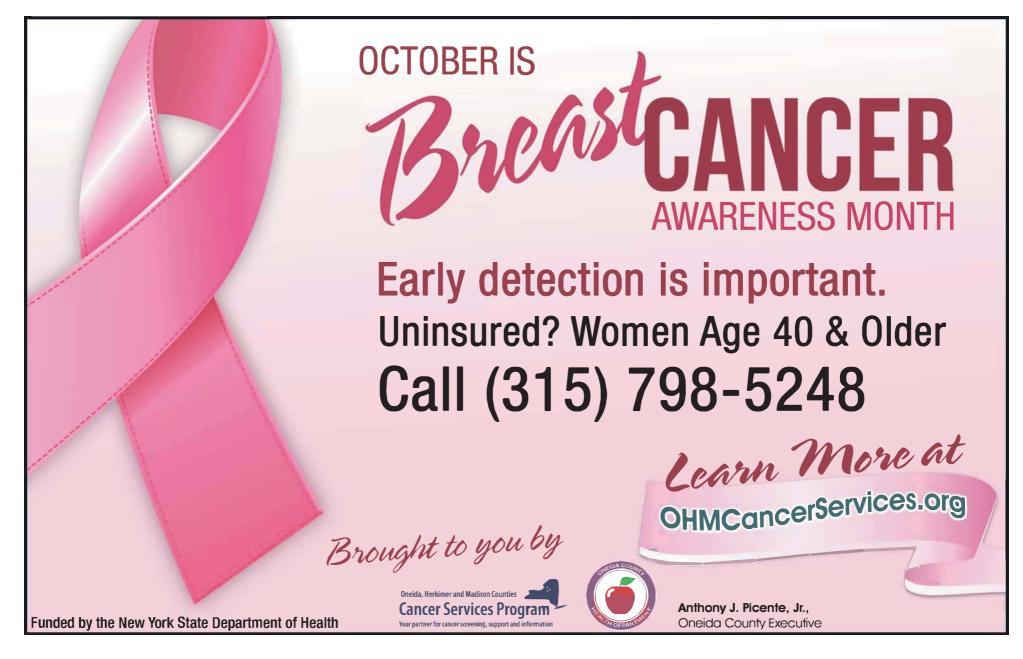
> "The flu vaccine takes two weeks to become fully effective in a person's system," Pohleven said. "So we start giving flu shots in the end of August. Any time now is the ideal time to get your flu shot.'

> According to the CDC, flu season in the United States runs October through April, with reported infections generally peaking between December and March. And in case people think the flu is no big deal, between Oct. 1, 2016 and April 30, 2017, 18,256 people were hospitalized in the U.S. thanks to the virus. As of June 23, 2017, the flu claimed the lives of 101 children this past flu season alone.

> > FLU SHOT 10



With flu season fast approaching, medical professionals suggest getting the flu shot sooner than later. Above, Caitlin Pohleven, supervising pharmacist at Kinney Drugs in Ilion, administers a flu shot to a patient.



House hunting and credit: What you need to know

(BPT) — By now it is something of a cliche to call homeownership the American dream. But even if sitting on your own deck, looking over your picket fence and sipping lemonade doesn't move you, homeownership is still one of the best ways to build wealth.

For many, owning a home is cheaper than renting and, in the long run, the biggest investment they will ever make. It is also a practical financial move thanks to the fact that you're likely building equity while getting a mortgage interest tax break.

So although it is perfectly fine to dream about backyard barbecues and the smell of fresh-cut grass, the path to owning your own home should also involve taking the time to do some financial sightseeing.

As a leader in creating credit scoring models, VantageScore Solutions has

made it a priority to educate consumers on the important role a good credit history plays in buying a home.

Whether you're about to set out to buy your first home or if you are getting ready to sell and buy another home, here are the basics of how credit impacts the home-buying process.

Basics

If you are like most people, you will probably need to take out a loan. If you are able to pay cash for your home instead, count yourself among the lucky few!

A huge part of taking out a loan involves your credit history and credit score. Basically, you must prove to lenders that you can be a responsible borrower and can be trusted with a mortgage of many thousands of dollars. A strong credit score may provide proof of this trustworthiness.

HOUSE HUNTING 11

FLU SHOT from 9 -

"The flu can mean serious business, especially for children, those over 65 and anyone with a compromised immune system or pre-existing lung condition," Pohleven pointed out. "Antibiotics don't work because it is a virus, and Tamiflu is only effective (in reducing flu symptoms) if taken within the first 48 hours of exposure, which is very hard to do. Once you've had symptoms for a couple days, which is when most people realize it's the flu and not a cold, it's too late for Tamiflu.'

Still, Pohleven said she hears many people question the effectiveness of the flu vaccine, while others believe they can catch the flu from the shot.

Each year, the CDC tracks mutations of the flu virus and selects the top three to four strains experts believe will pose the biggest threat during the upcoming season. Even if the strains chosen continue to mutate or deviate from the exact make-up of the vaccine, receiving a flu shot builds the body's immunity to better handle and fight the virus, Pohleven explained.

"Receiving the shot will reduce the severity of the illness, even if the strain you catch is not the particular strain in the shot," she said.

As for catching the flu from the shot, Pohleven assures that simply can't happen.

"The shot is made of inactivated flu proteins, or 'dead' strains," she explained. "It's impossible for these to cause the flu."

What can happen, however, is that someone who has received the flu shot, comes into contact with the flu before the twoweek immunity-building process is over. Because their body has not finished building up a resistance, they are still susceptible to the virus, Pohleven said, which is why people are encouraged to get vaccinated before flu season really gets going.

Another possibility is that people become slightly more susceptible to illness immediately following the flu shot as their body's immune system is busy working on the flu vaccine.

"Your immune system is busy building antibodies to the flu, so if you come into contact with a cold a few days after receiving the shot, your body might not be able to handle it as well as it would otherwise," she explained.

Pohleven recommends those planning to get the flu shot begin taking vitamin C or other immuneboosting supplement a day before receiving the vaccine, and continue to do so for a few days following the vaccination. "I personally am a big

fan of Airborne," she said. One more thing to consider, she said, is that side-effects from the shot itself can include a lowgrade fever and mild body aches for a day or two, which patients sometimes mistake for illness.

The bottom line, Pohleven said, is that receiving the flu vaccine annually is a safer bet than not." I read a great quote about it once," she said. "Flu vaccines are like seatbelts. They're not perfect, but they are the best protection we have against serious injury and death." Most pharmacies offer a variety of flu shots without the need of a prescription nor appointment, and many medical insurance companies cover the cost of the shot completely, Pohleven said. Kinney Drugs, for example, offers the adult flu shot for those 18years-old and older, a preservative-free shot for women who are pregnant and the high-dose shot recommended for those 65 and older.



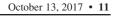




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HOUSE HUNTING from 10





Knowing your credit history and understanding the factors that could impact your credit score will help you plan, budget and come up with a realistic wish list for your house.





Different types of loans have different credit requirements. Some loans require you to have a credit score of at least 620, although it is possible (with some difficulty) to be approved for a loan with a credit score as low as 580. But getting loan approval is only part of the story.

Better credit, better rate

Home loans come in all shapes and sizes. Some are fixed interest mortgages, some have adjustable rates or longer terms and the list of variables goes on. Just like anything else, some loans are better for you than others. To get the loan that has the lowest interest rate, which right now is around four percent, usually requires a higher credit score. Rates can be considerably higher when you have a lower credit score, and the result is paying significantly more monthly over the life of the loan.

The reason is that a higher credit score demonstrates that you are skilled at managing debt and have a history of responsibly paying back many types of loans. Therefore, the lender is taking on less risk when lending you money. The less risk for them, the better the interest rate for you.

While there are, of course, more nuances to the process, your credit score plays an instrumental role in determining the type of loan you may qualify for. Therefore, before you go to your first open house, check your credit score to better understand the factors that typically impact your scores. Many websites provide free access to your VantageScore, which is a perfectly fine barometer to use to directionally gauge your creditworthiness. Mortgage lenders use FICO scores in their underwriting.

You can stay on top of things by subscribing to the monthly credit scoring newsletter, The Score. In The Score, you can find information on VantageScore 4.0, the fourth-generation scoring model that will be available to consumers in early 2018.

Knowing your credit history and understanding the factors that could impact your credit score will help you plan, budget and come up with a realistic wish list for your house.





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VHS' celebration of adult day care services

Valley Health Services. joined with countless other senior care providers, celebrated Adult Day Care Services Week, from Sept. 19 to 23, 2017. Adult Day Care Services Week began with former President Ronald Reagan proclaiming it the third complete week of September in an effort to raise awareness of the availability and accessibility of adult day care programs nationwide.

VHS Activities staff planned a myriad of activities that began on Tuesday, Sept. 19 with a delectable breakfast cooked by staff. Other activities included a picnic at Glimmerglass, bowling awards, and pizza party.

VHS' Adult Day Health Care program has evolved based on the changing population we serve. Recognizing that many adults in our area do not require 24-hour nursing home care, the Adult Day Health Care program provides nutritional meals and snacks, care provided by a professional interdisciplinary team, and meaningful educational and recreational activities in a stim-



VHS' Adult Day Health registrants and staff at Glimmerglass. Photo courtesy of Valley Health Services

ulating environment. VHS' Adult Day Health

Care program registrant, Denise Pabes, says that she enjoys being a part of the program because she likes the people, the staff, and meeting other registrants. "I encourage others to join the Adult Day Health Care Program because VHS is a great place to come and you will make a lot of friends!"

VHS' Adult Day Health Care Program operates in both Herkimer and at Little Falls Hospital from 8 a.m. to 2:30 p.m., Monday through Friday. Transportation is available and can easily arranged.

For more information, contact Kristen Lenaghen, director, Adult Day Health Care Services, at 315-866-3330 ext. 2262.





Big, smart ideas for renovating smaller homes

(BPT) — While newly constructed homes are bigger than ever, most Americans still live in modestly sized or even small houses — and many of these owners are choosing to remodel rather than move into a bigger home.

More than half of all American houses were built before 1980, according to the National Association of Home Builders. At that time, the average new home size was slightly more than 1,700 square feet, U.S. Census Bureau data shows. Meanwhile, interest in remodeling is at an all-time high, according to Metrostudy.

Homeowners looking to renovate their average-sized homes in order to get more living space don't have to build costly additions. Many modern remodeling tactics, tricks and tools are made to work well in smaller homes. Here are ways to get the most out of your home renovation:

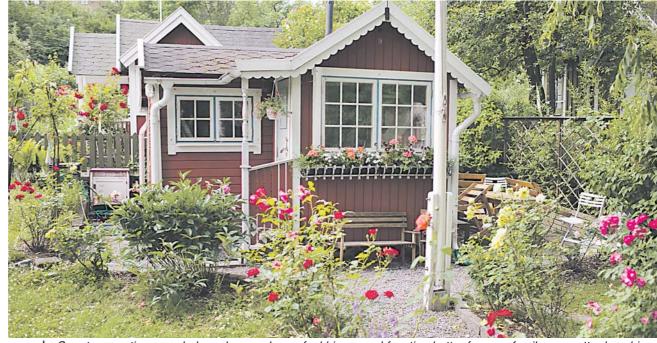
Space-saving plumbing options

Plumbing can be problematic in any renovation, but adding plumbing in certain smaller-house locations can be especially challenging. Traditional plumbing may require you to open walls and floors to connect to existing drainage lines, or break through concrete to add toilets, showers and sinks when finishing a basement.

Above-floor plumbing can solve a number of smallspace challenges. For example, you may decide to add a powder room in the unused space beneath a stairway. However, if the space is very small, a standard toilet with water tank and traditionally plumbed sink might not fit. In such a situation, a compact, onepiece macerating toilet like the Sanicompact from Saniflo installs quickly, easily and conveniently in tight spots.

Traditional plumbing can also be a challenge in renovations where you're adding plumbing below a main level, such as installing a bathroom with a shower or even a second kitchen in a basement setting. In southern states, where most homes are built on slabs rather than with basements, adding any kind of traditional plumbing would require you to break open the concrete in order to add pipes — an expensive and risky





Smart renovations can help make your home feel bigger and function better for your family, no matter how big or small its square footage.

undertaking.

However, a wall-mounted toilet with built-in macerator allows you to add a basement bathroom without cutting concrete. For adding sinks or showers, gray water pumps can be as compact as a small wastebasket and can carry water away from new bathrooms or kitchens where no traditional plumbing exists.

Right-sizing utilities

If you're adding a bathroom or kitchen in your average-sized, average-age home, it may also be a good idea to replace the water heater — especially if it's 10 or more years old. An older water heater may fail or worse, leak, causing damage to nearby floors and walls.

Modern tank water heaters are more energy efficient, but also larger as a result of the insulation needed to achieve greater efficiency. If you're replacing a water heater in an attic that's accessed through pull-down stairs or in a crawl space, or adding one in a closet or out-of-the-way corner, a traditional tank water heater might not fit.

Tankless water heaters require less room, solving space problems. Plus, they're more energy efficient because they heat the water only when you need it, rather than using fuel to maintain the temperature in a large tank.

Natural light without sacrifice

If your home is older, it may have fewer or smaller windows than newly constructed homes. However, if you crave more natural light, you don't have to sacrifice wall space to windows or incur the expense of opening a wall.

Skylights and tube skylights can bring more natural light into a home. Modern skylights are energy efficient and far less prone to leaks than older models. A standard skylight can easily be installed in rooms with direct roof access and tube skylights can even bring natural light to ground-floor spaces. Plus, skylights allow you to preserve privacy in settings where it matters most, such as bathrooms.

Looking up

Older homes may have less floor space, but many older homes also have higher ceilings. Or, your smaller home may have a two-story family room or entryway. Using the extra height in your home to create storage space can allow you to free up floor space. For example, floor-to-ceiling shelves in a family room or entryway provide ample storage space.

Tall ceilings can also be an opportunity to add task lighting in work areas such as over kitchen islands, or to create design statements through the addition of exposed faux beams.



Donna's Day: creative family fun

by Donna Erickson Fill family scrapbook with fall memories Autumn is here. With the new season, it's time

to discover something new and different with your family. Even familiar activities can be enjoyed with a new twist now that

the kids are a year older. Whether you take a weekend day trip to ramble through the fantastical shapes of a baffling



Week to week, jot down, illustrate and save the memories in this artsy scrapbook-style journal.





E 1

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corn maze, pick out pumpkins at a patch or take in a lively Oktoberfest, there's something outdoorsy to do for all ages and interests. Even when you step out for a neighborhood walk together, there are colorful leaves to collect, bird's nests to spot on bare tree branches and juicy apples to discover at your local farmer's market.

Week to week, jot down, illustrate and save the memories in this artsy scrapbookstyle journal your older children can make together by up cycling the simplest of household cardboard materials: from a food box, paper bags, tissue paper and a few screws from the toolbox. It's fun to make, and even more fun to look at page by page, over and over again.

Here's what you need to make a medium-size 6by-9-inch "Fall Family Scrapbook":

• Cardboard from a 6by-9-inch or so food box, such as a cracker box (cereal boxes are ideal for a larger size)

- 2 sheets of construc-
- tion paper
- Household glue
- Paper plate
- Paintbrush

• Gift-bag tissue paper in several colors

• Plain paper shopping bags

• 3 small screws with nuts

Here's the fun:

1. Cut off the front and back of a box for your book cover and back. Cut construction paper to the same size as one side of each piece of cardboard for the inside of the front cover and inside of the back of the book. Glue in place.

2. Squeeze some glue on a paper plate and dilute with a few drops of water. Use the paintbrush to paint glue across the opposite sides of the cardboard. Tear tissue paper in different sizes and press on the glue, and then pinch it a bit here and there to make irregular textures and designs. Cover the entire surface. Paint a final coat of glue over the tissue. Let dry.

3. Cut paper bags into pages slightly smaller than the cover.

4. To bind, poke three holes evenly along the left edge of the cover and back. Make corresponding holes in the paper. Stack the book back, pages and cover. Insert screws and tighten with nuts.

5. Begin writing your fall adventures, and add flat nature finds and photos. How about composing an original family poem? Write a date on each adventure. If you run out of pages by November, simply unscrew the binding and add more, along with the memories!

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Kitchen Diva

by Angela Shelf Medearis

Great Pumpkin!

I know that fall and harvest time are finally here when the colors in the produce section are dominated by warm yellows, dark vibrant greens and rich orange pumpkin colors. Pumpkins are the ambassadors of autumn, ushering in the holiday season and the promise of cooler days and nights.

The pumpkin plant originated in Central America and was introduced to the Pilgrims by the American Indians. Pumpkins provide a hefty source of vitamin A, as well as one of the tastiest forms of good-for-you fiber. The gorgeous orange color is an indicator of beta carotene, also found in carrots, beets and sweet potatoes. Pumpkin seeds are rich in protein, minerals and fiber. The seeds also have a rich, buttery taste that lends itself well to pestos, salad toppings or as a healthy snack.

I like using pumpkin to update traditional recipes, like this modern version of Beef and Pumpkin Stew. If you're having a busy week, you can make this crowdpleasing stew the night before in a slow cooker. Time in the refrigerator allows the spices to infuse the dish and the flavors to deepen. Reheat it as needed, and



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Beef stew with vegetables in pumpkin Phot by Depositphotos.com

serve the next day with a flavorful Kale and Brussels Sprouts Salad and a crusty loaf of warm bread. It's a wonderful way to welcome fall!

Beef and Pumpkin Stew

2 tablespoons olive or canola oil

1 beef top round steak (1 1/2 pounds), cut into 1inch cubes

1 1/2 teaspoons salt

1 1/2 teaspoons ground black pepper

KITCHEN DIVA 16



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by Sam Mazzotta

Beyond microchipping

Dear Paw's Corner: I'm fine with microchipping my pets. I have a 2-year-old collie mix, "Bard," and a 5year-old cat, "Millie," and both are chipped. But I worry that if they get out of the house and get lost, I'll have to rely on strangers getting them to a veterinarian or shelter to have their chip scanned. I'd like to take finding my pets into my own hands. - Carl G., Madison, WI

Dear Carl: With the rise of the smartphone and an increase in small, wearable technology, you can take a more active role in finding your pets. A microchip is an important component because unlike a collar, it won't fall off, making it the best backup if your pet is lost.

However, advanced pet technology is out there, and a huge number of pet owners are taking advantage of it. The Los Angeles Times reported that 43 percent of dog owners now own an electronic tracking device,

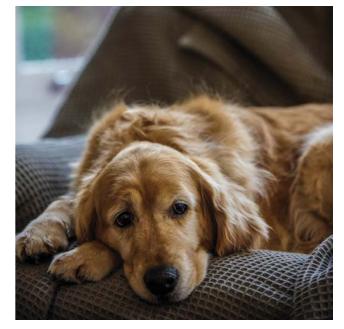
based on an APPA survey.

Tracking collars like the LinkAPC sync with a smartphone app that reports your dog's location on demand. It includes a fitness tracker. That collar will run you almost \$150, but there are budget trackers like the TrackR Bravo, a small device which costs just under \$30 and attaches to your dog's collar.

Pet owner networking apps also are popular, allowing neighbors and friends to connect with each other through their pets. They can serve as places to ask for help in finding a lost pet, essentially sending out an APB to other owners and thereby reaching much farther than just posting "lost pet" fliers around the neighborhood.

Adding any of these products or apps can give you greater control over locating your pets should they get out.

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KITCHEN DIVA from 15 -

1 teaspoon chili powder

1 tablespoon tomato paste

1 1/2 cups cubed peeled pie pumpkin (such as a Jarrahdale, Blue Hubbard or sugar pumpkin)

3 small red potatoes, peeled and cubed 1 cup (1 medium-large) peeled and cubed sweet potato

1 medium onion, chopped

2 garlic cloves, chopped

2 cans (14 1/2 ounces each) reducedsodium beef broth

1 can $(14 \ 1/2 \text{ ounces})$ diced or crushed tomatoes (fire roasted or with bell peppers, if available), undrained 2 bay leaves

1 tablespoon steak sauce

1 tablespoon Worcestershire sauce 1/4 teaspoon ground nutmeg or allspice

1/4 teaspoon cayenne pepper

1. In a large skillet, heat oil over medium-high heat. Season beef with 1 teaspoon each of the salt and black pepper, and the chili powder. Brown the beef in batches to prevent overcrowding the skillet and steaming rather than browning the meat. Remove the beef with a slotted spoon and place in the bowl of a 4- or 5-quart slow cooker.

2. Add the tomato paste to the skillet and cook 1 minute, scraping up the brown bits left by the meat in the pan. Add the pumpkin, potatoes, sweet potatoes, onion and garlic to the skillet, stirring occasionally, for 2 minutes.

3. Stir in the broth, tomatoes, bay leaves, steak sauce, Worcestershire sauce, the remaining 1/2 teaspoon salt and pepper, the nutmeg or allspice and the cayenne pepper. Pour the pumpkin mixture over the beef in the slow cooker and stir to combine ingredients. Cover and cook on low for 6 to 8 hours. or until meat is tender. Uncover and cook on high for 30 minutes to reduce and thicken sauce. Serves 6.

This delicious salad is a wonderful side dish to serve with the Beef and Pumpkin Stew. To toast the almonds before chopping them, place in a small, heavy bottom pan over medium-high heat. Stir the almonds occasionally for 2-3 minutes until they turn golden brown and have a nutty aroma. They make a nutritious and crunchy topping for this salad.

1 bunch kale (1 pound), thinly sliced pound Brussels sprouts, finely shredded using a mandolin or sharp knife 1/4 cup almonds, toasted and

chopped 3/4 cup Pecorino, Parmesan or Ro-

mano cheese, finely grated For dressing:

1/4 cup fresh lemon juice or apple cider vinegar

1/2 tablespoon Dijon mustard

1 small clove garlic, finely minced

- 1/2 teaspoon kosher salt
- 1 teaspoon black pepper

1/2 cup extra-virgin olive oil

1. Combine the lemon juice, mustard,

garlic, salt and pepper in a medium bowl or the bowl of a food processor, and mix well. Add in the olive oil, whisking or processing until combined.

2. Mix the sliced kale and 1/4 cup of the dressing together, squeezing and massaging the kale to coat it with the dressing. Add the shaved Brussels sprouts, almonds and cheese. Pour the remaining dressing over the top, and toss the salad until all ingredients are distributed throughout. Serves 6.

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Kale and Brussels Sprouts Salad

Kovels: Antiques and Collecting

by Terry and Kim Kovel Before Bobbleheads, there were 'Nodders'

Two types of collectors bid for a porcelain figure of a well-dressed French couple that was sold at a Southern auction in 2016. A 14inch-high Asian sorcerer and his companion wearing brightly decorated clothes were "nodders." The heads moved and looked as if they were nodding "yes" when the figures were moved. Nodders were first made in China in the late 1600s, often showing a smiling, agreeable Buddha. By Victorian times in England, toys were made with nodding heads, as well as decorative porcelain figures of all kinds that could nod "yes" or "no" or even have hands playing a piano.

Because of the nodders' entertainment as well as decorative value, they were collected in the 1900s. Many new and fake nodders appeared on the market. The second group of bidders probably collected porcelains by Jacob Petit's company, a French firm that made many decorative porcelains from the early 1800s to 1862. The successful bid for the nodder was \$562.

Q: Two years ago, I bought an American Federal one-drawer stand that was made in about 1815. The description said the drawer has "rare Vaseline glass pulls that appear to be original." I had no idea what Vaseline glass was, so I looked up the information on the internet. I'm concerned that the glass color is due to radiation emission, and I wonder about its safety. One of the pulls has a crack. Does this increase radiation emission? I have grandchildren who visit frequently and have relegated this piece of furniture to a little-used room. I'm considering selling this stand.

A: You can test the knobs on your stand to see if they are Vaseline glass by holding one under a black light. Vaseline glass will glow a neon greenish-yellow color because it contains a small amount of uranium dioxide. You don't have to worry, though, because they are not exposing you or your grandchildren to harmful amounts of radiation. Even though the knobs may contain very small amounts of uranium, it is less than what you get from the atmosphere and things that occur naturally every day. It is safe to use your stand. Radiation won't leak out of a crack in the glass.

Tip: Wear cotton gloves when cleaning any type of metal. Oils in the skin will leave a mark.

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Now Here's a Tip

by JoAnn Derson

• Use Lego people to hold your charging cables when not in use. Their hands are the perfect size to hold cords, and you can stick the figures to a small Lego base that's secured to whatever is convenient a table edge, your night stand or even the wall itself — with some double-faced tape.

• "New shoes too tight? Wear a pair of thick socks, and slip your shoes on. Run a hair dryer over the areas where it's too tight, and the heat will help those spots expand. Test in an inconspicuous area first if you are unsure that the fabric can take the heat!" — C.W. in Oregon

• Got your cellphone wet? Try the rice trick first. Power down if possible and remove the protective cover, then fill a zipper-top plastic baggie with plain uncooked rice. Insert your phone and seal the bag, making sure that the rice surrounds all parts of the phone. Let it sit for 12 hours so the rice can draw the moisture from your device. Then try to power up.

• "Want to seal your sugar bag (or any all-plastic bag)? Fold over the top at least an inch, and cover the fold with a strip of aluminum foil — both sides. Lay the bag on its side. Iron the fold, which is trapped inside the foil. It melts the plastic inside. Let cool and remove the foil." — R.Y. in Kentucky

• Need to get into a crevice for cleaning? Position a condiment cap (the ones that come with a squirt bottle) on the hose of a vacuum. Now you can get the crumbs in a keyboard or that little spot under the fridge, etc.

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A lucky bidder bought this 19th-century French "nodder" by Jacob Petit for \$562. Each head has a long, heavy neck that rests on the shoulders of the figure. It is inserted into the figure's neck hole and swings back and forth, making the head "nod" when touched.









18 • October 13, 2017

Mohawk Valley Choral Society announces award winners

For the ninth consecutive year, the Mohawk Valley Choral Society has granted Student Enrichment in Vocal Music Awards to several Senior High school students from Herkimer County. These scholarships allow the students to join and sing with the Mohawk Valley Choral Society and to receive weekly vocal lessons from a professional vocal teacher at no cost to them.

This year's award winners are: Lydia Engel, Central Valley Academy; Chloe Gilman, Poland Central School; Zachary Polus. Herkimer Central School; Jacob Seeger, Central Valley Academy; Destiny Tayler, Central Valley Academy; Jenna Vincent, Herkimer Central School and Alvssa Wilks. Little Falls Central School.

These students were winners in this year's student competition, at which they performed before a panel of judges from the Mohawk Valley Choral Society.

In their high schools, they are active in extracurricular activities as varied as Ecology Club, Big Brother Big Sister, National Honor Society, Football, Tennis and Field Hockey.

These are students who are also involved in their school's music programs and have sung in their high school's musicals and choruses. Their varied college plans include studying: music education, communications, pre-law, sports marketing, or medicine.

dent in Herkimer or Oneida Counties who will be a

Any high school stu-

Eddi

Front row L-R: Chloe Gilman, Lydia Engel, Alyssa Wilks. Back row L-R: Jenna Vincent, Jacob Seeger, Zachary Polus, Destiny Tayler.

Photo courtesy Mohawk Valley Choral Society

these awards should conthe Mohawk Valley sult with their school's Choral Society directly

Junior or Senior in the competing for one of vocal teacher or contact from the website at www.mvchoral.org.

l f 🖸

Senior News Line

by Matilda Charles

Drink coffee, live longer Once again, new studies have shown that drinking coffee helps us live longer. This time they've taken it a step further — it doesn't matter how you make it.

Neither of the two studies was small. In the first, researchers tracked 210,000 people in 10 European countries for some 16 years. Coffee drinkers had lower risk of liver disease. lower rates of diseases of the circulatory and digestive systems (in men) and lower rates of cancer (in women). That's quite a list. Those who drank three cups per day had a lower risk than those who didn't drink coffee at all, and it didn't matter in which country.

One reason they chose Europe was the various methods of coffee preparation across the countries. The bottom line: It's the coffee, not how it's made.

The second study followed 185,000 people in two U.S. states for six years. The study was designed to compare the result of drinking coffee in whites versus nonwhites. In this research, participants across the board who drank 2 to 4

cups per day had an 18 percent lower risk of death. It didn't matter whether or not the coffee had caffeine

No matter which study you believe, the patterns are the same when it comes to drinking coffee --it can help extend your life.

Why do Europeans get more life-extending benefits than those in the U.S.? My guess: In Europe they take the time to

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savor the coffee, sitting in outdoor cafes, talking with friends, taking time to relax, and not just using caffeine as a jolt to start the day.

2018-2019 school year

and who is interested in

A caveat, however: Beware what you put in your coffee. If you add calorie-heavy creamers or flavored additives, you could be adding too much sugar to your diet.

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Necessities for your next road trip

The travel industry is big business, annually generating hundreds of billions of dollars for businesses that cater to people who love flying the friendly skies and hitting the open road. Though many people might envision vacationers as international jetsetters, the U.S. Travel Association notes that four out of five domestic trips are taken leisure purposes, for proving that people with a love of travel need not book flights to indulge their wanderlust.

The National Travel and Tourism Office of the U.S. Department of Commerce notes that rural sightseeing is the fifth most popular leisure travel activity among domestic travelers in the United States. Travel aficionados who want to experience such sights for themselves should not forget the following necessities before embarking on their next road trip.

• Food: Rural countrysides might be idyllic, but such areas may not provide travelers with any dining options, so be sure to pack meals for everyone in the car if you plan to head far out into the country. Stopping along the way to enjoy a picnic can make the trip more enjoyable. If you plan to visit a less remote rural area with dining options, then some snacks might suffice. Pack non-greasy foods that won't crumble, like carrots or grapes, so you don't make a mess in the car. • Comforts of home: Drivers may not need any comforts of home on road trips, but passengers, especially children, might. Blankets, pillows and toys for the kids can make long drives more comfortable for youngsters, while adult passengers who may want to nap on the way to and from the countryside will no doubt appreciate a pillow to make the car more comfortable.

• Printed directions: Thanks to smartphones and GPS systems, the days of printing directions are largely a thing of



Road trips make for fun excursions, and such trips can stay fun if drivers prepare themselves for any potential obstacles while out on the road.



the past. But signals from strong in remote locacell towers may not be tions, prompting drivers



Ben Migliore, Jr. ~ Owner

to get lost until they can reestablish a signal. Printed directions to predetermined destinations can help drivers avoid getting lost. Drivers without certain destinations in mind should pack local maps so they can pull over and find out where they are if their cell network connections suddenly disappear.

• First aid kit: A basic first aid kit that includes bandages, antibacterial cream, pain relievers and medicine that treats motion sickness can help passengers who become ill or hurt themselves while on the trip. Jot down the addresses of hospitals or doctors' offices near your destination and along your route and place this list inside your first aid kit just in case someone needs medical attention.

• Automotive supplies: Before embarking on a road trip, drivers should always take their vehicles to a mechanic for tuneups. But even vehicles that are tuned up and inspected can break down, so make sure you have road flares, flashlights, fresh batteries, jumper cables and a spare tire in the trunk just in case your car does break down.

Confirmed case of rabid animal

Herkimer County is reporting a case of a confirmed rabid animal in the township of Manheim. A raccoon was sent to Wadsworth Laboratory and confirmed to be infected with the rabies virus. This raccoon had possible contact with an unvaccinated dog. This is the third animal from this area confirmed rabid within a two-month period.

Residents of Herkimer County are re-

minded that rabies is endemic in our county and surrounding counties. An exposure to the rabies virus is fatal to people, pets and domesticated animals but very preventable. It is important that pets including indoor animals are vaccinated and kept up-to-date with their vaccinations to prevent infection. Our pets are a bridge between wildlife and us; by protecting them you are protect-

ing yourself and others. An unvaccinated animal exposed to a positive rabid animal will require the decision of a sixmonth quarantine or to have the animal euthanized both are completely avoidable if the animal is up to date on its rabies vaccination. Our clinics are listed online, visit our website for the 2017 rabies clinic schedule at www.herkimercounty.org or make an appointment with your veterinarian. In addition, you can find more information about rabies on the Center for Disease Control's website at www.cdc.gov/rabies .

If you have any questions, call Herkimer County Public Health at 315-867-1176.

De-stress your move

(NAPS) — Although moving is one of the most stressful life events — according to the Employee Relocation Council — it doesn't have to be. If you're one of the 40 million people estimated to move this year, these five steps can make moving easier:

• Build A To-Do Timeline — Start by making a list of everything you need to do and when you need to do it. Include tasks such as budgeting, decluttering, hiring movers, purchasing supplies and updating important medical and financial records.

• Create A Moving At-A-Glance List — Put all your critical move-related names, phone numbers and addresses on one document to carry with you and store in your smartphone. Be sure you can easily access your moving contract, real estate and mortgage documents, and info on local utilities, banks and schools, too.

• Pack A First-Night Survival Box — After you've arrived at your new home, you don't want to have to hunt for the must-have items, such as box cutters, tools, device chargers, bed linens, toiletries and the coffeepot for the following morning.



numbers and addresses on one document to carry with you and store in your smartphone.

• Stay Connected — It's easy to set up your Internet, TV and phone service in advance, with help from CableMover, so you're already connected when you move in.

• Look Online For Help — You can turn to valuable online resources, such as the Moving Guide from CableMover. It's a one-stop, customizable solution to help you stay organized and stress-free. Connect to your new provider and download your customized Moving Guide at www.cablemover.com.









by Samantha Weaver

• It was Irish author and editor Robert Lynd who made the following sage observation: "History may be read as the story of the magnificent rearguard action



fought during several thousand years by dogma against curiosity.'

Strange but True

• Historians say that the Halloween tradition of trick-or-treating dates back to the early European tradition of mumming, when costumed dancers would go door to door to perform choreographed routines, as well as songs and plays, in exchange for treats.

• You might be surprised to learn that on a per-capita basis, Finland has more heavy-metal bands than any other country on earth.

• If you're fortunate enough to be planning a trip to Argentina, you'll almost certainly make a stop in Buenos Aires, the capital. While you're there, keep an eye out for a mobile work by Raul Lemesoff. The artist, known for his eccentricity, converted a 1979 Ford Falcon into a kind of a tank — it even has a turret that swivels. Instead of soldiers and armaments, however, this tank carries books on shelves both inside and

outside the vehicle. Lemesoff drives his "Weapon of Mass Instruction" through the city streets, delivering free books to all comers. His only requirement? Recipients must promise to read what he gives them.

· You've certainly heard of "Tarzan of the Apes." Edgar Rice Burroughs' 1912 work has been adapted over and over again - for radio, television, film and more. You probably weren't aware, though, that the novel was such an instant and ongoing success that Burroughs wrote 24 sequels.

• In a recent survey of pet owners, 43 percent of respondents said that they'd be eating healthier themselves if they ate the same thing they fed their pets.

Thought for the Day: "What can be asserted without proof can be dismissed without proof." - Christopher Hitchens

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To your good health

red, scaly raised bumps,

which coalesce or form

ring-like patterns on the

trunk, shoulders, fore-

arms and neck. but usu-

ally not the face. About a

third of the time, SCLE is

related to a medication.

Many medications are as-

sociated with develop-

ment of SCLE, including

blood pressure medica-

tions, some statins,

omeprazole and other

anti-ulcer and GERD

medications. About half

the time, SCLE occurs in

combination with sys-

Treatment of SCLE in-

volves careful avoidance

of direct sunlight, includ-

ing the use of sunscreen

and sun-protective cloth-

ing. Any drug commonly

associated with SCLE

should be stopped, if pos-

sible. Stopping smoking

may improve the disease.

Low vitamin D level often

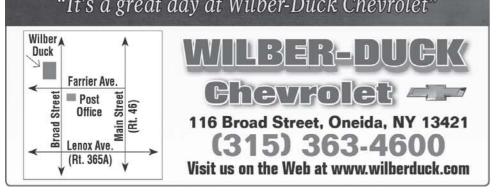
is associated with SCLE

(possibly because people

are avoiding sunlight), so

temic lupus.

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2013 DODGE RAM CREW CAB 4X4 BIGHORN EDITION, Every Available Option, Too Many Extras To List, Bedliner, Chrome Running Boards, Chrome Wheels. This Ram Is Not Missing Anything. In Showroom Condition, New Tires & Brakes. BEST BUY OF THE WEEK \$16,995	2014 CHEW SILVERADO DOUBLE CAB LTZ PKG Every Available Option, Heated Leather Interior, Only 14,000 Miles, One Owner, Too Many Extras To List. Must See. Showroom Condition. \$24,995	2014 CHEVY ¼ TON EXPRESS CARGO VAN Every Available Option, Looks & Runs Like New. Too Many Extras To List. SUPER BUY AT \$14,995				
2012 JEEP WRANGLER UNLIMITED SPORT Every Available Option, New Tires & Brakes, Removable Hard Top, 2 nd Row Seating. Super Sharp. MUST SEE \$18,995	125 USED HEAVY & LITE DUTY TRUCKS, DIESELS, ALL MODELS, PRICED FROM \$4,995 & UP	2015 CHEVY TRAVERSE LT2 AWD Every Available Option, Convenience Pkg, Loaded With Extras, 5 Year/100,000 Mile Warranty. This AWD Traverse Will Go Anywhere. MUST SEE \$16,995				
2017 CRUZE PREMIER Every Available Option, Heated Leather Interior, Only 11,000 Miles, Full Warranty, Too Many Extras To List, MyLink Radio, Navigation System. SUPER BUY AT \$16,995	2013 KIA SORENTO AWD This AWD is not missing anything. Too many extras too list. New tires and brakes, great on gas. Looks new. SPECIAL PRICE \$10,995	2017 CHEVY TRAX LT Every Available Option, Convenience Package, Too Many Extras To List, Super Gas Mileage, Super Sharp. GREAT BUY AT \$17,995				
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2012 CHEVY IMPALA LTZ PKG Every Available Option, Power Sunroof, Heated Leather Interior, Chrome Wheels, New Tires & Brakes, Super Sharp, One Owner, In Super Condition. HURRY, DON'T MISS THIS \$11,995	2011 CHEVY TAHOE Z71 4X4 Every Available Option, 3rd Row Seating, Heated Leather Interior, Power Sunroof, Chrome Wheels, One Owner, New Tires & Brakes. GREAT BUY AT \$17,995	2017 CHEVY IMPALA LT V6 Every Available Option, 17,000 Easy Miles, Full Warranty. Too Many Extras To List. Must See. Great Buy. MSRP New \$36,000 \$21,995				
		*Plus tax and registration				
Area-		CHEVROLET				
"It's a great day at Wilber-Duck Chevrolet"						



by Keith Roach, M.D. Lupus is more than a single disease

Dear Dr. Roach: After having a body rash for five months. I finally was diagnosed as having subacute lupus. After searching on the Internet. I got very little understandable information. I am an 83year-old very healthy woman. - J.B.

Answer: Lupus (literally "wolf." as the classic rash of systemic lupus erythematosis was thought to resemble a wolf bite) is a complicated group of related diseases, including SLE (the "full-blown" svndrome, which can affect many organ systems, although itself highly variable), discoid lupus erythematosis (a skin condition that can exist by itself or as part of SLE) and subacute cutaneous lupus ervthematosis, which I think you are referring to.

SCLE is a skin condition that starts as small,



supplementation may be necessary.

If medications are needed, topical steroids are probably the most effective treatment. Topical calcineurin inhibiters such as tacrolimus (Protopic) are (very) expensive alternatives.

So many people ask me to comment on dietary treatment that I will mention that although there is no data to prove it, I have anecdotally found that "anti-inflammatory the diet" of high fruits and vegetables, low saturated fat, low processed and high whole-grain products, and high omega-3 fatty acids such as fatty fish and walnuts. may improve symptoms of lupus, and is a generally healthy diet for most people.

I found two especially good websites for more information: www.lupus.org and www.mollysfund.org.

Dear Dr. Roach: At 53.

I was diagnosed with prostate cancer, and since this runs in my family, I had the cancer removed. For three years now, I have gotten the PSA test done and my numbers have been steady at 0.01. Some friends say I should go for additional radiation treatments, but my doctor says I'm fine. I believe in my doctor, but maybe you can put the argument to rest. -- M.P.

Answer: Believe in your doctor. A persistently low PSA is very good evidence that the cancer is cured or at least staying quiet. If the PSA starts increasing (which I hope it doesn't), vour doctor will go over your options with you.

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WHIRLPOOL Clothes Dryer, working condition. Bought larger dryer. \$50.00 firm. Leave message at 518-568-2865

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

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Farm Machinery

For Sale

MASSEY SN TRACTOR,

\$2,100. Eastern Auto 315-

PATZ MIXER used three

year's, kept under cover,

model 4205, asking\$10,000.

Herkimer County, 315-895-

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VESTER, 7' hay head, 3 row

corn head, 6100hrs, 255hp,

power rear wheel drive, dura

drum knives, shear bar, ad-

justers, sharpener, heat &

AC, good condition. 315-717-

7032, 315-823-1309 leave

Farm Market Items

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message

Builders 315-542-5509

PO Box 121, 6113 State Hwy. 5

For Rent

STORE FRONT FOR RENT

Great location, busy traffic & exposure, large show windows.

NEW flooring, doors, bathroom, furnace.

Great for Store or Office Space **Rent is Reasonable** 52 Main Street. Fort Plain 315-794-2399

For Rent

ILION: Spacious modern 2nd floor 2 bedroom apartment, quiet country setting with all village utilities. Appliances, large closets, nice deck, back yard & concrete patio. Laundry facility, private parking, lease, security deposit. No smoking. No pets. 315-866-2552

ILION: 1 BEDROOM mature adult, first floor, near downtown, fully furnished, utilities included, stove & refrigerator, parking, no pets/smoking, newly remodeled, carpeted. Enclosed side entrance porch. Well kept. References, security, \$625.315-894-1335

HERKIMER: New to market, 2 & 3 bedroom apartments. \$550-\$675 per month plus partial utilities. Excellent location. Off street parking. 315-717-4470

ILION: 1, 2, & 3 bedroom apartments for rent, electric heat, stove/refrigerator included, parking, no smoking/pets, security deposit required. \$600-\$700. 518-937-0345

FRANKFORT: Second floor all electric apartment. TWO bedrooms. Take a visual tour: www.crossettres.com Crossett Real Estate Services 315-894-8557

48 WEST MAIN STREET, Mohawk,NY: Available October 1st. First floor, one bedroom apartment, living room, kitchen with appliances, bath with shower. Please no smoking, pets or candles. \$600 per month plus electric, plus \$1.00 per car per day, off-street parking. First month's rent plus deposit, one month's notice before moving. 315-725-6737

HERKIMER: 3 bedroom second floor apartment on Prescott Street. Includes appliances, washer/ dryer hookup, parking, \$550 per month plus utilities. 845-558-0088

For Rent

VILLAGE OF ILION: Second floor-two bedroom. All electric/smoke free/no pet policy/ all appliances included. Managed by Crossett Real Estate Services. Applications available. Take a visual tour www.crossettres.com 315-894-8557. Village of Iloin: Coming soon. Duplex-two bedroom

ILION: 1 bedroom apartment hardwood floors, enclosed porch, exterior deck, with laundry facility & parking, \$495 per month plus utilities. 315-717-4470

For Sale

RAFFLE TICKETS - 500 -\$60, 1,000-\$75, 1,500 - \$90, 2.000-\$100. Other quantities available, Call Lee Publications 518-673-0101 6113 State Hwy. 5, Palatine Bridge, NY 13428.

ALDER sewing machine in cabinet, \$30; White portable sewing machine w/all parts, \$80; all kinds of woodworking power tools; Lazy Boy couch, like new, \$400; electric stove w/smooth top ceramic, \$225; antiques & collectibles. 315-866-7014

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

Help Wanted

NOW HIRING FT ROUTE DRIVER: Must have class A & B license. Physical labor required. Candidate must have reliable transportation to work. Benefits, hourly pay, paid vacation and new equipment. Apply at JC Rendering Inc., 201 Jackson Rd., Frankfort or call 315-732-5759 and FOF.

SKINNER LIVESTOCK DIS-POSAL: Ability to follow procedures, work independently, flexible schedule, PT/FT, hourly wage. Candidate must have own transportation. EOE. Apply at JC Rendering, Inc., 201 Jackson Rd., Frankfort 13340. Tel: 315-733-3773

USDA Inspected **BEEF** SAUERKRAUT **SWEET CORN** EBT & Credit Cards Accepted 8075 St. Hwy 5 St. Johnsville, NY 13452 518-568-2643 Open 7 Days a Week 9am-6pm

For Rent

HOUSE: Mohawk, 1 floor, 1 bedroom, kitchen, DR, LR, washer, dryer, porch, garage, non-smoking, no pets, \$650+ utilities. For application 315-866-1730

Construction Services



WANTED - CA\$H PAID: For old jewelry, old buttons,

Construction Services



books. Dolls toys, even if broken, 1970s older. 1960s & older. Clothing. Old frames, Christmas, Halloween items. Interested in almost anything

ATTENTION: COLLECTOR BUYING WWII & earlier Military Helmets, Swords, Uniforms, Foreign Decorations, Banners, etc. Also old coins & old political items. Call



Help Wanted

DRIVER, LIVESTOCK DIS-POSAL: Physical labor required, able to read road FT flexible/rotation map. schedule including weekends, hourly benefit available. CDL not required. Must have own transportation. EOE. Apply in person at 201 Jackson Rd., Frankfort,NY 13340. Tel: 315-733-3773

Lessons

PIANO & VOCAL LESSONS from my home in Ilion. \$15.00/1/2 hr. Contact Julie 315-895-0940

Miscellaneous

8x10 Photos only \$3.00. or get 2-5x7's for \$3.00. Lee Publications 6113 State Hwy. Palatine Bridge, NY 13428.518-673-3237

STAG PARTY TICKETS. Free Shipping. Call Lee Publications 518-673-0101

Mobile Homes

3 BEDROOM TRAILER, living room, kitchen, washer dryer double load, refrigerator, \$6,900. 315-894-8352

Real Estate For Sale

UNFINISHED CAMP in the foothills of the adirondacks. 32x32' structure w/2nd floor, 2 stall garage, situated on 15 acres bordering State land, 5 miles from Rt. 28, 18 miles from Old Forge,NY. \$57,000. 315-942-2448, 315-723-7128

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 ILION: Single family with 3 bedrooms. Asking price: \$35,000.00. Take a visual tour www.crossettres.com

VILLAGE OF ILION: Single family/3 bedroom. Motivated Seller due to relocation. Managed by Crossett Real Estate Services. Take a visual www.crossettres.com tour Smoke Free. Asking \$49,000.00. All Broker inquiries welcome.

ILION: Village, 1 family ranch plus utility building, 3 bedroom, 11/2 baths, large livingroom with fireplace, central air. updated electric. large deck, new roof, double stall garage w/new floor. Verv well kept home & yard, \$127,000. To make an appointment call 315-866-7014 before 8pm

Real Estate For Sale

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossette Real Estate services. Take a visual www.crossettres.com tour Asking \$119,000.00. All Broker inquires welcome. 315-894-8557

OPEN HOUSE 10/14 1-4pm, 673 Talbot Rd., W.Winfield. 2BR log home, open floor plan, 38x40' barn, insulated w/finished upstairs \$124,500 Ask for special price this day only. 518-332-0158, 518-673-3212. Vinyard Choice-Country Property

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

HERKIMER: 314 Dewey Ave 2 family, great income property. Separate utilities, large plenty of parking, lot. \$64,900. Call 315-866-7014 before 8pm

LAND FOR SALE: Shoemaker Rd., Town of German Flats 10.1 acres. views. \$28,000; 8.2 acres, views, \$25.000; 5.1 acres, view, \$20,000. Owner Financing. Helderberg Realty 518-861-6541 518-256-6344 www.helderbergrealty.com

Services Offered

BEST MAN FOR THE JOB: Bulldozing work, lots cleared, trees cut, brush cut around buildings, ponds or fence lines, weedwacking. 518-548-6685

J & J HOME MAINTE-NANCE: Masonry, Painting, Chimney Repair, Stucco Ceiling Repair, Lawn Maintanance, Pressure Washing, Tree Removal, Driveway Sealing, Snow Removal. 315-868-1110 or 315-868-0059

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

PHOTO CALENDARS now available right here at Lee Publications. 6113 State Hwy. 5, Palatine Bridge, NY 518-673-3237. Choose up to 24 photos. Only \$12.00 for digital photos and \$15.00 if we scan them.

Sheep

FREE TO GOOD HOME. One Ewe sheep. 315-429-3261

Storage

WINTER STORAGE, Boats. Cars. Enclose pavilion located in Schuyler. Call 315-794-1802, Oct to May.

Tires & Tire Repair Service

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perrv Street, Johnstown 12095 518-762-7555

Trailers

32' HORSE TRAILER, from North Carolina, new tires, sleeper, gooseneck, clear title, \$3,500. 315-360-1573

Trucks

2011 CHEVY SILVERADO 1500, 4WD, crew cab, bedliner with Tonneau cover. 45,000 miles, one owner, good condition. 518-993-4328

BOSS V-PLOW with 1995 F250 truck. Truck runs good, frame shot, asking \$2,000. 315-429-3277

Wanted

WANTED: Older 3 Wheelers. 4 Wheelers, dirt bikes. Fix or Parts. Cash Waiting. 315-867-7035, 315-940-1033

OLD Political Pins, Ribbons & Buttons, OLD Wax Christmas Candles, OLD Stained Glass Windows. 315-823-1177



Wood For Sale

FIREWOOD: Seasoned covered hardwood 2 to 3 years, \$55.00 face cord. You pick up. Call Herkimer 315-866-7187 after 5pm

SPECIAL: Cut and split seasoned hardwoods, 10+-face cord loads, \$600. 5 Cord loads \$325. Free delivery. 315-894-0117

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

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 Publications c/o Country Editor, 6113 State Highway 5, or PO Box 121, Palatine Bridge, NY 13428 or e-mail to: kkelly@leepub.com.

OCT 13 24th Annual Italian

Buffet Dinner St. John's Church Hall, N. Main St., Newport. 5-6:30 pm. \$10 Adults, \$5 Children 6-12, 5 and under free. Take outs available. OCT 13

Pierogi Sale

St. Mary's Ukrainian Or-thodox Church, 324 324 Moore Ave., Herkimer. 11 am-1 pm. Featured will be apple filled. The traditional potato and cheese and potato and sauerkraut will also be available. All fully cooked and all \$8 dozen. OCT 13, 14 & 15

Play On Ilion Little Theatre, 13 Remington Ave., Ilion. \$12 general admission or \$8

for student with valid ID. For more information call 315-894-3203 or email ilionlittletheatre@gmail.co m

OCT 14 The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Enjoy a mu-seum scavenger hunt. One for adults and one for children. For more information visit www.ame smuseum.weebly.com **OCT 14**

G.R.A.V.E. Murder **Mystery Dinner**

Mohawk American Le-gion. 5:30 pm. \$22 pp. Tickets can be purchased advance in at the Herkimer County Historical Society, 406 N. Main St., Herkimer, Monday-Friday, 10 am-4 pm. For more information call <u>315-866-6413.</u> **OCT 14**



St. Mary's Ukrainian Or-thodox Church, 324 Moore Ave., Herkimer. 9:30 am-2 pm. Featured will be apple filled. The traditional potato and cheese and potato and sauerkraut will also be available. All fully cooked and all \$8 dozen OCT 15

Organ Recital First Presbyterian Church, 90 Morgan St., Ilion. 3-5 pm. Free. Reception following concert. For

call more information 315-894-2070 or visit our website at www.ilionpre sbyterian.com **OCT 19**

Harvest Supper-Roast

Pork Middleville United Methodist Church, Route 29. 4 pm-? Adults \$9, under 12 \$4.50, under 5 free. Takeout's available. OCT 19 - 20

Two-Day Autism

Workshop for Picture Exchange Communication System

(PECS) Arc Herkimer's Training Center, 350 S. Washing-Training ton Street, Herkimer. Re serve by Oct. 12 online at www.archerkimer.org under upcoming events or by phone with Janet LaRock at 315-574-7780 email jlarock@ archerkimer.org OCT 21

Chicken & Biscuit Supper

St. John's Lutheran Church, 774 State Hwy. 163, Fort Plain. 5-7 pm. Take outs starting at 4:30 pm. Adults \$10 pm. Adults \$10, ages 12-6 \$5, and 5 & under free. Family style all you can eat

OCT 21 Annual Poland Vol. Fire **Co. Auxiliary Roast Beef Dinner**

New Poland Firehouse, 216 Main Street, Cold Brook. 3 pm until soldout. Family style. Take-outs call 315-826-7141.

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26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
31 words Name (Print): Farm/Company Name			ds - \$5.90 34th word	
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ea Church Services DOLGEVILLE New Hope Christian Fellowship MOHAWK GRACE EPISCOPAL CHURCH

Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AN Tuesday Bible Study 7 PM

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 Worshin 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 Pastor Marvin Isum 3 Elm St Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

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

ST. JOSEPH'S ROMAN CATHOLIC CHURCH Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 31 N. Helmer Ave Phone 429-8338 Sunday Mass 9 AM

HERKIMER SS PETER and PAUL ORTHODOX CHURCH Rev. Thaddeus Franta 305 Main Rd., East Herkimer Phone 866-3272 Wednesday Vespers 5PM Saturday Evening Vespers 4 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM

TEMPLE BETH JOSEPH Rabbi Ronald Kopelman 327 N. Prospect St. Phone 866-4270 Friday 8 PM • Saturday 9 AM

894-3781

Moore

HERKIMER ST. FRANCIS de SALES CHURCH

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

CHURCH OF SAINTS ANTHONY and JOSEPH Rev. Quy Vo, Pastor 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 BIDGE EREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Sunday School (All Ages) 9:30-10:20 AM Worship Service 8:30-10:30 AM with iPraise for the children (K-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 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 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

HERKIMER FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship 8:30 & 10am Sunday School 10am during school year

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

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

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

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, Wednesday Final Bible Study & Prayer Time at homes 7 PM

LITTLE FALLS HOLY SPIRIT POLISH NATIONAL **CATHOLIC CHURCH** Father Rafael Dadello

615 E. Gansevoort St Phone 823-0793 Sunday Mass 11 AM ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St Phone 823-2284 Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE **ROMAN CATHOLIC COMMUNITY OF** LITTLE FALLS 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 enior 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 Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Rev. Robert Lindsay 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM

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

DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM

Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PN

MOHAWK REFORMED CHURCH Rev. Brian Engel, Pasto 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept.- June • 9:30 AM July-Aug Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June

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

> CHURCH OF THE BI ESSED 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

NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 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

KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC Church Rev. Quy Vo, Pastor St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 4 PM Sunday Mass 8 AM

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

Worship 9-10AM

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







Herkimer, NY 13350

930 on the AM dial with a one week delay Monday School Board Meeting 6:30 PM Tuesday Trustee Meeting 7 PM Thursday Choir Practice 7 PM

55 East Main Street, Mohawk

Recognizing separation anxiety in dogs

Dogs that appear stressed or nervous when their owners leave the house or even the room may be experiencing a common problem known as separation anxiety. Many dogs become apprehensive when their owners are out of view, and such apprehension can be very tough on the dogs.

The Humane Society of the United States says severe separation anxiety may be exhibited by extreme behavior problems and destructive actions. Dogs may engage in destructive chewing, excessive barking that annoys neighbors, digging or scratching at windows, breaking out of cages or enclosures, or urination and defecation, even among house-trained dogs.

Cases of separation anxiety may be simulated or true, according to professional dog expert Cesar Mil-





Some attention-seeking dogs learn the behavior, knowing it will garner attention — even if it's for the wrong reasons.

lan. Some attention-seeking dogs learn the behavior, knowing it will garner attention — even if it's for the wrong reasons. True separation anxiety is a genuinely stressful event for dogs.

When treating dogs with separation anxiety, the AS-PCA advises that owners should aim to resolve the dog's underlying anxiety and help it to grow accustomed to being alone for long periods of time. This can begin through early socialization as a puppy. Try these techniques.

• While it's tempting to take a new puppy with you everywhere or lavish constant attention on the dog, this could be setting you up for problems later on. Help the dog feel secure by not being the constant center of entertainment. Reinforce lessons that the dog will have to busy itself with toys from time to time.

• Many dog-related problems result from ill-established leadership roles in a house. Dogs follow a pack mentality, and it's important for pet owners to constantly reinforce their role as pack leader so that the dog does not try to push boundaries. Knowing the pack order can relieve some of the dog's stress.

• Exercise may help reduce anxiety. Tired dogs are less likely to grow bored and more likely to find contentment by sleeping instead of being destructive. Exercise, discipline and then affection are the common mantras of dog trainers.

• Don't make a fuss when coming or going. This way the dog doesn't associate your leaving with a big deal, nor your coming home as something that is the pinnacle of his day. Be calm and consistent, and only reward desirable behavior.

• Provide comforting items, like worn clothes that smell like you. Also, train the dog to recognize that a particular word or action signals your eventual return.

Talk to a vet if separation anxiety has gotten out of control. Temporary administering of a sedative may help pets and their owners as the dogs continues to be trained.

Whatchamacallits

This week we have a genuine Whatchamacallit. We're going to let you tell us what you think this is. Log onto our Facebook page (www. facebook.com/OVpennysaver/) and tell us your thoughts and ideas. I will print some of the ideas in next week's column along with what I've found out.

It is cast, but the custom made "box" it sits in is not a mold.

From what I have discovered so far, its inventor was from Fultonville and this was not the only thing he invented. It measures 7.5 x 7 inches at the widest points and weighs six and a half pounds.

It was recently purchased at a local auction by Lee Newspapers' managing editor.

Good luck and have fun!





POSTPONED



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LEE'S CHRISTMAS CORNER

The magic of Christmas all year long. Collectibles, gifts, Nutcrackers, ornaments, books, stocking stuffers and so much more!

We will also be hosting a satelite boutique from The Village Crossing in Clinton featuring great clothing and accessories for women!

Freddy Bear's Den & TOY EMPORIUM

Home of our very own collectible Freddy Bear (coming soon!) as well as Steiff, Bearington Bears, Charlie Bears and DITZ bears and other plush animals. Games, books, puzzles, Melissa & Doug, House of Marbles, Aaron's Incredible Thinking Putty, children's handmades, and so much more to discover!

CROSSROADS AT WAGNER SQUARE

Featuring home decor, housewares, kitchenware, seasonal decorations, furniture and rugs. Gifts for all occasions including jewelry, clothing.

Halloween Sale... Save 25%!!

Bethany Lowe, Karen Didion, Ganz, TAG and more!

BOOK SIGNING BY LOCAL AUTHOR MONDAY OCTOBER 9 • NOON-4

Christine Oarr Eggleston will be here to sign her book: Murder in the Mohawk Valley offered exclusively here!!

LEE'S SHOPS AT WAGNER SQUARE 24 CHURCH STREET, CANAJOHARIE, NEW YORK 13317 518-673-0292

M-W 10-6; Th-F 10-8; Sat 10-5; Sun 10-4



Like our page and stay informed! @leesshopsatwagnersqaure

Members of the Herkimer - Mohawk Knights of Columbus Council #579 participate in highway cleanup

Herkimer, NY – Members of the Herkimer-Mohawk Knights of Columbus Council # 579, did their part to clean up the environment and make the community more beautiful last Saturday, members of the Columbus Council gathered to collect trash along two miles of road located on Route 5S in the town German Flatts. Members of of

Herkimer-Mohawk Knights of Columbus Council #579, spent over two hours collecting 10 bags of litter.

To adopt a highway, individuals, organizations or businesses agree to keep a 2-mile stretch of road free of litter for a period of two years. Volunteers are given trash bags and safety vests to assist them with their clean-ups.



L-R: Paul Frezza, Tom Thomas, Vincent A. Enea and James DePalma. Not shown in photo Tom Findura.

Photo courtesy of Herkimer County HealthNet

Good Housekeeping

2 cups all-purpose flour

1 cup old-fashioned oats

1 cup packed brown

1 teaspoon finely grated

sugar

lemon peel

Fresh Fruit Crumble This easy goes-witheverything crumb topping is a perfect addition to whatever fruit's in season. For the Magical Fairy Dust Crumb Topping



- 1/2 teaspoon salt 10 tablespoons butter,
- cut up For the Fresh Fruit

Crumble 3/4 teaspoon apple pie Peaches, plums, mixed

berries, apples or pears Sugar

Vanilla ice cream, for serving

Whipped cream, for serving

1. Make the Magical Fairy Dust Crumb Topping: In mixer, mix flour, oats, brown sugar, lemon peel, apple pie spice and salt until combined. Add butter; beat until coarse crumbs form. With fingers, squeeze to form large chunks. Transfer to resealable plastic bag; freeze for up to 2 months.

2. Prepare the Fresh Crumble: Toss Fruit chopped fruit (whatever's in season) with a little sugar. Top with crumb topping. Bake at 375°F for 45 minutes or until fruit is soft and bubbly; serve with a scoop of vanilla ice cream or whipped cream.

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

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COUNTRY EDITOR

