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Volume 7
Number 25



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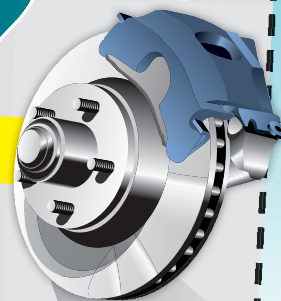
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Letter to the Editor

Dear Editor,

Nov. 7 we have an opportunity that comes around only once every 20 years – to establish a Constitutional Convention. New York is at its greatest when it stands up for participation, democracy, and the power of ordinary people. Both parties' inability to get any meaningful change accomplished has us disenchanted and dumbstruck. It is time we recognize that young people are resisting the power of the political machines and turning away from the parties in droves.

The rest of our great electorate has begun to do the same. More and more New Yorkers are declaring independence from broken party politics every day. Instead of waiting for party politicians to enact common sense reforms, we have a chance to take that action ourselves. Voting Yes to Prop 1 on Nov. 7 is simply saying "Yes, we want OPTIONS." That's it. Any and all proposals generated by this process would then have to be passed by us at the ballot box.

Our constitution should defend the right of every New Yorker to vote in every election without having to pledge fealty to a private political party. It should encourage more participation in democracy, not less. It is time to remind the political elite in Albany that they work for us, not the other way around. When it comes to making headway on positive practical change for our state, I'll trust my fellow New Yorkers over professional politicians every day of the week. So on Election Day I'm making Prop #1 my priority #1. I hope you will vote YES with me for a Constitutional Convention. Turn over your Ballots, VOTE YES, and turn the tide.

Adam Wrigley
Canajoharie, NY 13317

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Did you know?

Pizza continues to remain a popular comfort food and go-to staple for quick, family-friendly meals. Statistics Brain reports that 93 percent of Americans eat at least one piece of pizza per month. Five billion pizzas are sold worldwide each year, and the United States accounts for three billion of those pizzas. The average person will eat 46 slices of pizza each year.

The world can thank Raffaele Esposito for creating the first pizza that resembled the pizza the world knows today. Esposito created the pizza for Italy's Queen Margherita when she visited Naples in 1889. The crust was garnished with tomatoes, mozzarella and basil to represent the national colors of Italy: red, white and green.

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Grandpa Ben and the electric fence



by Skip Barshied

My Grandpa Ben Garlock was born in 1877 on the old Garlock farm in Marshville, NY, now a golf course. He would have had to grow for several years before he became the owner of fences of any kind. He may have played hide-and-seek with his little sister behind the so-called snake fence or

climbed up on the split rail fence to watch the new born calf in the pasture. His day and age was one of horsepower. He would soon be old enough to pick stone from the new plowed fields to use for stonewall fences. Barbed wire fence was in its infancy and doubtless little used when Grandpa was really

young. Kerosene lamps lit the house after the sun went down. Electricity for the common man was still in the future. Doubtless electric fence was

waiting for a future generation. I would like to tell you of Grandpa's introduction to an electric fence when I was a young boy some 80 years ago.

My father was a devoted hunter for his entire life as had been Grandpa Garlock. Dad had gone to college and became an electrical engineer. He understood electric power, respected it, but was not unduly afraid of it. When hunting season came in the fall Dad was sure to go. As long as Grandpa was still able to go along, he did. On the day I recall the grass was still wet. Uh oh, there is an electric fence just ahead. That patch of brush and weeds was good cover for pheasants. Soon old Bob, the Airedale, would flush

them out. He was already on the other side of the fence. Dad was wearing rubber hunting boots. He easily cleared the fence. Grandpa said, "Is there power on that fence?" Of course Dad's answer was no. Grandpa reached out and grabbed the fence. He had recently put new soles on his leather shoes using iron nails to secure them. When Grandpa grasped the wire to steady his crossing, he got a shock. We will let the reader imagine what he said.

Skip Barshied
Stone Arabia

Country Editor

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Little Falls Voters Dan Casler for Supervisor

Hello all,

My name is Dan Casler and I am running for the position of Little Falls Town Supervisor in the general election to be held on November 7, 2017.

I am married to Karen Bladec Casler and we have three grown sons, Jesse, Jeremiah, and Samuel. My wife is a special education certified teacher in the Central Valley School District. Jesse, age 25, works at the Copper Moose Restaurant on Main Street in Little Falls. Jeremiah, age 24, works with me on our family's certified organic dairy farm. Samuel, age 20, is a junior at Morrisville State College studying natural resource conservation. My wife and I have instilled a strong work ethic in our children and we are very proud of them all.

I am 53 years old and I have been a lifelong resident of the town of Little Falls. My family has a long history here. I have been a dairy farmer for 30 years and have maintained organic certification for both my cows and farm land for the last 11 years. I aim to make the farm accessible to the community for anyone who is interested in learning about what we do; we have a Facebook page called Casler Farm.

I am invested in several organizations in the community: I have been a Little Falls youth wrestling coach for 20 years, I have served as a School Board Member for the Little Falls City School District for 17 years, and I have served on the New York State National Farmers Organization Board of Directors for 23 years. As you can see, I am a well-rounded individual who is not afraid to work hard, as I will do for you if I am elected to serve as your Town Supervisor for the Town of Little Falls.

If elected, I will bring my vision of where I see the town being in the next several years. Where possible, I will explore shared services. I will maximize and seek out grant opportunities. I will advocate for the Town Highway Department to hire at least one more full-time employee and another to replace a current employee who is soon to retire. I recognize that the Town Highway Department is our most visible aspect of the town and that safety on the town roads should be paramount. Our roads are the first line of defense, so to speak, in a snow storm or flood- as we experienced a few years ago. I thank the Town Highway Department employees for a job well done.

I will also advocate for consistent reports to the Town Board from the various committees, on either a quarterly or semi-annual basis. Communication between these committees and the Town Board is the key to bring success to all town stakeholders.

Because we are a very rural town, I will advocate for farmers so that we may remain viable and sustainable. The farms are the backbone of our state's economy and without them, we will have no prosperity- either rural or urban. That is the name of my independent line.

I will be on two lines: row 2A, the democratic line, and row 2F, the independent line for Rural Prosperity.

I have talked to many of you in the town, but for those who don't know me yet and would like to, please feel free to call me at (315)527-4903. Together we can make this a better town to live and raise our families! I ask for your support on November 7th, 2017 at the general election.

Thank you,

Dan Casler
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**Vote Nov. 7th
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Five ways for shoppers to score great deals

Saving money is important throughout the year, but can be especially important around the holidays, when spending on gifts, decor and entertaining stretches budgets.

According to the Deloitte 2016 Holiday Survey, the total expected holiday sales for that year were expected to exceed \$1 trillion. The average American adult planned to spend \$419 on holiday-related items, states the International Council of Shopping Centers.

So how can the average shopper save without becoming an extreme couponer or bargain-basement buyer? The following are five ways for shoppers to score great deals this holiday season.

1. Opt in for promotional emails. Choose the option to follow favorite stores and keep abreast of their deals and other news. Although it may be a slight hassle to have your inbox filled with dozens of promotional emails, such communications alert shoppers to coupons, discounts and other deals before the discounts are shared with the general public. Set up a separate email account strictly for retailer emails or activate filters so that promotional deals automatically go to a particular folder or tab.

2. Use your mobile device. Mobile devices enable you to comparison shop

while on the go, easily seeing if prices on a certain item are lower elsewhere. Mobile apps also give you immediate access to discount codes or coupons through various retailers and companies like Groupon or Retail Me Not.

3. Enable cookies. Internet cookies are small bits of data that a computer's hard disk stores to remember what users do online, including their preferences and browsing histories. Cookies help make browsing faster and may enable web servers to send you more targeted product information that fits your browsing history.

4. Set up browser alerts. Various services enable users to set up alerts based on keywords that can be emailed to you at various points of the day. This can help you track changes in products you may be looking to buy. Google Alerts is one such service.

5. Become a rewards customer. If a cashier asks if you'd like to sign up for the free rewards program, answer in the affirmative. Even though these cards gather demographic information, they can be handy for identifying repeat customers and sending them deals they can use.

There are plenty of ways for shoppers to save money around the holidays and year-round.



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Dieting and dining out

Dining out is big business. A 2016 Consumer Reports survey of more than 68,000 subscribers projected that Americans would spend \$720 billion at

restaurants in 2016 alone. That equates to nearly half of every food dollar spent in the United States.

Dining out is a great way to try new

things, experience new cultures without traveling overseas and spend time with friends and family. But men and women who are dieting or trying to gain greater control over the foods they eat may be nervous about dining out. Many restaurants feature nutritious foods that won't compromise dieters' goals of eating healthy. Dieters concerned about veering off course when they dine out can take the following steps to stay on course.

- Research menus before choosing a restaurant. Apps such as Grubhub and Seamless make it easier than ever for diners to explore menus before booking reservations. Diners can utilize such apps or their corresponding websites to peruse menus so they can rest easy knowing they will ultimately patronize restaurants that won't compromise their commitments to eating healthy.

- Order an appetizer instead of an entrée. Controlling portion sizes can help dieters lose weight and keep the weight off. But many restaurants understandably serve large portions in an effort to ensure their customers get enough to eat and don't feel cheated when the bill is presented. Dieters worried about entrée portions and their ability to avoid the temptation to eat large portions can

order exclusively from the appetizers menu. Appetizers are meant to be shared, so they should be filling when eaten by just one person. And many restaurants' appetizers menus are just as varied as their entrée offerings.

- Skip or split dessert. Few people have the time or ability to prepare restaurant-style desserts at home. That makes desserts even more special when dining out. However, dieters may want to skip dessert if the dessert offerings are limited to high-calorie, sugar-laden offerings. Dieters who simply must indulge in dessert can split desserts with fellow diners or opt for low-calorie fare such as fruit.

- Dine out infrequently. Dieters can indulge in favorite foods or less healthy fare every now and then without feeling guilty. In fact, many dieting experts suggest the occasional indulgence as a motivator or reward for hard work. Diners who dine out infrequently can use their special nights out as their opportunities to indulge. Avoid overindulging, which can be both unhealthy and uncomfortable.

Dining out is incredibly popular, and dieters don't have to avoid their favorite restaurants.



Dining out is incredibly popular, and dieters don't have to avoid their favorite restaurants.

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Child passenger safety

Motor vehicle injuries are the leading cause of death among children in the U.S. But, Diane Ward, CHN of Herkimer County Public Health says many of these deaths can be prevented. Child safety seats reduce the risk of death in passenger cars by 71 percent for infants and 54 percent for toddlers ages one to four years, according to the Centers for Disease Control and Prevention (CDC). New York State law requires children under the age of four to be buckled into a federally approved child safety seat when riding in a motor vehicle. The safest place is in the back seat, said Ms. Ward.

Four basic types of child safety seats are

available: rear-facing infant seats, designed for infants up to 22 to 30 pounds, depending upon the model; convertible seats, which can be used rear-facing for infants and then "converted" to forward-facing for toddlers; forward-facing only seats, which are designed for toddlers up to 40 to 80 pounds, depending on the model; and belt positioning booster seats, which are used for children who have grown out of the height and weight limits of forward-facing convertible and forward-facing only seats. It is important to use an appropriate child safety restraint system based upon a child's age and size.

Ms. Ward advises that

infants ride in rear-facing child safety seats as long as possible. At a minimum, keep infants rear-facing at least until they are one year old and weigh at least 20 pounds or reach the height and weight limit for that particular seat.

A research study conducted by the Center of Applied Biomechanics at the University of Virginia found that one- and two-year-old children were five times safer when riding in rear-facing child safety seats when compared to forward-facing child safety seats. When children outgrow rear-facing child safety seats, they should ride in forward facing safety seats until they reach the upper weight or height limit

of the particular seat. Refer to the manufacturer's instructions for the child safety seat.

Many parents wrongly believe that once their child reaches age four and has outgrown his or her forward-facing child safety seat, an adult seat belt offers adequate protection. Using seat belts to secure small children can be dangerous. A seat belt designed for an adult can cut across a child's neck and the shoulder belt can ride up over the stomach, which could cause a serious or fatal injury in a crash. However, a booster seat positions the adult seat belt correctly and safely while offering the child greater comfort and visibility.

All children under the

age of 13 should ride in the back seat. Adults should avoid placing children in front of airbags. The impact of the inflated bag could cause serious or even fatal injuries to a child. Putting children in the back seat eliminates the risk of injury from deployed front passenger-side airbags and places children in the safest part of the vehicle in the event of a crash. New York State law requires back seat passengers up to age 16 to be properly restrained when riding in a motor vehicle.

Whatever type of car seat you use, make sure it's installed correctly and that you use it every time your child rides in the car. Refer to the manufacturer's instructions

that came with the child safety seat and your vehicle owner manual when installing a child safety seat or booster seat.

A certified child passenger safety technician can provide hands-on educational assistance if you have questions or need help installing a child safety seat. To find a child safety seat fitting station or child safety seat check-up event in your area go to www.safenyny.com. For more information on child passenger safety, visit the New York State Department of Health website at www.health.ny.gov/prevention/injury_prevention.

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Comfort Foods Made Fast and Healthy

by **Healthy Exchanges**
Peanut Butter Sweet Potato Bake
Sweet Potato vs. Yams

— there is a difference. Yams are moister than sweet potatoes and have darker skins. Sweet pota-

toes are versatile and are often baked, candied or made into pies. It's best not to boil them, as they'll lose much of their flavor.

1/2 cup unsweetened orange juice

1/4 cup Peter Pan or Skippy reduced-fat peanut butter

2 tablespoons Brown Sugar Twin

3 cups (16 ounces) sliced cooked sweet potatoes

1/2 cup miniature marshmallows

1. Heat oven to 350 degrees F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine orange juice, peanut butter and Brown Sugar Twin. Add sweet potatoes. Mix well to coat. Pour mixture into prepared baking dish. Bake for 20 minutes.

3. Sprinkle marshmallows evenly over top. Continue baking for 5 minutes or until marshmallows start to melt and are lightly browned. Divide into 6 servings.

• Each serving equals: 135 calories, 3g fat, 4g protein, 23g carbs, 90mg sodium, 22mg calcium, 3g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat; Carb Choices: 1 1/2.

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BILL KLOCK
Town Supervisor Little Falls 2017

My name is Bill Klock, and I am currently running for Supervisor for the Town of Little Falls. I have lived in the town of Little Falls for 37 years. I have been married to my wife, Bonnie for 37 years. We have one daughter. I have served on the Town of Little Falls Board for 10 years, 2 years on the Board of Review and Assessment, the last 8 years currently serving as Town of Little Falls Councilman. I have the knowledge and experience of Budgets and Town Businesses. I am a Veteran served with the 42nd Maintenance Battalion 1977-1982. I previously worked at Cherry Burrell Corporation for over 12 years as a welder. While working at Cherry Burrell, I served as a union representative for 10 years (Cherry Burrell Independent Union). If elected, my goal is to keep our taxes as low as the state will allow. I will work with the Town Board and the Town Highway Department to address any issues that arise in the town. I will address them in a timely manner. I appreciate your support. I am looking forward to serving the taxpayers in the Town of Little Falls as your Town Supervisor. Your Vote and support is appreciated November 7, 2017.

Thank You for your support,
Bill Klock

Kovels: Antiques And Collecting *Odd-shaped objects sometimes part of set*

by Terry and Kim Kovel

Strange antiques and collectibles with mysterious shapes and unknown purposes sometimes are part of a larger piece. Mysterious wooden wheels with wooden

attractive when used alone.

A set made by Coalport porcelain in the Imari pattern sold in 2016 for \$923. Single curved bowls can be found for \$50 to \$75. A covered

center bowl might fetch \$100.

Q: I have a Sarah Coventry necklace that I was told is 85-90 years old. It's about 16-18 inches long and has graduated glass beads strung

on fine copper wire and a copper ring and clasp. I was told it is Waterford crystal. I'd like to know how old it is and what it's worth.

A: It's newer than you think. Sarah Coventry was founded in 1949. Jewelry was designed by freelancers and made by other companies. It was sold through home parties. The company went bankrupt in 1981 and was sold several times after that. Sarah Coventry jewelry is no longer being made, but is sold online. Waterford is the name of a company known for its glass, but some people use the name for other clear glass. The value of your necklace is about \$50 retail.

Tip: Take batteries with you to toy sales if you plan to buy a battery-operated toy. Check to see if the toy really works.

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This set, called a supper set, sold at a Skinner sale in Boston for \$923. It was made by Coalport about 1860.

spokes and about a 45-inch diameter were popular in the 1950s. They were hung on a wall as a decoration or put flat in a flowerbed. Each section between the spokes was planted with a different herb or flower. The wheels were copied in giftware catalogs but were never identified as part of a "walking" spinning wheel used to spin woolen yarn.

A curved "bowl" shaped like part of the border of a circle is sometimes sold at an antique shop. The bowl usually is made by important porcelain companies and it seems to be a bargain. It is part of a set of four crescent-shaped bowls and one round bowl that fit together to make a circle. The curved bowls held foods like olives, pickles and sauces or several types of vegetables with sauce in the round center bowl. Most sets were made with the five bowls and a lid for the center-piece. Once a piece broke, the set couldn't be used. But the pieces still were

top ten

POPULAR ANCIENT WEAPONS

1. Fire arrows
2. Spartan Hoplon shield
3. Khopesh
4. Shotel
5. Zhua
6. Hypaspist
7. Madu
8. Bagh Nakh
9. Shuriken
10. Roman scissor

Source: ancienthistorylists.com

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PUBLIC AUCTION

Saturday, November 4th • 9:30AM

Location: Mohawk Valley Produce Auction
840 Fordsbush Rd, Fort Plain, NY 13339

**CONSTRUCTION, FARM, GREENHOUSE
AND LAWN & GARDEN EQUIPMENT**

Werner Fiberglass Ladders: 28' Ext Ladder, 24' Ext Ladder, 19' Extending Step Ladder, 15' Extending Step Ladder, 12' Step Ladder, 10' Step Ladder, 4' Step Ladder, 5' Step Ladder, 2' Step Platform, 10' Drywall Lift, Blue Hawk Elec. 20gal Compressor, 20pc Lenox Hole Saw Kit, Milwaukee 1/2" Hole Hawk, Sledge, Shingle Shovel, Rakes, Digging Iron, 4,000lb Bucket Forks, 2-100' Cords, 1-50' Cord, 1-25' cord, 3 Gas Cans, Tarps.

Power Concrete Trowel: Air Flooring Nailer - Stapler, Work Lights, Grace LTS 15 Paint Sprayer, Paint Crew Sprayer, Marshalltown Skywalker Stilts. 2 Set Bakers Scaffolding, Angle Iron Cutter, Roof Jacks, 4 20 T Bottle Jacks, 3 12T Bottle Jacks, 4 Pole Jacks, 2 Set 6' Walk Through Scaffolding, 50' Drain Snake, Full Roll 4" Perforated Drain.

Cordless Tools: 2 New 18v Sawzall, 2 New 20v Skil Saw, 2 New 20v Angle Sawzall, 2 New 20v Flashlights; Used: 20v Miter Saw, 18v Impact, 18v Sawzall, 18v Hammer, 18v Drill, 20v Impact, 20v Skil Saw, 18v Grinder, 18v Jig Saw, 20v Sawzall, 18v Vacuum, 18v Skil, 18v Finish Nailer, 20v Framing Nailer, 12 Batteries, 60v Flex Skil Saw - 2 Batteries, 5 Battery Chargers.

Electric Tools: Milwaukee Skil, Bosch SDS & Hammer, Dewalt Sawzall, Dewalt Router, Bosch Hand Planer, Makita Skil Saw, Dewalt 12" Sliding Miter, 10" Compound Miter, Ryobi Rotozip, Senco Drywall Driver, Saw Stand, 2 T Squares, Job Box, 8' Trim Brake, Bosch Transit, Drywall Tools, 2 4' Bull Floats, Bolt Cutters, Ladder Jacks, Vinyl Floor Roller, Dewalt 10" Tablesaw with stand, Bosch Grinder new in box, Dewalt Sander.

Air Tools: Porter Cable 1/4 Stapler, Bostich Finish Nailer, Bostich Siding Nailer, Bostich Joist Hanger Nailer, 1/4" Stapler, Hitachi Roofing, Paslode Framing, Bostich Roofing, 16ga Finish Nailer New in Box.

Greenhouse Supplies: 16 4-18-38 Fertilizer 25lb, 4 55lb Epsom Salt, 50lb Potassium Nitrate, 6 50lb Calcium Nitrate, 14 40lb Lawn Lime, 2 30"x40" Radiators, 100s Tomatoe Stakes, 25lb 20-20-20, Fert Injectors, 56 25lb Loose Bag Pro-Mix BX.

Home, Farm & Misc: 12 Volt 2,500lb ATV Winch New in Box, 7 Railroad Jacks, Homemade Sap Cooker, Assorted Used Door Panels, 12' Landscape Trailer, 20' Trailer Dual Axle-No Floor, 2 Way Plow, 1 Row Cultivator for Parts, 1 Fore-Cart, Troy-Bilt 26" Snowblower, 8 164' Rolls Poultry Fence Netting, 21pc 3/4" Drive Socket Set, 2 5 Gal Hyd. Oil, 7.5 HP Elec Motor, 80,000 Propane Job Heater, Brick Carrier, Tool Boxes, Saw Horses, Kreg Jig, 2 Shop Stoves Wood, 2 36" Elec. Fans, 5 HP MTD Chipper, 300,000 BTU DS Wood-Coal Stove, Hay Wagon on Steel Wheels, 5500 Pallet Jack, Generac 2800 PSI Pressure Washer, 200,000 Modine Air Controls Used 1 Season, 2 275 Gal Water Totes, Ice Fishing Hut, 15 3.8 Cu Ft Bag Peat Moss Bedding.

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9:00 AM to 2:00 PM

Early Admission (Before 9AM) - \$5.00

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Under 12 - Free

Food Available

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For More Information:

Contact Dave Cornelia 607-264-3318

Proceeds Benefit the Cherry Valley Fire Department
11 Railroad Ave., Cherry Valley, NY 13320

In conjunction with the Farm Toy Show, the Fireman's Auxiliary will hold a Penny Raffle/Chinese Auction and provide food.

Many area businesses have donated items to choose from.

You will not want to miss this annual event!

Please stop by on Saturday, November 11th!!

Route 20 Association announces Annual Meeting

The Route 20 Association of New York State will hold their annual membership dinner Sunday, Nov. 12, 2017 at the Lake House Restaurant in Richfield Springs. The event begins at 4 p.m. with a cash bar and

snacks, followed by dinner at 5 p.m. and the annual meeting at 6 p.m.

Sue Miller, Cherry Valley Historian, author, and proprietor of the Plaide Palette will close out the meeting with a talk about the area and Route 20.

The Lake House offers several choices of entrées: beef, chicken, or salmon. The side is vegetable, mashed potatoes, dessert, tea/coffee. The price for dinner is \$30, which includes gratuity. Please specify your choice

when you RSVP. You may call to RSVP to Bernie Peplinski 315-822-6974.

The deadline for reservations is Nov. 7. Please mail your check to Rt. 20 Association, PO Box 20, Richfield Springs, NY 13439.

To Your Good Health

by Keith Roach, M.D.

Apple no substitute for toothbrush

Dear Dr. Roach: I have heard that an apple a day keeps the dentist away and that an apple is nature's toothbrush. Can we really skip brushing our teeth if we eat an apple instead? — R.T.

Answer: I've read many opinions about this subject, and I tend to agree with the ones that show that apples are high in both sugar (some newer varieties much more so than old ones) and acid, which can damage teeth. Apples do have some ability to remove some particles from the teeth, but they will not clean all surfaces of the teeth. So, I would not skip brushing after an apple, even though apples are much better for your teeth than sticky sweets.

Dear Dr. Roach: What is an exophytic cyst? I have one on my right kidney, and it has been watched closely for the past eight years. The most recent ultrasound shows that it is 2.1 cm and hasn't changed in that time. I am 78 and in good health, except for asbestos exposure.

Should I get this thing removed, or let it be? I get conflicting advice. — B.W.

Answer: The word "exophytic" means "growing outward," and a cyst is a fluid-filled cavity. So an exophytic cyst bulges out of the kidney and is filled with fluid. The big concern with these is whether they can be cancerous. A simple cyst, with thin walls and fluid without any solid structures, has a very low likelihood of being cancer and does not need further evaluation. If the sonogram can't show that for certain, then a CT scan is usually done.

Kidney cysts are graded according to the Bosniak category, based on their appearance by CT scan. The more complex the cyst, the higher the likelihood of cancer. Older age, being a male and asbestos exposure are risk factors for cancer of the kidney.

Despite those risk factors, if this were a simple cyst (Bosniak I or II) and unchanged in eight years, it is very unlikely to be cancer, and I would recommend letting it be. However, if it were a Bosniak category III or higher, I would discuss biopsy with the urologist.

Dear Dr. Roach: I'm having a sensation on the balls of my feet, as though I am walking with pads. I have diabetes, but my sugar level is moderate. I have seen three doctors without results. Do you have any thoughts? — B.G.

Answer: Anytime I hear symptoms that could be numbness, pain, tingling or burning sensation in someone with diabetes, I think it is diabetic neuropathy until proven differently. It is not usually hard to diagnose with a filament (to test light touch sensation) and a tuning fork (to test vibration), but occasionally an electrodiagnostic test (i.e., EMG) is necessary. If your regular or diabetes doctor hasn't helped, I suggest a neurologist.

Blood sugar levels that are persistently high are more likely to result in diabetic neuropathy, but longstanding diabetes, even when it's moderately well controlled, can lead to neuropathy.

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Strange But True

by Samantha Weaver

• It was 20th-century American author and college professor David Foster Wallace who made the following sage observation: "There is no such thing as not voting: you either vote by voting, or you vote by staying home and tacitly doubling the value of some diehard's vote."

• Those who study such things say that many ancient Greeks carried coins in their mouths — clothing of the time lacked pockets, you see.

• If you're like many wage slaves, as the end of the workweek approaches you might find yourself doing busywork — trying to look as if you're working when, in fact, you're just shuffling papers or otherwise avoiding productivity. Well, there's a word for that: fudgel. Fudgeling may not be an approved workplace activity, but it's undeniably

a part of the American workplace.

• If you look closely at the Mona Lisa, Leonardo da Vinci's famed masterpiece, you might notice that the famously enigmatic subject is entirely lacking in eyebrows.

• It may not come as a surprise that when scorpions mate, it's a rather violent affair. When the act is completed, the female stings her partner to death, then eats him.

• In 1993, voters in San Francisco voted on a ballot measure to determine whether police officer Bob Geary would be allowed to walk his neighborhood beat while carrying his ventriloquist's dummy, known as Brendan O'Smarty. The measure passed, and O'Smarty remained on the job.

• It's been reported that in the Mexican city of Tehuantepec, women outnumber men by five to one.

Thought for the Day: "Life is a four-letter word." — Lenny Bruce
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840 Fordsbush Rd, Fort Plain, NY 13339
Tractor - 240 International Utility, nice; Lawn Mower-Cub Cadet 60" Zero Turn; Cream Separator-Montgomery Ward Royal Blue, nice condition; Misc. 4 Ft. Bush Hog 3Pt Hitch; 3Pt Hitch Dearborn plow; Antique Cab; Chopper; 6 Plus Sythe; Logging Chains; Electric Motors; Numerous Gas Cans; Electric Grinders; Electric Chainsaws; Numerous Various Size Buzzsaw Blades; Central Machine 10" Meat Saw; Numerous Old Engines; Jack Shafts; John Deere Antique Tractor Engine; Lg. Jig Saw; Fan Mill Antique; Pratt and Whitney Milling Machine; Cutoff Metal Saw; Lg. Soapstone Stove; (Nadley Bros Dairy Milk Crate); Boomer Hay Trolley; Antique Septic Hand Pump; Tons of Other Items Still Buried.

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Monday, Nov. 6th – Normal Monday Sale & 2nd Fall Round up Beef Sale. Special Kesicke Farm, Rhinebeck, NY sends 30 Angus Beef Cows due for Spring.

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Country Preacher

by **Pastor Dan West**

I don't know if Mark Twain (Samuel Clemens) was a believer in the Holy Scriptures or not but some of his pithy sayings agree with what the Scriptures say. Take for example the saying attributed to him that says something like "It is better for a man to keep his mouth shut and let people think he is dumb

than for him to open his mouth and remove all doubt."

Proverbs 17:27 penned by Solomon, the wisest man who ever lived (outside the Lord Himself) says "He who has knowledge spares his words" (NKJV) or, "A truly wise person uses few words." (NLT) It is often true in a group discussion that people who know the

least about the subject do the most talking.

Solomon goes on to say in verse 28 "Even a fool, when he holds his peace, is counted wise;" which Mark Twain intoned many centuries later. Solomon continues to say "with their mouths shut, they seem intelligent" (NLT).

There is another saying of question-

able origin on this topic; "The reason 'talk is cheap' is a simple economic principle — the supply always exceeds the demand." Proverbs 18:21 says "The tongue can bring forth death or life; those who love to talk will reap the consequences." When you make your words count, they have power.

Paw's Corner

by **Sam Mazzotta**

Don't risk pets' lives: vaccinate

Dear Paw's Corner:

The letter from a reader wondering if it's worth it to vaccinate his indoor cats ("Do Indoor Cats Need All Those Shots?") hit a nerve with me. Years ago, I had five totally indoor kitties.

And like his cats, mine loved to perch on the windowsill. I'd never bothered to keep up with all of their shots, because they never went outside and so wouldn't be exposed to other cats — so why deal with the expense?

You can guess what happened: The window screen

popped out somehow, and my cat "Woody" fell out into our side yard. Once we discovered the "escape," we got him back into the house, but sadly, it was not fast enough. As time went by I noticed all of my cats were showing signs of illness, so I made an appointment with the veterinarian.

Sadly, Woody never made it; he passed away the day before the appointment. All of my surviving cats were diagnosed with feline leukemia.

Because of my insistence on being cheap, I shortened all of my cats' lives. If they had been vaccinated regularly, they

likely would never have gotten sick even if they accidentally escaped the house. That's a fact I can never, ever change. Please don't think like I did. Protect your family and get all of their vaccinations. — Dee in Palmyra, NY

Dear Dee: Thank you for

sharing such a painful experience. I hope your story will help others realize just how much they have to lose by not vaccinating their indoor cats against feline leukemia, feline immunodeficiency virus, rabies and other diseases.

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Senior News Line

by **Matilda Charles**

Will your money last through retirement?

Think you have your retirement financial planning well in hand? Well, a new study shows that you might be in for a rude surprise when the time comes. The American College New York Life Center for Retirement Income commissioned a survey of retirement income planning, and the results are disturbing. Only 35 percent of men passed the quiz; only 18 percent of women were able to.

The quiz covered a dozen different categories, and judging by the results, the topic of annuity products in retirement was the most difficult.

Women equaled men in the Medicare insurance planning section, with both getting 76 percent of answers correct. Women also bested men (just barely, at 38 percent versus 35 percent) in paying for long-term-care expenses.

The survey found the most glaring problem is that while many women know they're not knowledgeable about retirement income planning, the majority still believe they'll have enough money to live on. Why is

that? Are women secretly depending on men to be on top of financial planning, answering on the quiz that they make joint decisions, while the men replied that they (the men) were actually the ones in charge?

There is one ray of hope in the survey: The majority of women believe that it's important for their financial adviser to educate them... while a minority of men responded that way.

Ladies, we live longer. If anyone should be more concerned about having enough money for a long retirement, it's us. At the very least, we should know what our monthly retirement budget looks like.

To see how you do on the retirement quiz, go online to retirement.theamericancollege.edu. Scroll down to the red box on the lower right. There are 38 questions. After you take the quiz, you can check your answers.

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Third Annual Jarvis Craft Fair

by **Daniel Baldwin**

The Jarvis Craft Fair, which took place at the Gregory Jarvis Middle School in Mohawk on Oct. 21, was another opportunity for local businesses and crafters to sell their homemade products.

"I don't sell online," said

Rebecca Nix, the sole proprietor of Nixie's Knits. "I do it by word of mouth. Craft fairs are where I do it. My company sells children's things. I make dolls, so I thought I would do well at a school."

A few of the school's students, who are members of certain school

clubs, also participated in this year's fair to help raise money for future field trips.

Shannon Wheet said she attended the Jarvis Craft Fair to help raise money for her children's trip to Disney World.

"My children were accepted into an intern lead-

ership program, where they do coursework throughout the year," Wheet said, "and then they go to Disney and complete the coursework in Disney classes during spring break. So we're trying to raise money to offset the cost for our trip."

But Mandy Knowles,

president of the Jarvis Parent Teacher Student Organization (PTSO), said this fair was another fundraiser to help the school.

"This raises funds for our school," Knowles said. "The money goes directly back to our students, staff, and anything

that's going to help benefit our school. All proceeds that we get from the craft booth rentals will go to the Jarvis school."

Jarvis PTSO has been up and running for five years now, and this is the

THIRD 12



Members of the school's clubs participated in this year's craft fair to raise funds for future field trips.



PTSO Secretary Shannon Wheet (left) attended this year's craft fair to help raise funds for her children's (Emma and Cole) Disney Internship Trip. Photos by Daniel Baldwin

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Folts Home Is Proud To Announce



Kathryn Fell, RN, FNP, has joined the staff at Folts Home in Herkimer, NY as the Director of Nursing. She is a graduate of Community General Nurse Practitioner Program and Syracuse University. Kathryn has been a Registered Nurse and Family Nurse Practitioner for over 25 years and is Wound Care certified and Hyperbaric certified as well.

Fell has worked as a NP for a Vascular Surgery practice and a Cardiology practice and has worked in the Binghamton, Cortland, Syracuse and Cooperstown areas.

Folts Home is a 163-bed skilled nursing facility nestled in the historic village of Herkimer NY, offering multiple levels of care including short term rehab, long term skilled, occupational and physical therapy as well as speech therapy. Folts is also home to a 80 bed adult home.



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third year that this organization has hosted this craft fair, according to Knowles. Members of this group are always willing to accept new vendors. They also want to get students and teachers involved each year.

"We go through a list of the different crafters that we have previously," Knowles said. "We also try to find new crafters. We try to get students to come to be crafters or vendors at our event. Our different clubs come here and raise money. It is an all-homemade event. We're showing off our

community's hard work."

The outcome of this year's fair was good, according to a few of the local crafters.

"This is my first time here at this event," Celeste O'Neill a dealer of Smell Well Soap said, "and it has been fairly well-attended so far."

Heidi McCormick, the representative of Heidi's Hobbies, said Jarvis Middle School was the perfect place to host this fair.

"I think it's a good venue," she said, "because it's at a middle school and in town, so there's a lot more traffic. It's also well-organized."

The PTSO president

also said the fall season is a perfect time for schools to host craft fairs. The holiday season is less than a month away and people are going to have to buy decorations.

"From talking and doing surveys with all the craft fairs around the area," Knowles said, "the fall seems to be their best season because people are looking for those decorations for Thanksgiving and Christmas. So the fall seems to be the best time for craft fairs. They don't do this in the spring, so this (fall) is the big shopping season retail anyways, so I think it helps with the craft fairs too."

Autumn open house at Valley Residential Services

Valley Residential Services (VRS), the first Enriched Housing and Assisted Living facility in Herkimer County, is welcoming new residents to the enriched housing facility located at 160 Valley Drive, Herkimer.

There will be an opportunity for the public to tour the affordable independent living apartments and meet with staff during an Open House on Monday, Nov. 6, from 2 p.m. to 4 p.m. Tour our beautiful facilities, enjoy refreshments, and you will be entered into an autumn raffle to win a complete Thanksgiving dinner for a family of four.

Lisa M. Betrus, president, Valley Health Services, says the vision for VRS

remains to champion quality of life for all seniors ensuring a comfortable life-enriching atmosphere and assistance with daily needs while promoting dignity, privacy, and independence.

Those interested in learning more or becoming a resident of VRS are invited to attend the Open House on Nov. 6. For more information, contact Christine Shepardson, Director of Community Life, at 315-219-5700 ext. 3239.



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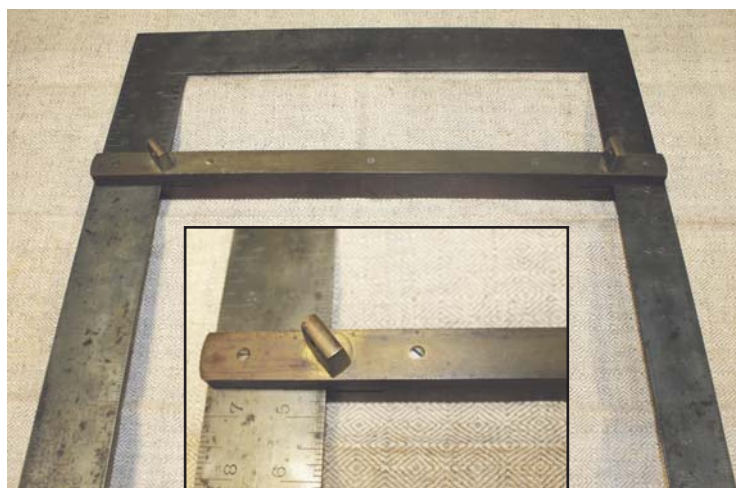
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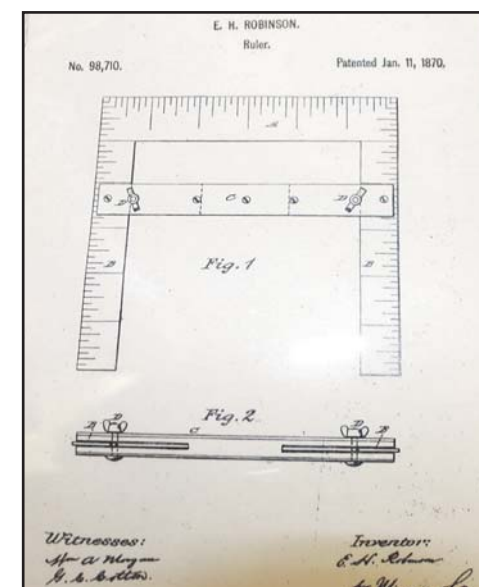


Our Whatchamacallit for this week is quite a unique measuring tool, patented on Jan. 11, 1870. The patent holder was E. H. Robinson of Janesville, WI. I had heard that some folks call this a bridge square, but nowhere online could I find this item in relation to that name. The only other image of this exact tool that I found was

from an old listing of antique tools for sale, and it offered no definitive name. Robinson called it a "ruling device."

According to Robinson's patent application, the intent of this tool was to provide a simple device that was quickly and "readily adjusted to make parallel lines or lines of any angle." It is simple in its design consisting of a ruled U-shaped square with a crossbar between the tongues (arms) that can be slid up and down and secured by means of set-screws on the crossbar (see diagram). It is clearly stamped Eagle Square Manufacturing Co. but I was unable to capture the logo with the camera.

Eagle Square Manufacturing Co. has a very interesting and long history starting in 1819. In 1916 it was sold to the Stanley Rule and Level Company of New Britain, CT. According to UVM Center for Digital Initiatives website, "Throughout the many changes in ownership and administration, the factory in South Shaftsbury has retained the "Eagle Square Company" name."



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

Road salt means safe roads

(BPT) — State and municipal departments of transportation are gearing up their winter maintenance plans to prepare for snow and ice. In addition to plows, road salt is an important tool to keep roads clear. Every year these agencies stockpile sufficient salt to last the winter season and store it in strategically placed barns.

“Snowfighters” (those responsible to clear snow from roadways) are out in

force in salt trucks before snow and ice is expected. They pretreat the roads with salt brine, a mix of road salt and water. This brine sticks to the road surface and helps prevent ice from forming in the first place, making winter travel safer. And the safety issue is a substantial one. Statistics from the U.S. Department of Transportation show that there are about 115,000 people injured every year on

snowy, slushy or icy pavements and more than 1,600 people killed each year on winter roads.

The good news is that a Marquette University study showed that a good winter maintenance program that uses road salt reduces accidents on winter roads by about 88 percent and can reduce injuries by up to 85 percent.

A key goal for many agencies is tracking their winter maintenance actions in great detail and ensuring that their actions are optimized to meet their goal of safe roads for the driving public. In Idaho, for example, new salt-spreading units allow them to track how much salt they apply to the road, and other sensors allow them to check that the road is responding as expected to the salt application, and is not getting slippery. This also helps reduce costs. They have seen a 29 percent reduction in annual winter maintenance costs since introducing

the new technology.

Maintaining mobility is also a big concern, as people need to get to work or the grocery store and kids need to get to school. Clear roads allow ambulances and other emergency vehicles to perform their life-saving services. A study for the

American Highway Users Alliance found that the cost of having roads closed down is substantial — between \$300 million and \$700 million a day for a state in direct and indirect earnings. One study suggested that the costs of maintaining the road system during a

snowfighting. Several studies have shown that when road salt is properly applied at the right time and place to keep roadways safe and passable, environmental impacts can be effectively managed and minimized. Modern roadways are not a natural feature of the



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winter storm are completely recovered in the first 25 minutes of winter-maintenance activities, because of the improvements in safety and mobility that the improved road conditions bring about.

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environment and are specifically engineered to satisfy our demand for personal and commercial mobility - factors that are basic to the quality of life.

A comprehensive study by environmental researchers at the University of Waterloo and Environment Canada found that when best practices, as outlined in Canada's Road Salt Code of Practice, were used, chloride levels were reduced by half. Another study by the Guelph University Research Review found that recycling stormwater runoff could reduce chloride peaks in streams without adversely affecting road safety. In cooperation with the city of Toronto, researchers used the EPA Storm Water Management Model to design computer-controlled stormwater containment systems to serve as a guide for future mitigation applications.

Salt is our most important winter resource, because it saves lives and protects the economy. It is economical and extremely effective.

Prep pointers for the upcoming hunting season

Hunting is a popular hobby and sport enjoyed by millions of people across North America. Over the last 10 years, data from the U.S. Fish and Wildlife Service indicates that more and more females are taking up hunting.

Hunting seasons vary depending on where you live. Regulations designed by local conservation, game, fish, and wildlife departments often dictate the start and end of hunting season. Although the licensing, seasons, limits, and fees for hunting may differ geographically, the preparation that goes into getting ready for hunting season is similar regardless of geography.

Many seasoned hunters realize hunting season does not begin on "opening day." Rather, it can take weeks or months to get ready for a successful season. Considering hunting seasons can be brief, preparation helps hunters make the most of their time spent in the field.

* Purchase your license, tag or stamp. Many wildlife departments require hunters register in advance of the season, and this registration includes securing a hunting license. Because there is a limit to how many animals each hunter can hunt, tags for the animals they're hunting also will be issued. Hunters planning on going out for the season should stay apprised of when licensing and registration begins and ends so they can hunt legally.

* Scout areas. The landscape can change from year to year depending on a host of factors, including construction, commercialization and weather. Areas once open to hunting may now be restricted lands. Map out your potential hunting location and be aware of any new landmarks or changes.

* Check and replenish gear. Inspect weaponry, field-dressing supplies, clothing, and other sup-

plies for wear and tear. Address any issues that need to be fixed, or replace items as necessary. If a rifle, bow or shotgun hasn't been fired in a while, take it to a range to verify accuracy and sighting. If you hunt out of a tree stand or blind, make sure it is sturdy and in good condition prior to use.

* Get in shape. Hunting often requires hiking in and out of the great outdoors in various terrain. It's helpful to increase physical activity leading up to the hunt to prepare your body for the physical demands of hunting.

* Organize and pack gear. Ensure your equipment is clean, in working order and packed away in your travel bags. Establish a system of organization and a checklist so you're certain you will have what you need. Don't forget to bring

Fall HUNTING GUIDE

along your hunting license and animal tags; otherwise, you may be levied with costly fines.

* Always hunt safely. It is quite easy to get swept up in the moment when tracking game. Don't let overzealousness cloud rational judgement and safety precautions. Otherwise an injury or even

death can occur.

Hunting season is on the horizon and that means preparing now for the few weeks of sport to come.



Hunting basics

Thousands of people across North America find hunting game to be a rewarding pastime. People hunt many different types of animals, but deer are some of the most popular to target. Deer hunting can help to address deer overpopulation in many areas. Hunting requires more than going out with a weapon and targeting deer. Hunters must prepare themselves and purchase the appropriate equipment to protect themselves and make sure they are hunting in adherence to local laws. To begin, hunters should check with their local fish and game organizations to learn about acquiring hunting licences. Licenses will ensure that hunt-

ing is being done according to the rules of a particular state, town or province, and establish just how many animals can be taken. Hunters will need to make sure their firearms or bows are operational and clean. Hunters may also want to invest in tree stands, binoculars, knives, ammunition, hunting blinds, shooting glasses, ear protection, processing kits (for field dressing), and hunting attire. To make themselves more visible to fellow hunters, hunters should wear clothing in blaze orange rather than camouflage. Hunters can visit fishing and game retailers for additional recommendations on gear.



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The U.S. Fish & Wildlife Services' 2011 National Survey of Fishing, Hunting and Wildlife-Associated Recreation unveiled that more than 90 million United States residents aged 16 or older participated in some sort of wildlife-related activity that year — the most recent year on record. Wildlife recreationists spend nearly \$150 billion per year on their activities. With this in mind, those who have hunters, anglers or outdoorsmen on their holiday shopping lists may find that gifts facilitating these specific pur-

suits can be the ideal fit this holiday season.

Rather than scouring the mall for hours, a visit to the nearest sports outfitter can yield a bevy of appropriate gift ideas. For some inspiration, consider these gifts for the outdoor enthusiast.

- **Binoculars:** Scoping out territory and looking for game is often part of the hunt. A set of durable new binoculars can give hunters an edge.

- **Heated shoe insoles:** Hunting and fishing often require long wait periods — sometimes in chilly weather. Heated

Fall HUNTING GUIDE

shoe insoles and hand warmers can keep outdoorsmen warm.

- **GPS/digital watch:** Although many smartphones tell time and offer GPS services, lightweight watches may be more convenient than phones. For example, the Garmin Fenex Watch is waterproof and offers such functions as GPS, an altimeter, barometer and a digital compass.

- **All-season tent:** Camping out is not just a summer activity. A tent that is rated to withstand various temperatures and conditions can be an asset.

- **Waders:** Anglers sometimes need to get up close and personal with their prey. A sturdy pair of breathable waders is ideal for those who venture out of the boat or off of the coast.

- **Wool socks:** They may be a basic item, but hikers, hunters and other sports people can't stock up enough

on warm, sweat-wicking wool socks that will keep their feet comfortable and dry on all excursions.

- **Folding knife:** Knives are ideal for cutting fishing line, twigs for a campfire and much more. A sturdy, quality knife that fits easily in a pocket or backpack is a must-have for hunters, campers and anglers.

- **Water-resistant pouch:** A day on the boat or near the water requires gear that can get wet without soiling items stored inside. Choose a pouch that can fit a camera, keys, phone, and other necessities.

- **Climbing stand:** Hunters frequently spend time up in the trees to get a better view of oncoming game. Stationary tree stands may remain for the season, but lightweight offerings fold and can be transported from area to area.

Did you know?

Autumn generally kickstarts deer hunting season in many areas of the United States and Canada. Depending on the region, elk, caribou, moose, and other deer species also may be in open season in fall as well. Each state/province has specific regulations concerning weaponry and hunting locations. Archery, muzzle-loader and youth hunting seasons often precede general firearms seasons. Licensing is

widely necessary, and licenses can typically be acquired through Department of Wildlife and Game centers and websites. Counties may implement bag limits. Hunters are advised to check regulatory information prior to any hunting excursion. While frequently hunted for sport and trophy, game meat can be butchered and enjoyed throughout the winter months.

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Tips for successful kids' parties

Children spark many changes in their parents' lives. In addition to taking responsibility for their youngsters' health, parents and caregivers are tasked with doing their

ian leis, hibiscus flower garlands, grass skirts, and fruit-infused foods. That helps celebrants know what to wear and what to expect come mealtime. Many of the el-

gests following the "age plus one" guideline. According to this approach, if the child is turning 5, invite 6 kids.

Stick to a certain time and time limit

First, select a time of day when children will be rested and able to enjoy the entire party. Many party planning experts say that a party between 90 minutes and two hours is adequate. Anything longer than that and kids' attention may

start to wane. Especially young children may benefit from even shorter parties. Children can become acclimated, play and eat food and treats within this time. An exception to the rule may be a pool party or one that has another prede-

termined activity, such as ice skating or bowling.

Kids' parties are an entertaining way for friends and family to come together to celebrate milestones. Keeping them simple and organized are keys to successful parties.



Keeping them simple and organized are keys to successful parties.

best to provide for their children's happiness.

Successful kids' parties can contribute to children's happiness. Savvy adults can adhere to these strategies to make kids' parties successful.

Aim for fun, not perfection

Recognizing that the fun kids will have does not directly correlate to how extravagant a party may be can help parents avoid unnecessary party elements that kids may not even notice or appreciate. Though it's a simple formula, parents may find that food+cake+activity equals success.

Choose a theme

A theme can serve to organize a party by tying all aspects of the festivities together. For example, a luau party means Hawai-

ements will fall into place once a theme is chosen, and there's a good chance party stores may already have pre-packaged or pre-grouped party essentials that fit the chosen theme.

Don't overbook

Keep guest lists to a minimum, especially if peers from school or other youngsters are invited. Generally speaking, the younger the crowd, the smaller the guest list. A small guest list reduces the likelihood of meltdowns, excitability and the number of well-meaning parental chaperones who will want to stay and watch over their kids. Parties that are too large can be overwhelming for the guest of honor, too. Popular party location vendor iPlayAmerica sug-

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New exhibit opens on "Women Suffrage in Herkimer County"

This year marks the centennial of when New York State gave voting rights to women within the state, three years before the ratification of the Nineteenth Amendment to the Constitution giving women the vote in national elections. To honor this centennial, the Herkimer County Historical Society will be opening a new exhibit on "Women Suffrage in Herkimer County" with a reception on Saturday, Nov. 4 from 1-3 p.m., and is open to the public.

Suffrage meetings were held throughout Herkimer County and local women participated in suffrage parades. Zaida Zoller of Little Falls was very active as chairwoman of the Little Falls Suffrage Party and coordinated speakers and parades for visiting suffra-



Zaida Zoller (1882-1980) was the Chairwoman of the Little Falls Suffrage Party and is featured in the Herkimer County Historical Society's upcoming exhibit "Women Suffrage in Herkimer County" opening November 4. Photo courtesy of Herkimer County Historical Society

Karate

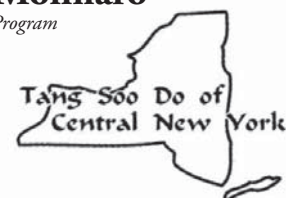
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MY NAME IS ON THE
CONSERVATIVE LINE
VOTE FOR 1... NOT 2
THE SECOND VOTE IS
A VOTE AGAINST ME

My mission is to represent the German Flatts' Town residents to the best of my ability. By active participation in all meetings affecting the policies of the Town, while inviting resident's suggestions and input. And at-all-times keeping our financial interests and tax burden at the forefront.

Thank you for your vote.

- Jack Fitzner

Go to jack4council.com
for more information

gists from all over the state. She is one of several people featured in the exhibit for their involvement in the suffrage movement.

A unique artifact that will be on display is a petition board, one of seven that the Herkimer County Historical Society has in their collection, featuring the signatures of women canvassed throughout the County. These boards were taken to the State Suffrage Convention in Saratoga in 1917, showing the 94 percent of the women were in favor of suffrage.

The exhibit is located in the Society's Suiter Museum Building, 400 N. Main Street, Herkimer, and will be available to be seen during the Society's open hours of Monday-Friday, 10 a.m.-4 p.m. For more information, call 315-866-6413.

Fascinating facts about felines

Many cat owners are fascinated by their feline friends. Cats can be quirky, and their behavior often amuses their owners.

But there is more to cats than their quirky personalities. The following are some interesting facts about felines, courtesy of Animal Planet.

- Much like humans can be righthanded or lefthanded, cats can favor their right paw or left paw. Cats can even be ambidextrous.

- Cats spend roughly one-third of their waking hours cleaning themselves. In fact, cats' tongues are so strong that they can lick animal bone clean.

- A single litter of kittens can produce multiple "father" cats.

- Selkirk cats are known for their distinctive curly coats. But Selkirk cats slowly lose their natural-born curly coats in the months after their births. The coat begins to grow again when Selkirk cats reach eight months of age.

- While cats are partial to litter boxes, their skill sets enable them to learn how to use toilets.

- Though cats might not have the skill set to operate blow driers, 25



percent of cat owners use driers to dry their cats' coats after bathing.

- Kittens may be adorable and cuddly, but their teeth are most sharp at this stage of their life. Upon reaching six months of age, cats lose their needle-sharp milk teeth.

- Once they reach one week old, cats start to dream while sleeping.

- Cats don't just close their eyes because they're tired. In fact, many cats close their eyes when they're happy or pleased.

- Cats' pregnancies last just nine weeks.

- Cats can jump up to five times their own heights.

- While not all cats with blue eyes are deaf, many

cats with blue eyes cannot hear. That said, many kittens are born with blue eyes, only to have their eye color change with age.

- Cats have a naturally strong aversion to all things citrus.

- Cats of the opposite sex tend to make better housemates than cats of the same sex.

- Cats can become addicted to tuna, potentially resulting in a vitamin E deficiency.

- The majority of cats do not have eyelashes.

- Cats tend to have 12 whiskers on each side of their face.

More fascinating facts about felines can be found at www.animalplanet.com. PE174924

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Now Here's A Tip

by JoAnn Derson

• Roll clothing to pack: For shirts, you can stack them all together, then fold over the sleeves before rolling. Pants are best rolled individually. Fold one leg onto the other, then roll tightly from ankle to waist, being sure to smooth wrinkles as you go. Stuff socks into shoes. Make use of all your space.

• Trouble getting to sleep? Maybe you should try listening to soothing sounds. There are many to choose from, from white or pink noise (find it free on YouTube or get a CD from the library). There's even a podcast

where a person reads a boring book in a monotone voice (Sleep with Me). You never know if it'll help unless you try. — C.A. in Florida

• Homemade ice pack: Mix 1 part rubbing alcohol to 3 parts water in a zipper-top bag; seal and place in the freezer. It gets really cold but never hardens, so you can manipulate it. Every athlete (or parent) should pin this. — M.W. (Add food coloring so you can tell if it's leaking, and label it properly!)

• Airport hacks: Bring a few extra zipper-top bags, just in case you need them on the return flight;

bring an empty water bottle to fill up after you clear security; bring your own snacks; tie or otherwise fasten an identifiable scrap of material to your plain black luggage to make it easy to spot on the luggage carousel; wear a heavy coat — you can always take it off and stow it, but it won't count against your weight limit if it's on you at check-in.

• Winter driver safety list! Check levels for the following: engine oil, coolant and antifreeze, as well as windshield wiper fluid (non-freezing), tire pressure and tread depth.

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Dolgeville Community Band

The Dolgeville Community Band, under the direction of Mark Case, performed at The Violet

Festival in June and held concerts in July at Plowe Park in Dolgeville.

Correction: This photo

ran with incorrect spellings of names. Please see corrected names below.



Band Members included:

Row 1 - (L-R) Dawna Crossman, Katlin Wolford, Jessica Pollak, Kimberly Pierce, Eunice Hight, Ginger Countryman, Naomi Gage, Linda Roche, Dan Ermisch, Gary Bush and Carol Case.

Row 2 - (L-R) Director-Mark Case, Dan Waltermire, Colin Comstock, Nancy Schuyler, James Pierce, Erin Thayer, Gary Busch, Sarah Busch, Dana Schuyler, Barry Gage, Lenore Signorelli, Peter Holmes, Don Johnson and Micah Handy.

Row 3 - (L-R) Ryan Case, Kayleigh Fredericks, Katelyn Ashe, Hannah Getman, Breanna Dunn, Emily McGraw, Jenna Christensen, Amanda Carpenter, Zane Eckler, Kathryn Pierce, Nathan Lasher, Guest - Eric Slifka and Adam Schuyler.



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325 Miller Rd, Mohawk



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440-442 N Bellinger St, Herkimer



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 Sunday Worship 10:30 AM
 Tuesday Bible Study 7 PM

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 Paster Len Byarty
 12 Van Buren St.
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 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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 Mid-week Service Tuesday 7 PM

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 26 E. Faville Ave.
 Worship 11 AM

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 31 N. Helmer Ave.
 Phone 429-8338
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 Saturday Evening Vespers 4 PM
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 Holy Day Liturgy 9:30 AM

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 Sunday Mass 8 & 10:30 AM

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 Sunday Mass 10 AM

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 Holy Day Liturgy 9 AM
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 Wednesday Worship 6:30 PM

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 Sunday Worship Service
 10:30 AM with Music
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 www.thesalvationarmy.org
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 Morning Worship 11 AM

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 Sunday School 11 AM
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 Tuesday 11-12:30 PM
 Thursday 11:30-12:30 PM
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 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
 Thursday Choir Practice 7 PM

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 Sunday Mass 10:30 AM

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 Nursery & Sunday School 9:45 AM (Sept.-May)
 Fellowship Coffee Hour 11:15 AM
 Choir Rehearsal 11:30 AM
 Holy Day Masses as announced
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 Sunday School 9 AM
 Wednesday Services 12:10 PM & 7 PM

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 or 315-520-4723
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 Fellowship Lunch 12:30 PM
 Afternoon Bible Study 1:30 PM
 Wednesday Prayer & Bible Study 6 PM

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 Rev. Mark Cunningham,
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Kitchen Diva

The wonders of winter squash

I used to look at the hard, oddly shaped exteriors of winter squash and pass them by, mainly because I had no idea what to do with them. Then I discovered that winter squash are actually easy to prepare and are a healthy addition to any meal. They're also a good source of vitamins A and C, potassium and fiber. Even better, one-half cup of cooked winter squash has only 40 calories.

Winter squash are picked when fully mature and the skin is thick. This thick skin is inedible, and is designed to provide a protective covering for the squash. It also allows for a long storage life in cool or cold weather. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Three of the most com-

mon winter squash are butternut, spaghetti and acorn squash. Butternut squash is tan in color and has a long, bell-like shape. Spaghetti squash is oblong or oval in shape and yellow in color. Acorn squash gets its name because it is shaped like an acorn. It is dark green in color and has a ridged rind or skin.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature). With a few selection and preparation tips for preparing winter squash, you can create delicious and flavorful dishes all season long.

All types of winter squash can be baked in the same way, but not prepared the same. All winter squash bake well. Cut the squash in two,



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scoop out the seeds and brush the cut surface with oil. (The hard shell of the squash can be difficult to cut in two, so be sure to have a sharp, heavy-duty knife.) Place the cut side down in a baking dish with 1/4 cup of water. Bake uncovered at 350 F until the flesh is soft.

Spaghetti squash isn't used in recipes in the same way as other winter squash. It was given that name because of its spaghetti-like interior. Once cooked, use a fork to peel the flesh away from the skin to form long strands like spaghetti. You can serve it with any type of pasta sauce, in the same way you would serve spaghetti noodles.

Butternut or acorn squash can be used interchangeably in recipes. Once cooked and cooled, they can be scooped out and stuffed, or peeled away from the skin, cut into cubes and used in soups, stews and casseroles along with other vegetables.

This recipe for Acorn Squash Filled with Cider Spiced Apples uses this winter squash in a flavorful way that serves up beautifully and pairs well with pork or chicken. It's the perfect fall side dish.

Acorn Squash Filled With Spiced Apples

- 4 tablespoons unsalted butter, melted
- 2 small (1 pound each) acorn squash
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 Granny Smith apples, peeled and cut into 3/4-inch dice
- 1 1/2 cups apple cider
- 2 tablespoons maple syrup or brown sugar
- 1/2 teaspoon nutmeg
- 1. Set oven at 400 F. Using 2 tablespoons of the melted butter, coat the bottom of a shallow 3 or 4 quart baking

dish.

2. Cut a thin slice off both ends of each squash. Halve squash horizontally. Scoop out the seeds. Place squash halves in the baking dish with the cut sides up. Brush with 1 tablespoon butter and sprinkle with 3/4 teaspoon of the salt and the pepper. Set pan aside.

3. In a large bowl, combine the apples, 1/4 cup of cider, the maple syrup or brown sugar, 1/4 teaspoon of nutmeg and 1/4 teaspoon salt. Divide the apples among the squash halves, distributing the excess liquid among them evenly. Drizzle with the remaining tablespoon of the butter and sprinkle with the remaining nutmeg.

4. Pour the remaining 1 1/4 cups of cider into the baking dish. Cover loosely with foil and bake for 1 1/4 hours until the apples are tender. Serves 4.

(c) 2017 King Features Synd., Inc., and Angela Shelf Medearis by Angela Shelf Medearis



Stunning engagement ring alternatives

White diamonds have been the traditional engagement ring stones for decades. While shoppers have experimented with gold, silver, platinum, and other precious metals for ring bands, the star of the show has long been that twinkling, pristine diamond.

Even though diamonds may be a “girl’s best friend,” they may not fit every woman’s style, particularly the bride who likes to buck tradition and think outside the box. According to Money magazine, the average engagement ring costs more than \$5,800. In addition to being one of the most expensive gemstones, diamonds have become quite commonplace. Some women even eschew diamonds for moral reasons.

Whatever the driving force behind shopping for alternative gems, women who want to set themselves apart from others — and men who want to “wow” their significant others with unique and eye-catching rings — may opt for other dazzling stones.

• **Moissanite:** This crystal naturally occurs in

meteorites and is nearly as hard, dense and scuff-resistant as a diamond. Some feel moissanite offers more brilliance and fire than diamonds. Moissanite is a white-colored stone, so it can mimic the look of a diamond. And since it can be made in the laboratory at a fraction of the cost of even lab-made diamonds, it’s a frugal option. A nearly flawless one-carat moissanite gem can cost less than \$1,000.

• **Lemon quartz:** This is the trade name for a lemon-yellow stone that is a variety of color-enhanced transparent quartz. Quartz is turned into this sunny hue through an artificial gamma ray irradiation process. Like other quartz gemstones, lemon quartz is considered to be very durable and is therefore suitable for all types of jewelry.

• **Sapphire:** Sapphires tend to be blue stones (of varying intensity), but they also come in peach, pink, yellow, green, and white. Sapphire may not sparkle as much as a diamond or even moissanite. However, with the right cut, it can be hard to dis-

tinguish any lack of luster. Sapphires are the third hardest mineral, and at about one-third the price of diamonds, they make an ideal diamond substitute.

• **Morganite:** According

to the blog Bridal Musings, morganite is currently one of the most popular choices for engagement rings. Its pretty pink hue is romantic and feminine. It also sits at around the same hard-

ness as sapphires, ensuring the rings will endure.

Vividly cut rubies, emeralds and tanzanite — all gems that are rarer yet less expensive than diamonds — can make beautiful engagement

rings. Some couples also may opt for rings without gemstones, such as traditional Claddagh or “true lover’s knot” rings to signify their union.



Men who want to “wow” their significant others with unique and eye-catching rings may opt for a variety of dazzling stones.

Dining out with children

Dining out at restaurants can be an enjoyable activity and a break from kitchen duties at home. Many people in both the United States and Canada dine out at least once a week. According to a Rasmussen Reports national telephone survey, 58 percent of American adults say they visit a restaurant during the week. The Canadian Restaurant Food Association has found around 23 percent of Canadians dine out once a week.

Even busy families want to indulge. However, parents of young children may avoid restaurants because

of apprehension about the experience. Getting ready for the restaurant excursion can help families avoid some of the common pitfalls. Patience and planning can help dining out with the family go smoothly.

Infants

New parents often need a respite from the near-constant demands of infants. Dining out can be one of those breaks. When a babysitter is unavailable or if you’re not yet comfortable leaving a little one with someone else, bringing baby along may be possible.

First, find a family-friendly restaurant or try an establishment that has outdoor seating where you can quickly distance yourself from other diners if need be. Time dining out around the baby’s feeding and sleeping schedule. Babies sated by a recent feeding and a relaxing car ride may be more inclined to sleep through your restaurant meal. Just in case, pack an extra bottle or prepare to breastfeed to keep your baby happy.

Toddlers and school age

Active children can learn table manners and restaurant behavior early on through practice. These lessons can open children up to new food experiences and help them grow accustomed to social settings.

Do not set your child up to fail by selecting a restaurant that is too fancy or quiet. Save those restaurants for when your company is adults only. A place that is used to noise (and moderate mess) is better.

A restaurant that has interesting decor, such as an aquarium, can keep toddlers occupied. But bring along some games, toys and other trinkets to keep their attention. Try playing games, such as counting the packets of sugar or finding people wearing red shirts.

Avoid dining out with a tired child, and be prompt in selecting meals and eating. This is not a time to linger, as youngsters’ attention spans and willingness to sit still tend to be minimal. Be prepared to leave with a to-go box if a child proves unruly.

Older children

Part of the challenge of dining out with older children is holding their attention, but meals can facilitate family conversation and be good for the parent-child dynamic. Set a device-free rule at the table and use the opportunity to converse. Try exotic cuisine or new dining experiences so it is an adventure for all involved.

Dining out with children requires different strategies depending on youngsters’ ages.



King Crossword

ACROSS

1 Dutch earthenware city

6 Ado

12 More blood-stained

13 Unilateral

14 Rhododendron cousin

15 Busy

16 Small plateau

17 Rocketry org.

19 Started

20 Group of actors

22 Omega predecessor

24 Second person

27 Church furniture

29 Lecher's look

32 Toady

35 Transcending (Pref.)

36 Mine car

37 Ball holder

38 Hooter

40 Sans escort

42 Tablet

44 Inauguration recitation

46 Mine entrance

50 Captivate

52 Intertwine

54 Swear (to)

55 Like thunder

56 Prolonged

10 Wash

11 Watched

12 School of whales

18 If all else fails

21 Zoo favorite

23 "Help!"

24 Thanksgiving veggie

25 Unclose

26 Modern

28 Spreads thickly

30 Shelter

31 Preceding

33 Legislation

34 — Little

Teapot"

Untethered

Greek consonant

Carrots' partners

Con

— and letters

Plastic user's concern

Capri or Wight

Biblical possessive

"Family Guy" daughter

Enthusiast

DOWN

1 Nap

2 Historic times

3 Light purple

4 Doctor's due

5 Area near the apse

6 Feathery neckwear

7 Open a bottle

8 Collection

9 Stephenie Meyer series

attacks

Put into words

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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MAGIC MAZE

THE COLOR YELLOW

HB YWURPNKIGDDDBZ

XDVSSSQOMKIGAEC A

YWLMUSTARDUNSQP

NLJOHBFECAYDDXV

USHIGHLIGHTERQP

NMBULLDOZERLIBY

KJUHEGGYOLKIBAR

FETCMNBZYHXOGNA

VUTTORUQBACNIAN

POEMNLHSAUQSBNA

KIRTHGILNOITUAC

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

Banana

Big Bird

Bulldozer

Butter

Cab

Canary

Caution light

Dandelions

Egg yolk

Highlighter

Lemon

Mustard

School bus

Squash

Sun

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Amber Waves

LET'S SEE WHAT YOU GOT SON. I'M GONNA RUN OUT 50 YARDS.

OK DAD, GO DEEP! COME ON... THAT'S ONLY 15 YARDS.

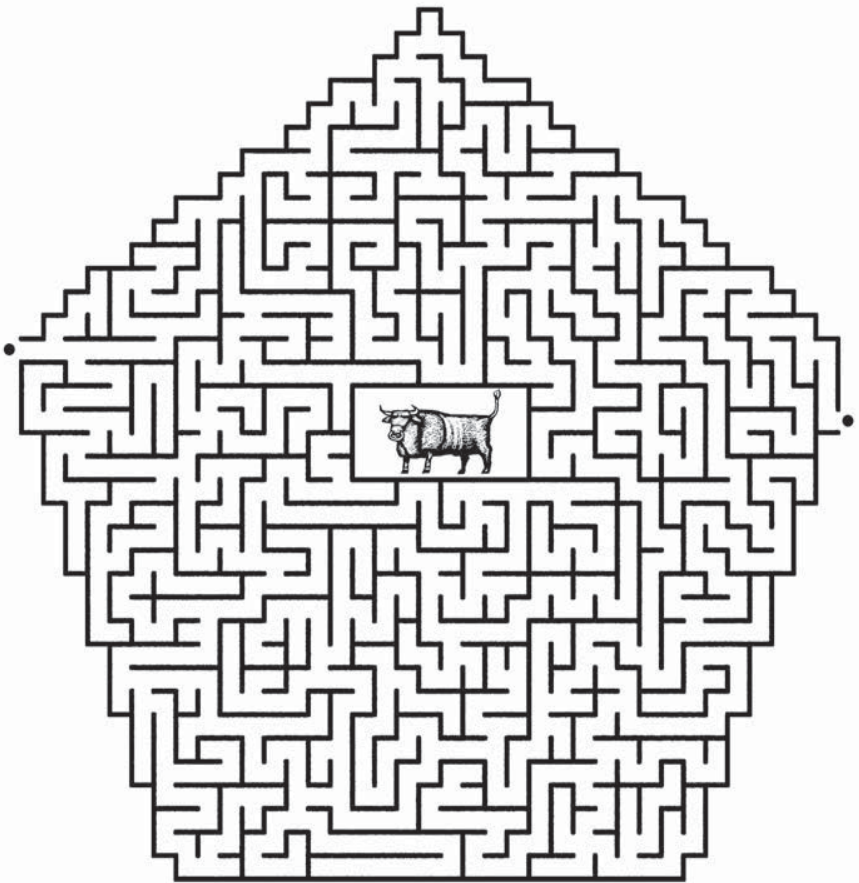
KEEP GOING! THAT'S 25 YARDS, COME ON DAD!

UH, THIS IS NOT THE PART IN THE GAME YOU CAN TAKE A KNEE.

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Mega Maze

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LAFF-A-DAY

"We'd better look at those plans again."

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GRIN & BEAR IT

"Clamp. Sponge. Proof of insurance ..."

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Weekly SUDOKU

by Linda Thistle

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

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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"Anyone who goes to a psychiatrist ought to have their head examined."

~Sam Goldwyn

STICKELERS [sic]

by Terry Stickels

How many squares of any size can be found in the diagram below?

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Country Editor

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20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
1170 Truck Parts & Equipment
1180 Trucks
1187 Vacuum
1190 Vegetable
1200 Veterinary
1205 Wanted

Announcements

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Announcements

★ ★ ★ ★ ★

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ILION West Main Street apartment for lease. 1st floor, 1 bedroom, stove, refrigerator, porch, parking. No pets No smoking. Security and references. \$500+ heat and electric. Call 315-866-1817

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The history of modern charity

The concept of well-to-do people helping the less fortunate is nothing new. In fact, charity has been a part of human cultures for thousands of years.

Charity is a humanitarian act to give to those in need. The word “charity” is derived from the Latin “caritas,” which means “preciousness, dearliness and high price.” Charity is also tied to philanthropy, a word from the Greek “philanthropia,” meaning “love of mankind.” Charitable philanthropy has evolved to refer to the various forms of kindness directed toward others.

It is believed that charitable giving in some form has been around since 2500 BCE, when ancient Hebrews instituted a tax intended to help the poor. Philanthropy became a pillar upon which many religious organizations were built. Many charities were formed to provide basic necessities to others.

Charitable giving has been documented in nearly all cultures in some shape or form. According to the National Philanthropic Trust, classical Chinese philosophy exalted the virtue of benevolence. Ancient Greeks considered giving fundamental to democracy. Philanthropy was thought to promote balance and harmony among Native Americans.

Moses Maimonides, a 12th century rabbi and philosopher, helped shape modern philanthropy by establishing the Golden Ladder of Charity in the Mishneh Torah. Maimonides’ eight levels of charitable giving ascend accordingly in value. They rank from giving grudgingly as the very least form of charity to helping to sustain a person before he or she becomes impoverished as the greatest. Maimonides’ teachings helped shape future notions of giving.

Philanthropy has changed throughout history. Plato established a group working for the public good. Roman Emperor Augustus gave public aid to 200,000 people. In 1643, the first American fundraising drive was organized by Harvard University. Today, the value of donations to charity comprise roughly 2 percent of the total national gross domestic product in the United States. The charitable giving resource Winspire says more than 95 percent of households in the United States donate to charity.

Charitable giving continues to grow, with new philanthropic groups being established every year. Giving has become a major component of modern culture and an important part of shaping individuals, families and communities.

H.A.L.O. to hold annual Fall Trash & Treasure Sale

H.A.L.O. (Helping Animals Live Organization) will be holding their annual “Fall Trash & Treasure Sale” on Saturday, Nov. 4 from 9 a.m. - 4 p.m. at the Herkimer Polish Home, 319 S. Washington St., Herkimer, NY. There will be a wide selection of merchandise, including household items, jewelry, toys, games, books, electronics, holiday decorations and so much more. The proceeds from the Sale will benefit H.A.L.O. and their cat shelter H.A.L.O. House in Little Falls.

If anyone would like to donate items for the sale, call Deb at 315-866-8608 or Faye at 315-823-0239.

What to do after incurring storm damage

The 2017 hurricane season proved especially devastating for millions of people in both Texas and Florida. Upon making landfall in Texas in late August, Hurricane Harvey became the first Category 3 or higher hurricane in the United States since Hurricane Wilma in 2005. In its wake, Harvey left damage that Texas governor Greg Abbott estimated could cost as much as \$180 billion to repair.

Just a couple of weeks after Hurricane Harvey touched down, Hurricane Irma hit Florida as a Category 4 storm, knocking out power to nearly seven million people.

Severe storms like hurricanes do not discriminate, and when such storms finally dissipate, people from all walks of life are left to deal with the often devastating consequences. Property damage is one such consequence, and the following are some things people can do in the aftermath of storms that caused damage to their property.

- Contact your insurance provider. Not all damage resulting from storms will necessarily be covered by insurance policies, but it’s still imperative that people contact their insurance companies as soon as possible after their homes or vehicles have been damaged. Agents can help policy holders learn if their policies cover the damage done to their property and to what extent their coverage will help them recover. Many people will likely be making similar calls, so policy holders should try to be as patient as possible.
- Document the damage. People whose property has been damaged should use their smartphones and cam-

eras to document the damage as extensively as possible. Take photos from various angles before you begin cleaning up. Providers may require visual evidence of the damage before they begin processing your claim, so ask about those requirements when contacting your insurance agent.

- Avoid downed power lines. In addition to protecting the investments you have made in your property and your possessions, it’s important to remember to protect yourself. Avoid downed power lines, reporting any to your local power company as soon as you see them.
- Let the professionals do the work. It can be tempting for homeowners to try to do some electrical work around their homes after their homes have been damaged by storms. Electricians are likely busy and might not be able to assess or repair damage for days, if not weeks. But it’s still best to wait and allow professionals to do the work. Experienced professionals recognize potentially harmful, if not deadly, issues that may be lurking beneath the damage, so it’s always best to leave the work to private electricians or local power company work crews.
- Revisit insurance policies. After suffering damage to their homes or vehicles, men and women may benefit by revisiting their coverage and increasing that coverage in anticipation of future disasters.

Storm damage can turn individuals’ lives upside down. But remaining calm and working in harmony with insurance agencies and power companies can help storm victims recover quickly.



Sticklers Answer

There are 25 squares.

1 5 x 5

1 4 x 4

4 3 x 3

7 2 x 2

12 1 x 1

25 Total

Weekly SUDOKU

Answer

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

Mega Maze

Solution

THE COLOR YELLOW

S

MUSTARD

B

HIGHLIGHTER

BULLDOZER

LIBBY

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EGGYOLK

IBAR

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Marge Anderson, VRS resident receives art award

Marge Anderson, resident of Valley Residential Services, was honored at a reception at VRS on Monday, Oct. 16, as she is the recipient of the Honorary Mention Award in the 2017 LeadingAge New York Art Competition and Exhibit for her artwork, Late Fall.

A retired elementary school teacher, instructing in a variety of curriculum including art, Anderson recalls a memory from age five years old indicating that her love for artistic creation began at this age. Anderson has

been painting about 85 years. Many of her favorite paintings hang in her apartment at Valley Residential Services.

Along with her passion for art, Anderson also has enjoyed gardening, hiking, and reading.

Anderson was very excited to enter LeadingAge New York's Art Competition and Exhibit and even more elated when her son, Chris and daughter-in-law, Susan, were among other VRS and VHS staff and residents honoring her at the reception on Monday.

LeadingAge New York's Art Competition and Exhibit involves the display of chosen artwork at several locations across the

state, as well as in the LeadingAge New York offices in Latham, website and social media pages.

LeadingAge New York

represents not-for-profit, mission-driven and public continuing care providers, including nursing homes, senior

housing, adult care facilities, continuing care retirement communities, assisted living and community service providers.



L-R: Susan Anderson, Marge's daughter-in-law, Marge Anderson, award recipient and Chris Anderson, Marge's son.

Photo courtesy of VRS

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Six tips to help keep your drive distraction-free

(BPT) — As you drive down the street, the threat of potential distractions is everywhere. Federal research shows that distracted driving is a factor in one out of every six crashes, and accounts for 5,000 automobile crash-related fatalities each year.

While teens are commonly associated with distracted-driving issues — particularly texting — the issue affects drivers of all ages. To help reduce

distracted driving crash-related injuries, and loss of life, the American Academy of Orthopaedic Surgeons and the Alliance of Automobile Manufacturers (Auto Alliance) offer these tips to help drivers keep their eyes on the road and hands on the wheel.

- Gear up before you go out. Whether it's your sunglasses, your Bluetooth® earpiece or your favorite hat, putting accessories on before start-

ing your car allows you to keep your hands on the wheel, and not your wardrobe while driving.

- Stop for a bite. A quick bite for lunch should be enjoyed in a restaurant, or your non-moving vehicle, instead of on the go while you're driving. This allows you to take a break, enjoy your food and not worry about spilling beverages on yourself.

- Don't be afraid to pull over. If another matter

begs your attention — such as settling a disagreement between your children — pull the car over to handle the situation properly rather than trying to attend to it while you are driving.

- Have a plan in place. Sometimes this is easier said than done. However, if you are traveling somewhere for the first time, you should understand your route before starting the drive. Program your GPS, or share printed directions with your navigator before you depart.

- Call them back. Cell phone usage is one of the leading causes of distracted driving-related crashes and not all of them are related solely to texting. If your phone rings while you're in the car and you do not have a hands-free headset already on, let the caller go to voicemail. You can always call them back when you arrive at your destination or your next stop.

- If you don't need it, store it. Sporting equip-

ment, kids' toys or groceries, your car is the transport home for many things and sometimes those items can jostle back and forth while you're driving — particularly on those sharp turns. And when things start moving, your natural reaction is to take your eyes off the road and reach for them. Instead, secure items in the trunk or in another storage compartment before the drive.

Keeping your eyes on the road and your hands on the wheel is one of the most important things you do every single day you choose to drive so be sure to apply the tips above and make driving your No. 1 priority. Your loved ones and those you share the road with will thank you for it. For even more helpful tips and strategies to minimize driving distractions, visit www.decidetodrive.org.

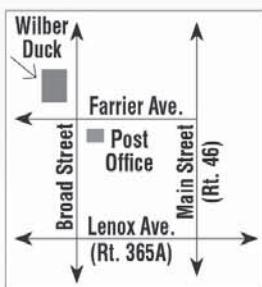


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Five DIY home upgrades anyone can do in a day

(BPT) — Do-it-yourself home projects are sweeping the nation, and it's easy to see why. DIY is typically budget-friendly and fulfilling to complete; simply find the right project to match your skill set and needs.

To get started, here are five inexpensive projects that can be tackled by any DIY-er, each of which will have an impact on the entire home.

- Make a hardware swap. Replacing your kitchen cabinets changes the entire look of your kitchen — but it's expensive

and requires considerable skill. For a simpler, smaller project that can still have a big impact, replace the hardware on your cabinets instead. Select the hardware type first — knobs for doors and pulls for drawers, for example — then move on to style. Crisp, sleek hardware goes best with a modern kitchen, while more detailed offerings work well with classic, traditional kitchens.

- Refresh your space with a fresh coat of paint. Repainting a wall or room is the perfect way to showcase your style, with-



out breaking the bank. The Unity palette from Sherwin-Williams® 2018 Colormix Forecast offers unique color choices that pair together perfectly, making it easy for homeowners to create a cohesive look in their space. It's easy to recreate a space that reflects who you are, without making expensive renovations.

- Illuminate a simple change. It doesn't always take a huge change to reinvent a room; it can be as easy as changing the light fixture. You could choose to repaint your existing chandelier, or you could give your ceiling fan a new look by replacing the blades. If you're on the crafty side, try making your own shade for an existing lamp with some of your favorite fabric.

- Invite people to your gallery. Can't decide on the one perfect image for your wall? Then why not go for several? Gallery walls are a great way to show your favorite prints and photos artistically. Pick the wall and apply a fresh coat of paint before building your gallery — after all, this wall will now be part of the exhibit. Once the wall is ready, pick your photos or prints and set them in frames you love. Now the fun part lay your works of art on an open floor space and rearrange them until you find the perfect layout. Once you've found it, grab your hammer and nails and bring your gallery wall to life.

- Bring a new vibe to your existing furniture. If a chair or love seat is starting to show its age, reupholstering it is a great way to give the piece fresh life. Remove the current fabric and replace it with new fabric of your choosing. Apply staples or stitching to hold the new fabric in place, and that old piece of furniture will have a distinctive new look.

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Wash all reusable bags regularly: Here's how

Clothing, linens and even curtains may get their regular rotation through the laundry room, helping such items to remain clean and fresh. But other items relied on regularly may never make it to the washing machine to get a healthy helping of suds, even though they probably should.

Such is the case for backpacks, lunch sacks and reusable shopping totes. These items endure substantial

wear and tear, and may be in need of a good wash.

Backpacks

Backpacks can get grimy fast. Designed to be worn on the back, backpacks are often tossed onto the floor or shoved into dirty lockers. As a result, backpacks may be covered in dirt, pen stains, food spills, and bacteria, necessitating a thorough cleaning.

Because backpacks have all sorts of pockets, straps and zippers, some people find handwashing to be an

Lunch bags and boxes

Check the care label to see if the bag can be machine-washed. Many can withstand a mild detergent and the gentle cycle of a machine. Otherwise, mild dish soap and water can be used to hand wash the bag. Like the backpack, let these bags or boxes air dry for best results, says the cleaning resource Clean My Space. Sprinkle baking soda inside of bags or boxes as a natural deodorizer, if necessary.



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easier way to prevent damage during washing. Use a vacuum nozzle to clean out crumbs and other debris. Dip a sponge or cloth into sudsy water and use it to clean the interior. A scrub brush can scour the outside. Rinse and hang upside down to dry, suggests Good Housekeeping.

For those who want to put the pack into the washing machine, first place the backpack inside of a laundry bag or pillowcase that can be closed. This will prevent the pack from getting caught in the machine's agitator or stretching out the fabric. Skip the dryer and let the pack air dry so that it won't shrink.

Reusable shopping bags

An eco-friendly alternative to plastic or paper bags from the store, reusable totes can dramatically reduce waste that ends up in landfills and waterways. These bags routinely come in contact with fresh and frozen foods, and bacteria, yeast and mold may eventually grow on the surfaces of the bags. Wash the bags after each use and store them in a place where they are not susceptible to mold growth.

The U.S. Department of Health and Human Services says cloth reusable bags should be washed in a washing machine using laundry detergent and dried in the dryer or air-dried. Plastic-lined reusable bags should be scrubbed using hot water and soap and air-dried. Dry bags completely before storing.

Use separate bags for raw meats, seafood and produce. Label these bags to avoid confusion.

Reusable bags should not be stored in dark, warm and humid environments that can promote bacteria growth. Keep them in cool, dry areas — not in the trunk of a car — for best results.

Learn more about bag cleaning at www.cleaninginstitute.org.

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