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Country Editor

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Number 19

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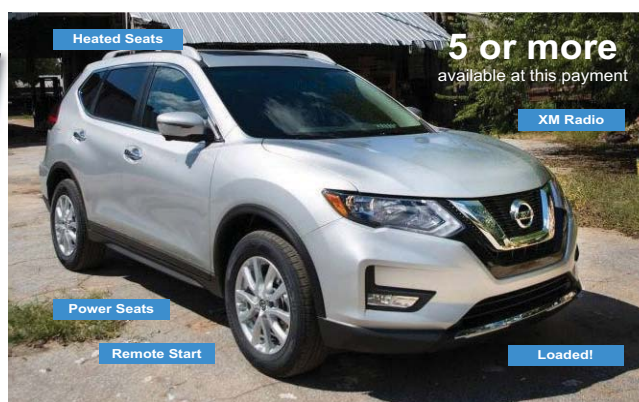
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## Indulge and be educated at Rotary Club's beer pairing dinner

by Courtney Llewellyn

HERKIMER – There are a lot of rules when it comes to matching the flavor profiles of certain foods with certain drinks. The old adage is red wine with red meat, white wine with chicken and fish. But what about beer pairings?

On Saturday, Oct. 13, all the work of proper pairings will be handled by Chef Dominick Scalise at the Mohawk Valley Rotary Club's Food & Beer Pairing Dinner. Scalise, of Dom's Deli in Herkimer, has developed a five-course dinner that matches perfectly with five different beers provided by Good Nature Farm Brewery of Hamilton. The dinner will serve as a fundraiser for the Rotary Club's many service projects.

"Our club got involved with the pairing event three years ago," Club President Elyse Enea Bellows explained. "We were inspired to bring this event to the community because we noticed that there was a lack of this type of event in the area. When our event chair Bonny Brownrigg told us she had tried Good Nature Brewery beer, we knew we should try and set up an event with them as the main beer-tasting company."

The club brought the idea to Chef Scalise, who was excited to jump on board. Scalise said he has been cooking his whole life and first got into beer pairing when working with the Herkimer Elks on past events like this one.

"The Rotary members had attended other events and said they thought it would be a good fundraiser for them," Scalise said. "It's nice to use what I got to help raise money for organizations, especially for kids."

He explained the menu pairings, stating, "Beer itself has a lot of flavor. It's versatile and it goes well with

heartly foods or spicy foods."

The first course is Non-Stop Hop Onslaught paired with shrimp; course two is Blight Buster IPA with sweet and spicy Thai chili boneless wings. "Beers that are hoppy and citrusy tend to pair better with seafood and chicken," Scalise said.

"The Good Natured Blonde Ale is a little more basic, so it goes well with more traditional American food," Scalise said, and so the third course is the Blonde Ale matched with grilled pork loin.

He changes it up a bit with the fourth course, pairing Annie Imperial IPA with braised pot roast.

Scalise was particularly enthusiastic regarding the fifth course – the dessert. The chocolate cake layered with Irish cream frosting and topped with coffee ice cream, almonds, hazelnuts and a Pirolaine cookie is "going to be an awesome pairing," according to the chef.

"The dessert goes so well with their American Brown Ale, which has a smooth, nice, nutty flavor," he said. "I want everyone to go out on a good note."

Bellows said that once the menu was developed, the club knew they could offer an affordable, gourmet-style meal paired with delicious beer samples. "We are fortunate to be able to bring this event to the commu-

nity for such an affordable price," she noted. Tickets to the dinner are \$35 per person, or \$60 per couple.

The proceeds will benefit service projects including a food drive that aids Catholic Charities of Ilion, the Salvation Army of Herkimer, a scholarship program, the Books for the World Program, the club's Youth Exchange Program and Rotary International.

"It's always just a fun, positive, happy night," Scalise said. "It's all about the food, the beer and the people. Indulge your senses and learn a little bit."

The Food & Beer Pairing Dinner is Oct. 13 starting at 6:30 p.m. at the Herkimer Elks Lodge, 124 Mary St. in Herkimer. For tickets or more information, see [www.facebook.com/MohawkValleyRotaryDistrict7150](http://www.facebook.com/MohawkValleyRotaryDistrict7150).

### Herkimer County Country Editor

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Palatine Bridge, NY 13428  
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## Notary Public Seminar

HERKIMER – Herkimer College will offer a Notary Public Seminar on Wednesday, Sept. 26 from 12:30 - 4:30 p.m.

The workshop will prepare participants for the New York State Notary Public Test. Topics will include confusing laws, conflicts of interest, charging proper fees and maintaining professional ethics. The fee is \$50. Preregistration is required.

To register, contact the Community Education Office at 315.574.4003 Monday through Friday, 8 a.m. - 4 p.m. For a complete list of non-credit courses, visit [www.herkimer.edu/ce/](http://www.herkimer.edu/ce/).



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## Welsh Festival of Song to be held in Clinton

The St. David's Society of Utica will sponsor their Fall Gymanfa Ganu at 3 p.m. on Sunday, Oct. 7 at the Clinton United Methodist Church. A Gymanfa Ganu is a festival of sacred song in the Welsh tradition, according to Linda Walters, president of the society. Those who attend become participants in a massive choir singing traditional Welsh hymns in four-part harmony. While most of the songs are in English, participants are taught to sing some verses in Welsh. Songbooks are provided to all who attend. The general public is invited to attend this event.

The conductor for this event will be Jay G.

Williams III, a seasoned Gymanfa Ganu conductor who lives in Clinton. Williams is an attorney with the firm of Felt Evans in Clinton and is pastor of the Augusta Presbyterian Church. He is the author of two books on Welsh Americans. He has conducted at previous Gymanfas for the local St. David's Society as well as other Welsh societies throughout the country.

Susan Bartholomew will be the organist for this event. She is a Certified Public Accountant from Remsen and serves as organist for the First Presbyterian Church of Ilion. Jeanne Jones of New Hartford will be pianist.

Special music will be presented by soloist Peggy Spencer Behrendt, who will be playing selections from the classical and Celtic genres on the harp, which is known as the national instrument of Wales. Behrendt was born in Utica, graduated from Westmoreland High School and holds a bachelor's degree in music education from the SUNY Fredonia School of Music, where she majored in voice and piano and minored in English. She is founder of the musical group Harp & Harmony, and has recorded and produced six recordings since 1998, some of which have been aired on NPR affiliates in Syracuse and Binghamton. She performs regularly in concerts and church services on harp, piano, viola, keyboard, organ, five-string banjo and recorders, and writes original music and arrangements. She and her husband, Timothy Hume Behrendt, often perform together as Harp & Harmony and together they founded and run the Shawangunk Nature Preserve, a non-profit, 520-acre, deep ecology learning and cultural center in

central New York. Her column about this preserve, "Tales from Shawangunk," appears monthly in Mohawk Valley Living magazine.

Walters noted that there will be no admission price for the event but that a free-will offering will be taken. A reception, known in Welsh as "te bach," will follow the singing. The te bach features complimentary tea, Welsh tea cakes and Welsh bread known as "bara brith."

The church is located at 105 Utica St. in Clinton and is handicapped accessible.

St. David's Society of Utica originated from the Cymreigyddion Society organized in 1856. Its purpose is to preserve activities unique to the Welsh culture. Events held throughout the year are open to the public and planned to educate and inspire people through Welsh cultural events. Immigrants from Wales have richly contributed to an American heritage that combines the best from many homelands. More information is found on their website, [www.saint-davidsociety.org](http://www.saint-davidsociety.org).

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## Man buys Slim Jims for his dog, lottery ticket, wins \$10M

FORT EDWARD, NY (AP) – A New York man will be living large thanks to his decision to buy some Slim Jims for his dog.

New York Lottery officials say Monday that 73-year-old Dale Farrand recently won the \$10 mil-

lion prize on a Cash Spectacular scratch-off ticket.

The Fort Edward man says he bought a \$30 ticket at a local Cumberland Farms convenience store while buying Slim Jims snacks for his dog Boots.

He scratched the ticket in his car and realized he was a winner. Farrand says he drove straight home and had his wife check the ticket for him.

Farrand will receive a lump-sum payment of \$6.7 million after required withholdings.

He says he'll use the windfall to pay off his mortgage, make home improvements and help his children and grandchildren.

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# Herkimer County HealthNet offering free prediabetes program

HERKIMER – Mohawk Valley residents with pre-diabetes or who are at high risk for type 2 diabetes now have more resources to prevent diabetes. Herkimer County HealthNet is pleased to announce there will be a free diabetes prevention program. The program helps participants reduce their risk for type 2 diabetes by learning to eat healthier, lose weight, become more physically ac-

tive and manage stress. The program will begin on Thursday, Oct. 11 and will meet every Thursday for 16 weeks from 5 - 6:30 p.m. at the Mohawk Reformed Church, 20 S. Otsego St., Mohawk. After the first 16 weeks, the program will meet once monthly for six months to continue to offer support and help participants stick to their new healthy lifestyle. The cost for this program is free and in-

cludes materials to help you learn how to become more physically active and learn skills to make healthy food choices. Prediabetes is defined as having a blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as diabetes. A person with prediabetes is at high risk for developing type 2 diabetes, which

can lead to serious health problems such as heart disease and stroke. While many are familiar with type 2 diabetes, fewer are aware of prediabetes, a serious health condition that affects 86 million Americans (more than one in three) and often leads to type 2 diabetes. According to newly released CDC data, however, nearly 90 percent of

the 84 million people with prediabetes do not know they have it and are not aware of the long-term risks to their health. Currently, about 30 million Americans are living with diabetes. Elyse Enea Bellows, program coordinator of Herkimer County HealthNet, said, "Small changes can prevent diabetes. With this program we are

hoping to spark a change because the reality is that the majority of the public is either unaware or does not take prediabetes seriously." If you are interested in attending the Diabetes Prevention Program, contact Herkimer County HealthNet at 315.867.1552 or eenea@herkimercounty.org .

## Herkimer College Annual Car Show

HERKIMER – Herkimer College will be hosting its annual Fall Fest and Alumni Weekend car show on Saturday, Sept. 29 from noon - 3 p.m. Pre-registration is not required, but helpful. For more information and to register for the show, contact Vicki Brown, Center for Student Leadership & Involvement, at 315.866.0300 ext. 8286 or register online at [herkimer.edu/fallfest](http://herkimer.edu/fallfest) .

## Rabid raccoon confirmed in Litchfield

Herkimer County is reporting a case of a confirmed rabid animal in the township of Litchfield. A raccoon was sent to Wadsworth Laboratory and confirmed to be infected with the rabies virus. This raccoon had direct contact with two dogs. Residents of Herkimer County are reminded that rabies is endemic in our county and surrounding counties. All bites or possible exposures need to be reported to your local Health Department. An exposure to the rabies virus is fatal to people, pets and domesticated animals but very preventable. It is important that pets including indoor animals are vaccinated and kept up-to-date with their vaccinations to prevent infection. Our pets are a bridge between wildlife and us; by protecting them you are protecting yourself and others. An unvaccinated animal exposed to a positive rabid animal will require the decision of a six-month quarantine or to have the animal euthanized. Both are completely avoidable if the animal is up to date on its rabies vaccination. Our clinics are listed online. Visit our website for the 2018 rabies clinic schedule at [www.herkimercounty.org](http://www.herkimercounty.org) or make an appointment with your veterinarian. In addition, you can find more information about rabies on the Center for Disease Control's website at [www.cdc.gov/rabies](http://www.cdc.gov/rabies) . If you have any questions, call Herkimer County Public Health at 315.867.1176.



## Calendar of events

**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](mailto:cfeditor@leepub.com)**

### Now - Oct. 5

**Kateri's Thrift Store Fall Bag Sale.** Now through Oct 5 18. The store is open Tuesday through Friday from 10 a.m. to 3 p.m. lower level of the Little Falls Community Center, 45 Furnace Street in Little Falls. Customers can carry off all the clothing items they can fit into a large brown bag with just a small donation. If you would like to become a part of the Kateri's Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.

### 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](http://CycleAdirondacks.com). New York. Registration, now open at [CycleAdirondacks.com](http://CycleAdirondacks.com).

**Interrupted Harvest (1778).** The Mohawk Valley's Refugee crisis. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook.

### Sept 29

**Live Well and Plan for the Future.** 9 a.m. - 1 p.m. 16 Jackson Street, Little Falls. Refreshments will be served and reservations are appreciated. For more information or to confirm your participation please contact the Little Falls Community Outreach organization at 315.823.1409 or by email at [lffirstpres@gmail.com](mailto:lffirstpres@gmail.com).

### Oct 4

**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](http://www.archerkimer.org). Please visit [www.archerkimer.org](http://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](mailto:mfermin@archerkimer.org).

**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.

### Oct 5

**Black and White Hero Sale.** Pick-up at the Third Street (side door). \$7. Public welcome. Sponsored by Evening Star Valley Chapter, Number 82, OES. Call 315.269.6439 to order ahead or call by 11 a.m. day of sale. Pick-up will be 11 a.m.-1p.m. and 3-6 p.m.

**Arc Herkimer Summer/Fall Workshop.** 9 a.m. - 3 p.m. Herkimer College, Herkimer, NY. All workshops are free and open to the public but require registration at [www.archerkimer.org](http://www.archerkimer.org). Please visit [www.archerkimer.org](http://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](mailto:mfermin@archerkimer.org).

### Oct 5, 6 and 7

**Annual Indoor Garage Sale.** 9 a.m. to dusk rain or shine. 171 Center Road In Frankfort. Proceeds from the sale will benefit 4petsake Food Pantry of Mohawk. Call Julie Rotondo 315.801.9149.

### 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 7

**Ham and scalloped potato dinner.** 11:30 a.m. - 2:30 p.m. VFW 240 Wood Lane, Schuyler. Adults \$12.50. To benefit the East Schuyler Methodist Church.

**Annual Chinese Auction & Chicken BBQ.** Poland Firehouse, 216 Main St., Cold Brook. Poland Vol. Fire Co., Fire Prevention Week Open House. Call: 315.826.7141 for Take-outs & Information.

### Starts Oct 11

**Prediabetes Program.** Begins Thursday, Oct. 11, and runs 16 weeks from 5-6:30 p.m. Mohawk Reformed Church, 20 S Otsego St, Mohawk. If you are interested in attending, please contact: Herkimer County HealthNet at 315.867.1552 or [eenea@herkimercounty.org](mailto:eenea@herkimercounty.org).

### Oct 13

**An Afternoon at the Historic Nellis Tavern.** 1 - 4 p.m. 1747 Nellis Tavern on State Route 5 in St. Johnsville. Tickets, available in advance, are \$15 per person with a limited number of tickets available at the door. Tours of this historic structure will also be conducted. For information or tickets contact Judi at 518.568.2997 or Joan at 518.842.6400.

### 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.

**Fall Craft Fair and Bazaar.** Oct. 20 18. 9 a.m. - 4 p.m. 1805 Frisbe House, Route 29A, Salisbury Center. Sponsored by Salisbury Historical Society.



# Utica Zoo Education Dept. announces fall & winter programs

UTICA – The Utica Zoo is happy to announce their fall and winter Education Program schedules. The Utica Zoo Education Department has been chartered by the New York State Education Department since 1965.

**HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

**Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock**

**Mon. Sept. 17th** - Sold 218 head. Cull Ave. \$.39 Top Cow \$.53, Bulls/Steers \$.50- \$.79, Bull calves top \$.80, heifer calf top \$.60, beef heifer calf \$1.10, lambs 60#- 96# \$.60 - \$1.05, cull sheep \$.40 - \$1.00, small goats up to \$110.

**Mon. Oct. 1st** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Mon. Oct. 8th** - Normal Monday Sale & Monthly Heifer Sale. Special: Headline Farm Complete Registered & Grade Holstein Dispersal 70 head sell.

**Mon., Oct. 15th** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Mark Leonard Reg. & Grade Holstein Milking Herd Dispersal, Ai 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 pedigree 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.

**Mon. 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.

**Mon. 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. A small Angus & Angus Cross herd Cow/calf pairs, bred cows and feeder cattle. Several other groups already consigned also.

**Fri. Nov. 9th** - Sale held at the sale barn 11:00AM. Wisbee Farm Complete Registered Holstein Dispersal. 100 Head sell. Watch for more details.

**\*\*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.

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cell: 607-972-1770 or 1771  
Dan Hosking: 607-972-8773

Since then, the Utica Zoo has been dedicated to providing an environment of learning and understanding of wildlife conservation for children throughout the Central New York area. Utica Zoo is offering several age appropriate class levels that include arts and crafts, animal presentations, and instruction by Zoo Educators.

The “Zoo Adventures STEM Academy” is geared towards children aged 3 - 5 years and will focus on STEM-centered instruction about conservation, habitats and animals. Classes will be interactive and may include animal encounters, stories, crafts, activities and nature play. Classes cost \$7 per child for members, \$7 per child plus adult admission for not yet members, and \$5 for any additional children. Although this programming is geared towards children aged 3 - 5 years, all are welcome. Pre-registration is required. Contact Mary Hall at 315.738.0472 ext. 26 to pre-register. The Zoo Adventures STEM Academy is held on Thursday mornings at 10:30 a.m. in the Zoo Auditorium:

**Fall Session: Oct. 11.**  
**Early Winter Session: Nov. 1, 15, 29 and Dec. 13**  
**Winter Session: Jan. 3, 17, 31 and Feb. 14.**  
Save money by registering for a full session. For

more information, visit [UticaZoo.org/programs](http://UticaZoo.org/programs) .

The “Hatchlings - Preschool Exploration Stations” is geared towards children aged 18 months - 3 years and will engage children with themed activities, discovery stations and animal friends to meet. Classes cost \$7 per child for members, \$7 per child plus adult admission for not yet members and \$5 for any additional children. Although this programming is geared toward children aged 18 months - 3 years, all are welcome. Pre-registration is required. Contact Mary Hall at 315.738.0472 ext. 26 to pre-register. The Hatchlings classes are held on Friday mornings at 10:30 a.m. in the Zoo Auditorium. Dates are Oct. 12, Nov. 16 and Dec. 14.

Save money by registering for a full session. For more information, visit [UticaZoo.org/programs](http://UticaZoo.org/programs) .

The Utica Zoo Home School Programs have returned with a new format. This year there will be two classes for children of varying ages. The first class is geared towards children in kindergarten through second grade and will feature age-appropriate activities and instruction. Children must be accompanied by an adult for the duration of the program and will begin at 11 a.m. in the Zoo Auditorium.

The second class will be geared towards children in third grade and up and will also feature age appropriate activities and instruction. Students may be dropped off for this program and will begin at 1 p.m. in the Zoo Auditorium.

Classes cost \$7 per child for members, \$7 per child plus adult admission for not yet members and \$5 for any additional children. Pre-registration is required. Contact Nicolette Hajdasz at 315.738.0472 ext. 34 to pre-register.

Classes are held on Oct. 25, Nov. 8, Jan. 24, Feb. 28, March 21, April 25, May 23 and June 13.

Save money by registering for a full session. For more information, visit [UticaZoo.org/programs](http://UticaZoo.org/programs) .

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**WEDNESDAY Oct 3rd 6:00pm**

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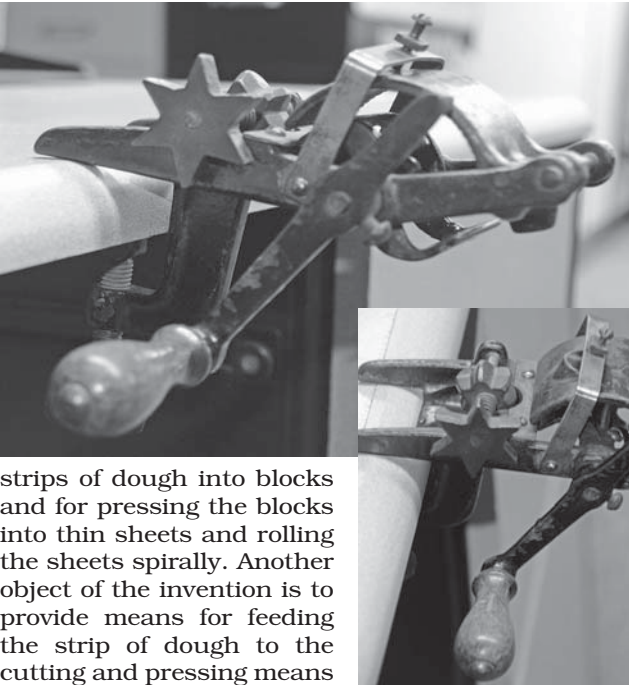
**Chips. Drinks. and more.**

## Whatchamacallits

We're going to be honest – when this item first came across our desks, we had a difficult time trying to guess what it might be. It has a clamp. It has a knob for turning. It is definitely something designed for food...but beyond that, we might have been stumped for a while had we not had the patent number available.

This whatchamacallit, uncovered at the annual Madison-Bouckville Antique Week, holds patent number 1,424,806 – it is a dough forming machine. The patent application was filed by Louis De Vito on May 17, 1919 and the application was approved in August 1922.

“Be it known that I, Louis De Vito, a citizen of the United States, residing at Cleveland, in the county of Cuyahoga and State of Ohio, have invented new and useful improvements in Dough-Forming Machines, of which the following is a specification: This invention relates to machines for cutting



strips of dough into blocks and for pressing the blocks into thin sheets and rolling the sheets spirally. Another object of the invention is to provide means for feeding the strip of dough to the cutting and pressing means

by the actuating member for the said means,” the patent application states.

De Vito also noted that the invention provides the means for adjusting the parts so the thickness of the sheets of dough could be varied.

While this particular model can be a little clunky to operate, very similar models are still being used today. While pasta is made of very basic ingredients – eggs, flour, oil and salt – the ways in which it can be formed are myriad. There are over 100 dif-

ferent varieties and shapes of pasta!

Some pasta varieties are uniquely regional and not widely known; others may have different names in different languages, or sometimes in the same language. Manufacturers and cooks often invent new shapes of pasta, or may invent new names for preexisting shapes. Each pasta has its own unique purpose. For example, penne and fusilli can hold more sauces than spaghetti due to their hollow shape.

This dough forming machine would fall into the “extruded” pasta-making class. Pasta is either hand-rolled or extruded. Some of the differences between the styles of forming include rolled pasta being about half as dense as extruded pasta, making it better able to absorb sauces; the thickness of rolled pasta can be controlled while extruded pasta’s thickness is uniform; and rolled pasta generally cooks in less than half the time that it takes for extruded pasta.

**Do you have your own Whatchamacallit?**  
Send a photo and short description to [cllewellyn@leepub.com](mailto:cllewellyn@leepub.com) or call Courtney at 518.673.0144



## To Your Good Health

by Keith Roach, M.D.

### Common pain reliever can have side effects

**Dear Dr. Roach:** I am a 44-year-old man with chronic headaches and migraines. Should I worry about the long-term effects of taking an NSAID (such as diclofenac) at least once a week? — G.W.

**Answer:** Nonsteroidal anti-inflammatory drugs such as aspirin, ibuprofen and naproxen are among the most commonly taken classes of drugs in the world, with 17 million Americans alone taking them daily. Although these drugs are generally safe, any medication has the potential

for side effects. Typically, the higher the dose and the more frequently it is taken, the increased risk of side effects. So, a once-a-week dose would be expected to have a low side effect risk.

Adverse effects from this class are among the most frequently seen in clinical medicine. Although they can affect multiple systems, let me briefly go over the side effects of NSAIDs on the GI tract, kidneys and heart.

NSAIDs might affect the stomach, and although we think of ulcers, stomach pain without ulcers is more common. Ulcers happen most often in

people who take higher doses for long periods of time. A history of ulcers, older age and use of other medications (steroids, warfarin, antiplatelet drugs like clopidogrel, or Plavix) increase the risk of ulcers and bleeding. NSAIDs also might affect the small bowel and colon, causing bleeding and diarrhea, among other symptoms. Again, these are most common in high doses for extended periods.

NSAIDs can affect the kidneys, causing both acute and chronic kidney failure, but only in a few percent of people. Periodic blood and urine exami-

nation is appropriate for people who are on long-term NSAIDs.

The risk of heart disease among people who use NSAIDs regularly is increased, but in people without known heart disease, the risk is small — about one bad event, such as heart attack, stroke or episode of heart failure, per thousand people taking the medication for a year.

I would advise you that the risk of any of these side effects is unlikely in someone taking the drug only once a week, but people who take these drugs every day should know about the potential

harms.

**Dear Dr. Roach:** When I was 64, a cyst was found in my bladder. When the cyst was removed, it was found to be cancerous. My urologist wants me to continue to have an annual cystoscopy, which I do.

I'm now 76 and in good health. Do you feel the annual cystoscopy is still necessary? — C.K.


**Answer:** Now that more people have had successful treatment of cancer, we are starting to learn about the risks they face in subsequent years. The risk of another cancer is generally higher, but it's the exact form of cancer that deter-

mines how much risk there is, and consequently, how aggressive follow-up must be.

In the case of bladder cancer, I have read some studies that the risk is quite small after five years. However, the American Urologic Association has clear guidelines: Because of the increased risk for recurrence, it recommends annual cystoscopy indefinitely. Cystoscopy is a pretty safe procedure, so I think your urologist's recommendation is reasonable.

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**Antique Consignment Auction Tuesday October 2th 5:00pm**  
**Food Auction in St Johnsville October 3rd Wednesdays 6:00pm**

**Special Equipment & Consignment Auction Tuesday Night Oct 9th 5:00pm**

**Special Antique Auction Tuesday October 16th 5:00pm**  
(Looking for Specials)

**Gun and Ammunition Consignment Auction Wednesday Oct 17th 6:00pm**

**Woodworking Tool Consignment Auction Tuesday Oct 23rd 5:00pm**

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Book Your Auctions Now!!! See [auctionzip.com](http://auctionzip.com) for listings and pictures



# Area Church Services

**COLD BROOK**  
**COLD BROOK**  
**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  
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**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  
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Sunday Worship Service  
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Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

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www.christchurchherkimer.org  
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Saturday of the month 5:00 PM (Parish Hall)  
Entrance to Parish Hall is on Mary Street

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Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

**FIRST PRESBYTERIAN CHURCH**  
90 Morgan St., Ilion, NY, 13357  
Reverend Richard Riggle  
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**  
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**ANNUNCIATION CHURCH**  
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Pastor: Father Paul Catena  
Deacon: Micheal Carbone  
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11:00 am; Monday & Wednesday 9:00 am

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555 Albany St.  
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Junior Church (K-4) during Morning

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Sunday School Classes 9 AM  
(nursery through adult)  
Morning Worship Service 11 AM and is  
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Tuesday Trustee Meeting 7 PM  
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Time at homes 7 PM  
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Sunday Service & Religious Education 10 AM

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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

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Sunday Morning All Worship 10 AM  
Thursday Bible Study 6:30 PM

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Sunday Worship 9:30 AM  
Sunday School 9:15 AM  
Wednesday Services 12:10 PM & 7 PM

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
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www.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

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Sunday Worship Service 10AM  
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Little Falls, NY 13365  
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Holy Eucharist 10 AM

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Sunday:  
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Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

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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

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Sunday Mass 9:30 AM

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## Donna's Day: Creative family fun

by Donna Erickson

### Insulating foam bugs make welcome guests

There's so much to see and do outdoors this time of year. Even the tiniest details possess a bit of wonder for kids. Twigs, leaves, stones, pinecones, acorns and a favorite fascination: bugs!

These bugs don't bite when kids use their imagination to design and paint bug-like creatures. The roundish body is a foam form that emerges from a can of insulating foam sealant, available at hardware stores.

Maybe you already have a can, if you are filling in some gaps and cracks in your home to stop drafts before winter. That's the home-improvement project my friend Tom Troffey, an educator and dad, was doing when he discovered the potential for kids' play and creativity as he squirted the extra remaining foam from the can into 2-inch ball shapes on a sheet of waxed paper and let them dry.

An idea was born! He made dozens of "blobs" that school-age kids could paint and decorate to resemble bugs during the arts-and-crafts class he taught at a summer camp.

"It was so much fun to see how young children could imagine and transform a plain white ball of hardened foam with paint, pipe cleaners and wire into an original, colorful creature," he said. "Once completed, they had a great time using their eye-catching bug and caterpillar creations for storytelling, learning and play."

If you're looking for a new art project for your young kids, make bugs that invade but won't crawl around your house. Only adults should make the foam shapes. Once dried and firmed overnight, kids do the designing.

Here's the stuff you need:

- can of insulating foam sealant from the hardware store.

- waxed paper.

- toothpicks.

- acrylic paint in small bottles, and paintbrushes.

- pipe cleaners and/or wire.

Here's the fun:

1. An adult should carefully follow instructions on the can and point the attachable nozzle over a sheet of waxed paper set on a flat surface. For basic bugs, make roundish blobs approximately 2 inches in diameter, or let your creativity loose and make shapes for snakes, lizards, etc. Let the foam harden overnight.

2. Now get kids involved. Poke a toothpick into the shape for a handle. Dab different colors of paint around

the "body" to design an original bug. Let dry.

3. Insert pipe cleaners and wire in different directions for legs and antennae. Name it and play with it.

Note: The "blobs" can be the basis of limitless art activities. Use toothpicks to connect shapes for modern art sculptures or wild creatures.

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These bugs don't bite when kids use their imagination to design and paint bug-like creatures.

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## Herkimer County Community College accepting Nominations for 2019 Torchbearer Awards

HERKIMER, NY — Herkimer County Community College is accepting nominations for the 2019 class of Torchbearer Award recipients.

The Torchbearer Awards are presented every five years to recognize individuals who contributed significantly to Herkimer College's development and growth, with particular attention given

to those whose contributions were made in the first 20 years of the College's history (1966-1986). Individuals may be nominated posthumously for the Torchbearer Award.

Award recipients will be recognized with a plaque in the Robert McLaughlin College Center, which will be unveiled at an induction ceremony in the fall of 2019.

The nomination form for the 2019 Torchbearer Awards, information on the nomination eligibility criteria, and a complete list of past recipients are available at [www.herkimer.edu/torchbearers](http://www.herkimer.edu/torchbearers).

Nominations should be sent to Daniel Sargent, Assistant to the President, Herkimer County Community College,

100 Reservoir Rd., Herkimer, NY 13350. All nominations must be received by the close of business on Friday, Oct. 12, 2018.

Questions can be directed to Daniel Sargent at 315.866.0300 ext. 8525 or [sargentda@herkimer.edu](mailto:sargentda@herkimer.edu) (please use subject heading "Torchbearer Nominations" for email).

## Kateri's Thrift Store Fall Bag Sale underway

Kateri's Thrift Store, a program of Catholic Char-

ities of Herkimer County, located on the lower level

of the Little Falls Community Center, 45 Furnace

Street in Little Falls, will be featuring its "Fall Bag Sale" beginning Tuesday, Sept. 25 through Friday, Oct. 5. Customers can carry off all the clothing items they can fit into a large brown bag with just a small donation. Come and browse through our

gently used clothing, houseware department, our children's section, and our novelty items.

The store is open Tuesday through Friday from 10 a.m. to 3 p.m. Donations of gently used clothing and household items can be dropped off at the

store during regular business hours, Tuesday through Friday.

Volunteers are always welcome. If you would like to become a part of the Kateri's Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.

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## Storing fruits and vegetables

by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Storing your own fruits and vegetables at home at the end of the growing season, following a few simple guidelines, will enable you to have food of good nutrition and flavor into the fall and winter. It is a good way to keep extra produce you can't eat right away from the garden, and to save money later at the grocery store. Even if you don't grow your own produce, you can buy it locally during the season at farm stands and farmers' markets for home storage.

Successful storage begins with proper selection of varieties, and harvesting.

- Select to store those varieties best suited for this. Catalogs often have this information.

- Harvest fruits and vegetables at their proper stage, usually peak maturity.

- Don't harvest produce that has signs of disease, or insect damage that can lead to rots.

- Leaving an inch of stem on most vegetables reduces water loss and rots.

- Handle produce carefully to avoid cuts and bruises, again which can lead to rots.

Storage conditions for produce fall into four groups.

Cold (32 degrees F) and moist (95 percent relative humidity) should be used for many including asparagus, beets, broccoli, Brussels sprouts (leave on stalk if possible), cabbage, carrots, cauliflower, sweet corn, lettuce, parsley, peas, spinach, and grapes. Cool (45 to 50 degrees) and moist should be used for snap beans, cucumbers, eggplant, cantaloupe, sweet peppers, potatoes, and tomatoes. Cool and dry (65 to 70 percent relative humidity) should be used for garlic and onions. Warm (55 to 60 degrees) and dry should be used for hot peppers, pumpkins, and winter squash.

How long should you expect for storing these crops in this manner? On the low end are from two to four weeks for asparagus, broccoli, cauliflower, peas, and most green leafy crops. One to two months, possibly more, are typical for leeks, parsley, and pumpkins. Moderate storage times of between three and five months are typical for apples, cabbage, mature carrots, parsnips, late potatoes, winter squash, and sweet potatoes. Lasting longest in storage are garlic and onions (six to seven months). Others really don't store well so should be eaten fresh, including corn on the cob (two to three days in husks, less if husked), and cucumbers (one week).

In addition to proper temperature and humidity condi-

tions for each fruit or vegetable, the following tips will lead to the longest storage.

- Keep stored produce in a dark, well-ventilated area.

- Although moist conditions are good for many, wet conditions are not and can lead to rot.

- In general, don't wash produce until ready to use.

- While many like it cold, none should be allowed to freeze or go below freezing.

- Protect stored produce from mice, chipmunks, and other animal pests.

- Store fruits and vegetables separately as fruits can pick up the flavors of vegetables stored nearby. Also, fruits give off ethylene gas which speeds up ripening of vegetables.

Indoors, areas that provide the correct storage conditions can be used such as a basement room, unheated room or garage, porch, attic, extra refrigerator, or bulkhead. Outdoors is good for vegetables requiring cool to cold conditions, such as in root cellars, earthen mounds, or outdoor structures such as sheds. Two drawbacks to outdoor storage are the greater chance of freezing, and damage by animal pests. More ideas on storage, and conditions for each crop, can be found in leaflets from Cornell Cooperative Extension ([www.gardening.cornell.edu](http://www.gardening.cornell.edu)).

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## 2018 Herkimer County Family Day at the Farm

by Elizabeth A. Tomlin

A large turnout marked Herkimer County's 2018

Family Day on the Farm, hosted again by Raycliff Quarter Horse Farm. But

this year an added celebration topped the day, with the wedding of farm



Hamilton-Fulton-Montgomery Ag PTECH FFA students, under the guidance of Advisor Julia Hudyncia, prepared and served the chicken BBQ for attendees at the event.



Five-year old Ayden Snell of Salisbury, NY tries his hand at grinding corn meal the good old fashioned way, while brother Collin is joined by Dominick and Vincenzo Montaro of Clifton Park in observing the procedure.

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owners Judy Mijares and Ray Hulten.

"The most memorable thing about the family farm day this year was we got married!" laughs Ray.

"The wedding was wonderful," said Judy with a smile. "Ray's grandson was his best man and my maid of honor was my friend that was responsi-

ble for us ever meeting. It was a good way to end our family farm day."

Other than the wedding crowd, the farm day drew in folks from all over interested in bringing their children and grandchildren in to see all of the different animals and

2018 14

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## 2018 from 13

play the "old fashioned" games that the Herkimer County event has become known for.

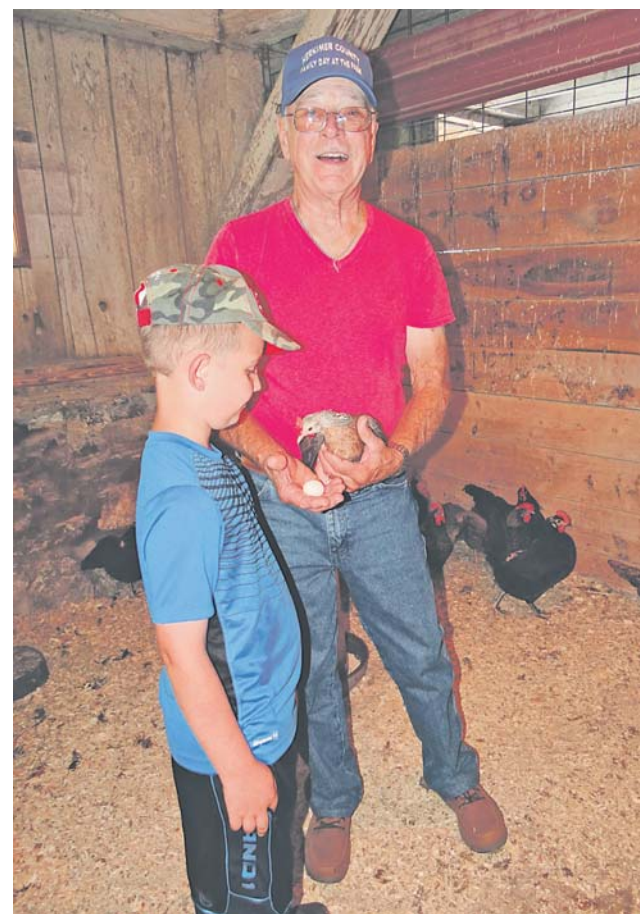
"We have been coming here for the Family Day at the Farm for four years now," commented Susan Moore, of Salisbury, NY.

Susan and her husband Kevin were watching their daughter seven-year-old Mary play a game at the Herkimer County Dairy Promotion booth, where the Dairy Princess and her Court were handing out free toys, stickers, coloring books, literature and best of all ice cream, yogurt and milk.

2018 15

Ray and Judy (Mijares) Hul-ten hosted the 2018 Herkimer County Family Day at the Farm, topping the day off with their wedding.

Photos by Elizabeth A. Tomlin



Susan said that the best thing about the Which came first, the chicken or the egg? Hul-ten showed children the chicken house and the eggs produced - a popular feature during the event.



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Things to consider when choosing a wedding party

Making the important decision to get married can fill couples with joy and excitement as they imagine spending the rest of their lives together. Naturally, brides- and grooms-to-be are anxious to share the good news with others and include family and friends in the festivities. One way couples exemplify inclusion is by asking their closest acquaintances to be part of their wedding parties. Being asked to serve as a bridesmaid or groomsman is an honor. Some couples may be tempted

to ask every friend, sibling or cousin they have to be in their wedding parties, and some do. In fact, ancient Roman law required 10 witnesses to be part of the wedding ceremony. However, the larger the wedding party, the more people couples have to coordinate and the more personalities they must manage. While large wedding parties are in style, there isn't any one-size-fits-all formula to decide which size party is right for a particular situation. Trends vary based on ge-

ography and culture. These tips can help couples decide on the size of their wedding parties.

- Match it to scope and style. Wedding planners may use a standard ratio for a proportion of guests to wedding party members. That ratio is one pair of wedding attendants for every 50 guests. This creates a balanced feel where the more people in attendance, the larger the wedding party and vice versa.
- Consider your expenses. Wedding party members may be asked to

spend considerable amounts of money to be in the wedding, but the couple will have certain expenses tied to the wedding party as well. These can include limousines to ferry people between the ceremony and reception, photography costs to arrange and photograph large wedding parties, the cost of boutonnieres and bouquets, attendants' gifts, as well as extra mouths to feed at the rehearsal dinner. Small wedding parties can be

easier on couples' budgets.

- Know your expectations. Couples should discuss what they expect from their wedding parties. Do couples want their loved ones to be very hands-on or waiting in the wings? For those who want a lot of input from their wedding parties, asking distant friends or family to be included may be impractical.
- Select reliable, easy-going people. Wedding party members should be

people couples can rely on, and it only helps if wedding party members are not prone to overreacting. Choose a wedding party that can be trusted and people with whom you get along.





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**What is the Medicare Saving Program?**

The MSP is funded by the State Medicaid program. It is also known as the Medicare Buy-In program that helps pay for costs if you are financially limited. The Medicare Savings Program will pay your Part B premium for you each month. This premium is taken out of your Social Security Check on a monthly basis. In certain situations if your income is low enough it will pay for co-payments for Medicare covered services.

**To qualify for the MSP as an individual your income needs to be under \$1,386 per month and for a couple your income needs to be under \$1,872.**

If your income is above these levels you may still qualify. If you pay a Supplemental Insurance Premium not including your Medicare premium you can deduct that amount from your income and check the income guidelines. *For example if you are an individual with a monthly income of \$1,388 monthly and you pay a Supplemental Insurance premium of \$150 per month, you would still qualify for the Medicare Savings Program.*

**What is Extra Help with Medicare prescription drug plan costs?**

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income also may be able to get Extra Help to pay for the costs-monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these big savings and don't even know it.

**To qualify for Extra Help:**

- Your annual monthly income must be limited to \$1,538 for an individual and \$2,078 for a married couple living together. Even if your monthly income is higher, you still may be able to get some help.
- Your resources must be limited to \$14,100 for an individual or \$28,150 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. They do not count your home, car, or any life insurance policy.

**What's the Medicare Open Enrollment Period?**

Each year Medicare has an open enrollment period from October 15th-December 7th. This is an opportunity for individuals to review their current Medicare health plans and prescription drug coverage to ensure the plan they are enrolled in will continue to meet their needs for following year.

Individuals who would like to obtain information about Medicare plans or compare plans can call the Herkimer County Office for the Aging's HIICAP program at 315-894-9917. Information can also be found at 1-800-MEDICARE or by visiting Medicare.gov.

**2018 from 14**

event is that it focuses on the whole family, not just children or adults. "It's for all of us," she acknowledged.

"It's interesting to see the different activities," agreed Kevin. "There are a lot of hands-on activities for the kids. They even got to make corn meal."

Judy (Mijares) Hulten said there was something for everyone of all ages at the event.

"One of my favorite things was the 5-week old water buffalo! She scampered around and played in her water. She was adorable!"

Many of the educational exhibits supplied were through county services, such as Cornell Cooperative Extension of Herkimer County, Herkimer County Soil & Water, Herkimer County Farm Bureau and Herkimer County Dairy Promotion, all of which are represented on the planning committee, along with the town of Manheim representatives, Mohawk Valley FFA, Hamilton-Fulton-Montgomery Ag PTECH FFA, John Zook's Woodcrafts, Jack Carlin, Donna Salamone, and Raycliff Farm.

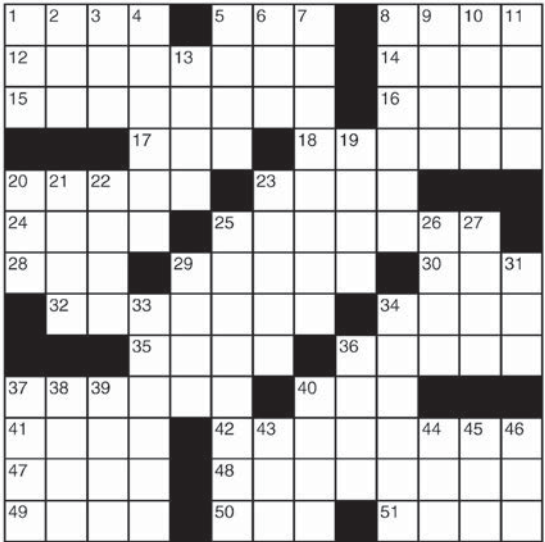
"Volunteers are what makes this come together," said Ray. "We do it for the kids."

Hulten's plan to host the event again next year and are looking for more agricultural vendors to participate. For more information contact Raycliff Farm at 315.823.4321.



# King Crossword

- ACROSS**
- 1 — up (invigorates)
  - 5 Alphabet start
  - 8 "Pygmalion" writer
  - 12 Spine component
  - 14 Unadulterated
  - 15 Language of Zagreb
  - 16 Rod's partner
  - 17 Cudgel
  - 18 Wedding-related
  - 20 Pirate flag symbol
  - 23 Tempo
  - 24 Grow weary
  - 25 AT&T competitor
  - 28 Coatrack piece
  - 29 Oyster's gift
  - 30 Mediterranean, for one
  - 32 Porch
  - 34 Blueprint
  - 35 "Sad to say ..."
  - 36 Combination of tones
  - 37 Desert fox
  - 40 — carte
  - 41 Out of control
  - 42 Exact
  - 47 Streamlet
  - 48 Taboo
  - 49 A Great Lake



- 50 Beer cousin
  - 51 Start a garden
- DOWN**
- 1 Piping material, for short
  - 2 Always, to a poet
  - 3 Paid athlete
  - 4 Horse's hangout
  - 5 Somewhat
  - 6 Lingerie item
  - 7 Capital of Australia
  - 8 Perfume application
  - 9 Colored
  - 10 Neighborhood
  - 11 Healthy
  - 13 And others (Lat.)
  - 19 Bar
  - 20 Fuel additive brand
  - 21 Capital of Ukraine
  - 22 Incite
  - 23 Rosary components
  - 25 Large blood vessel
  - 26 Capital of Norway
  - 27 Approach
  - 29 Wan
  - 31 Additionally
  - 33 Irritate
  - 34 Lighthouse of Alexandria
  - 36 Organization
  - 37 Passenger's payment
  - 38 Eastern potentate
  - 39 — me tangere
  - 40 Farm measure
  - 43 Animation frame
  - 44 Consumed
  - 45 Golf gadget
  - 46 Conclusion

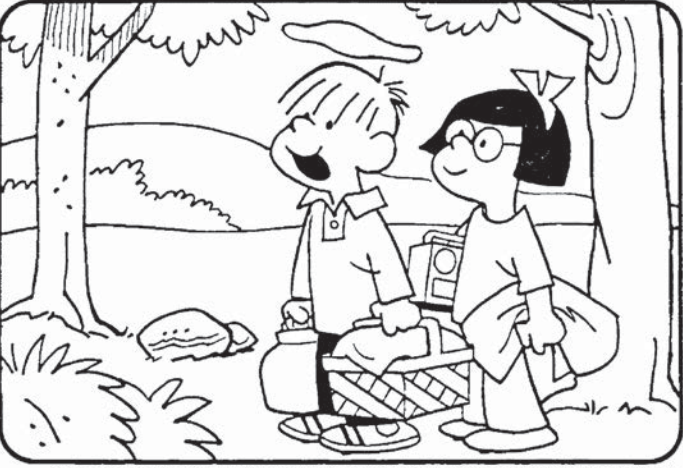
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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Collar is different. 3. Cloud is different. 4. Basket weave is different. 5. Beads are missing. 6. Sleeve is shorter.

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# Weekly SUDOKU

by Linda Thistle

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

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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# Mega Maze

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# Just Like Cats & Dogs

by Dave T. Phipps



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# Americanisms



"Americans will put up with anything provided it doesn't block traffic."  
—Dan Rather

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## Questions to ask before embracing DIY

Home improvement projects are as popular as ever. In its 2017 True Cost Survey, the home improvement site HomeAdvisor found that, between February 2016 and February 2017, homeowners spent an average

of just over \$5,000 on home projects. That marked a nearly \$1,900 increase from the year prior, indicating that homeowners are increasingly opening their wallets to transform their homes.

In addition to spending money to improve their homes, many homeowners are spending their time on projects as well. While DIY projects can provide a sense of fulfillment and personal attachment to one's home, prospective do-it-yourselfers should ask themselves some questions before picking up their hammers and getting to work.

### Do I have any physical limitations?

No matter how much home improvement television shows may simplify projects, prospective DIYers should know that such undertakings are typically very difficult and oftentimes physically demanding. Homeowners with existing health conditions or other physical limitations may not be capable of performing certain tasks or may need to take frequent breaks, which can delay projects.

### Do I have the time?

Many home improvement projects require a significant amount of

time to complete. Homeowners whose time is already stretched thin with commitments to work and/or family may not be able to complete projects within a reasonable amount of time. That's fine if working on a part of the home that won't affect daily life, but can prove stressful or problematic if the project is in a room, such as a kitchen or bathroom, that residents of the home use each day. Novice DIYers should be especially honest with themselves about the time they have available to work on the project, as such homeowners are bound to experience a few time-consuming missteps along the way.

### Can I afford it?

While DIY might seem more affordable than hiring a contractor, that's not necessarily true. Novice DIYers may need to buy or rent tools, costs that can add up. Contractors already have the tools necessary to begin and complete projects, so the cost savings of DIY might not be as significant as homeowners think. Before going the DIY route, homeowners should solicit estimates from contractors, comparing the estimates to how much a project will cost if homeowners do it themselves.

### Can I go it alone?

Many home improvement projects require more than one set of hands, and it's risky and even foolish for first-time DIYers to assume they can begin a project and see it through to completion entirely on their own. Homeowners whose spouses, partners, friends, or relatives are willing to chip in may think that's enough. However, the DIY skills of those who volunteer may be a mystery until the project begins. Novice DIYers should enlist the help of a friend or family member with home improvement experience. If no such person is available, it may be wise to hire a contractor instead.

Home improvement projects may seem simple on television. But prospective do-it-yourselfers must make honest assessments of their skills, time and budgets before taking on a DIY project.

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460 Fencing  
470 Financial Services  
480 Fish  
483 Flooring  
494 For Lease  
495 For Rent  
500 For Sale  
510 Fresh Produce, Nursery  
525 Fruits & Berries  
527 Furniture  
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790 Maple Syrup Supplies  
805 Miscellaneous  
810 Mobile Homes  
811 Monuments  
812 Multi Media  
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817 Nails  
820 Nurseries  
910 Plants  
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975 Rentals  
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## A cat is terrorizing this family. Can a cat whisperer help?

by Tracee M. Herbaugh, Associated Press

Cats are often misunderstood by their owners.

This I learned from “cat whisperer” Rachel Geller. I became aware of Geller after my kitten Treats’ behavior suddenly shifted into problematic realms — biting, scratching, random middle-of-the-night attacks. He had become a nuisance at best, a terror at his worst. My 7-year-old son, Oliver, had begged for months for a cat, and eventually I gave in, but I’d come to regret this decision.

I was told this cat whisperer could tame the craziest cats. I was skeptical at first, but why not try it?

There is no shortage of animal behaviorists, especially after the success of National Geographic’s reality series Dog Whisperer, in which star Cesar Millan visits the homes of harried dog owners and teaches them techniques for improving their dogs’ bad manners.

Pet whisperers come in a wide spectrum of specialties. There are whisperers for horses, small animals like rabbits, and pets who have experienced trauma.

Amy Nichols, the Humane Society’s vice president of companion animals, urges people to check out thoroughly any animal behavior specialist before hiring them, because this is an unregulated industry.

“There are absolutely proven and effective training techniques that when correctly applied, can be life-changing

for both the pet parent and the cat or dog, but there is a very wide range of the practical application of those techniques,” Nichols said.

In our case, bringing in a professional proved to be helpful. Here’s how it worked:

Geller works with cat shelters in eastern Massachusetts, and with private cat owners. She sits on the board of some cat welfare organizations. She is a bone-deep cat lover.

I told her the basics of our story: Having Treats was great fun at first, but once he hit puberty, he went crazy. He scratched furniture and our arms and legs. He bit and attacked everything from the baby’s stuffed toys to our geriatric Cavalier King Charles Spaniel. Treats commonly crouched in a corner, and when we’d walk by he’d spring out and grab onto a leg with his claws. We started sleeping with closed bedroom doors.

Secretly, I wanted to get rid of this cat. He wasn’t a terror all the time. He could be sweet, cuddling up with me on the couch after a psychotic outburst. But I was worried he might try to attack the baby. Still, abandoning him would break Oliver’s heart. So, the cat stayed.

Geller grew up in rural Maine with a menagerie of pets, but now she lives in Newton, MA.

“I have this ability to think like a cat,” she told me the first time we spoke over the phone.

Common cat-related problems that

she encounters include litter box issues, aggression, scratched furniture and running away from home.

Some behaviors are instinctual to cats: They like high spaces, for instance, and many crawl up onto tables and counters. Human behaviors complicate the cat’s world. Leave food on the counter, and the cat will jump up there even more.

“The biggest part of my job is explaining to someone how to see the problem from a cat’s point of view, and why they do it,” Geller said. “Some people think their cats aren’t using the litter box to spite them, because the cat is mad about something, but that’s just not the case.”

Geller empathizes with her clients. “By the time people reach out to an animal behavior specialist, it’s usually the end of the rope,” she said.

Often, she works for free, or in return for a donation to a cat welfare organization.

“I want to express to the client that I know how upsetting the cat’s behavior is, but with these problems, there is usually something that can be fixed “pretty straightforwardly,” she said, even by talking over the phone.

For my Treats’ incessant need to bite and attack, Geller believed active playtime should help.

“Get him a fishing pole with a toy at the end,” she said. “Make sure the toy is one he can really bite into. This will help curb his natural instinct to hunt.”

Her other instructions included allowing the cat to “capture” the toy, and never using your bare hand to wrestle with him — it teaches the cat that skin is a toy. Having 15 minutes of active play two times a day should wear the cat out and give him the outlet he needs.

It’s been almost two months now, and I can say that Treats terrorizes our family less. Although he’s not the perfect companion, he behaves better when we’ve played with him.

“Try to think about the problem from the point of view of the cat, not from one of a human,” Geller said. “In many of these situations, there is a simple solution that can make everyone’s lives better, for the owner and cats.”





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**by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont**

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Microorganisms are what decompose materials to make compost. To do their work they need carbon sources for food, and nitrogen for proteins. They are most effective when the ratio of carbon to nitrogen (C:N) is an average of 30 to one, by weight. You don't need to weigh what you add to the compost pile, just be aware of approximate amounts that you're

To compost leaves, alternate leaves with layers of soil or manure. Make layers of leaves six to 12

Next, cover the compost pile with plastic. Hold the sides in place with wire, concrete blocks, or boards. Turn the pile every few weeks throughout the fall, adding mois-

Keep in mind that you are not limited to leaves for composting. You can use any plant material that's not diseased, doesn't contain mature weed seeds, and hasn't been treated with pesticides. In addition, non-meat kitchen scraps can be

**COMPOST 22**

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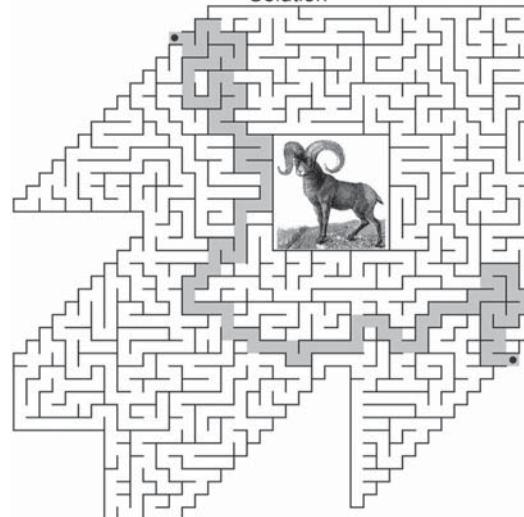
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### Solution



*"Even if something  
is left undone,  
everyone must  
take time to sit  
still and watch  
the leaves turn."*

—Elizabeth Lawrence

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**COMPOST** from 21

those fall leaves, you can put a pile aside to add to a compost pile when you need brown carbon material this coming season. Or simply rake the shredded leaves to use to mulch around perennials and shrubs. Mulch helps conserve moisture in summer, keeps soils warmer in fall and spring, and reduces frost heaving in winter. Just don't use too much of this organic mulch (a couple inches a year is good) or you'll smother your perennials, and provide a habitat for mice during winter which can chew bark off of trees and shrubs.

For vegetable gardens and flower beds, once they're cleaned out in fall, you can cover the soil with a couple inches of shredded leaves. Then sprinkle on some organic fertilizer, top with a half-inch or so layer of compost, and roughly mix all this into the soil. A shovel or spading fork works well. Your beds will then be rich with this simple compost, and ready for spring planting.

## Performance by Anthony LaBarbara during VRS' National Assisted Living Week

HERKIMER – Musical entertainer Anthony LaBarbara was a huge hit on Thursday, Sept. 13 during Valley Residential Services' commemoration of National Assisted Living Week. LaBarbara performed for residents, family members, staff and guests during an ice cream social in the VRS courtyard.

LaBarbara played a variety of music by Frank Sinatra as well as music of the '50s and up, which engaged the crowd as they sang and some even danced along. LaBarbara provided opportunities for volunteers to play instruments as backup to his vocals. He would pick out people in the crowd and sing directly to them, as he did with Millie En-

nis, VRS resident who enjoyed the music very much.

The musical performance by LaBarbara was a great way to wrap up National Assisted Living Week with the theme of "Capture the Moment."



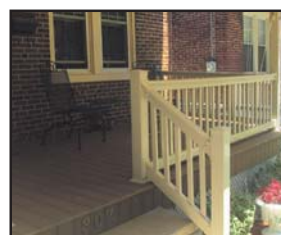
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# Dueling pickups, popular SUV among new models coming in 2018

by Tom Krisher, AP Auto Writer

DETROIT (AP) – From new top-selling pickup trucks to an essential range extension for an electric car to the most popular SUV in the country, the 2019 model year for new vehicles has something for everyone. Fiat Chrysler's Ram brand and General Motors' Chevrolet will go at each other and rival Ford with tough-looking new full-size pickup trucks, while Nissan is stretching the range of the

electric Leaf to beyond 200 miles on a single charge. A revamped Toyota RAV4, the top-selling vehicle in the U.S. that isn't a pickup truck, is on sale. And there's even a new super-fast and luxurious \$300,000 Aston Martin sports car.

Here are five new models to watch for the coming model year:

**RAM PICKUP:** The 2019 Ram keeps the current look of a semi cab, but it grew by four inches and is slightly wider. The

grille is larger, with a forward-leaning, aggressive slant and the hood is higher to look more like a big rig, as well as to help the truck glide through the wind. It's 225 pounds lighter than the outgoing model to compete with lighter rivals, and the frame is almost entirely made of lighter, high-strength steel. The tailgate and other parts are made of aluminum. Even the chrome Ram logo at the rear got a more chiseled, brawny look. Fiat

Chrysler says its interior room is the largest in its class. Power is the most significant change. The truck gets a mild hybrid system standard on most gasoline versions. It replaces the alternator with a motor and a 48-volt battery pack, which can shut down the truck at stop lights to save fuel and boost acceleration. The system reuses braking energy to charge the battery. Buyers get the choice of a 305-horsepower 3.6-liter V-6, a 395-horsepower 5.7-liter V8 or a 3-liter V-6 diesel with 240 horsepower. With two-wheel-drive and a mild hybrid V-8 engine, the truck gets 19 miles per gallon in combined city and highway driving. That's two miles per gallon better than the 2018 version with a similarly sized engine. The new Ram went on sale earlier this year. A base Tradesman quad cab starts at \$33,390 including shipping. The company is also selling the outgoing Ram 1500 model as the "Classic" for those looking for regular cabs or lower-priced models.

**CHEVROLET SILVERADO:** The nation's second-best selling vehicle loses about 450 pounds as General Motors tries to meet government fuel economy requirements that will be in effect through at least 2020. Engineers took the weight out by melding different metals. All of the swinging parts, including the doors, hood and tailgate, are aluminum, but stationary parts such as the bed are still steel. The new truck is just under two inches longer than the old one for more cargo and interior space. The short bed in the crew cab, for example, is 1.7 inches longer than the outgoing truck. The frame is made of lighter "high-strength" steel, and there's ample aluminum elsewhere. Buyers will get

a choice of four engines and multiple transmissions, including a four-cylinder for the first time in recent history. The 2.7-liter turbocharged four isn't a wimp. It puts out 310-horsepower, but its mileage wasn't released. Also available are two V-8 engines – a 5.3-liter one with 355 horsepower and a 6.2-liter powerplant that puts out 420 horsepower. Both can shut off any number of cylinders for better gas mileage. And there's a holdover 285-horsepower 4.3-liter V-6 on the base work truck. A two-wheel-drive model with the smaller V-8 gets 19 miles per gallon in combined city and highway driving, one mpg better than the comparable 2018 version. A six-cylinder diesel is coming later. Crew cabs starting at \$36,095 (including shipping) for the short bed are arriving at dealers now with other models coming later in the year.

**TOYOTA RAV4:** The automaker's small SUV is the new American family car, with over 400,000 sold last year. Now it's new and improved, and that should boost sales further as the country keeps shifting out of sedans. The fifth-generation comes on all-new underpinnings that Toyota says will give it better handling and a smoother ride. It also has a wider, more athletic stance and sits a little lower. The distance between the wheels grows by 1.2 inches for more passenger and cargo space. It comes standard with Toyota's safety system, which includes automatic emergency braking. It's powered by a 2.5-liter four-cylinder engine and an eight-speed transmission, or a 2.5-liter gas-electric hybrid system with a continuously variable transmission. The 2019 RAV4 goes on sale by the end of this year. Price and gas mileage will

be announced later.

**NISSAN LEAF:** Nissan just restyled the Leaf electric car this year, but its 150-mile battery range was far below its main competitors, the Tesla Model S and Chevrolet Bolt, both of which can go over 200 miles on a single charge. But sometime before the 2019 model year ends next summer, Nissan will unveil a version with a bigger battery that can go over 200 miles, the range many industry experts consider the threshold to ease driver fears of running out of juice. Nissan isn't saying exactly when it will reach showrooms, nor is it giving the price or a precise battery range. The current Leaf starts at \$29,990 before a \$7,500 federal tax credit, but the longer-range version almost certainly will cost more. There's a little room for the price to grow and still be competitive. Tesla's Model S starts at \$35,000 but you can't buy one yet for under \$49,000. And Tesla's tax credits will expire at the end of the year. The Bolt goes for \$37,495 including shipping, without the tax credit.

**ASTON-MARTIN DBS SUPERLEGGERA:** The latest addition to the British luxury sports car maker's lineup means "super light" in Italian. The coupe with a curvy body and panels made mostly of carbon fiber attached to an aluminum frame has a V-12 engine that puts out 715 horsepower. With its eight-speed automatic transmission, the replacement for Aston Martin's Vanquish S can go from zero to 62 miles per hour in 3.4 seconds and reach a top speed of 211 mph, the company says. Yet the rear-wheel-drive car weighs only about 160 pounds more than a mainstream Toyota Camry with a V6 engine. The big engine was moved low and as far back as possible to reduce the center of gravity and optimize handling, the company says. Yet the gas mileage isn't too bad: 22.9 miles per gallon in combined city and highway driving. The DBS Superleggera starts at just over \$308,000 including shipping in the U.S., where deliveries start in the fourth quarter.

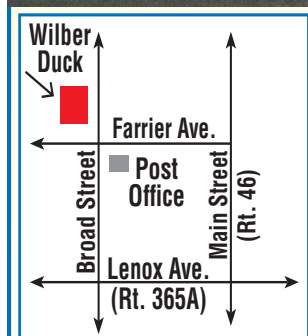
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