

Herkimer County
Country Editor

September 14,
 2018

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Volume 8
 Number 17

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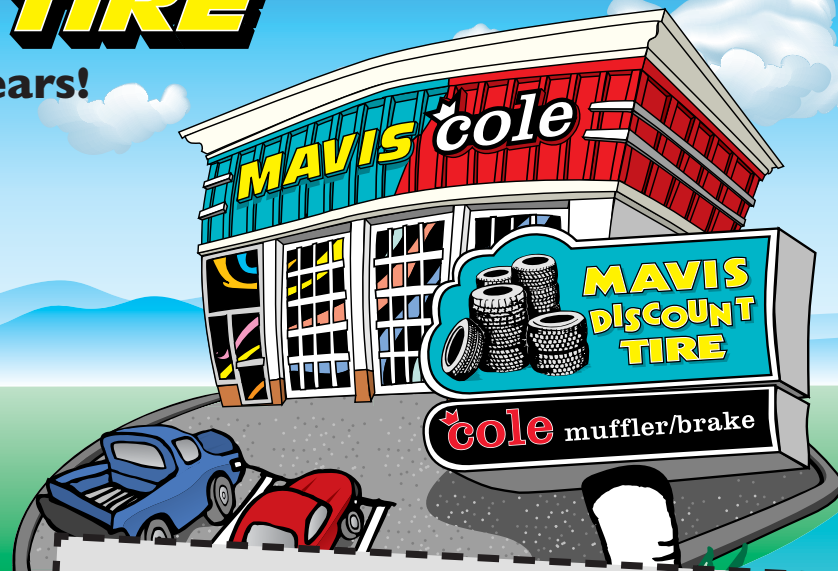


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Newport Field Day

Here are the results of the tractor pull at Newport Field Days on Aug. 5, 2018

2500 Antique stock: 1st Earl Haman; 2nd Steve Aden. Only two tractors entered this.

3500 Antique Stock: 1st Earl Haman; 2nd Dave Cavanaugh; 3rd Reece Synakowski.

3500 Enhanced: 1st Eric Pearson; 2nd Dave Cavanaugh; 3rd James Bell.

3500 Out of Field: 1st Bill Briggs; 2nd Earl Haman; 3rd Dave Cavanaugh.

4000 Antique Stock: 1st Earl Haman; 2nd Dave Cavanaugh; 3rd Joel Sawicki.

4000 Enhanced: 1st Rich Prokop; 2nd Jon Bronk; 3rd Ralph Kibling.

4500 Antique Stock: 1st Ralph Kibling; 2nd Earl Haman; 3rd Joel Sawicki.

4500 Enhanced: 1st Rich Prokop; 2nd Rich Bennett; 3rd Bill Briggs.

4500 Out of Field: 1st Walter Dingman; 2nd Ralph Kibling; 3rd Bob Bronk.

5000 Antique Stock: 1st Tracy Hinkle; 2nd Ralph Kibling; 3rd Ed Manion.

5000 Enhanced: 1st Rich Prokop; 2nd Walter Dingman; 3rd Jon Bronk.

5500 Antique Stock: 1st Dave Cavanaugh; 2nd William Sasenbury; 3rd Earl Haman.

5500 Enhanced: 1st Eric Pearson; 2nd Rich Prokop; 3rd CJ Davidson.

5500 Out of Field: 1st CJ Davidson; 2nd Walter Dingman; 3rd Ed Lundberg.

6000 Antique Stock: 1st Jon Gardner; 2nd Tracy Hinkle; 3rd Earl Haman.

6000 Enhanced: 1st Eric Pearson; 2nd Hank Dise; 3rd Bill Briggs.

6500 Antique Stock: 1st Dave Cavanaugh; 2nd Jon

Gardner; 3rd William Sasenbury.

6500 Enhanced: 1st Ed Lundberg; 2nd Hank Dise; 3rd Bill Sasenbury.

6500 Out of Field: 1st Jack Lundberg; 2nd Chris Davidson; 3rd Cole Armstrong.

7500 Antique Stock: 1st Darien Sasenbury; 2nd Virgil Bush; 3rd Jeremy Teel.

7500 Enhanced: 1st Hank Dise; 2nd Bill Briggs; 3rd Darien Sasenbury.

7500 Out of Field: 1st Eric Pearson; 2nd Jack Lundberg; 3rd Freddie Wolff.

8500 Antique Stock: 1st Virgil Bush; 2nd Clarence Miller. Only two tractors entered this pull.

8500 Enhanced: 1st Hank Dise; 2nd Chris Davidson; 3rd Bill Briggs.


8500 Out of Field: 1st Eric Pearson; 2nd Freddie Wolff; 3rd Jeremy Teel.

9500 Antique Stock: 1st Roy Aden; 2nd Clarence Miller; 3rd Gavin Maine.

9500 Enhanced: 1st Bill Briggs. Only one tractor pulled.

9500 Out of Field: 1st Freddie Wolff; 2nd Ed Kosakowski; 3rd Brad Keblish.

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Don't miss the Remsen Barn Festival of the Arts this year.

When summer fades and autumn is in the air - and it is the fourth full weekend in September - then it must be the Remsen Barn Festival of the Arts.

You will find fun for the whole family 15 miles north of Utica just off Route 12. On Saturday, Sept. 22 from 10 a.m. - 6 p.m. and Sunday, Sept. 23 from 10 a.m. - 5 p.m., come play in the street with us. A tradition for 39 years, Main Street is closed to vehicles and transformed into a magical shopping, eating and entertaining adventure. More than 250 quality

crafters offer jewelry, textiles, fashion accessories, woodcrafts, soaps, pottery, holiday items, furniture, glass, candles and more. A variety of food vendors offer everything from hearty meals to sweet snacks.

Visit the farmers markets for local honey, jams and jellies, gourmet spices and sauces, candy, fudge, local cheese curds, etc. Featured entertainers are Cincinnati Creek, the Old Main, the Magic of Chris Wheel, Harmony Katz, Butler-Sheehan Dance Studio, Kevin Keating, Mike Woolheater and Jim Boccardo.

Visit the free quilt show at the Remsen Arts Center or find your way through the corn maze Saturday and Sunday from noon - 5 p.m. at the Remsen Depot. Don't miss the Remsen Volunteer Fire Company's pancake breakfast at the fire department on Main Street, Saturday and Sunday mornings starting at 7 a.m. On Sunday at 2:30 p.m., all are welcome to the Gymanfa Ganu (Welsh song fest) in the Stone Church on Prospect Street.

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Power of Attorney and financial exploitation

A Power of Attorney is a legal document that gives someone the authority to act for another person in legal or financial matters. While it is an important planning tool it can also leave a person vulnerable to financial exploitation. Here are some tips on how to minimize financial exploitation.

- When appointing the power of attorney, it is vital to choose someone who is

honest and trustworthy. The person named must be willing and able to carry out the wishes of the individual.

- Consider naming a trusted third party to perform accounting and monitoring of financial records, including access to bank and credit card statements.

- Require a second signature for large transactions such as real estate and au-

tomobiles. The power of attorney can specify what are considered large transactions, either by type or dollar amount.

- The power of attorney should stipulate what limitations are placed on the ability to gift money and property. Gifting money and property using the power of attorney is a common form of financial exploitation.

- Grant a third party the ability to re-

voke the power of attorney if it is being used to exploit, abuse or neglect.

This information was provided by the National Center on Law & Elder Rights at www.ncler.acl.gov. Contact the Herkimer County Office for the Aging or NY Connects for more information at 315.867.1124 or www.herkimercounty.org (go to Departments then Office for the Aging).

Herkimer County Office for the Aging coupons available

A limited number of farmers market coupons are still available for Herkimer County seniors. These coupon booklets have a value of \$20 and may be used to purchase produce at any participating farmers market. To qualify, you must be over the age of 60, reside in Herkimer County and have an income of \$1,872 per month or less (\$2,538

per month for a two-person household). State regulations require that a person must sign for the coupons themselves so coupons cannot be mailed and someone cannot pick up the coupons for someone else. This year, the booklets are not restricted to one per household. Each eligible senior living in a household may receive their

own booklet, but they must be present to sign for them.

Coupons are currently available on a first come, first served basis at the Herkimer County Office for the Aging, 109 Mary

St., Herkimer, from 8 a.m. - 4:30 p.m. Monday - Friday. Coupons will be available until Sept. 30 or until supplies last. If you have any questions, contact David Gutowski at 315.867.1414.

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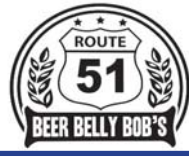


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Poland students receive exposure to career options

Poland Central School District students Heather Artz and Keara Blumenstock had the opportunity to talk to patients and learn what the workday is like during a job shadowing experience this past school year at Kress Physical Therapy.

"I think it's something that I really want to do because you get to help so many people," Artz said, of physical therapy. "You're working with patients from different backgrounds with the same goal: to get better."

Poland Central School District students participated in a wide variety of activities related to college and career exposure during the 2017-2018 school year put on by the school, the guidance department and the Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers program.

Some of the highlights included a College Now information session, College Now registration opportunities, eighth-graders and 10th-graders visiting Herkimer BOCES Career and Technical Education and Valley Pathways in Technology Early College High School classrooms, ninth-graders visiting Herkimer College for a career day and tour, a career fair at Onondaga Community College, the schoolwide career day at Poland, a college fair at Herkimer College and the job shadowing day for juniors.

'That connection'

Career exposure such as through job shadowing makes the students' education more relevant, encourages them to ask questions about their students and think about what they like or don't like about different jobs, Poland Guidance Director Janice Watrous said.

"I think it's an integral part of our program here just to see the hands-on, real-world aspects of what they're studying," she said. "I think just to get them to make that connection to what they're studying and the opportunities that are out there."

The job shadowing experiences help some juniors decide on their schedules for their senior year and lead to internships for some students. Going to job sites allows students to get a better idea if they like a job – or if it's an option they realize they don't want to do and can cross off their list, Watrous said.

"That's just as important," she said.

Younger students also receive career exposure through the schoolwide career day and activities such as having fifth- and sixth-graders make family trees that include what job each person does and what job they want to do, Watrous said.

"I think the younger the kids think about this stuff, the better," she said.

'Great experience'

There were 53 juniors that participated in the job shadowing day in April.

Artz said one of the reasons she wanted to visit Kress Physical Therapy was because it is a local business that the owner started. She and Blumenstock heard what it was like to go to college for physical therapy, get a degree, work for another company and start your own company.

Job shadowing is really good career exposure for students and gives you an idea of what a job is really like before you commit to it, Artz said. Even if students end up not liking the job they shadow, that's still helpful, she said.

"If you go and don't really enjoy it, you can cross that off your list and start looking at something else," she said.

Poland student Joe Grimaldi did his job shadowing at Aesthetic Oral Arts in New Hartford. He watched a crown placement and the adjusting of braces, talked to a dentist and sat in on a staff meeting.

"It was really interesting," he said. "It was a great experience."

Grimaldi said he is interested in chemistry and dentistry, and he liked watching the operation. Job shadowing is a good idea for students, he said.

"It's helpful by just giving kids the opportunity to discover what they really want to do," he said.

'Can do anything'

The Poland and the Herkimer BOCES School to Careers program organized the career day for kindergarten to 12th grade. Students visited with professionals from various career clusters during the event, which took place in rooms across the school, with different guests for younger and older students.

During the opening of the event for older students, Poland Principal Greg Cuthbertson talked about the importance of the career day.

"I encourage you to go in with an open mind and listen to what they have to say because our goal at Poland is to prepare you for after school – college and careers," he said.

Herkimer BOCES School to Careers liaison and work-based learning coordinator MaryBeth Napolitano asked students to think throughout the day about what they want to do after high school.

"I believe in each and every one of you," she said. "You can do anything you put your mind to."

At the end of the event, Cuthbertson reflected on when he was the students' age and never thinking he would become a principal. He said he hoped the students would keep an open mind and that they took something away from the event.

"It gets you to think a little bit," he said. "That's what today was about."



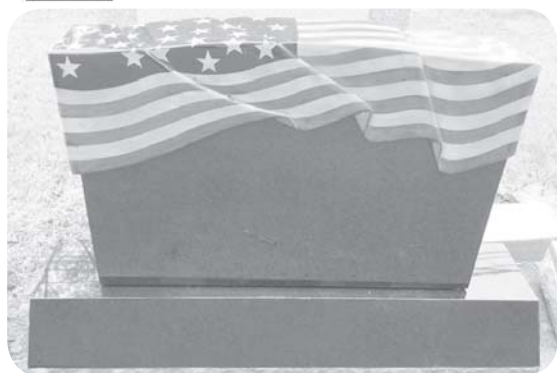
Poland Central School District students use a welding simulator during a career day. The career day was one of many college and career exposure activities during the 2017-2018 school year.

Photo courtesy of Herkimer BOCES

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Goodbye summer, Hello classrooms!

School bells are ringing again! You probably go to great lengths during the school year to ensure your child has the right equipment — pens, notebooks, clothing — to make it through the day. Proper nutrition also is a key ingredient for school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating. Try one or two tips each week and soon you should see some relief in your grocery bills!

Save money

1. Invest in a good container. Choose an insulated bag and freezer packs to keep food at a safe temperature.

2. Use washable and reusable containers. Avoid plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunchbox needs.

3. Buy in bulk. Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding, and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.

4. Make your own. Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, which are high-priced.

5. Send in leftovers. Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.

6. Buy what's on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.

7. Buy store-brand food and compare unit prices.

8. Look high and low — bargains are usually on the top or bottom shelves, not at eye level.

9. Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

Make it nutritious

10. Pack a rainbow! Provide a variety of options — the more color, the more nutrients.

11. A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious; have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

12. Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

13. Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.

14. Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium and protein sources.

15. For side items, rethink that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

16. For dessert, think beyond the cookie. Try whole-



Nutritious food can be made fun.

Photo by Depositphotos

grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

17. Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.

Make it fun

18. Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes.

19. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Let them help pack their lunch.

20. Think beyond bread when making sandwiches. Think whole-grain bagels, whole-grain pita wraps and whole-wheat tortillas. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.

21. Pack a variety of options to keep a child's interest. Avoid packing the same lunch every day — this prevents kids from getting bored.

22. Vary the preparation. Try grilled or baked,

chopped or grated, plain or with a dip.

23. Practice good nutrition yourself. Children learn by association — you need to be a role model. Discuss with them the benefits of healthy eating.

24. Don't get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

By following these tips, not only will you save money, you'll also pack a nutritious lunch that your child will enjoy throughout the school year!

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UNITED METHODIST CHURCH
 467 Main St.
 Sunday Worship 10:30 AM

DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP
 Pastor Pat Andreoli
 32 Spencer St.
 Sunday School 9:30 AM
 Sunday Worship 10:30 AM
 Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
 Paster Len Byarty
 12 Van Buren St.
 Sunday School (All Ages) 10-11 AM
 Morning Worship 11-12:30 PM
 Lunch 12:30-2 PM
 Afternoon 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
 Pastor Marvin Isum
 3 Elm St. Phone 429-8390
 Sunday Worship 10:30 AM
 Mid-week Service Tuesday 7 PM

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

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

FRANKFORT
OUR LADY QUEEN OF APOSTLES
 414 Frankfort St., Frankfort, NY
 Pastor: Father Paul Catena
 Deacon: Micheal Carbone
 Mass Schedule: Saturday 5:30 pm;
 Sunday 9:00 am; Tuesday & Thursday 9:00 am

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

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

HERKIMER
ST. FRANCIS de SALES CHURCH
 Rev. Mark Cunningham, Pastor
 219 N. Bellinger St.
 Phone 866-4282
 Saturday Vigil Mass 4 PM
 Sunday Mass 8 & 10:30 AM

CHURCH OF SAINTS
ANTHONY and JOSEPH
 Rev. Quy Vo, Pastor
 229 S. Main St.
 Phone 866-6373
 Saturday Vigil Mass 4 PM
 Sunday Mass 10 AM

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

OAK RIDGE FREE METHODIST CHURCH
 Pastor Chris Schumske
 838 W. German St.
 Sunday School (All Ages) 9:30-10:20 AM
 Worship Service 8:30-10:30 AM
 with iPraise for the children (K-5th grade)
 Phone 866-0575

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

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

TRINITY EVANGELICAL
LUTHERAN CHURCH
 Rev. Ann Zimmerman, Pastor
 Corner of West German & Henry Streets
 Phone 866-6474
 Sunday Services 8 AM Spoken
 Sunday Worship Service
 10:30 AM with Music
 Bible Studies on Thursday Mornings at 10 AM

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

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

HERKIMER
CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)
 Branch President Blake Francisco
 Gros. Blvd., East Herkimer
 Phone 315-866-8095
 Priesthood/Relief Society 12:10 PM
 Sunday School 11:20 AM
 Sacrament Meeting 10 AM
 Family History Center hours by
 appointment; please leave a message at
 315-866-7189

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

CHRIST EPISCOPAL CHURCH
 Rev. Jill Stellman
 300 N. Main St.
 Church Office (315) 866-0551
 Email: christchurchherkimer@mail.com
 www.christchurchherkimer.org
 Sunday Services: 10:30 AM
 Bible Study: Fridays 7:00 PM (Parish Hall)
 Free Community Dinner: Next-to-last and Last
 Saturday of the month 5:00 PM (Parish Hall)
 Entrance to Parish Hall is on Mary Street

ILION
ILION COMMUNITY CHURCH
 Pastor Dean Mabry
 44 Central Plaza
 Sunday Worship 10am
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 ilionchurch.com

SAINT AUGUSTINE'S
EPISCOPAL CHURCH
 Bishop - Dan Herzog
 78 2nd Street
 Phone: (315) 894-3775
 Sunday School at 8:45 AM
 Adult Bible Study at 8:45 AM
 Holy Eucharist at 9:35 AM

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

FIRST BAPTIST CHURCH
 8 Second Street
 Reverend John Partise
 Sunday Worship 11 AM

MORNING STAR UNITED
METHODIST CHURCH
 36 Second Street
 Reverend Bob Wallaber
 Sunday Worship 10 AM
 November 1 - May 1
 4224 Acme Rd, Frankfort
 May 1 - November 1
 36 Second Street, Ilion

ILION
ANNUNCIATION CHURCH
 109 West Street, Ilion, NY
 Pastor: Father Paul Catena
 Deacon: Micheal Carbone
 Mass Schedule: Saturday 4:00 pm; Sunday
 11:00 am; Monday & Wednesday 9:00 am

LITTLE FALLS
FIRST BAPTIST CHURCH
 555 Albany St.
 Morning Worship will begin at 10:15 AM
 Rev. Chris J. Wintermute will be speaking
 this morning.
 Nursery (infants through age 4)
 Junior Church (K-4) during Morning

FIRST BAPTIST CHURCH CONTINUED
 Worship Service
 Sunday School Classes 9 AM
 (nursery through adult)
 Morning Worship Service 11 AM and is
 broadcast live over radio station WIZR,
 930 on the AM dial with a one week delay.
 Monday School Board Meeting 6:30 PM
 Tuesday Trustee Meeting 7 PM
 Wednesday Final Bible Study & Prayer
 Time at homes 7 PM
 Thursday Choir Practice 7 PM

HOLY SPIRIT POLISH NATIONAL
CATHOLIC CHURCH
 Father Rafael Dadello
 615 E. Gansevoort St.
 Phone 823-0793
 Sunday Mass 11 AM

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

HOLY FAMILY PARISH OF THE
ROMAN CATHOLIC COMMUNITY OF
LITTLE FALLS
 Deacon Jim Bower, Administrator
 Rev. T. Healy, Sacramental Minister
 763 E. Main St.
 Phone 823-3410
 Saturday Vigil Mass 4 PM
 Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
 588-594 Albany St.
 Sunday Schedule:
 High Mass, Rite II 10 AM
 Nursery & Sunday School 9:45 AM
 (Sept.-May)
 Fellowship Coffee Hour 11:15 AM
 Choir Rehearsal 11:30 AM
 Holy Day Masses as announced
 Confessions by appointment

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

LITTLE FALLS
HOLY TRINITY LUTHERAN CHURCH
 512 E. Gansevoort St.
 Sunday Worship 9:30 AM
 Sunday School 9:15 AM
 Wednesday Services 12:10 PM & 7 PM

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

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

MOHAWK
GRACE EPISCOPAL CHURCH
 Rev. Sally Heiligman
 7 E. Main St.
 Phone 315-866-4782
 or 315-520-4723
 Holy Eucharist 10 AM

DENNISON CORNERS
COMMUNITY CHURCH
 Pastor Donald King
 219 Robinson Rd. • Phone 866-5215
 Sunday:
 Sunday School 9:45 AM
 Morning Worship 11 AM
 Evening Worship 6 PM
 Wednesday Prayer 7 PM

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

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

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

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

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

NEWPORT
FIRST BAPTIST CHURCH
OF NEWPORT
 7497 Main Street
 Pastor's Phone 315-790-1877
 Sunday Worship at 9:45am

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

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

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 7516 N. Main St. • Phone 845-8017
 Monday & Wednesday 9 AM
 Saturday Vigil Mass 6 PM
 Sunday Mass 8 AM

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Four tips to mitigate home improvement costs

(BPT) — Construction material costs in 2018 are up about 10 percent compared to last year, according to U.S. Bureau of Labor Statistics data, and some raw materials, like crude petroleum, are up nearly 50 percent. Labor is also getting more expensive as construction workers are in high demand due to the skilled labor shortage.

So, as a homeowner getting ready to start a project, what can you do to mitigate these rising costs?

1. Don't delay

Building materials are projected to get even more expensive and the project backlog for some contractors across the country is up to three or four months. Waiting to start the process of a home repair or improvement, especially a needed one like a new roof, could push off the repair for months due to the contractor's schedule, and

only cause the project to get more expensive as building material costs continue to rise.

2. Look for low-cost quality products

Home improvement isn't the place to cut corners by buying the cheapest supplies, but in many product segments there is a low-cost leader — a product or brand comparable in quality to more expensive brands, but offered at a lower cost to provide the best value per dollar.

3. Choose a reputable contractor

Don't cut corners when hiring a contractor. Even if it may be more expensive upfront, or result in a longer waiting period for work to start, hiring an experienced local contractor with a good reputation can save thousands of dollars in the long run.

"A good contractor should be able to show homeowners their license

to practice and a certificate of insurance," said Rick Taylor, Field Sales Training Manager for TAMKO Building Products, a leading manufacturer of asphalt roofing shingles.

A bonus, Taylor said, are certifications from the manufacturers of products the contractor in-

stalls, whether it be roofing, flooring or cabinets.

"Every company has a best way to install their products, and being educated on that preferred installation can go a long way in the product performing the way it was intended to," Taylor said.

A reputable local contractor is more likely to

do the job right the first time and be more willing to address any potential problems with the project in the future.

4. Plan, plan, plan

With any home improvement project, there are many decisions to be made, both large and small. Making as many of those decisions early in

the process can reduce project delays or rework. Some of the decisions that can be made before the contractor ever starts include establishing the scope of the project, identifying potential issues, having utilities mark lines and deciding what brands to use and product colors to install.

Calendar of events

Sept 15

Swiss Steak Dinner. Morning Star United Methodist Church, 36 Second St., Ilion. Featuring Swiss steak, mashed potatoes, vegetable, salad, rolls, beverage and dessert. Adult meal \$10, Child under age 12 meal \$5. 4 p.m. until sold out.

September Craft Fair. 10 a.m. - 2 p.m. 420 E. German Street in Herkimer, NY. The September craft fair will be part of Summer in Arc Park events and will feature local crafters and vendors. Rain or shine. Admission is free. Families can also enjoy a concession stand, music, and the playground. Vendors and crafters are still welcome and can call Ashlee Tyo at 315.574.7745 for more information.

Sept 15-16

Antiques in Schoharie County 43rd Annual Fall Show. Saturday 10 a.m. - 5 p.m. Sunday 1 - 4 p.m. Schoharie Valley Railroad Complex, Depot Lane, Village of Schoharie. Call 518.295.7505 (office) or Show Manager Ruth Anne Wilkinson at 518.231.7241.

German Flatts Living History Weekend. German Flatts Town Park, Route 5S, next to Ft. Herkimer Church, Mohawk, NY. On Saturday, Sept. 15, there will be a 5K Run. Camp opens for tours, period music throughout the day. Make your own sundae with the Dairy Princess. Live canon demonstrations, infantry drills. A live battle in the afternoon. Tour of the Ft. Herkimer Church along with a Chinese Auction, 50/50 Raffle, Bounce House, Bake Sale, Crafters and Exhibitors. Food will be available. Free admission. On Sunday, Church service in Ft. Herkimer Church, period music and closing battle. For more information, call Carol Vercz at 315.866.7445 or email: pvercz@twcny.rr.com.

Sept 20

Golumpki Dinner. 4 - 7 p.m. or until sold out. Emmanuel Episcopal Church, 594 Albany Street, Little Falls. \$10 Adults. Kids 5 under free. Eat in and take outs available. Free local deliveries, in Little Falls only. Call day of dinner 315.823.1323.

Sept 22-23

The Remsen Barn Festival. Saturday from 10-6 and Sunday 10-5. 15 miles north of Utica just off Route 12. Admission to the Festival is free and there is plenty of parking. Please leave your pet safe at home. For more information visit us at Remsenbarnfestival.org.

Sept 23

17th Annual Ladies Day of Encouragement. Richfield Springs Bible Church, 17 Church St., Richfield Springs. Our featured speaker is Eileen Banks sharing how we can have "a house full of joy!" Coffee, muffins and lunch will be served. Free event. All ladies welcomed. Please RSVP by Sept. 14. Or use our Facebook Ladies Day of Encouragement at RSBC. Baby sitting is available but we need an RSVP for your child too!! Call 315-858-9479 or use our Facebook Ladies Day of Encouragement at RSBC.

Sept 24

Hop Growing in Central New York. 7 p.m. Poland Fire Station, State Rt. 8, Poland, NY. How much do you know about this unique branch of New York Agriculture? Join Les Dalnata, owner of Snow Owl Hops in Poland, NY to learn more about past and present hop farming. Program sponsored by the Kuyahoor Valley Historical Society. Free to the public. Refreshments.

Sept 29-30

Cycle Adirondacks Introduces Fall Harvester Bicycling Event. The two-day family friendly road cycling event will be based at Johnson Hall State Historic Site in Johnstown and feature the pastoral agricultural landscape and rich history of Fulton County and the southern Adirondacks. Registration, now open at CycleAdirondacks.com. New York. Registration, now open at CycleAdirondacks.com.

Interrupted Harvest (1778). The Mohawk Valley's Refugee crisis. For more information visit www.fortklockhistoric.org, call 518.568.7779

or find us on Facebook!

Oct 4

2018 Rabies Clinic Vaccination Schedule. 5:30 - 7 p.m. Little Falls Town Garage 478 Flint Ave. Ext. Little Falls. Pre-register by calling 315.867.1176.

Arc Herkimer Summer/Fall Workshop. 5 - 7 p.m. Herkimer High School in Herkimer, NY. Nancy Musarra, Ph.D., will present her book, *The New Normal: 7 Things to Know as You Care for & Love a Child with Special Needs*. She will also host a book signing from 7 to 8 p.m. Workshops are free but require registration at www.archerkimer.org. Please visit www.archerkimer.org to register. For questions, please contact Arc Herkimer Outreach Coordinator Mona Fermin-Fennell at 315.574.7822 or email: mfermin@archerkimer.org.

Oct 6

Soup and Sandwich Luncheon. Morning Star United Methodist Church, 4224 Acme Road, Frankfort. Featuring homemade soups, made to order sandwiches, chips, pickle, beverage and dessert. 11 a.m. - 1 p.m.

Oct 20

Baked Ziti Dinner. 4 p.m. until sold out. Morning Star Methodist Church, 36 Second St., Ilion. Homemade baked ziti, meatballs, salad, garlic bread, beverage and dessert. Adult meal \$ 8, Child under age 12 meal \$4.

Oct 26-27

"Echoes in the Valley". Oct. 26-27 18. Candlelight tours, with interpretative vignettes incorporating all of Fort Klock's facilities. Reservations required. For more information visit www.fortklockhistoric.org.

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

ANTIQUÉ Consignment Auction

131 MOHAWK STREET, HERKIMER NY at the VFW

FRIDAY NIGHT September 14th 6:00pm

Taking Consignments Thursday Sept 13th and

Friday till noon and by appt. Preview starts at 3:00pm

Already Consigned is a Marble Top Step Down Vanity with mirror, Antique Banquet Table, Large Primitive Dry Sink, Primitive Painted Jelly Cupboard, Large Mohawk Station Sign, 4 ft tall Concrete Tiger Maple Game Table, Antique Incubator, Antique Oval Table, Antique Nesting Table, Wide Board Walnut Drop Leaf Table, Dove Tailed Tool Chest, Jockey Boy Statue, Antique Wide Board Dovetailed Blanket Chest, Victorian Parlor Set, Victorian Parlor Lamp, Victorian Bedroom Set, Victorian Fainting Couch, Oak Bedroom Suit, Oak Side Board, Early Jelly Cupboard, Stove Coffee Table, Woven Carpet, Early Tin Ware and Much, Much More. Antique Furniture from an Estate in Mohawk, and much more still coming.

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Contact JR'S Auction for consignments 518-993-4668

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1st Annual Mohawk Valley Machinery Consignment Sale

Sat. Sept 22, 2018 • 9:30 AM

1300 State Hwy 163, Fort Plain

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There will be a lot more coming in.

Go to Auctionzip.com #35160 for pictures

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Refreshments Available

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4th Annual Pizza Challenge returns to Main Street

LITTLE FALLS – Little Falls is shaping up to be a true “city of festivals,” having hosted numerous events throughout the summer months including the Little Falls Cheese Festival, a weekly Cruise-Inn car show, the Corning GlassBarge and its Canal Celebration. The roster of community events has grown in recent years to include the annual Art Walk and Mid-summer Night’s Picnic thanks to partnerships with the city, Little Falls YMCA, Main Street First, Think Local and the Little Falls Tourism Committee. These organizations and others are pleased to present another enjoyable all-ages event that showcases this community’s affinity to promoting a “Local Living Economy” and providing family-friendly entertainment.

Little Falls invites the public to join them on Thursday, Sept. 20 for their 4th annual Pizza Challenge. This Third Thursday event is the perfect segue into au-

tumn as it centers on delicious warm food. Think Local member Jessica Kelley explained, “The days are shorter and schedules are tighter with school in session and the holidays on the horizon. The Pizza Challenge is a laid-back event that can be taken at your own pace and includes competition, which gives it an element of excitement. It’s a great night out for families!”

Participants can purchase a ticket for \$5 to sample one party-sized slice at each participating pizzeria including Ruggiero’s Trattoria, Ed’s Pizza Place, Italian Feast and Pizza Boys, all located on Main Street in Little Falls, between 4 - 7 p.m. In addition, ticket holders are invited to have a dessert bite at Il Caffè. Participants who get their tickets stamped at all four pizzerias will be given the opportunity to cast one vote by 7:30 p.m. at Il Caffè for their favorite

4TH 10



Little Falls invites the public to join them on Thursday, Sept. 20 for its 4th annual Pizza Challenge. This Third Thursday event is the perfect segue into autumn as it centers on delicious warm food.

Photo courtesy of Laura Powers

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Senior News Line

by Matilda Charles

Do we trust our doctors?

Sitting in a medical office last week, I overheard something that sent a chill up my spine. Another patient in the waiting room was whispering to her friend that she didn't trust the doctor. I wondered why she might feel that way.

Did the doctor not keep up with the literature on new treatments for diseases or on prescription medicine that has been found to cause problems? Is the doctor being wooed by drug company reps? (Is the waiting room full of sales people with briefcases?)

A survey from a few years ago revealed that doctors themselves be-

lieve that patient trust is waning. Of more than 2,000 physicians surveyed, 87 percent said that patients trust doctors less than they did 10 years ago. Another survey, covering patients in 29 countries, showed the U.S. was at No. 24 when it comes to Americans trusting our doctors.

Online physician reviews came under fire in another survey when approximately half of patients said they only somewhat trust the reviews. That's something to consider when using those reviews to find a new doctor.

What happens when we don't entirely trust our doctor? We tend not to listen. Therefore we might not

take it seriously when we're told to cut back on sodium or get a flu shot, both of which (or anything else they tell us) can lead to health complications.

What do we need for trust to either be present, or to rebuild after it's faded? For some of us, it would be as simple as having a doctor who talks to us directly and doesn't spend all their time inputting data into a laptop ... as though clicking boxes for our list of ailments. Hit the "Send" button and a prescription slip prints out at the other end, based on no medical intervention whatsoever.

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4TH from 9

pizza to help to name this year's Pizza Challenge victor. Past champions include Ed's Pizza Place and Italian Feast. The 2018 winner will be announced on the Think Local Little Falls Facebook page around 8:30 p.m. that evening.

Tickets may be purchased in advance at any of the participating restaurants until 1:30 p.m. on event day. During the challenge, guests can purchase tickets at a ticket booth located at the corner of East Main and Second Street from 4 - 7 p.m.

Throughout the Pizza

Challenge, several buskers will be performing along Main Street from 4 - 6 p.m. providing live music for guests. Additionally, the acoustic duo Poor Tim will perform their musical stylings on Second Street from 6 - 8 p.m. A section of Second Street, between the Adirondack Bank entrance and Main Street, will be closed to traffic, allowing guests to relax at picnic tables and enjoy the live entertainment.

Laura Powers, Think Local member, explained, "It is exciting to see our community pull together time after time to keep

these events alive and growing. Summer was packed with celebrations. The good times keep rolling with the Pizza Challenge as we continue to brand ourselves as a family-friendly festival destination in the Mohawk Valley."

Additional specials will be offered throughout the city as part of Third Thursday. For more information on the Pizza Challenge, follow Think Local Little Falls on Facebook. Third Thursday is a Think Local event co-sponsored by the Little Falls Family YMCA and the City of Little Falls

Tourism Committee. Support is provided by Market NY through I LOVE NY/ New York State's Division of Tourism as a part of the Regional Economic Development Council awards. Additional financial contributions have been made possible through a grant from the Dale Trust, and funds from the Decentralization Program, a re-grant program of the New York State Council on the Arts with the support of Gov. Andrew Cuomo and the New York State Legislature and administered by CNY Arts.

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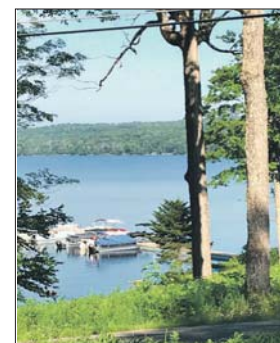
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Autumn is a prime time to tend lawns and gardens

Autumn is gardening season. That statement may not seem right to those who think of the spring as the peak time to care for lawns and gardens. However, autumn is an ideal time to get into the garden and ensure that flowers, trees and garden beds will over-winter successfully.

A number of things make autumn a prime gardening season. The cooler days of fall enable gardeners to spend ample time outdoors without the threat of blazing heat. In addition, soil harbors a lot of residual warmth in autumn. Also, the colder temperatures haven't yet arrived in autumn, nor have the leaves completely fallen, making fall a prime time to assess what's already in the landscape, what needs pruning back and where to address planting for

next year.

Gardening enthusiasts can focus their attention on these areas this fall.

- Pamper perennials. As annuals and perennials start to fall back, mark the spots where perennials are located so they can be easily identified later on. This way, when planning spots for spring bulbs or other spring layouts for next year, perennials won't be overlooked or covered over.

- Prune shrubs. Look at shrubs and trees and cut out dead or diseased wood.

- Clean up borders. Weed and tidy up borders and lawn edging.

- Install pavers or rock wall. Embrace the cooler temperatures to work on labor-intensive projects, such as putting in a garden bed, retaining wall or walkway.

- Remove spent summer veggies. Take out vegetable garden plants that have already bloomed and borne fruit. Tidy up vegetable gardens and start to sow cooler weather plants, such as onions, garlic, beans, and sweet peas.

- Rake and compost. Rake the leaves and gather grass clippings to add to the compost pile.

- Plant spring bulbs. Get tulips and other spring bulbs ready for planting so they'll burst with color next year.

- Dig up herbs. Relocate herbs like parsley or basil to indoor gardens. Otherwise, strip all leaves and freeze for storage during winter.

- Consider mums. Chrysanthemum plants are perennials. While they look beautiful in pots, if planted, maintained and winterized, they can bloom every

fall.

- Fertilize the lawn. Fertilizing in autumn helps ensure grass will stay healthy throughout the winter.

- Add mulch and compost to the garden. Replenish spent soil with mulch and compost so garden beds will be revitalized for spring planting.

- Prune hedges. Tidy up hedges, as they won't be growing much more this year.

- Clean and store equipment. Clean, sharpen and oil all equipment, storing lawn and garden tools properly so they are ready for spring and not lying out all winter.

Autumn may not seem like gardening season, but there are plenty of lawn and garden tasks to tend to during this time of year.

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Whatchamacallits

As the years go by, people across the world become ever more interactive with each other. This closeness has been evolving since the beginning of humankind, and as we began writing more and more letters to each other, bureaucracy had to keep pace as well – hence the invention of the postal scale. Those in charge of delivering our messages and our packages needed to ensure they were receiving exactly the amount of postage due.

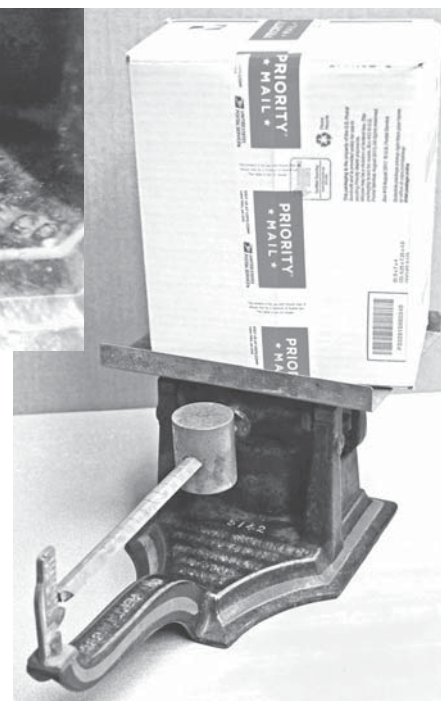
This whatchamacallit is a postal scale designed and manufactured by the American Machine Company of Philadelphia, PA, in the mid- and late-1800s. While the company is no longer in business, a part of its complex is being utilized as a

recycling center. Long ago, metal left the buildings to aid people in their day to day business; today, metal returns to be reused.

A virtual collection called the Early Office Museum (www.earlyofficemuseum.com), which was founded in 2000, is a website which “engages in research on the history and evolution of offices, antique office machines and equipment,” using artifacts, documents and vintage photographs. According to the Early Office Museum’s curators, the United Kingdom introduced postal rates based on the weight of envelopes and packages and adhesive postage stamps in 1840. Other countries followed suit and a market for postal scales soon emerged.



The two main styles of scales were spring scales and slide balance scales, and this one from the American Machine Co. is a fairly typical example of a slide balance scale. The “Perfection Postal Scale” was patented in 1868. The slide moves in four-ounce increments, and the end of the balance tells the scale



reader how many ounces (from zero to four) to subtract to become even.

An 1892 product review stated “The Perfection Postal Scales have been adopted for use in the postal service of the United States. They are becoming quite generally used in banks, insurance and railroad offices and in the better class of manufacturing and mercantile houses throughout the country,” according to the Early Office Museum.

Today, the U.S. Post Office uses digital scales that can measure to fractions of an ounce to ensure exactly the right amount of postage is being paid.

Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

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Drive Defensively During Disasters

Wearing your seatbelt and driving defensively are always essential on the road. But during a disaster, that may not be enough. Stay informed and plan ahead to protect yourself and others when driving in a disaster, especially in extreme weather conditions. Disasters can happen with little warning and being prepared can help ensure safe travel.

Keep up-to-date maps in your vehicle with evacuation routes and nearby shelters listed in case of an emergency.

"Tune your radio into your local news station for updates. Consider signing up for the NYAlert at www.nyalert.gov for free weather and traffic updates. The alerts can be texted to your phone or sent as a phone message or email," said Diane Ward, CHN of Herkimer County Public Health.

Be aware of disasters that are common in your area as well as your destination. Learn when it may be necessary to abandon your vehicle and seek better protection. The following safety tips will help you know what to do if disaster strikes while driving.

Earthquakes: Stay IN the car and park out of the way of danger. Stay far away from trees, overpasses, telephone posts and other objects that can collapse on your car. Remain in your vehicle for the duration of the earthquake.

Extreme Heat: Stay OUT of the car. The temperature will rise quickly inside your vehicle and children especially can die from heat stroke in a matter of minutes. Never leave children, senior citizens or pets in a car on a hot day, even if the windows are rolled down.

Floods: Get OUT of the car and walk to higher ground. As little as six inches of water can reach the bottom of your car and cause it to stall. As little as two feet of moving water can carry away your vehicle.

Hurricane: Get OUT of the car quickly. Flooding can begin long before the hurricane arrives. Water can be deeper than it appears and will rise quickly.

Landslides: Stay IN the car and drive out of the landslide's path immediately. Be on the alert for cracked pavement, fallen rocks, etc.

Tornadoes: Get OUT of the car. Take your map with you and head to the nearest shelter, gully or ditch by foot (avoid trees and other vehicles).

Wildfires: Stay IN the car and drive very slowly with

headlights on and windows and vents closed. In heavy smoke, do not continue to drive. Park away from trees and brush, and leave your headlights on but the ignition off. Stay on the floor of your car covered with a blanket until the main fire passes.

Always keep a well-stocked emergency kit in your car. Stock it with jumper cables, maps, emergency flares, first aid supplies, flashlight, blankets, spare tire, battery-operated radio, cell phone charger, bottled water and non-perishable foods. If a disaster is expected in your area, have a full tank of gas and cash on hand in case of evacuation.

"When authorities declare it's safe to drive, be aware of downed power lines, cracked pavement or stop lights that are not working. Always listen to the radio when driving for the latest bulletins from the National Weather Service," Ward said.

To find local information you may also download from Google Play or the Apple Store the Herkimer County Office of Emergency Management app. This app has up to date information about weather events, along with other emergency situations, and you are able to report damage to the Office of Emergency Management.

For more information on driving and disasters, visit www.cdc.gov, www.nyalert.gov or www.NOAA.gov.



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The various types of arthritis

Arthritis affects hundreds of millions of people across the globe. The Arthritis Foundation® notes that more than 50 million adults in the United States have some type of arthritis.

The Arthritis Foundation notes that arthritis is not a single disease. In fact, the word “arthritis” is something of an umbrella term and an informal way of referring to joint pain or joint disease. While these conditions may produce some common symptoms, such as swelling, pain and stiffness, learning to distinguish between some common types of arthritis can help men and women manage their conditions more effectively.

Osteoarthritis

Osteoarthritis, which is sometimes referred to as “degenerative joint disease” or “OA,” is the most common chronic condition of the joints. The symptoms of OA vary depending on the joints that are affected, but pain and stiffness, especially first thing in the morning or after resting, are common. OA can affect the hips, knees, fingers, or feet, and those with OA may feel limited range of motion in their affected areas. Some with OA may hear clicking or cracking sounds when the affected joints bend, and pain associated with OA may be more intense after activity or toward the end of the day.

Inflammatory arthritis

Inflammatory arthritis occurs when the immune system, which can employ inflammation to fight infection and prevent disease, mistakenly attacks the

joints with uncontrolled inflammation. Such a mistake can contribute to joint erosion and even organ damage. Psoriatic arthritis, which the Arthritis Foundation notes affects roughly 30 percent of people with psoriasis, and rheumatoid arthritis are two examples of inflammatory arthritis. Genetics and environmental factors, such as smoking, may trigger instances of inflammatory arthritis.

Infectious arthritis

Bacterium, a virus or a fungus that enters the joint may trigger inflammation and lead to infection arthritis. The Arthritis Foundation notes that the most common bacteria to cause infection arthritis is staphylocococcus aureus, or staph. The majority of infectious arthritis cases occur after an infection somewhere else in the body travels through the bloodstream to the joint, though some infections may enter the joint directly through a puncture wound near the joint or during surgery near the joint. Intense swelling and pain, typically in a single joint, are the most common symptoms of infectious arthritis, which is most likely to affect the knee, though it can affect the hips, ankles and wrists. Some people with infectious arthritis may also experience fever and chills.

Metabolic arthritis

The body produces uric acid to break down purines, a substance found in many foods and in human cells. But some people produce more uric acid

than they need, which they then struggle to get rid of quickly. As a result, uric acid can build up. The Arthritis Foundation notes that this buildup can lead to the formation of needle-like crystals

in the joints that cause sudden spikes of extreme pain.

More information about the various types of arthritis is available at www.arthritis.org.



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Munio, VHS, is recipient of LeadingAge Employee of Distinction Award

HERKIMER – Clifford Munio, maintenance worker, Valley Health Services, is the recipient of LeadingAge NY's Long Term Care Employee of Distinction Award. He was presented with the award by James W. Clyne, Jr., LeadingAge NY, and a Proclamation from Sen. Seward's office at a ceremony at Valley Health Services on Aug. 6.

LeadingAge NY annually awards two recipients in each of their regions the Long Term Care Employee of Distinction award. This award was created to acknowledge the extraordinary efforts of front line staff working in member organizations. The award's purpose is to provide patients, residents and other employees the opportunity to distinguish those individuals who have demonstrated a willingness to make personal sacrifices to improve the lives of others by going beyond

the expected to bring a special compassion and personal commitment of excellence to their job each and every day.

Clifford Munio, known as Cliff by co-workers, administration and residents, exemplifies the vision of the Long Term Care Employee of Distinction award, said Lisa M. Betrus, president of VHS. "Seeing the way residents await Cliff as he walks through the corridors of VHS makes it apparent that he has a passion for his job and helping others. He continues to work until he has achieved his goals in getting everything accomplished and making everyone around him just smile. If anyone deserves LeadingAge NY's Employee of Distinction award, it is definitely and undeniably Clifford Munio," Betrus said.

Munio joined the VHS maintenance staff in March 2002.

James W. Clyne (L), LeadingAge NY and Clifford Munio.

Photo courtesy of Valley Health Services



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What to expect when you're expecting a new puppy

by Molly Sprayregen, Associated Press

Puppies bring unending joy to a home, but they're also a handful. Experts say dog owners are often surprised by just how much time and attention puppies require.

If you're preparing for a puppy, there's so much more to think about than buying a crate, toys and food. Here are seven things to know:

You need a puppy education plan.

"The best thing people can do is organize the puppy's education," says Andrea Arden, founder of Andrea Arden Dog Training in New York City. Arden has trained dogs for 24 years, and says owners can become overwhelmed if they don't have a training plan by the time the puppy arrives. The best course of action, she says, is to hire a trainer you and your puppy can work with in person. Also, seek out reputable books and websites to help you learn the best training practices.

"If you do it right," says Arden, "You're raising a dog that is going to be a really fun, stress-free part of your life for hopefully 15 years."

Matt Gecht and Allie Gottlieb, who run the Instagram account @otter_doodle for their 7-month-old goldendoodle, Otter, say that before his arrival, they had a friend help them prepare a comprehensive Excel document containing everything from toys to budget to training.

Socialization is also an integral part of a puppy's education. Once your puppy is settled in, regularly take it for walks in populated areas to meet other people and dogs. Dog training expert Sarah Wilson of St. Louis notes, however, that until your puppy is vaccinated, avoid taking it anywhere there might be unvaccinated dogs.

You will lose sleep.

"I can't tell you how many phone calls and emails we get that people are shocked they're losing sleep because the puppy is waking them up," Arden says. "For me there is no surprise in that. It's a little baby creature. It's in a brand new environment where the puppy is expected to spend time alone, and they are not prepared for that."

You will need to contain your puppy.

"Get gates," says Wilson. "Supervise the puppy the way you would supervise an 18-month-old child with a pair of scissors in one hand and an indelible marker in the other."

Puppies need constant supervision so they don't swallow something unsafe. It's impossible to keep your eye on them if they're not contained.

And not containing puppies sets them up to fail, says Arden.

"Most people bring puppies home and think the puppy needs to investigate the house in order to become comfortable," she says. "A young puppy wandering a living room is likely to just stop and squat."

Your life will change more than you think.

Nancy Bear Karger, who along with her husband and kids is raising Dolly, a 1-year-old Cavalier King Charles Spaniel, says that needing to be home for the

puppy was a big adjustment. When planning trips or even going out for the day, a plan must be in place — and it's more than just stopping in briefly. "We can't just come home, let her out and put her back in her crate," Karger explains. "That's not fair to her."

Arden says to expect life to change "pretty dramatically" for at least the first six months of your puppy's life, when it will need the most time and attention.

Expect the puppy to be confused.

It's easy to become frustrated when your puppy does something wrong, but remember it's still learning.

"This little being has only been on the planet for 100 days," says Wilson. "If the puppy isn't doing what you want, it's because the puppy doesn't understand. Your puppy is not dominant. It's just a confused baby."

Puppies are overwhelmed when they arrive in a new home, Wilson says. "As far as your puppy's concerned, they've been beamed up by friendly aliens. You took them away from the only home they know and dropped them into another home which is completely different, so be ready to coach them on making the right choices."

She suggests minimizing stress on the puppy through tactics like giving it the same food it's been eating, and waiting a few days to introduce it to your friends.

It's (really) expensive.

Between vet visits, food, toys and everything else, Gottlieb and Gecht said that even with the budget they prepared, they were not expecting Otter to be so expensive. "We were financially prepared going into it, and we were still surprised at how much we were spending," Gottlieb says.

Don't forget to enjoy the good parts.

Raising a puppy is hard, but there are so many wonderful parts of the journey — especially the unconditional love. "Dolly instantly was a member of our family," says Karger. "You can just hear and see the joy in each one of us."

When feeling exasperated, Gottlieb says, "Remind yourself there's a reason you got a dog and the reason is for that love. While training can be frustrating, once you get through it, it's going to be amazing."



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Mohawk Valley Rotary welcomes District Governor

HERKIMER – The Rotary Club of the Mohawk Valley recently welcomed 2018-19 District Governor Marv Joslyn. Joslyn facilitated an inspirational discussion on Rotary International, membership growth and the importance of the Youth Exchange Program. The Rotary Club of the Mohawk Valley has a strong presence in the community and is always in need of additional volunteers to assist with projects, such as our holiday food drive which benefits the Salvation Army of Herkimer as well as Catholic Charities in Iliion, Books for the World and many other fundraising activities including the annual Fall Foliage Golf Tournament held at Pine Hills, and our very popular five course food and beer pairing event held at the Herkimer Elks Club.

Joslyn also recognized the good works of the Rotary in communities and

around the world, including an update on the mission of eradicating polio. In 1988, there were 300,000 new cases of polio worldwide. In 2017, there were 13 new cases identified worldwide due to the mission work of Rotary International.

For more information see www.facebook.com/MohawkValleyRotaryDistrict7150.

(Back row, L - R) Host parent Shannon Marlowe, District Gov. Marv Joslyn, exchange student Mateo Portella. (Front row) President Elyse Enea Bellows, Michele Hummel, Host parent Kimberly Marlowe, Dan Enea, Bonny Brownrigg.

Photo courtesy of Mohawk Valley Rotary



LiFT asks theater goers to 'Donate to Murder'

LITTLE FALLS – Little Falls Theater (LiFT) prepares to bring a cast of quirky characters to the stage at Herkimer Elks Lodge this month and they have a mission – to solve a murder! They invite you to join them on Saturday, Sept. 15 at 7 p.m. for a turkey dinner with a side of murder! Guests are encouraged to interact with the players, ask questions, collect information and try to identify the crazed killer in the mystery "Donate to Murder."

This fully-original and not-so-usual "whodunnit" story is penned by Cynthia V. Quackenbush. Those familiar with her work have come to expect the unexpected. Quackenbush has written several murder mysteries throughout the years, offering more than mere entertainment. Her plays often generate a means for various organizations to fundraise such as this latest endeavor. Her resume as an author speaks for itself, demonstrating wit, talent and a heart of gold when it comes to lifting up her community. Proceeds from this production will be shared with Herkimer Elks.

Matt Powers of LiFT explained, "We are eager to take over the Elks as we bring Cindy's latest tale to life. The last murder mystery LiFT performed for one of her scripts was 'Rubbed Out at Ruby's' in early 2017. By popular demand, we resurrected those characters and story a few times since.

Cindy's plays are always such fun and I feel that is due to how she individualizes each character. I have performed in her plays separately from LiFT, and every time it is a unique experience. She's a true talent and we are fortunate to work with her."

Quackenbush also performs in her latest mystery as Phoebe Larkspur, the bird house lady. She is joined by her husband Steve Quackenbush, who takes on the salt of the earth dog-loving character Dudley Turnbull, who's a little vulgar but means well. While we are used to seeing Matt Powers in a director capacity for LiFT projects, he lets Quackenbush take the reigns as he settles into the role of the handsome Harold Greene, a dedicated environmentalist and brilliant scientist. Powers' wife Laura joins the cast as well to bring us Flora Fertenza, a free spirit and throwback to the flower children of the 1960s. Kim Darling is no stranger to local theater either, which makes

her perfect for the role of the beautiful, glamorous Meryl Barrymore who is utterly dedicated to the art of theater. Last but not least (although certainly the creepiest of the cast) is Renwick Spaulding who loves to show his bug collection and is brought to life by Tucker Lester.

Tickets are \$25 per person and include a chance to win a \$50 gift certificate from PK's Pub while you enjoy a turkey dinner and help these questionable characters try to solve a murder mystery at Herkimer Elks. Tickets are available for purchase at the Herkimer Elks downstairs bar or by calling 315.866.1439. For additional information, visit LiFT Theater Company on Facebook.



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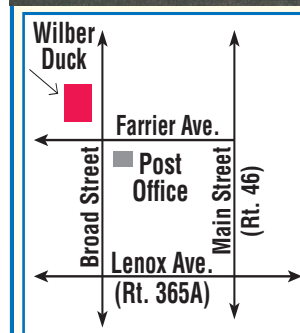
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The warning signs of a heart attack

An umbrella term that encompasses various conditions, cardiovascular disease, or CVD, is a formidable foe. According to the World Health Organization, cardiovascular diseases claim the lives of 17.7 million people across the globe every year, accounting for 31 percent of all deaths worldwide.

If CVD statistics are alarming, then it's important to note that many premature deaths related to CVD can be prevented. While the WHO notes that four out of five CVD deaths are due to heart attacks and strokes, men and women who learn to recognize the warning signs of heart attack may be able to get help before things escalate. In fact, the American Heart Association notes that many heart attacks begin slowly with mild pain or discomfort. By paying attention to their bodies and learning to recognize these warning signs, men and women may be able to get help before heart attacks claim their lives.

• **Chest discomfort:** Discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back is a telltale sign of heart attack. The discomfort may feel like pressure in the chest, squeezing, fullness, or pain.

• **Discomfort in the upper body:** Discomfort in areas of the upper body that are not the chest also may be a warning

sign of heart attack. The AHA notes that such discomfort or pain may occur in one or both arms, the back, neck, jaw, or stomach.

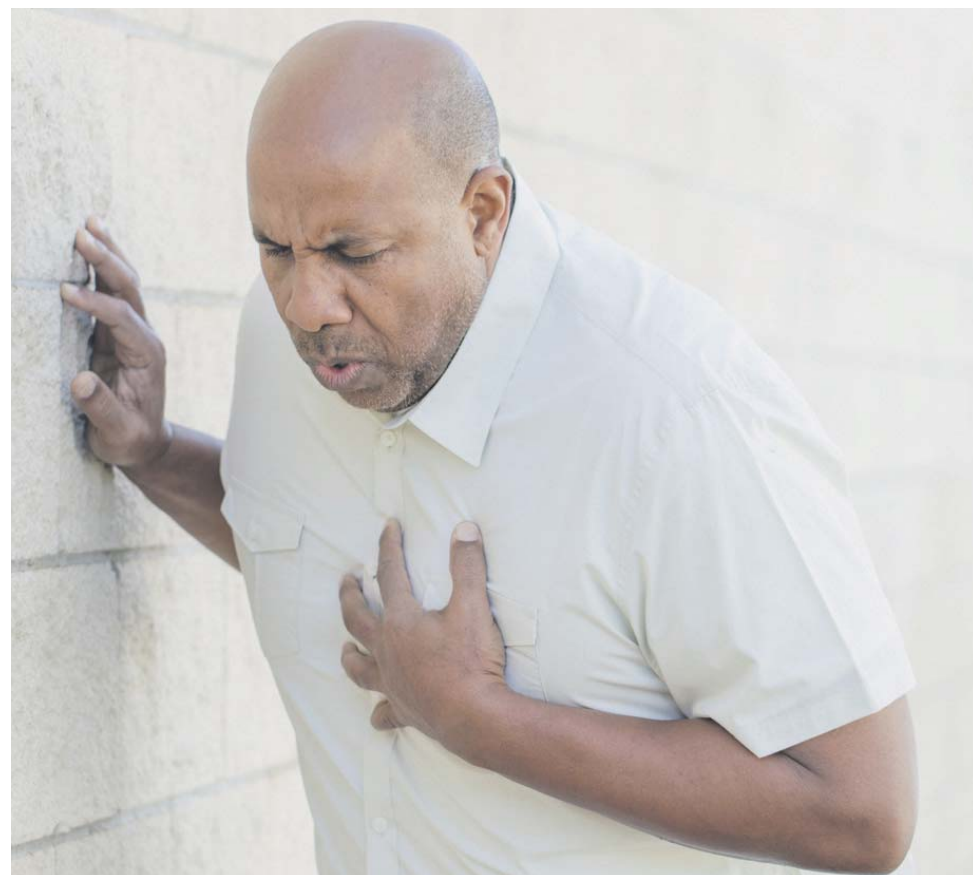
• **Shortness of breath:** Shortness of breath may be an early warning sign of heart problems. The AHA notes that this may or may not be accompanied by discomfort in the chest.

• **Additional signs:** The AHA notes that some people suffering from a heart attack may break out in a cold sweat, experience nausea or begin to feel lightheaded.

Are symptoms different for men and women?

Symptoms of heart attack tend to be different for men and women. While the most common symptom for both men and women is chest pain or discomfort, women are more likely than men to experience additional symptoms. According to the AHA, women are more likely than men to experience shortness of breath, nausea/vomiting and pain in their backs or jaws.

The AHA urges fast action by anyone who suspects they or a loved one are suffering a heart attack. Acting quickly can save lives and help men and women avoid joining the nearly 18 million people who succumb to cardiovascular disease each year.



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Davenport welcomed as member of the Rotary Club of the Mohawk Valley

Max Davenport was welcomed to the ranks of membership in the Rotary Club of the Mohawk Valley during the club's recent lunch meeting held at PK's Pub in Herkimer. Davenport graduated from the University at Buffalo and was sponsored as the club's Rotary Outbound to Spain Youth Exchange student for the

2014-15 school year. Davenport has returned to the Mohawk Valley and is very involved with the Rotary Youth Exchange Program. He is also in the process of organizing a Rotaract Club with the mission of focusing on the development of young adults as leaders in their communities and workplaces.

Club President Elyse Enea Bellows (L-R), new member Max Davenport, and Membership Committee Chair Francesca Magro.

Photo courtesy of Rotary Club of the Mohawk Valley



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 - 1/2 cup reduced-fat sour cream
 - 1 tablespoon olive oil
 - 1 1/4 pounds tilapia fillets
 - 1/4 teaspoon ground chipotle chili pepper
 - 8 corn tortillas
 - 1 cup salsa
1. From limes, grate 2 teaspoons peel and squeeze 1/4 cup juice.

2. In large bowl, combine coleslaw mix and lime juice; set aside. In small bowl, stir lime peel into sour cream; set aside.

3. In 12-inch skillet, heat oil on medium-high until hot. On sheet of waxed paper, sprinkle tilapia fillets with chipotle chili pepper and 1/4 teaspoon salt to season both sides. Add fish to skillet and cook 5 to 6 minutes or until it turns opaque throughout, turning over once. Meanwhile, warm tortillas.

4. To serve, cut fillets into 8 pieces. Place 2 pieces tilapia in each tortilla; top with slaw, lime sour cream and salsa.

Serves 4.

* Each serving: About 360 calories, 12g total fat (3g saturated), 28g protein, 37g carbohydrate, 4g fiber, 12mg cholesterol, 790mg sodium.

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To Your Good Health

by Keith Roach, M.D.

Try baking soda for underarm odor

Dear Dr. Roach: I am a 77-year-old female. I had a left-breast lumpectomy (with some lymph nodes removed) about 15 years ago, leaving me with a much heavier right breast. I don't know whether this plays an important role with my problem.

Since the surgery, I have had a problem controlling underarm odor. I do not use any aluminum-based products. I have tried vinegar, milk of magnesia and a deodorant made from milk of magnesia. Within a matter of just a few hours, I notice quite an odor, particularly in my right armpit, which gets worse as the day goes on. I do

not perspire profusely, but do develop some underarm moisture.

Can you think of any reason this is happening, or any remedy that might work for me? I would appreciate your comments. — D.M.M.

Answer: I would start by trying a non-antiperspirant deodorant. These are not aluminum-based and work well for most people.

If the deodorant doesn't

work, you should consider another old-fashioned remedy that you haven't tried: baking soda. It changes the pH of the armpit and helps to keep it dry, and both of those things help get rid of odor.

Underarm odor is caused by bacteria that live on our skin; the sweat itself is odorless. Thus, if you get rid of the bacteria, you can get rid of the odor. I have prescribed topical antibiotics on occasion. Some people have told me that an alcohol-based hand-sanitizing gel helps. It might be that it dries out the skin and also kills bacteria. I would be cautious about overusing this as a solution. The underarm is a sensitive area that

can get irritated.

Dear Dr. Roach: I have severe halitosis. I have had my sinuses, teeth and gums checked to see if they are the cause of the odor, but the dentist and ENT found nothing. I was referred by my primary doctor to a G.I. specialist, who found I had a sliding hiatal hernia, which was causing acid reflux. He recommended surgery to push the stomach back into its normal position below the diaphragm. I decided to pass on the surgery. He recommended taking over-the-counter medications such as Nexium, but after several days my lower back started to hurt, so I stopped taking them. I am reconsidering the surgery and was won-

dering if this is a good idea. Is it possible that the hernia has nothing to do with the halitosis? — E.H.

Answer: Experts believe that 90 percent of the time, halitosis comes from the mouth. What your gastroenterologist is suggesting as the cause of the halitosis is plausible. I found several anecdotal cases where surgery cured the halitosis. However, it's not only possible that the hiatal hernia has nothing to do with the halitosis, I think it is unlikely that it does. Since surgery would not otherwise be recommended for a sliding hiatal hernia, I can't recommend surgery.

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Monday, Sept. 17th - Normal Monday Sale Monthly Sheep, Lamb, Goat & Pig Sale.

Sat. Sept. 22nd - sale to be held at Sale barn - New Berlin, NY. 12:00 PM E.S.T. Empire State Farms Complete Final Chapter Complete Fullblood Wagyu Dispersal. Approx. 100 lots sell including: Young & Mature cows, Bred & Open Heifers, herd sire prospects, preg. Recipients, cow calf pairs, embryos & semen. Watch for more complete details.

Monday, Sept. 24th - Normal Monday Sale & Monthly Organic Day
Monday, Oct. 1st - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Monday, Oct. 8th - Normal Monday Sale & Monthly Heifer Sale

Sat. Oct. 13th - Reserved for sale held on farm - Moravia, NY. Complete Cattle & Machinery. Watch future ad for more details.

Mon., Oct. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Mark Leonard Reg. & Grade Holstein Milking Herd Dispersal - Dairy sells at 1:00.

Sat. Oct. 20th - sale held in Jasper, NY. 103rd Annual Allegany-Steuben Holstein Sale. A select offering of show age, deep pedigreed calves along with springing heifers & Fresh cows. Sale hosted by Allegany Steuben Holstein Club & Hosking Sales LLC. GPS address: 3123 Rt. 36, Jasper, NY. Sale Chairman Lavern Warriner 607-426-0521.

Monday, Oct. 22nd - Normal Monday Sale & Monthly Organic Day.
Friday, Oct. 26th - Fall Premier All Breed Sale - accepting 100 Registered Dairy Cattle All breeds. Call today with your quality consignments. Good cattle are still selling good our Spring Sale had a top of \$5100.

Monday, Oct. 29th - Normal Monday Sale and Also due to all the sales we have booked we are having our Fall Round up Beef Sale on this day. Call to advertise your group it makes a difference. We will be selling Cow/calf pairs, dairy & beef feeders.

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

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

www.hoskingsales.com Like us on facebook

LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW - GIVE US A CALL

Tom & Brenda Hosking
& Family



6096 St. Hwy. 8, New Berlin, NY 13411

607-847-8800

cell: 607-972-1770 or 1771

Prayer to the Blessed Virgin

Never known to fail.
Oh, most beautiful flower of Mt. Carmel.
Fruitful Vine.
Splendor of Heaven,
Blessed Mother of the Son of God,
Immaculate Virgin, assist me in my necessity.
Oh Star of the Sea,
Help me and show me mercy,
You are my mother, Oh Holy Mary
Mother of God, Queen of Heaven and Earth,
I humbly beseech you from the bottom of my heart to secure me in this necessity. There are none that can withstand your power,
Oh show me herein you are my mother,
Oh Mary conceived without sin. Pray for us who have a recourse to thee
[3 times].
Holy Mary, I place this cause in your hands
[3 times]
Holy Spirit, you who solve all problems, lighten all roads so that I can attain my goal
You who gave the divine gift to forgive and forget all evil against me and in all instances in my life you are with me.
I want in this short prayer to thank you for all things as you confirm once again, that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine.

(The person must say this prayer 3 consecutive days. After 3 days the request will be granted). This prayer must be published after the favor is granted.

S.M.H.



Mohawk Valley Ag LLC Dutchman Stoves LLC Mohawk Valley Fabrics 95 Willet Street, Fort Plain, NY 13339 518-993-2543

- IBA Dairy Supplies
- Animal Health Specialties
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- DS Stoves
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- Alaskan Stoves
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Dutchman Stoves & Mohawk Valley Ag
Annual Customer Appreciation
Sat., September 22
7:00 am - 4:00 pm
Join Us For
Barbeque - Coffee - Donuts & Discounts

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Fiesta Corn Salad

The last of your garden is coming in, and, oh, what to do with all of those fresh veggies?!

1/2 cup fat-free Italian dressing

1 tablespoon Splenda Granular

2 cups frozen whole-kernel corn, thawed

1 cup chopped fresh tomato

1 cup chopped unpeeled cucumber

3/4 cup chopped celery

1/4 cup chopped green onion

1. In a medium bowl,

combine Italian dressing and Splenda. Add corn, tomato, cucumber, celery and green onion. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (2/3 cup) servings.

* Each serving equals: 72 calories, 0g fat, 2g protein, 16g carbs, 302mg sodium, 26mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Starch; Carb Choices: 1.

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Mohawk Valley Produce Auction SPECIAL PUMPKIN SALE Tuesday, September 18th 10:00 AM

840 Fordsbush Road, Fort Plain, NY 13339

**Pumpkins
Mums
Gourds
Indian Corn**



Fall Decor & Produce

Our Farmers Will be Bringing Their Best.

Terms By: Mohawk Valley Produce Auction
518-568-3579

Country Editor

**PO Box 121, 6113 State Hwy. 5
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classified@leepub.com**

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 - 700 Lawn & Garden
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 - 810 Mobile Homes
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 - 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

ADVERTISING DEADLINE
FRIDAY • 2:00 PM
 (Week Prior to Each Friday Dated Paper)
For as little as \$4.00 - place a classified ad in
The Country Editor
Call Peg at 1-800-836-2888
or 518-673-0111
or email classified@leepub.com

Announcements

SELF-INKING STAMPS: Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers at 518-673-0101 or email commercialprint@leepub.com

WANTED: FREE DVDS & VHS, all kinds. 315-866-9131

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

HERKIMER VFW Serving Clams, Steamed or Raw, \$9.00 dozen. Cans \$1.50. Every Thursday 12 Noon until 7:00 pm. Open to the public.

★ ★ ★ ★ ★
ADVERTISERS
 Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM- **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**

Antiques

ANTIQUES/FINE ART and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

Announcements

WANTED TO BUY... ANTIQUE 1800's Books, Ledgers, Bottles, Decorated Crocks & Jugs, Tools, Dolls, Paintings, Keys/Locks, Glass Negatives/Photographs, Postcards, Lamps, Quilts, Marbles, Hunting & Fishing. **VICTORIAN Jewelry & Watches, Buttons/Sewing, Clothing.PRIMITIVE** Buckets, Barrels, Bowls, Kitchen. **VINTAGE** Pre-1975 Halloween, Christmas, Vending/Gumball Machines, Scrapbooks, Greeting Cards, Jadeite, Hats, New Undergarments, Hankies, Doilies, Lionel Trains, Head Vases, Radios, Railroad Items, Knives, Lawn & Garden, Travel Brochures, Zippo Lighters, Church Pews, Rock Albums, Local Dairy Bottles. **ADVERTISING** Mirrors, Signs & Crates, Coke, Pepsi, Gas/Oil. **CIVIL WAR, WWI, WWII** Badges & Helmets. **FREE** House Calls...**CASH PAID!!!** Showcase Antiques, Little Falls, 10-5pm, 315-823-1177.

Antiques

Appliances

FOR SALE: Portable Dish washer with butcher block top, black front, \$150.00 firm. Phone: 315-866-6228.

Building Materials/Supplies

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

Buildings For Sale

12x20 **COTTAGE** REPO. Priced to move, \$2,500. Yoder Quality Sheds. 315-858-0841

HERKIMER VFW Serving Clams, Steamed or Raw, \$9.00 dozen. Cans \$1.50. Every Thursday 12 Noon until 7:00 pm. Open to the public.

★ ★ ★ ★ ★
ADVERTISERS
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Construction Services

ANTHONY MACRI
PAVING
CONCRETE
MASONRY
Commercial & Residential
Call With Your Needs
315-866-2733 or 315-717-3333

Custom Services

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! **FREE SHIPPING** included. Call Lee Newspapers at 518-673-0101 email commercialprint@leepub.com

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BEEF & PORK
 EBT & Credit Cards Accepted
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518-568-2643
 Open 7 Days a Week 9am-6pm

Construction Services

DOLGEVILLE: Large one bedroom apartment, could be two, Main Street, near everything, \$350-\$425 plus utilities. 315-527-6590, 315-724-8603

2,000 SQ FT OFFICE & indoor storage space available for rent. \$950.00/month plus utilities. Please call with any questions. 518-584-6960. Gloversville, NY

MOHAWK: Large one bedroom upstairs apartment. Utilities included. No smoking/pets. Country setting. \$600/month +security/references. 315-717-8729

FOR RENT: Nice 2 bedroom, 1-1/2 bath mobile home set up in quiet park out on Creed Road, Mohawk, Rent \$695, available Sept 1. See more details at leatherstockingmhp.com or call 315-723-4270.

ILION: John Street 2 bedroom, 2nd floor apartment, includes appliances, heating, parking, \$575 per month, plus electric. Call: 315-563-1980.

For Rent

VILLAGE OF ILION: First floor. Two bedroom all electric apartment. Applications available. Call Crossett Real Estate Services 315-894-8557 OR contact louise@crossettres.com

HERKIMER: Sherwood Acres Apartments. Recently remodeled 2 bedroom 1st floor apartment. \$875. Includes heat, hot water, appliances, patio, fireplace, garbage removal. Large rooms. On-site Management, Beautifully Maintained. No smoking/animals. Deposit, lease, credit check. Look at the rest, come live at the best. 315-866-9371

HERKIMER & ILION: 2 & 3 bedroom apartments. \$550-\$650 per month, partial utilities. Excellent location. Off street parking. 315-717-4470

SMALL 2 Bedroom House for rent Little Falls No pets. No smoking. Quiet street, beautiful view, well kept, clean. \$800.00 per month + utilities. Security deposit, first month's rent and lease. Lawn maintenance/snow shoveling required. Application, reference, credit check. 315-985-5719

ONE BEDROOM/TWO BEDROOM, 1st and 2nd floor, no cats, no smoking, \$750.00+utilities. Both apartments renovated. Washer/dryer downstairs, upstairs washer/dryer hookup. Move-in ready. 315-868-8018

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TRADE PAPERS • TRADE SHOWS

Country Editor

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For Sale

NEVER USED woodstove with three 2' sections, triple wall pipe with cap and T for clean-out, over \$600, will take \$350 for all. Almost 5 face cord of 3 year seasoned cut/split cherry firewood, \$300. 100 year old mahogany twin sleigh bed, \$350. 315-613-2191

RAFFLE TICKETS - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. Call Lee Newspapers 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

Garage Sales

YARD SALE: 303 Ashe Rd., (near Beardslee Manor), Little Falls. Thurs.-Sat. Sept. 13-15th, 10am-5pm. Kitchen appliances, pots & pans, E-Wheel (4 wheel) scooter, womens & mens XL clothing, blankets & sheets, much more.

Hay - Straw For Sale

TIMOTHY AND GRASS MIX HAY, Avg. 45lbs, 500 bales, \$3.00/bale. 518-478-3510 or 518-921-1029.

Help Wanted

Are you a retired farmer or farmer's wife? We are looking for an individual to represent Country Folks farm newspaper at various events throughout the year. Hourly rate plus mileage. Some overnight travel required. Clean driving record and dependable vehicle required. Contact Ken Maring at kmaring@leepub.com or 518-673-0103.

Miscellaneous

8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00. Lee Newspapers, 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237

Motorcycles

1985 CANDY APPLE RED HONDA 150cc Elite. Only one owner, 100mi. Stored since 1985, \$1,000 firm. Collector's item. 315-894-3928

Real Estate For Sale

LAND FOR SALE: Montgomery County, 16 acres, hay fields, 2 barns, great view, 1220' frontage, \$68,000. Herkimer County, 10.1 acres, fields, nice view, \$28,000; 7 acres fields & woods, great view, \$25,000. Owner financing. Helderberg-realty.com 518-861-6541, 518-256-6344

Real Estate For Sale

ORGANIC FARM
Little Falls (Fairfield)
Herkimer County, NY
121 acres, 65 tillable, 56 pasture and woods, 40 cow dairy barn, new 20x40 free stall. 40x72 pole barn, 25x50 2-story garage and storage barn. Large updated farmhouse, 20x44 greenhouse. Drilled & spring fed well. Owner financing available.
\$499,000
Aaron 315-796-4370

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossette Real Estate services. Take a visual tour www.crossettres.com **Asking \$112,000.00.** All Broker inquiries welcome. 315-894-8557

VILLAGE OF FRANKFORT: Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour www.crossettres.com **Asking \$8,500.00** All Broker inquiries welcome. 315-894-8557

COUNTRY SIZE BUILDING LOTS. Herkimer County. Great location, great schools, great views, great taxes, great prices, \$18,900 and up. Interested, Koehler Real Estate: 315-891-3254

COMMERCIAL PROPERTY FOR SALE ILION: Property surveyed. **Asking price \$165,000.00.** Take a visual tour www.crossettres.com All Broker inquiries welcome. Email louise@crossettres.com OR Crossett Real Estate Services 315-894-8557

Roofing

TOP NOTCH ROOFING: 25+Years experience. Roofing specials, siding, remodeling, kitchens & bath, painting, swirl ceilings, clean-outs. Free estimates. 315-867-9594

Services Offered

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

HANDYMAN looking for work. Senior citizen discounts. Can build and repair. Call 315-269-7569

COME VISIT Joyfuls Vintage Designs for a variety of vintage and re-salvaged furniture.

Services Offered

13 OR 14-MONTH PHOTO WALL CALENDARS ONLY \$15.00!
• Bring in your USB, SD card, or photos for us to scan
• Email your photos to: commercialprint@leepub.com
Call **518-673-0101**, or stop by Lee Newspapers Inc., 6113 State Highway 5, Palatine Bridge, NY 13428

PROFESSIONAL HANDYMAN SERVICES: Insured. Over 40 years experience. Any small job, including doors, windows and electric. 315-868-1608

Services Offered


Best Man For The Job!
Firewood, Weed Whacking, Tree & Brush Removal
Around Buildings, Ponds, Fields, etc.
Bulldozing and Different Jobs Done
Lewis Page Sr.
518-548-6685


Tires & Tire Repair Service

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



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To Place Your Classified Ad Just Ask For Peggy or send her an e-mail at: classified@leepub.com


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MAIL OR CALL  **Country Editor**

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\$4.00/14 words
\$.10 each additional per week

Deadline Friday 2pm
Fill Out This Form OR
Call Us To Place Your Reader Ad

• CLASSIFIED READER AD FORM •

Today's Date _____ # of Weeks to Run _____ Starting Issue Date (Friday Date) _____

COPY: (First 14 words \$4.00, each additional word 10¢, phone number counts as one word)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	14 words - \$4.00	15 words - \$4.10
16 words - \$4.20	17 words - \$4.30	18 words - \$4.40	19 words - \$4.50	20 words - \$4.60
21 words - \$4.70	22 words - \$4.80	23 words - \$4.90	24th word - \$5.00	25 words - \$5.10
26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
31 words - \$5.70	32 words - \$5.80	33 words - \$5.90	34th word - \$6.00	_____

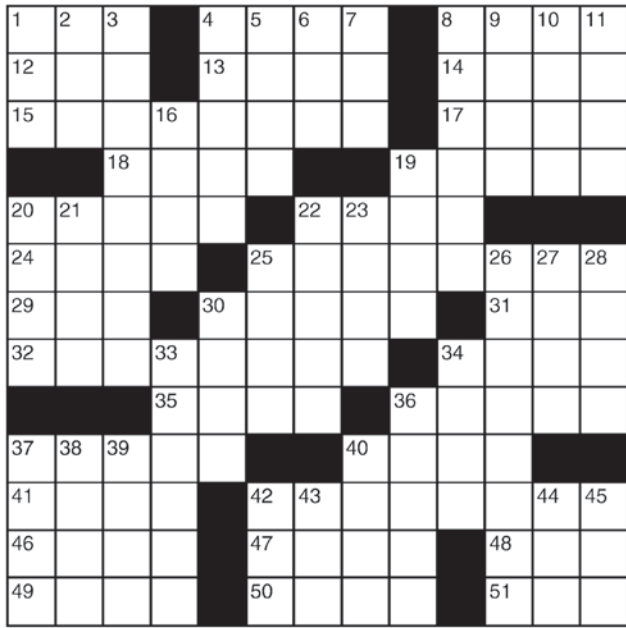
Name (Print): _____
Farm/Company Name: _____
Street: _____ County: _____
City: _____ State: _____ Zip: _____
Phone #: _____ Fax #: _____ Cell #: _____
Email Address: _____
Payment Method: Check/Money Order American Express Discover Visa MC
Card #: _____ Exp. Date: _____ MM / YY
* (REQ.) Card Security Code # _____
Name on Credit Card (print): _____
Signature: _____ Today's Date: _____
Amount Paid: _____

Ph: 518-673-3011 or 800-836-2888 • Fax: 518-673-2381 • Email: classified@leepub.com
Mail: Country Editor, PO Box 121, Palatine Bridge, NY 13428

King Crossword

ACROSS

- 1 Handle roughly
- 4 Dog bane
- 8 Back talk
- 12 Past
- 13 Peruse
- 14 Clarinet's cousin
- 15 Mansion staff
- 17 Smolder
- 18 Catches some rays
- 19 Playful water critter
- 20 Moral standard
- 22 Own
- 24 Destroy
- 25 Peace
- 29 Inseparable
- 30 Permanent inmate
- 31 "Golly!"
- 32 Snakes
- 34 Chew away (at)
- 35 Gross
- 36 Dentist's suggestion
- 37 Coarse
- 40 Funeral stand
- 41 Sea flier
- 42 Pepper or York
- 46 Kill a bill
- 47 Hexagonal state
- 48 Fresh



- 49 Anytime now
- 50 Huff and puff
- 51 As well
- 10 A few
- 11 Palm reader, maybe
- 16 Futile
- 19 Finished
- 20 Love god
- 21 Melody
- 22 Substantial
- 23 War god
- 25 Go under
- 26 Unknowing
- 27 Earl Grey and kin
- 28 Some evergreens
- 30 Poland's Mr.
- 33 Urban bird
- 34 Merriment
- 36 Battle
- 37 Guns the engine
- 38 Black-and-white snack
- 39 "Do — others ..."
- 40 Cereal choice
- 42 Dine
- 43 Greek vowel
- 44 Keanu, in "The Matrix"
- 45 Pair

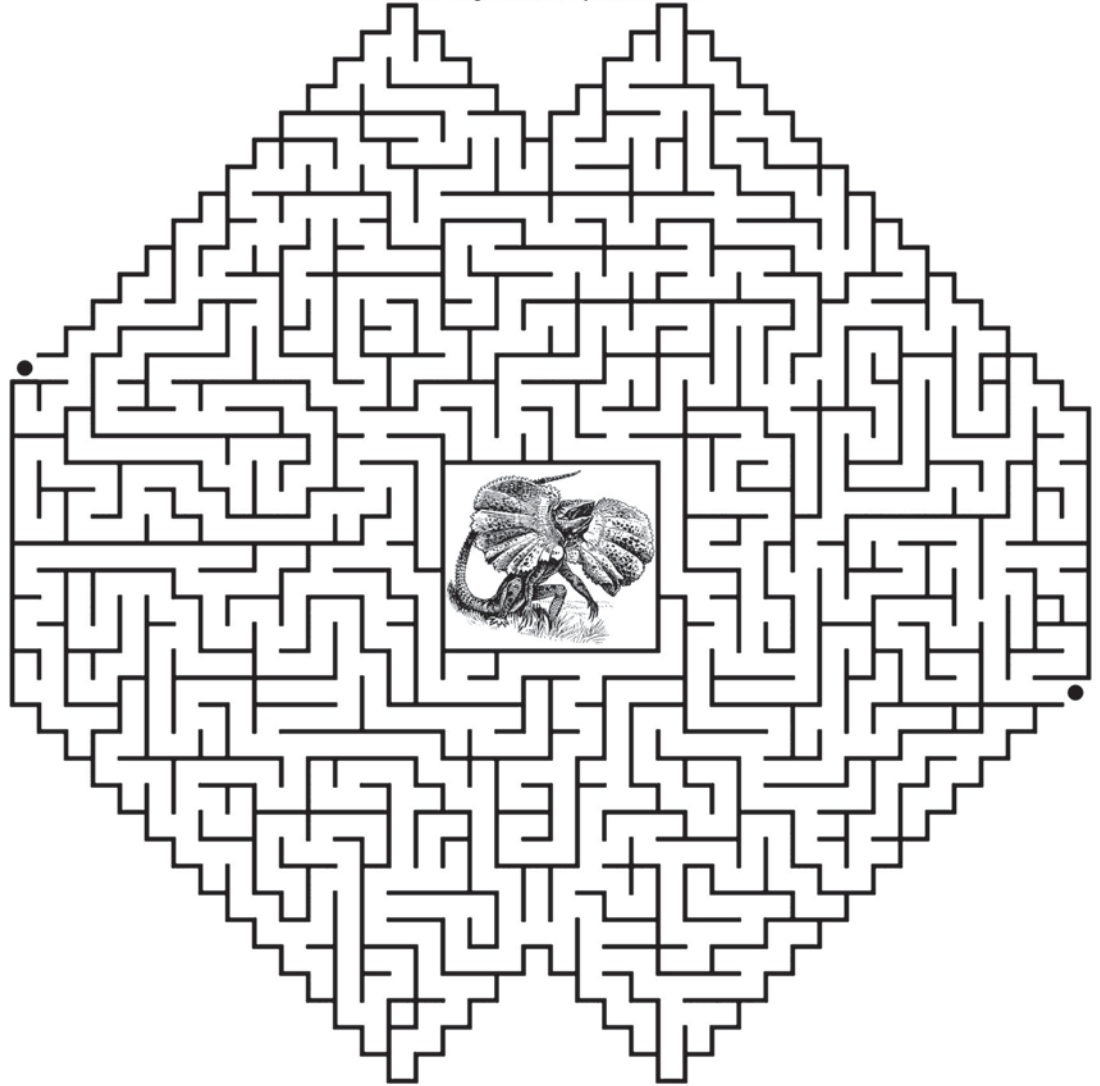
DOWN

- 1 — de deux
- 2 Census statistic
- 3 More deserving
- 4 Swiss money
- 5 Periscope part
- 6 Dine on
- 7 Billboards
- 8 Cushion
- 9 Touch

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Mega Maze

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Cap is reversed. 3. Car door is missing. 4. House is missing. 5. License plate is missing. 6. Shirt is different.

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

- ◆ Moderate ◆◆ Challenging
- ◆◆◆ HOO BOY!

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Just Like Cats & Dogs

by Dave T. Phipps



Americanisms



"If it looks like a duck, walks like a duck and quacks like a duck, then it just may be a duck."
—Walter Reuther

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Ten tips to help your kids do better in school

by **Teresa Hunsaker, USU Extension family and consumer sciences educator, Weber County**

Now that the kids are back in school, here are some tips that may help promote a greater enthusiasm for learning this new school year.

1. Set an example: One of things we know, from years of observation, is that the family environment makes a huge difference in forming good attitudes toward school success in youth. Let your kids see you involved in learning and reading. Take a class online, go with them to the library, read to them at night, study their topics with them or learn a new language.

2. Promote study time: Have a quiet place and perhaps set time to study every day. Make sure youth are taking a short break during their study time. Provide a simple snack or divergent activity for them during the break. Be as consistent as possible about when it is study time. Work with

them on being as organized as possible in their homework and studying. Have bins and shelves for completed assignments to make the process as systematic as possible. It is also helpful to teach your children about keeping their school papers and assignments organized before they get home with them. Help them learn how to break assignments and studying down into more manageable tasks.

3. Let them talk: Studies have shown that children have higher IQ's when given the opportunity to talk often about many different topics. Provide a chance around the dinner table to discuss events of the day, concerns they have, or something they heard on the news. Ensure that there is emotional safety in expressing themselves. Let them tell you about their 'high' and 'low' points of the day.

4. Support a new interest or enrichment activity: Children who have a love of enrichment activi-

ties have a release from the doldrums of school. These activities provide an added purpose to their studies and to their day.

5. Remain supportive when they get low grades: True achievers seldom get perfect marks all the time. Unconditional acceptance is the rule. When your children are getting low grades, do your best to work with them, beside them, and for them. This may mean getting tutoring help, working with the teacher more closely, and talking to the child about his or her roadblocks on the subject. Be willing to hear them out, and do not compare them to their other siblings or peers who may be doing well in that subject. Be sure to find the balance of encouraging better grades and putting undue pressure on them. Be as constructive as possible on ways to do better next time.

6. Set standards of expectation and goal setting: There is nothing wrong with parents defining a level of expectation

for school performance. Parents are to be parents, which sometimes means taking a proactive stand when children are not striving to do their best in school, which may mean disciplining for laziness, lack of hard work, and effort. Encourage your kids to set their own performance goals for the school year. Have them put them in writing and evaluate with them on a frequent basis. Checking on their progress toward goal accomplishment shows them you care and are playing an active part in their success. This also means attending back-to-school nights and parent/teacher conferences.

7. Engage your student in learning, not just reading: It is really easy for us to read something, but do we remember the idea or concept before moving on to the next paragraph? To help bridge the gap with your children between reading and learning, have them explain the concepts to you every few paragraphs. Quiz them at breakfast the next morning. Help them realize that employers in later life do not want to have to repeat things over and over again to their employees. Now is the time for them to understand they are responsible for their own learning. Just

as parents go to work every day, their job for now is learning. Observe and encourage different learning styles. Are they visual learners, auditory learners, etc.?

8. Let them figure things out on their own: Sometimes, in our goal to get study time over with, we jump in too quickly with the answers. Encourage youth to look things up on their own, to read something again, or to learn from their mistakes. Set up scenarios where they have to use some aspect of what they are studying to solve a problem. Driving my kids to and fro was a great time to pose a math problem to them, or throw out a social studies issue that is current today for them to think on, or ask them their opinion on the life of some person in history. Often as parents we are too quick to offer our advice on life's problems to our kids. We want to prevent them from making mistakes rather than letting them learn the art of figuring things out.

9. Volunteer at the school: Not only do teachers and faculty appreciate help at the school, but volunteering helps you get to know the teachers, the administrative staff, the lunchroom staff, other parents, AND

it also sends a message to your children that their school experience is important to you. This can also be helpful in having conversations with your child about things at school generally. Maybe you will see why your child is less than impressed with a certain teacher, or that there are issues with others in the school setting. Even if you work full-time outside the home, contact the PTA/PTO President and let him or her know you are interested in helping plan and implement activities at the school when you are not at work. (As a working mom myself, I know how difficult this can be, but it has paid off so many times throughout the years, that I cannot omit mentioning it.)

10. Eat together as a family at least 5 meals a week: Studies show that the more times a week children eat together with their family, the better they do in school, the more they stay clear of anti-social behaviors, and the more articulate they are in their communication skills.

Being actively engaged in the overall school experience does take time, thought, and energy. But the rewards are worth it, for both them and you.

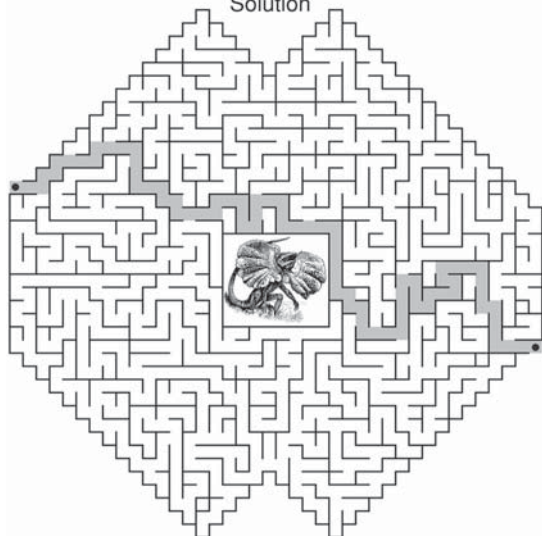
— King Crossword — Answers

Solution time: 27 mins.

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

Mega Maze

Solution



— Weekly SUDOKU — Answer

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

"September was a thirty-days long goodbye to summer, to the season that left everybody both happy and weary of the warm, humid weather and the exhausting but thrilling adventures."

-Lea Malot



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Student cyber security precautions

Thanks to advancements in technology, students and educators are increasingly turning to both tablets and computers when working on daily assignments and classroom activities. Students rely on the internet for research and keeping in touch with teachers and other students, and work is even assigned and completed via digital platforms.

Despite the upside of technology, cyber crime is a potential pitfall of all that time spent online. The internet provides instant access, and that can put students at risk.

According to Verizon's 2016 Data Breach Investigations Report, the education sector ranked sixth in the United States for the total number of reported "security incidents." Schools are data-rich, meaning they give hackers access to information like identification numbers, birthdates, email addresses, financial data, medical records, and more.

Students must understand cyber security risks when working and sharing data online. The following are some tips students can follow.

- Protect passwords. Students are urged to keep their passwords to themselves. This prevents others from using accounts maliciously or even in seemingly harmless ways that can put you in trouble, such as searching for inappropriate content in school. Choose complicated passwords that can't be easily guessed, and opt for two-step authentication whenever offered.

- Use secured WiFi networks. Free or open WiFi connections are not encrypted, meaning they can be accessed by anyone. Many cyber criminals gain access to information through these channels. Schools should have encrypted systems in place.

- Limit what you share on the internet. Students are urged to be aware of what they share online. According to DataManagement, a computing service, information posted to social media is permanent, and deleted items aren't necessarily gone. Exercise caution on social media. Don't post unless it is something you would be comfortable sharing in public.

- Watch out for phishing

scams. Phishing usually occurs through fraudulent email messages that mimic the look of reputable solicitations. Scammers rely on these tactics to tempt people to click on links or download attachments

that can put malware on a device and steal personal data. Exercise caution with all links and downloads.

- Schedule routine backups. Data can be lost if a device crashes, so routine-

ly back up personal devices and home computers. Backups can be stored on external hard drives or with cloud services.

- Exercise caution when filesharing. UC Santa

Cruz's information technology services says viruses and malware can be transmitted by filesharing software, and files offered by others may not be what they say they are. Only used school-approved file-

sharing options.

Cyber security is something students should prioritize this school year. The right security measures can protect students, their classmates and their schools.



2018 Foothills Friends of NRA Fundraising Banquet Thursday, September 27, 2018 at the Hales Mills Country Club

5:00 - 7:00 - Cash Bar, Games, Silent Auction • 7:00 - Dinner followed by Live Auction

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Questions?

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Or call: 518-221-4103

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Please Select	_____	Pistol or _____	Cash
Tax Deductible Donation			\$ _____
		Grand Total	\$ _____

Name: _____

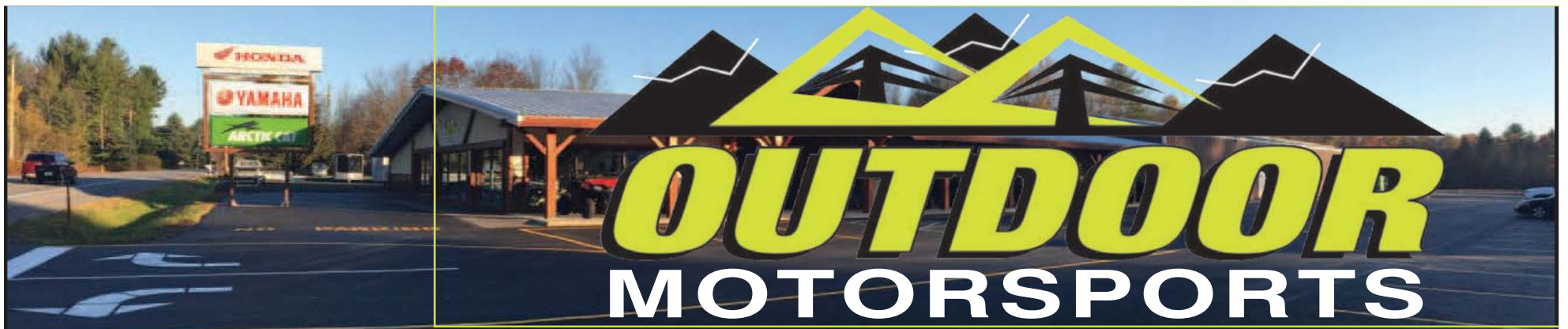
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Phone: _____ Email: _____

Credit Card #: _____ 3 Digit Security Code: _____

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