Herkimer County
Country Editor

October 5, 2018

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Volume 8
Number 20

MY FOOT STANDS ON LEVEL GROUND; IN THE FULL ASSEMBLY I WILL BLESS THE LORD. ~ PSALM 26:12

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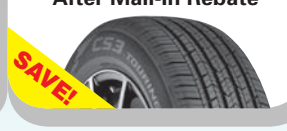

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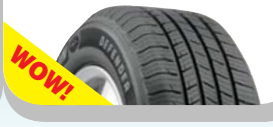

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Gearing up for hunting season

Big game and migratory bird hunting is a billion-dollar industry that attracts millions of enthusiasts across North America. According to Statistics Brain, 12.5 million people over the age of 16 hunt annually, and 220 million days are spent hunting each year.

Nature-based tourism and resident and nonresident hunting is also big business in Canada. According to the Guide Outfitters Association of British Columbia, these industries generate $120 million and employ roughly 2,000 guide outfitters in this province alone.

Hunters provide a necessary service besides keeping game animal numbers within reason. They are the eyes and ears on the ground, and help inform wildlife management decisions. Hunting also generates benefits from hunter-supported organizations like conservation groups, habitat enhancement services and restoration outfits.

Hunters require certain gear to ensure safe and productive trips. Here are some must-have items for any hunter's packing list.

Hunting knife

No hunting expedition is complete without a quality knife, which is an invaluable tool. Knives come in different sizes. Many hunters carry a fixed blade knife to field dress a kill and for self-defense against larger animals. Every day carry knives, or EDCs, also are another sound investment. EDCs may be paired with other gadgets to form a handy multitool, which is vital in many different applications.

Trail markers/light strips

Hunters and outdoor enthusiasts can mark their way to a hunting spot or tree stand and see the path in the dark thanks to illuminated light strips. This helps avoid getting lost at dusk and dawn.

Hunting apparel

Hunting apparel includes coats, pants, waders, boots, hats, gloves, and much more. Depending on the game to be hunted, attire will be patterned in camouflage to blend into surroundings or blaze orange to set hunters apart and make them more visible to fellow outdoorsmen. Deer cannot distinguish color, so bright orange is commonly worn during deer season. Sales associates from popular outdoor equipment retailers can advise about appropriate attire. Considerations to habitat and weather should be made.

Storage pack

Hunters require a lightweight, accessible pack that provides easy-to-reach storage. A variety of options are available, and there are even models that have a tree stand work shelf, rifle and bow mount, as well as a removable small items organizer.

Swiveling bi- or tripod

A small tripod can help hunters stay on moving game and remain steady for the shot. Pivoting or swiveling action keeps a hunter's movement smooth and on target.

Binoculars

Every hunter can benefit from a good set of binoculars. High-quality binoculars will feature glare- and fog-resistant lenses.

Tree stand

A tree stand platform gives hunters the advantage of an elevated position, which offers better vantage points and keeps them out of the scent line of prey. Tree stands should be coupled with safety harnesses.

Investing in quality hunting equipment can make for a higher success rate and greater comfort while engaging in this popular hobby.

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OFA celebrates selection in reusable bag program at Hannaford store

HERKIMER – Herkimer County Office for the Aging provides many services including Meals on Wheels. We have been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of October.

The Hannaford Helps Reusable Bag Program launched in October 2015 and is designed to support local hunger relief organizations through the sale of the reusable Fight Hunger bag.

Herkimer County Office for the Aging was selected by Hannaford store leadership as the October beneficiary of the program at the Herkimer Hannaford store. For every reusable Fight Hunger bag with the message purchased at the Herkimer Hannaford during October, Herkimer County Office for the Aging will receive a $1 donation.

Herkimer County Office for the Aging is excited to be chosen as a beneficiary of this program. "With more need it is great that community partners like Hannaford step up to help," said Herkimer County Office for the Aging Director Kathy Fox. "This donation will provide additional funds to help older adults remain in their homes living independently."

Herkimer County Office for the Aging has a goal of raising $500 during October, which is equivalent to 500 bags. We know this is a lofty goal but we understand how many lives this program has impacted over the years and know that individuals in the community will show their support. Your donation will be good for the environment and for older adults.

Herkimer County Office for the Aging is based in Herkimer and provides a number of services for older adults. Through our NY Connects program we provide information and assistance to anyone of any age. Learn more about Herkimer County Office for the Aging by calling 315.867.1125 or visiting www.herkimercounty.org, then Departments then Office for the Aging.

For more information on the Hannaford Helps Reusable Bag Program, visit hannaford.bags4mycause.com or facebook.com/hhbagprogram .

Fall's a great time to plant trees and shrubs

by Lee Reich, Associated Press

Fall is a good time to plant trees and shrubs — the best time, in fact, for most of them.

Whether purchased through the mail or locally, these plants are available in three ways:

Bare-root

"Bare-root" trees and shrubs are grown in the field, then dug up while they are leafless, which might be done in either fall or spring. Those dug in fall are sold immediately or are stored through winter with their roots packed in moist material. Root loss during digging is an obvious drawback to bare-root plants.

Although bare-root might seem like a brutal way to treat a tree or shrub, the plants handle the move well as long as their roots are kept moist prior to planting.

Bare-root trees and shrubs should not be dug until they have lost all, or nearly all, of their leaves in the fall. And their roots must be cozied into the ground before shoots start growing, which is not a problem in the fall. This highlights one advantage of fall planting: There's no danger of shoots growing prematurely, because shoot buds stay dormant until they have experienced a winter's worth of cold.

The biggest advantage of bare-root plants is that they are easily and relatively cheaply shipped all over the country, giving you the widest possible selection in varieties. What's more, because you can see the roots, you can easily assess their condition.

Balled-and-burlapped

"Balled-and-burlapped" trees and shrubs are also grown in the field, but they are dug up with a ball of soil that is then snuggled into a wrapping of burlap.

Because clay soils hold together better than lighter soils, balled-and-burlapped plants are usually grown in clay soils. But clay soils also are heaviest, so such plants are heavy. Weight and the need for extra care to avoid breaking up the root ball make mail order shipping of balled-and-burlapped plants unfeasible. Root loss can be extensive when balled-and-burlapped trees and shrubs are dug, and plant selection is limited.

Container-grown

Increasingly, both local and mail-order nurseries are selling trees and shrubs as "container grown." These nursery plants spent their lives in pots. The potting mix is lighter than field soil, so such plants can be economically shipped through the mail. Container grown plants can be planted any time of year as long as you can dig a hole and water them as needed.

Ideally, a container-grown plant spends long enough in the container so that its roots just fill it.

Watch out, though: Some garden centers and nurseries buy bare-root trees and shrubs, and then pot them up for quick sale as container plants. And equally bad, plants that are truly container-grown are often left too long in their containers. Once the roots start growing round and round in the pot, they can actually choke the plant, a condition that continues to develop even after the plant is set in the ground.

If possible, check the quality of a container-grown plant by sliding it out of its container to make sure it's not rootbound, with roots that are very thick and tangled. The top growth of a well-proportioned potted tree or shrub should be no higher than two to three times the depth of the container to ensure a good ratio of roots to stems.

Whether you're buying bare-root, balled-and-burlapped or containerized trees and shrubs, restrain yourself from buying the largest possible plant. In the case of the first two kinds of nursery plants, small plants suffer less root loss in transplanting.

With smaller plants of any of the three kinds of nursery plants, less water is needed after planting, and new roots more quickly explore surrounding soil to make the plant self-sufficient. Not too long after transplanting, growth of an initially smaller plant frequently overtakes that of an initially larger one.

Little Falls Hospital works to end older adult falls

LITTLE FALLS – One week every year, across the country, caregivers, health and aging professionals and older adults focus their efforts on one goal: preventing falls.

Falls are a leading cause of injury for people aged 65 and older, but falls are not an inevitable part of aging and there are proven ways to prevent them. Are you or a loved one afraid of falling? Do you find yourself or a loved one tripping on things or falling? Do you find yourself hanging onto your spouse or family member when you leave your home?

If you have answered yes to any of these questions or you know of someone who is a fall risk, contacts Little Falls Hospital's Rehabilitation Department at 315.823.5360 and ask about a free fall risk assessment.

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DOLGEVILLE

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Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

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12 Van Buren St.
Sunday School (All Ages) 10-11 AM
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Afternoon Worship 2-3 PM

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Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

FIRST UNITED METCHODIST 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
Child Care/Kids Church Available
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 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 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.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

INGHAMS MILLS BAPTIST CHURCH
Rev. Gary L. Busch, Pastor
Sunday Worship Service 10AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

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.
Phone 866-4292
Email mohawkpastor@verizon.net
Follow us on Facebook
Morning Worship:
10:30 AM Sept.- June • 9:30 AM July-Aug.
Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women & Couples) 9:30 AM
September - June

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

MOHAWK

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

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

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

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.kuyahorracc.org
Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH
Rev. Quy Vo, Pastor
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Monday & Wednesday 9 AM
Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

PAINES HOLLOW

PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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National Fire Prevention Week

Older adults have a 2.5 times greater risk of dying in a fire than the total population.

Home fires are often caused by smoking, cooking and heating. Here are some tips on how senior citizens can prevent fires in the home:

If you smoke:

• NEVER smoke while you are lying down or in bed.

• Wet cigarette butts before putting them in the trash.

• Never smoke around oxygen tanks.

If you use a stove:

• Move things that can burn away from the stove.

• Wear short sleeves or roll up your sleeves so they don't catch on fire.

• Avoid cooking if you are drowsy from medicine or alcohol.

If you use a space heater:

• Heaters should always be placed three feet away from anything that can burn, including people.

• Unplug heaters when they aren't in use.

• If possible, purchase heaters that are designed to shut off when they tip over.

This information was provided by www.usfa.fema.gov . Contact Herkimer County Office for the Aging or NY Connects for more information at 315.867.1124, or at www.herkimercounty.org go to Departments then Office for the Aging.

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

Oct 5-7

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 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. 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.

Ends 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.

Oct 5-6

Hyde Hall Candlelight Ghost Tours. Hyde Hall, 267 Glimmerglass State Park Road, Cooperstown, NY 13326. Tours will be held every Friday and Saturday in October and also on Sunday, Oct. 28 at 6, 6:30, 7 and 7:30 p.m. $20 per person. Reservations are required and tickets may be purchased online. at HydeHall.org. For further information call 607.547.5098 Ext 6 or info@hydehall.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.

3rd Annual Harvest Dinner Fundraiser. 3:30 - 6 p.m. or until sold out. Holy Family Parish Gym, Little Falls, NY. $10 per person. 5 and under free. 6-10: $5. Roast Pork Dinner with all the fixings'. Sponsored by Friends of Historic Central Mohawk Valley. Contact Barbara Mielcarski at 315.866.0481.

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 and information.

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.

Oct 12

25th Annual Italian Buffet Dinner. Church Hall at St. John the Baptist Church in Newport. 5-6:30 p.m.$10 adults. $5 for 6-12. Children five and under free.Take-outs available.

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 16

Chainsaw Safety Workshop Offered. 6:30 p.m. Herkimer CCE office, 5657 State Route 5. East Herkimer, NY. Although free to attend, registration by Friday, Oct. 12 is required. To register, call the CCE office at 315.866.7920 or email herkimer@cornell.edu. Space is limited to 20 participants, so be sure to register early.

Oct 17

All you can eat Lasagna Dinner. 4 - 6:30 p.m. West Canada Valley High School Cafeteria, Route 28, Newport. Take outs available. Also 50/50 raffle drawing. Sponsored by West Canada Valley Retired Personnel. Cost $8 per person. Children under 5 admitted free.

Oct 18

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

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.

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.

Consumers may place 1-year fraud alert and freeze on credit reports free of charge

The New York State Division of Consumer Protection is alerting New Yorkers that pursuant to changes in Federal Consumer Protection law, consumers may now place a one-year fraud alert and security freeze on their credit reports with all three reporting credit bureaus free of charge.

To place a fraud alert, consumers need only contact one of the three credit bureaus, which will notify the other two bureaus.

Previously, fraud alerts were effective for only 90 days. As of Sept. 21, 2018, fraud alerts will now be effective for one year.

"We urge New Yorkers to take advantage of this free service so that they are better-armed against fraud," said Secretary of State Rossana Rosado. "By proactively freezing credit for themselves and their children, consumers will be in more control of their financial freedom and how their information is used."

Free credit freezes

A credit freeze will restrict access to a consumer's credit file, making it harder for identity thieves to open new accounts in a consumer's name. The consumer is issued a unique PIN to use each time they wish to freeze and unfreeze their account to apply for new credit.

Whether consumers ask for a freeze online or by phone, the credit bureau must put the freeze in place within one business day. When consumers request to lift the freeze by phone or online, the credit bureaus must take that action within one hour. If consumers make these requests by mail, the agency must place or lift the freeze within three business days.

Previously, credit freezes involved applicable fees, based on state laws. It is now free to freeze and unfreeze a credit file throughout the country.

Free child credit freezes

Consumers may also freeze children's (under 16 years-of-age) credit files free of charge until they are old enough to use credit.

Year-long fraud alerts

A fraud alert notifies businesses that run consumer credit reports that they should check with the consumer before opening a new account.

The fraud alerts and security freeze will be free and identity theft victims are entitled to an extended fraud alert for seven years.

For more information, consumers may call the Division of Consumer Protection's Consumer Assistance Hotline at 518.474.8583 or 800.697.1220.

BARE ARMS Gun Shop LLC
FALL SWAP MEET
~FREE~ NO Admission/vendor fees!!
Saturday, October 6, 2018
738 CREEK RD, LITTLE FALLS, NY
(Bare Arms Location) 9 am - 3 pm
LAWN SPACE ONLY (Bring your own tent/table)
RAIN or SHINE
All transfers/NICS done on site by Bare Arms $10 and All Federal & NYS Laws Apply - NO Exceptions
Food & Refreshments for sale

Tips for sharing the road with cyclists and pedestrians

The country's roadways are for all to enjoy. Tens of millions of cars take to the highways every day, but they're not the only mode of transportation allowed on the road. Cyclists and pedestrians also make use of streets when sidewalks or biking paths are unavailable.

Did you know that bicyclists accounted for 2.2 percent of all traffic deaths in the United States in 2016? In addition, the National Highway Traffic Safety Administration says nearly 15 pedestrians per day lose their lives when struck by motor vehicles, and there were 5,376 pedestrian deaths in 2015.

Although biking and walking are inherently safe activities for millions of people per year, motorists, cyclists and pedestrians can all take steps to make roads safer for everyone.

• Follow the rules of the road. Whether you're riding a bike or driving a motor vehicle, the rules of the road are the same. That means heeding traffic signals, signage, right-of-way, speed limits, and much more.

• Avoid alcohol use. Alcohol impairs motor skills, which are necessary to walk and operate cars and bicycles safely. Many accidents and fatalities on the roads can be traced to alcohol consumption. Do not drink and drive or drink and ride. Pedestrians who need to walk heavily trafficked areas would be smart to limit their alcohol consumption as well.

• Make yourself more visible. Pedestrians and cyclists can make themselves more visible to motorists in various ways. Wear bright-colored, reflective gear when walking or riding, and install reflective lights on bicycles.

• Remain alert at all times when behind the wheel. Motorists should be focused on the road at all times, avoiding distractions such as smartphones and in-vehicle entertainment systems. Such devices can dramatically reduce motorists' reaction times, greatly increasing the risk of accident. Slow down when cyclists, runners and other pedestrians are nearby.

• Pass safely and give room. Do not pass too closely when driving near cyclists and pedestrians. Always yield to pedestrians in crosswalks.

Whether driving, riding a bicycle or walking, everyone should work together to share roads safely. For more information, visit www.nhtsa.gov.

Special Equipment & Antique Consignment Auction
Tuesday Night Oct 9th 5:00pm
Wanted for Consignments....
Contractor Tools, Mason Tools, Shop Tools, Snowblowers and more.....
If you have Tools and Machinery you want to sell consign them now!!!!
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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
Looking for Top Quality Guns and Ammunition....
Woodworking & Contractor Tool Consignment Auction
Tuesday Oct 23rd 5:00pm
Antique Consignment Auction
Tuesday October 30th 5:00pm
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HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY
Weekly Sales Every Monday 11:30 with Misc. & Small animals followed by Dairy & Livestock
Mon., Sept. 24th – Sold 208 head. Cull Ave. $.39 Top Cow $.52, Bulls/Steers $.70- $.73, Bull calves top $.85, beef calves $1.30, heifer calf top $ .70, beef heifer calf $1.00, Dairy Milking age top $1125, Bred heifers top $1000.
Mon., Oct. 8th - Normal Monday Sale & Monthly Heifer Sale. Special: Willow Terrace Farm sends a load of nice young Registered Holstein Cows – look for a fresh Doorman w/2nd calf; A VG 86 Fever bred back to Diamondback; An Attitude-Red Gr'Dtr Fresh her Dam VG87, Gr. Dam EX 92; A Fresh Acme, Dam VG87, 2nd Dam EX 94; A Fresh Pheonix had 2-01 24030 3.7 893 2.9 725; Fresh Brady 2yr. old with 2 VG Dams. Simply overstocked and needs room! THE HEADLINE FARM DISPERSAL IS CANCELLED.
Mon., Oct. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Mark Leonard Reg. & Grade Holstein Milking Herd Dispersal 45 Head sell (8 Registered).
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. Special: Conventional herd: Michael & Dynall York Dairy Complete Dispersal. 55 Milking age, 20 head of youngstock from bred heifers to started heifers. 100% AI sired & bred. DHI RHA 19,951 4.0 807 3.1 613. This is a nice homebred Dairy with great udders. Herd Ave. 60-65# in the tank year around. SCC ave .for 6 mths 220,000. Mgrs. Note: Really nice well managed group of cattle.
Fri., Oct. 26th - Fall Premier All Breed Sale – accepting 100 Registered Dairy Cattle All breeds. Call today with your quality consignments. Watch for consignments from Sco-Li, T-Farm, Oakfield Corners, Fantasy-Found, Gaige Farm, Woodmansee, Weissmann, Roseland, Locust-Vale, Mac-Mara, Grocott plus many more!
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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Whatchamacallits

We continue lighting the way with this week's lantern, the venerable Stonebridge Folding Lantern. This lantern was patented on Nov. 20, 1906, and the original models were proudly made (and stamped) in the USA.

According to the author of "The Woods Life" blog, the Stonebridge Automatic Folding Candle Lantern was patented and manufactured by Charles H. Stonebridge and quickly became one of the most popular camping equipment items of the day.

This lantern can be hung on a nail or carried by its handle. It was developed and made in New York, but modern day reproductions are being assembled in India and sold online.

"In World War I it served as the U.S. Army-issued Medical Corps lantern and field lantern in addition to being selected for use by the Canadian armed forces and the armies of several European nations," the blog reports. "A number of camping how-to books and dozens of magazine articles recommended the Stonebridge lantern, which can be seen in old book illustrations and photographs of early campers."

He lists some of the authors that specifically mention or recommend the Stonebridge lantern, including Edward Breck's "The Way of the Woods; A Manual for Sportsmen in Northeastern United States and Canada" (1908), Francis Buzzacott's "Buzzacott's Masterpiece, or the Complete Hunter's, Trapper's, & Camper's Library of Valuable Information" (1913), Horace Kephart's "The Book of Camping And Woodcraft: Guidebook For Those Who Travel In The Wilderness" (1910), "Camping and Woodcraft, Vol. 1 Camping" (1917), Stewart Edward White's "Camp and Trail" (1907), and and Calvin Rutstrum's "The New Way of the Wilderness" (1958).

The ingenious design of this lantern measures 6.25" x 4.5" x 0.75" when folded flat, and is 8.5" high (with a 4.5" square base) when opened up.

Because of the vents and air intake design, the candle inside will not flicker, even when the lantern is being moved around. It only weighs 12 ounces.

The original Stonebridge lanterns were made of galvanized steel, solid brass and aluminum. They contain a flat, internal wind shield beneath the peaked "roof" of the lantern. The wind shield, which was designed to protect a candle's flame in high wind, has an opening for smoke to exit the lantern.

Rather than glass, the lantern windows were made of isinglass, or thin sheets of mica, a material which is transparent instead of being clear. Isinglass works well in the field or in the woods because it is somewhat flexible and more resistant to breakage than sheet glass, but pressing on it with too much force can leave whitish, cloudy spots that can't be removed or repaired.

For a video of the Stonebridge lantern being set up for use, see www.youtube.com/watch?v=v11uosA-SAHM .

Do you have your own Whatchamacallit?
Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

Cows and country music

by Terry Berkson

In mid-September I attended The CNY Farm Progress Show on Robinson Road outside of Mohawk, NY. To my delight The Nelson Brothers would once again be playing their brand of "old style" country music, songs originally sung by Hank Williams, Johnny Cash, Don Williams, Charlie Pride, Merle Haggard, Waylon Jennings and a host of others. The numbers were played one right after another without the usual banter that entertainers often use for filler when they have a limited repertoire. Not these guys. They sounded like they could go on forever while a spellbound audience sang or mouthed words like "Why don't you love me like you used to do. How come you treat me like a worn out shoe."

I had seen the duo several times before at different venues but this time something was different. One of the brothers, Mark, was missing. He's an eye doctor and his schedule didn't allow him to play that day. So, Brian Nelson was singing and strumming his guitar accompanied by Chuck Brundage on bass and George Stanley on drums. The group sounded great — in spite of the doctor not being in. Brian has a perfect voice for country. It's deep and

COWS 10

Brian Nelson recently sang at the CNY Farm Progress Show.
Photo courtesy of Terry Berkson

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COWS from 9

round and has a lot of range. Many of the songs he sang sounded as good as the originals. In recent years he won two singing contests held at Vernon Downs. No wonder. Brian is a third generation country singer. Before him was his father Frank, and before Frank was his grandfather Jim, who among other tunes wrote one called The West Leyden Waltz.

Brian told me that he doesn't write songs. "I just don't have the knack," he said. And as far as advancing his singing career he seems to be happy right where he is, married to Jessica, father to two baby girls, Addy Lou and Oaklin—with 30 head of Red Angus out in the pasture. Still, he has a voice that could make him a headliner. Last year I met Brian when he was playing in Waterville and on a break gave him a tape of a song that I had written. It's called "Route 20 Takes Me Home." We walked to his truck and pressed the tune into his tape deck. He listened intently and at the end, to my great satisfaction, he said he liked it!

This year I asked Brian if he plans to do an album. "Not so far," he said. "I do play your song while driving in my truck."

I informed him that Route 20 goes from Pittsfield, MA all the way to Newport, OR and that the road must take a couple of million people home.

"I didn't know that," he said.

"That makes for a big market," I offered.

"If I ever make an album—I'd consider your song."

When I pulled out of the farm show, encouraged by Brian's mention of a possibility, I pressed my song into the tape deck and imagined him singing:

"Gonna roll,
Gonna glide,
Down a road
Two lanes wide
Route 20 takes me home!"

Now Here's a Tip

by JoAnn Derson

• If you have wood floors, you might already know about felt furniture pads, the little self-stick felt circles you can add to the legs of furniture to reduce scratches on your floors. You might not know that these same pads can reduce scuff marks that appliances make on countertops. It also makes it easier to scoot around a heavy mixer or other appliance.

• Got tired, achy and possibly stinky feet? Mix 1/2 cup vinegar and a chamomile tea bag in a pan of medium-hot water. Soak for up to 10 minutes. Follow up with foot powder or deodorant.

• Buy cheap razors from the dollar store to de-pill knits that are starting to show wear. The razors shave the bumps right off.

• R.W. in Washington writes: "Prevent loss of hot water in case of a leak. Turn the handle to cold water position, then cold water not hot water is lost."

• "I have an awesome cutting board that fits right over my sink. My husband made it for me out of a piece of butcher block. The best thing about it is that it has a slight grade to the back, so if I'm cutting something like watermelon that leaks liquid, it runs off to the back and into the sink. It's great!" — C.A. in Texas

• If you have mildew on walls, try cleaning it off with a stiff brush and vinegar. Put a 50-50 vinegar and water mix in a spray bottle and spray liberally. Use the brush to get everything off and then use a clean rag to wipe clear. Allow to dry thoroughly.

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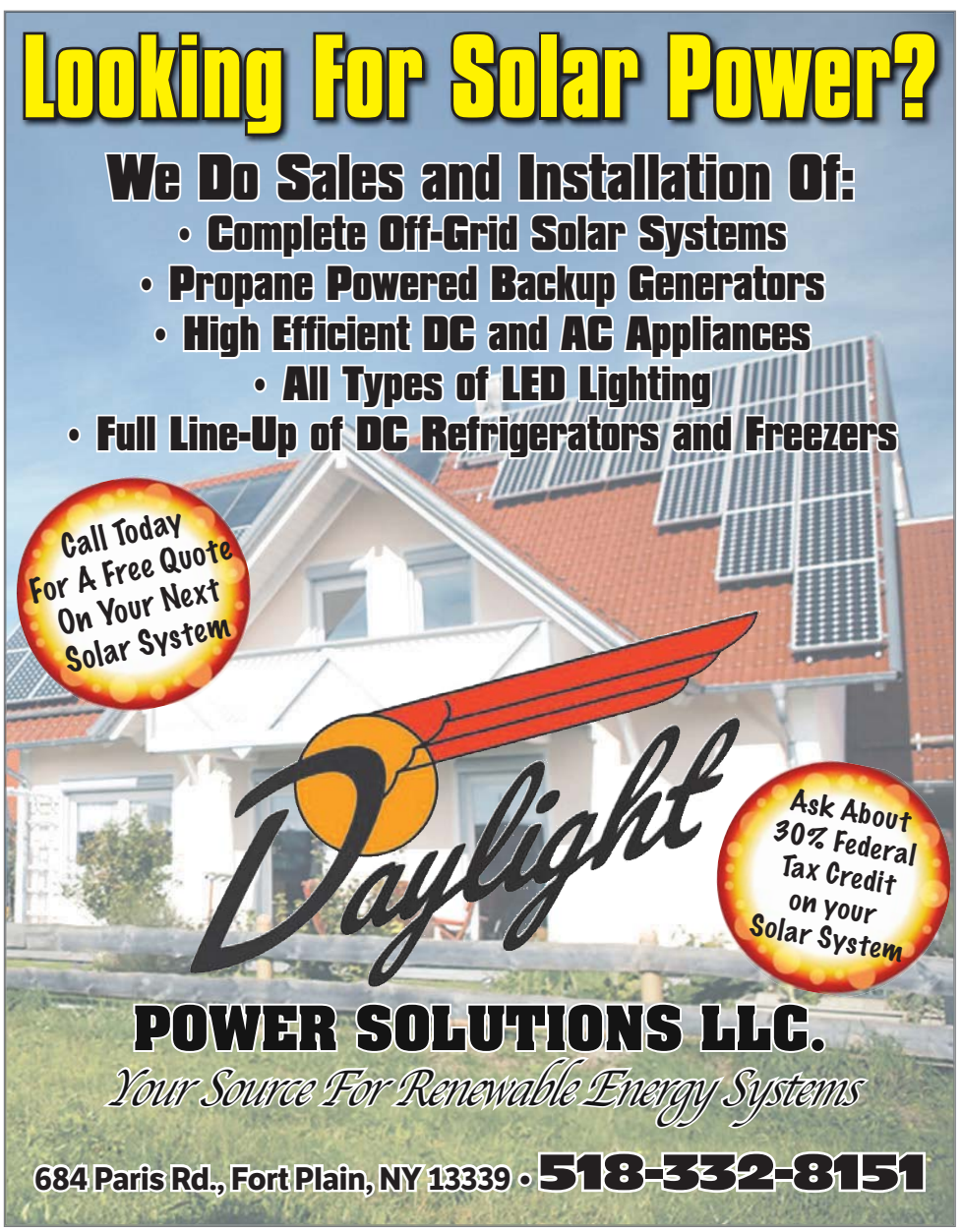
Chainsaw Safety Workshop offered

HERKIMER, NY — Cornell Cooperative Extension (CCE) Herkimer County is offering a "Chainsaw Safety" workshop on Tuesday, Oct. 16 at 6:30 p.m. at the CCE office at 5657 State Route 5 in East Herkimer.

Mike Burns from Professional Forestry Services will present an instructional program for the occasional chainsaw user of safe operation and risk mitigation. This session is intended to be an introduction to chainsaw use and is not adequate preparation for felling standing trees (nor is it intended for any certification). Participants will not be using a chainsaw as part of the workshop. Mike's workshop will include proper safety gear, ways to start and operate a saw, and maintenance including sharpening of a saw.

Although free to attend, registration by Friday, Oct. 12 is required. To register, call the CCE office at 315.866.7920 or email herkimer@cornell.edu. Space is limited to 20 participants, so be sure to register early.

Funding for this program was provided by the New York Center for Agricultural Medicine and Health (NYCAMH) with funds from New York State's Department of Health (DOH).



Bone marrow registry drive

HERKIMER – Herkimer College hosted a "Be the Match Bone Marrow Registry" drive on Tuesday, Oct. 2.

Every three minutes, someone is diagnosed with leukemia, lymphoma or another blood cancer. For many, the only cure is a blood stem cell transplant. Twenty-five percent will find a donor in their immediate family and another 25 percent will find a donor in the worldwide marrow registry. If you are between the ages of 18 and 44, patients need you. Donors in this age group provide the best chance for transplant success. Patients are most likely to match someone who shares their ancestry. While all donors are needed, donors urgently needed are African-American, Latino, Asian, American Indian or mixed race. Joining the marrow registry is easy – just get your cheeks swabbed (no needles) and fill out a short health questionnaire.

If you could not make it to the event, you can join online at join.bethematch.org/Herkimer-Saves .

Be The Match Marrow Donor Registry is sponsored by the Herkimer College Center for Student Leadership & Involvement. For more information, call 315.574.4032 or email studentactivities@herkimer.edu .

Factors to consider before including Fido in your wedding

Pets are full-fledged members of many families and even, apparently, families-to-be.

In its 2016 American Wedding Study, Brides magazine found that 8 percent of wedding ceremonies included pets. While the couples of yesteryear might have left Fido at home, many of today's couples want their four-legged friends to be there on their big day. Though no studies to date have examined which animals are most likely to make an appearance at couples' nuptials, it's fair to assume that dogs, which tend to get out of the house more than most other types of pets, are the most common furry bridesmaids, groomsmen or ring bearers.

Before including dogs in their wedding plans, couples may want to consider a few factors to ensure asking Fido to be there come the big day is what's best for couples, their guests and, of course, their beloved pooches.

Eligibility

Some venues do not allow pets that are not documented assistance animals on the premises. Confirm a venue's pet policy before purchasing any wedding day attire for your dog. Couples who are intent on including their pets in their wedding ceremonies should only consider pet-friendly facilities, which may be hard to find. Couples who plan to take a limousine to and from their wedding also should confirm that the cars allow pets before booking.

Personality

No two dogs are the same. Some dogs might love people and attention, while others might prefer one-on-one time with their owners. Dogs that are sociable and unaggressive may make perfect additions to wedding ceremonies, while animals that exhibit anxiety around strangers or seem uncomfortable in noisy settings should be kept out of the ceremony.

Health

Dog owners also must consider their pets' health when deciding whether or not to include them in the wedding ceremony. Couples who bonded over a love of their dog may really hope to include their furry friend in the festivities, but should not do so at the expense of the animal's health. Outdoor wedding ceremonies under sunny skies may produce potentially unhealthy conditions for certain breeds or older dogs. Dogs that have difficulty getting around may need a red wagon (and attendant) to make the rounds at the wedding.

Assistance

Couples will be busy on their wedding days, so they may need to arrange for a caretaker to look after their dog during and after the ceremony. Asking a guest or guests to play this role may be asking too much, as guests will no doubt want to celebrate without having to take care of a dog. A professional pet sitter might work, but that can be costly, as couples must pay for the sitter and will likely need to pay for the sitter to have a seat and a meal during the reception.

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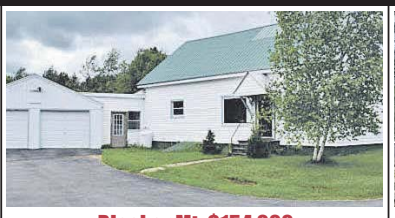

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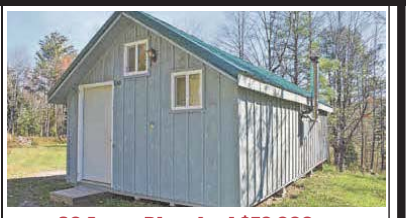

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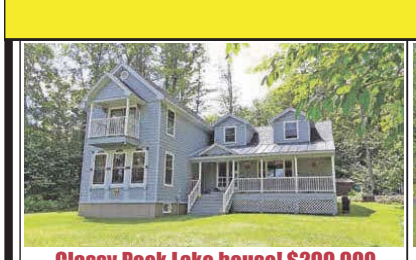

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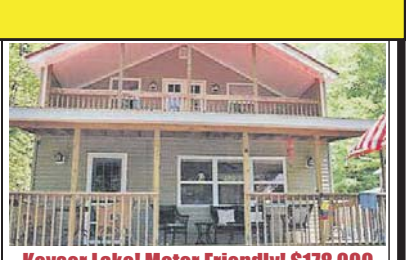

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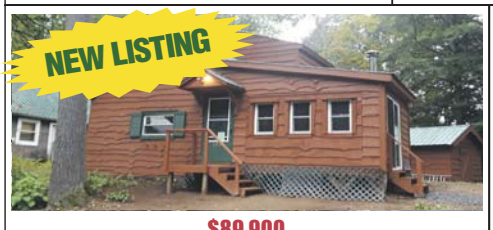

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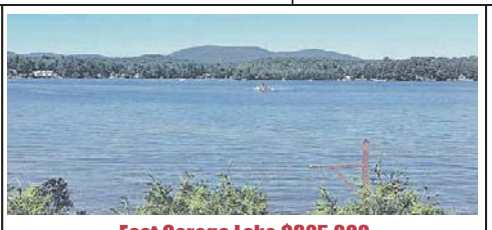

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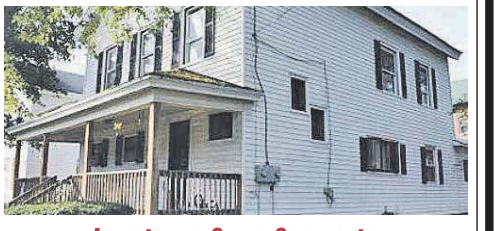

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Herkimer BOCES Pathways Academy opening activity aims to build school community

'Any kid anywhere would want to be part of this project'

ILION – Students in the Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington spent the first several days of school working on a project while teamed up with students from various grade levels and at least two adult faculty and staff members per group.

Each team chose a dessert or sweet, came up with a name for the product, developed a slogan for it, conducted marketing such as placing signs around the school, presented about the product in a "Shark Tank"-style activity in front of judges, made the products and then competed to sell them for fake money in a culminating marketplace event in the gymnasium.

From left: Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy 10th-grader Kyle Boyer, of Dolgeville, and Pathways Academy seventh-grader Tyler Sawyer, of Central Valley, help with their team's presentation about their Mud Cups product on Tuesday, Sept. 11, as part of the Pathways opening event, as Herkimer BOCES Assistant Principal of Alternative Education Dominick Stewart and Pathways Academy English teacher Meg Loveless look on as judges for the "Shark Tank" style activity.

Photo courtesy of Herkimer BOCES

Herkimer BOCES Principal of Alternative Education Patrick Corrigan said students were very involved in the project, and there was a lot of cooperation.

"The teachers were enthusiastic and organized, and they really worked hard to make it an engaging activity for the kids and instructionally beneficial," he said. "It's a great way to start the year."

The Pathways Academy at the former Remington Elementary School building in Ilion includes both special education classes and alternative education classes for students who have had a difficult time in a traditional school structure or have to catch up on credits but have the ability to get a high school diploma. Pathways Academy classes are project-driven and infuse career and technical education.

The opening orientation activity has become a tradition at Pathways Academy the last few years and took place this year from Sept. 5 - 11.

"In my career, it's pretty unique," Corrigan said. "You don't see this a lot. You talk about it. It's good to see us doing it here. Any kid anywhere would want to be part of this project."

Assistant Principal of Alternative Education Dominick Stewart said it's his first year at Pathways, and it's good to see students, teachers, teaching assistants and others all cooperating on a project.

"I think it's a great beginning step for these kids to be working in a team-building setting and learning entrepreneurial skills," Stewart said.

'Community builder'

Pathways Academy English teacher Meg Loveless and social studies teacher Greg Jaros were the lead organizers for this year's opening project. The event

HERKIMER 16

Halloween isn't complete without jack-o'-lanterns, and jack-o'-lanterns can't be made without pumpkins. Plenty of people are familiar with pumpkins thanks to their connection to Halloween and, of course, pumpkin pie, but few may know some of the more interesting aspects of this Halloween staple.

• Indigenous to the western hemisphere, pumpkins have been grown in North America for 5,000 years. But while they might be indigenous to the west, pumpkins can be grown in the eastern hemisphere as well. According to contributors to the online pumpkin resource Pumpkin Nook, pumpkins are more popular in southern China than northern China.

• History.com notes that pumpkin seeds do not have a long planting season. Ideally, seeds should be planted between the last week of May and the middle of June. That gives pumpkin lovers precious little time do their planting. Once seeds are planted, pumpkin lovers must wait somewhere between 90 and 120 days for the pumpkins to grow. That makes October a great and popular time to do some picking.

• Pumpkin weighoffs have become popular events in many communities. At such events, growers of giant pumpkins bring their largest ones to be weighed. In 2016, Belgian Mathias Willemijns grew a pumpkin that is believed to be the biggest ever grown. That pumpkin weighed an eye-popping 2,624.6 pounds.

• Pumpkins support heart health. Perhaps because they're most often associated with pumpkin pie and pumpkin-flavored beer, the health benefits of pumpkins might go unnoticed. But pumpkins are rich in antioxidants that can help prevent damage to the eye, and the potassium found in pumpkins can have a positive impact on blood pressure. Pumpkins also are a great source of beta-carotene, and some studies have linked diets rich in beta-carotene with a reduced risk of prostate cancer.

• According to Fruits & Veggies — More Matters®, a health initiative aiming to promote increased consumption of fruits and vegetables, pumpkins are fruits because they are products of the seed-bearing structures of flowering plants. Pumpkins are part of the gourd family, which means they're closely related to fruits such as cucumbers, honeydew melons and cantaloupes.

Pumpkins are as fascinating as they are tasty, proving they are more than just a ubiquitous Halloween decoration.

Seven uses for fallen leaves

By the time autumn hits full swing, many trees will have shed their leaves for the season, and the last vestiges of red, yellow and orange magic will have faded to brown. Raking, blowing and collecting leaves becomes the primary chores of lawn and yard maintenance, and presents most homeowners with large piles of gathered leaves to tend to.

It is impossible to count just how many leaves fall to the ground each year, or just how many pounds of leaves get collected curbside, but the numbers are substantial. Cleaning up leaves is considerable work, but not all of those leaves need to be carted away. In fact, there are several different uses of leaves that can be beneficial.

1. Spread leaves as a protective mulch to cover tender perennials or root crops/bulbs in the ground. The leaves will form a natural insulating cover that keeps the soil and the plants within a bit warmer over winter.

2. Create a pile of leaves that will break down and form a crumbly, compost-like material called leaf mold. Even though leaf mold may sound like a blight, it's actually a good amendment to garden soil, improving its structure and ability to hold water. Leaf mold also attracts beneficial organisms that are vital in healthy soil.

3. Brown leaves can be added to green materials in compost piles to improve the health of the compost being formed. According to the healthy living resource Care2, the ideal ratio is 75 percent brown to 25 percent green materials in compost. Turn compost piles regularly to aerate them.

4. Store dried, mulched leaves in a dry spot so they can be used in the spring as a weed barrier for spring plantings. They will keep weeds at bay and help retain soil moisture to ensure small sprouts have the resources to grow.

5. Use shredded leaves as a lawn supplement. Pass a lawn mower over leaves left on the lawn to break them down into pieces too small to rake. This will help keep the lawn healthy throughout the winter without blocking out needed sunlight.

6. Bag dried leaves and pack them tightly together in cold areas of the home, such as basements or garages. They can act as added insulation. Bags of leaves also can be placed around planting containers to protect them from frost.

7. Gather a few of the best-looking leaves and preserve them. Use an iron on a low setting and press leaves between two pieces of waxed paper until the waxed paper seals together. Or use clear contact paper to achieve the same effect.

Fallen leaves can be used in many different ways throughout the year.

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Good Housekeeping

Grilled Sausage Subs with Apple Slaw

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

4 bratwurst links
2 large unpeeled Granny Smith apples
1/2 small red onion
1/3 cup mayonnaise
1 tablespoon cider vinegar
1 teaspoon spicy brown mustard
1/4 teaspoon celery salt
4 hoagie rolls

1. Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.

2. Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

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

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HERKIMER from 14

provides a chance for students to work together, for shy students to step up and contribute and for many students to show off their creativity, Jaros said. He added the project teaches leadership, teamwork, communication, public speaking and more.

Loveless described the activity as an entrepreneurial, interdisciplinary, student-led project. There were 15 groups, and the group that makes the most pretend money wins.

The groups could earn the pretend money by competing in challenges such as physical events and puzzles each day, turning in parts of the project on time, impressing judges during the "Shark Tank"-style presentations and selling their products during the marketplace event at the end, Loveless said.

The opening activity two years ago was similar to this year, but there were some changes this year to keep students more competitive and engaged, Loveless said. There were more opportunities throughout the day to earn the pretend money. Groups were awarded pretend money for participating and also for performing well by placing in the top three in activities. The group's pretend bank accounts were updated live through Google Drive as viewable documents, so students were frequently refreshing it to see where they stood.

Because students are coming from various schools to attend Pathways Academy, many of them don't know each other before starting, so the project helps create relationships, Loveless said. "I think it's a great community builder," she said.

It's also helpful that the teams include a variety of students and staff, Loveless said.

"It's nice because in this school, kids are very much affiliated with their grade level, and this gives them a chance to make friends outside of their grade level," she said.

'More comfortable'

Pathways Academy senior Kodi Wellington of West Canada Valley was a member of the Dirty Boy Bakery team, which made a product called Mud Cups that were created using Oreos, Cool Whip and pudding.

Wellington said he enjoyed the creating and designing aspects of the project as well as working together to make the desserts.

"It was just fun getting to know everybody," he said. "We did sneak a couple Oreos here and there."

The project gets you to work with other people right in the beginning of the school year, so it's easier later in the year if you interact with someone or need to go to someone for resources, Wellington said. "It makes it a little more comfortable," he said.

Members of the Rice Krispies S'mores team used a slogan about the product being "so gooey good you'll want s'more."

Rice Krispies S'mores team member Aonna Sageer, a Pathways Academy sophomore of Central Valley, said she thinks it's good that the project showed that if the team members can cooperate and get along with each other, then they'll be able to work together successfully as a team.

"It was really fun," she said.

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Consider fritillaries this fall

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

These are less common spring-flowering bulbs that you plant in the fall as you would the more common daffodils and tulips. Their flowers come in a range of colors, and are generally bell-shaped, either in clusters or single. Plants range from six inches to three feet or more. Being less common, you may need to order many of the selections, either online or from mail-order bulb catalogs. Most grow into USDA hardiness zone 4 (average annual -20 to -30 degree minimum).

The most common fritillary is the crown imperial (*Fritillaria imperialis*). You may have seen its basal rosettes of narrow, long leaves, from which the tall stems emerge in late spring. Atop these three-foot stems are clusters of up to 10 flowers with a small tuft of leaves protruding from the top. Generally bright red-orange, you also can find less common selections with yellow or light orange flowers. The huge bulbs (often four inches wide) are strongly scented, similar to fox or skunk, and so are used to repel rodents from the garden where they are planted.

Being large, crown imperials need planting about six inches deep and eight or more inches apart. They need well-drained soil, or they'll rot. Bulbs have a slight depression in the top, which can collect water when soils are wet. To prevent this, plant bulbs slightly on their side. Since this bulb is less hardy (USDA zone 5), you may plant and treat this as an annual bulb in colder climates. This fritillary, as with its relatives, doesn't like to be out of soil for long so plant them right after you get them.

Perhaps the next most common fritillary, one that you often can find at local garden stores along with the crown imperial, is the guinea hen flower (*Fritillaria meleagris*). It also is known as the snake's head fritillary, or checkered lily, due to the purple and white checkered pattern of the flowers. In fact, the name of this genus (said as "frit-ill-AIR-ee-ah") comes from the Latin word for dice-box, referring to the checkered pattern often found on these. Another common name is leper lily, referring to the bell shape of the flowers, similar to the bells lepers carried in medieval times. A mix of these bulbs often is found with white flowers as well.

Unlike most fritillaries that need well-drained soil, the checkered lily prefers cool, moist soil and can tolerate some wet soils. Also unlike its relatives, it prefers dappled shade but will tolerate sun, while most fritillaries like sun but will tolerate part shade. Like most fritillaries, bulbs are relatively small so need planting only three inches deep, and three inches or more apart. Although the fritillaries are usually listed as deer, rabbit and woodchuck resistant, I have found this species eaten to the ground by such creatures!

The Persian fritillary (*Fritillaria persica*) is probably the third most common, and is rather unique and attractive. It has strong, upright stems to over two feet high. Up the stems are wavy, bluish leaves. Near the top are many small, hanging bell-shaped flowers. Generally plum colored, a less common selection has white flowers. As with most fritillaries, this one prefers full sun. Similar to the crown imperial, this one has been cultivated since the late 1500's.

One of my favorites of the less common species is the Assyrian fritillary (*Fritillaria assyriaca*). It gets over a foot tall, with narrow bluish leaves up the slender stems. Atop each stem are several small reddish bronze bells, with gold rims and gold insides. I have these scattered throughout low perennials such as heathers and coralbells, above which they rise each spring. Grown in gardens since 1874, this fritillary naturalizes well, and prefers filtered shade.

A Turkish fritillary, Michael's flower (*Fritillaria michailowskyi*), is similar to the Assyrian one, only shorter, and its flowers a maroon or reddish purple, with yellow rims and insides. Another Turkish fritillary (*Fritillaria pontica*) gets to about one foot high, with large, greenish white flowers with brown edges. There are one to three flowers per stem. It prefers part shade. Similar to the latter is another fritillary (Fritillaria acmopetala), only taller and its flowers are olive green with brown insides.

There are even more fritillaries, which you can find in specialty bulb catalogs, to add spring color to your gardens, with some unusual bulbs that are relatively easy to grow. While some selections make eye-catching annual spring flower specimens, others make long-lived perennial spring flowers massed in borders or naturalized.

Seniors' senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.

Loss of smell may indicate a serious condition.

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The Kitchen Diva

by Angela Shelf Medearis

It's persimmon season

Fall provides a bounty of beautiful fruits and vegetables, including orange-red persimmons. Persimmons begin appearing in markets in late September and are available through December. If you've never had a persimmon, now is the time to try it as a snack, side dish or flavorful dessert. Ripe persimmons are a small, smooth-skinned fruit measuring from 1 to 3 inches.

Two main varieties are commercially available in the U.S.: 1) Hachiya persimmons are tart and chalky until they are extremely ripe. Hachiyas are used for making dishes like persimmon cookies or persimmon pudding cake and are eaten only when sweet and liquidy ripe. 2) Fuyu persimmons are shaped like tomatoes and are sliced and eaten like apples. Fuyus are sweeter than Hachiyas and can be eaten while still firm.

What is a persimmon?

A persimmon is a berry that comes from the edible fruit trees in the genus Diospyros, which has been fondly referred to as the "Divine Fruit." Native to China, the persimmon has been cultivated for thousands of years. Japan has been cultivating persimmons for about 1,300 years. Japanese and Chinese cultivars were first introduced to the U.S. from 1870 to 1920.

According to folklore, if you split open a seed from a persimmon and the shape inside (called a cotyledon) looks like a fork, winter will be mild; spoon, there will be a lot of snow; knife, winter will be bitingly cold and "cut like a knife."

But the persimmon is much more than an old way to predict the weather, it's a soft, edible fruit (provided you bite into one that is lush and ripe; otherwise, you're in for an unpleasant surprise) that can be eaten fresh, cooked or dried.

American persimmon trees produce a more astringent fruit with a bitter taste. As the fruit gets ripe, the tannins that cause the astringency coagulate, the flesh becomes soft and the fruit becomes sweet and juicy. Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises. If persimmons are still firm, store them at room temperature and allow them to ripen. To speed up the ripening process, you can put the fruit in a paper bag with a banana or apple. Store soft, ripe persimmons in the refrigerator until ready to eat.

Try a persimmon as a snack, side dish or flavorful dessert.
Photo by Depositphotos

Best of all, persimmons are good for you! They are rich in the powerful antioxidant vitamin C, which helps lower inflammation, a common cause of many diseases. They also are high in vitamin A and are a good source of fiber. Persimmons contain flavonoid antioxidants and tannins, which benefit heart health by reducing blood pressure, lowering inflammation and decreasing cholesterol levels.

Ripe persimmons can be sliced in half and the custardy pulp eaten with a spoon, or used as an ingredient in puddings or cookies. Persimmons also can be pureed and used as a topping for ice cream or cake, or as an addition to rice dishes and fruit salads.

This recipe for Persimmon Salad With Toasted Walnuts uses a sliced persimmon in the salad and another pureed into a vinaigrette as a dressing for the fruit and salad greens. It's a beautiful dish and packed with nutrients and flavor!

Persimmon Salad with Toasted Walnuts

2 Fuyu persimmons, peeled and chopped (1/4 to 1/2-inch pieces), seeds (if any) discarded
1/4 cup balsamic vinegar or lemon juice
1 1/2 tablespoons honey
1 teaspoon salt
1 teaspoon freshly ground black pepper
1/2 cup olive oil
1 Granny Smith, Gala or Fuji apple, peeled, cored and chopped (1/4 to 1/2 inch pieces)
1 Red Bartlett pear, halved, cored and cut into thin slices
6 figs, halved
7-10 leaves fresh mint or basil, thinly sliced crosswise (stack then, then roll them up like a cigar and take slices from the end)
2 large bunches frisee, ends trimmed
1 small head radicchio, torn into 2-inch pieces
1/2 cup walnut halves, toasted

1. Puree one of the peeled and chopped persimmons in a blender or food processor with the vinegar or lemon juice, honey and the salt and pepper until smooth. With the motor running on low speed, slowly drizzle in the olive oil through the feeder tube until the mixture is well-combined and slightly thickened.

2. In a large bowl, gently toss together the persimmon slices, apples, pears, figs, mint or basil leaves, frisee, and radicchio. Add the vinaigrette and gently toss the mixture together. Place the salad on individual plates. Garnish with the walnut halves and serve immediately.

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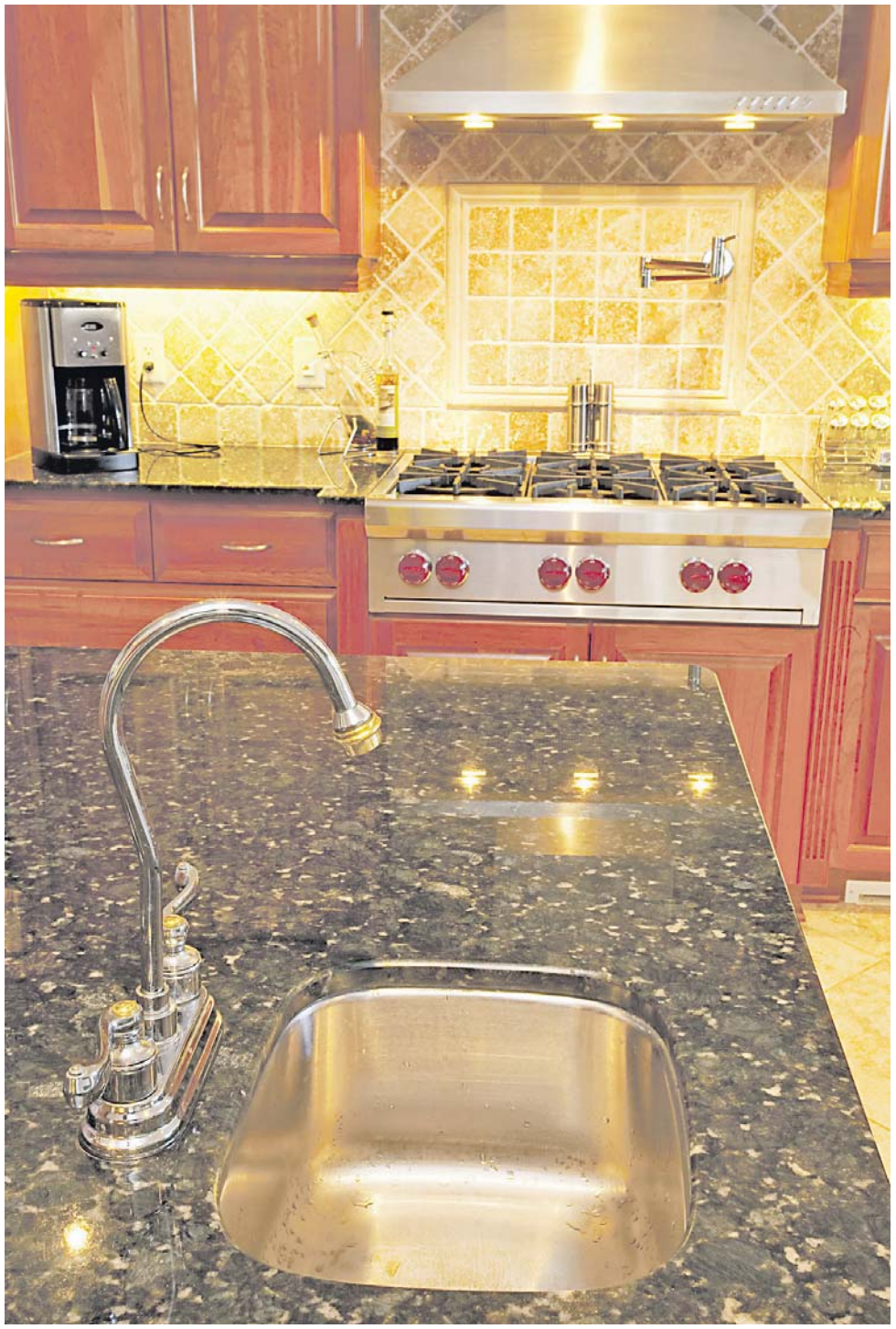
Caring for kitchen countertops



Check with the manufacturer or installer of the countertops to learn more about the ways to clean and maintain new counters.

Kitchen remodels are a popular home improvement project that help homeowners recoup large percentages of their initial investments at resale. A kitchen remodel can invigorate a home and make the most popular room in the house more functional.

According to HomeAdvisor, a home-improvement informational guide, homeowners spend an average of $22,000 on kitchen remodels. However, lavish projects can cost more than $50,000. Protecting such investments is important and requires that homeowners understand how to properly maintain kitchen features so they have the longest life possible. This includes the new countertops that make the kitchen look complete.

Countertops come in various materials, not all of which should be treated the same way. Quartz, granite, marble, laminate, and tile countertops require different types of maintenance.

Quartz

Engineered quartz countertops are popular. Quartz countertops are nearly maintenance-free and resistant to stains, scratches and even heat. Quartz will not need to be sealed like natural stone and can be cleaned using just a damp cloth with a mild, nonabrasive soap.

Granite

Polished or honed granite countertops offer a high-end look that adds instant value to a kitchen. Natural variations in granite give each kitchen a custom look. To keep granite countertops clean, avoid abrasive cleansers that can scratch, and opt for warm, soapy water instead. Stains are possible, but can be remedied with a baking soda paste left to sit for a couple of hours, advises Angie's List. Wipe up oils, acids and soda promptly to avoid stains, and follow advised sealing routines.

Marble

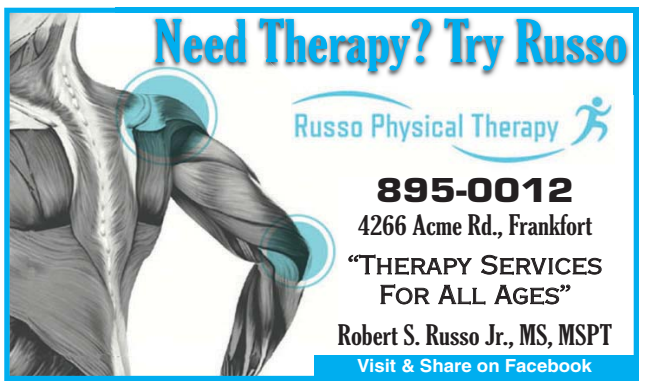
Marble is a natural stone that is porous and will need to be resealed periodically. Because marble has high levels of the mineral calcite, it can be reactive when acids come in contact with it, and etch marks may appear. Promptly wipe away tomato juice, lemon juice, perfume, or toothpaste. Marble is softer than granite and will wear at a faster rate. Avoid scratching and exercise caution when using knives or sharp objects around marble.

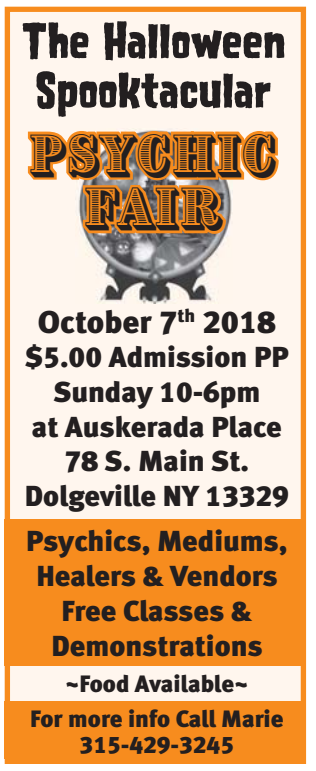
Laminate

One of the more budget-friendly materials, laminate countertops can be fabricated to mimic the look of natural stone, wood or even quartz. Laminate is less resistant to damage than other materials and will need a gentle touch. Formica® says to never use abrasive cleansers, scouring pads or steel wool when cleaning laminate countertops. For tough stains, an all-purpose cleaner should suffice when applied with a nylon-bristled brush. Test any cleanser in a discreet area first.

Tile

Cleaning tile countertops requires getting into crevices along the grout lines. A toothbrush and a mildew-fighting cleaner or bleach diluted with water is advised. Also, unglazed tiles need to be sealed yearly. Some soap may leave residue, which can be removed with a solution of vinegar and water.

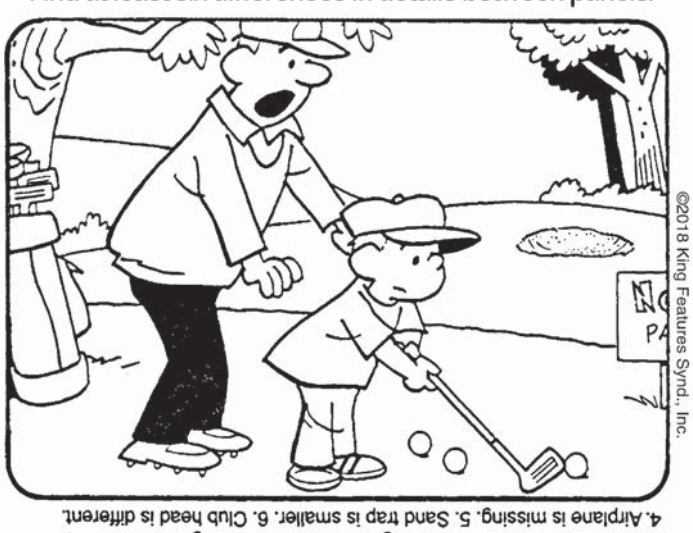




HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Towel is missing. 2. Pocket is missing. 3. Arm is moved. 4. Airplane is missing. 5. Sand trap is smaller. 6. Club head is different.

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Weekly SUDOKU

by Linda Thistle

4			3					5
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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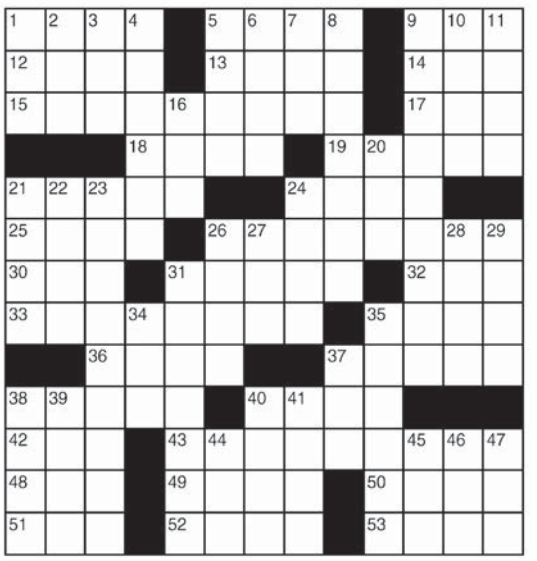
King Crossword



ACROSS

1 Eastern big-wig (Var.)
5 One-on-one battle
9 Scoundrel
12 Rice-A- —
13 Paquin or Faris
14 Raw rock
15 Over
17 Pen point
18 Vagrant
19 Ticket
21 Aspect
24 Idea that spreads on the Web
25 48-Across' counterparts
26 Room-to-room access-es
30 Convent dweller
31 Great praise
32 Old card game
33 Wine pourer
35 Existed, Biblically
36 Do as you're told
37 Exposes
38 Cease-fire
40 Noble title
42 Melody
43 Ecclesiastical compact
48 See 25-Across
49 Soon, in verse
50 "Do — others ..."
51 Shelter
52 Sit for a photo
53 Unaltered

DOWN

1 Joan of —
2 Cattle call?
3 Hostel
4 Wealth
5 Paint ama-teurishly
6 Ruin
7 Compass pt.
8 Firetruck gear
9 Skin-tone cosmetic
10 Operatic solo
11 Credit card user's prob-lem
16 Parcel of land
20 Coal diggers' org.
21 Ward (off)
22 Chills and fever
23 Open area at a terminal
24 Othello, for one
26 Responsibility
27 Praise in verse
28 Days gone by
29 Drunkards
31 Patella
34 Jimmy Kimmel's net-work
35 Tusked mam-mal
37 Buddy
38 Party-game pin-on
39 Go by train
40 Son of Seth
41 Pimples
44 Yoko of music
45 "CSI" evi-dence
46 $ dispenser
47 Pirouette pivot

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R.F.D.

by Mike Marland

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www.kingfeatures.com www.rfdcomic.weebly.com

Just Like Cats & Dogs

by Dave T. Phipps

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Americanisms

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."
—*Theodor Seuss Geisel (Dr. Seuss)*

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MAGIC MAZE — TOP SILVER-PRODUCING COUNTRIES

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

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

Argentina	Chile	Kazakhstan	Sweden
Australia	China	Peru	Turkey
Bolivia	Guatemala	Poland	U.S.A.
Canada	India	Russia	

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

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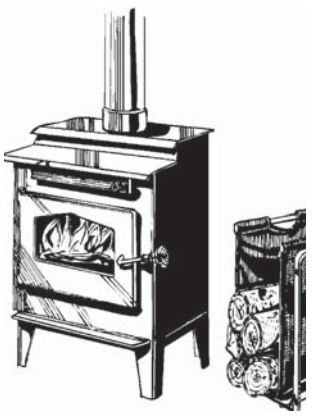

Construction Services

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

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

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

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

NEWPORT APARTMENT: 1st floor Modern Bright and Quiet No Smoking/Pets 1-bedroom, washer and dryer hookup, all utilities included except for the electric for lights and appliances, $600. On the edge of the Village. 315-941-4230

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

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Farm Supplies

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For Rent

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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ILION: Spacious modern 1st floor 1 bedroom apartment, quiet country setting with all village utilities. Appliances, large closets, nice deck, back yard & concrete patio. Laundry facility, private parking, lease, security deposit. No smoking. No pets. 315-866-2552

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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

Rummage/Indoor Garage Sale: Friday, Oct. 12th, Saturday, Oct. 13th, 9-1pm both days. Bag Sale 12-2pm Saturday. Grace Church Parish Hall, 9 East Main Street, Mohawk

HUGE SALE: 15 Silver Street, Ilion, Oct. 5,6,7, 9am-5pm, raine/Shine. Great variety. Reasonable prices.

Guns

T/C Omega muzzleloader, 50 cal., new condition, original box, owner's manual and more, $260.00; 1954 Winchester 12 guage, 3 shot semi-auto shotgun with two barrels, cylinder and full choke, very good condition, $450.00. For info 315-866-9342 afternoon or evenings.

Hay - Straw For Sale

BEST HAY in America, Timothy Clover mix, avg. 45lbs., 1st $3.00/bale, 2nd $4.75. 315-368-4550 Alan, Little Falls,NY area.

Help Wanted

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The Herkimer County Soil & Water Conservation District has an opening for a full time Secretary/Treasurer. This position is responsible for clerical and financial activities and is Secretary/Treasurer to the District Board of Directors. This person will assist the District Manager in a variety of administrative duties and assists with SWCD programs as assigned. Ability to work with the public and staff in an office setting. Proficient with methods used in bookkeeping, financial accounting and record keeping. Excellent organizational, verbal, writing, and typing skills. Proficient with computer software such as MSWord, Excel, and QuickBooks is required. For an application, instructions, and specific qualifications contact the Herkimer County Soil and Water Conservation District at 315-866-2520 ext. 5 or go to the website: **www.herkimercountyswcd.com** All application materials must be in our office no later than **4pm on October 10th, 2018**

Miscellaneous

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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, $27,000; 7 acres fields & woods, great view, $25,000. Owner financing. 518-861-6541, 518-256-6344 Helderbergrealty.com

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

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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 inquires welcome. 315-894-8557

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Farm/Company Name: _____

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City: _____ State: _____ Zip: _____

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Email Address: _____

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Card #: _____ Exp. Date: MM / YY

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Strange but True

by Samantha Weaver

• It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."

• Statistics show that for every 71,000 skydiving jumps made, there is only one fatality. That might not seem surprising until you put it in context: You have a one in 20,000 chance of dying from a regular fall right here on solid ground.

• A.A. Milne, the British author best known for his children's books about Winnie the Pooh, had a teacher and mentor you might not expect: H.G. Wells, one of the acknowledged fathers of science fiction and author of such novels as "The War of the Worlds," "The Invisible Man" and "The Island of Dr. Moreau."

• Here's a smart idea: Some fitness centers are now using the energy clients expend on its exercise bikes to help power the building's lighting.

• Arctic biologists say that polar bears can go weeks without eating — which is certainly handy in an environment where food isn't always easy to get. Evidently, if a polar bear goes a week to 10 days without eating, its metabolism will slow down and the animal will live off its fat reserves until it finds its next meal.

• According to not one, but two studies conducted on the subject, those who have a ring finger that is longer than their index finger tend to be better athletes.

* If you drive a white automobile, you have a lot of company. There are more white cars in the United States than any other color.

Thought for the Day: "The significant problems we face cannot be solved at the same level of thinking we were at when we created them." — Albert Einstein

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Senior News Line

by Matilda Charles

Helping seniors stay at home

Across the U.S. there are 296 communities in the AARP Network of Age-Friendly Communities. These represent 75 million people who live in areas that work to provide all that's necessary to create livable communities for everyone, especially seniors.

AARP gives grants to these communities for specific efforts, such as to improve the walkability of downtowns, train volunteers in dementia programs, build raised planters in community gardens, create age-friendly trails and bike paths, and install key-code boxes outside the homes of elderly so EMTs can gain quick access.

To find out if you're in an area that has senior services like these, go online to aarp.org and search for Age-Friendly Network. Scroll down to see if your community has joined the AARP network. If it isn't listed, you can learn how to get started in your area.

Other organizations also help seniors. Aging in Place, for example, has information on how mobility options can allow seniors to stay in their homes. Whether it's in-home stair lifts or transportation to appointments, Aging in Place has information on its website at aginginplace.org.

Depending on the level of support from individual states, some local Aging at Home groups adapt their help according to what is needed by those in the community. Some show support by providing services such as yard work, food delivery, snow shoveling and handyman chores. Social opportunities are big, with exercise classes, game nights, nutrition programs and luncheons. Transportation, especially in rural areas, helps to get seniors to their appointments with doctors and friends.

To find senior services in your area, go online to search for "at home senior services" and your state. The organizations have names like Home Instead, At Home, Aging in Place and others.

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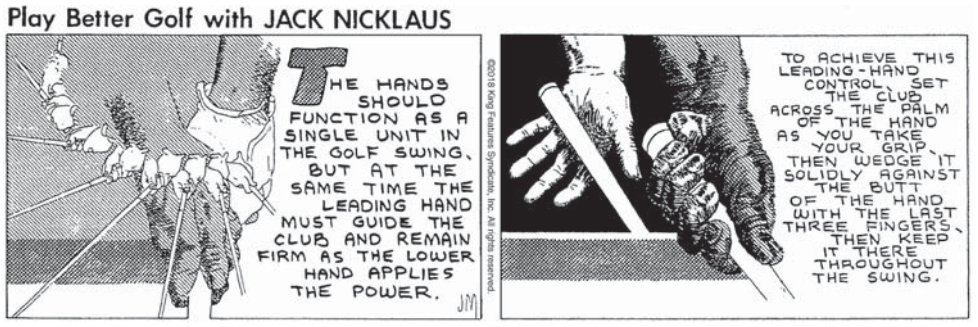
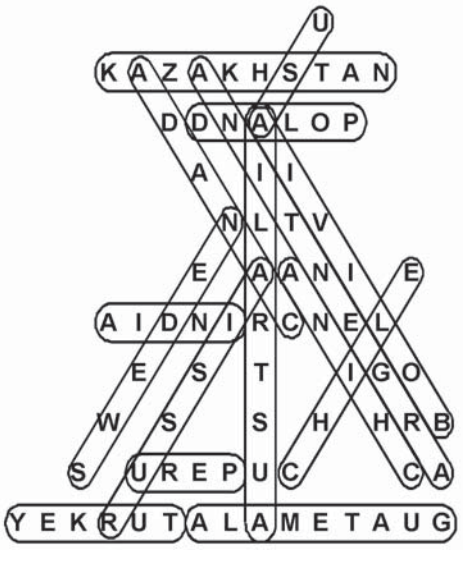


TOP SILVER-PRODUCING COUNTRIES



— King Crossword —

Answers

Solution time: 21 mins.

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

— Weekly SUDOKU —

Answer

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

LAFF-A-DAY

"It's very therapeutic for her. She works at the public library!"

When you need money for a home improvement project, new car, college, or a vacation, using the equity in your home for a low interest loan is the smart financial move.

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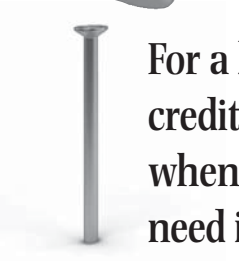

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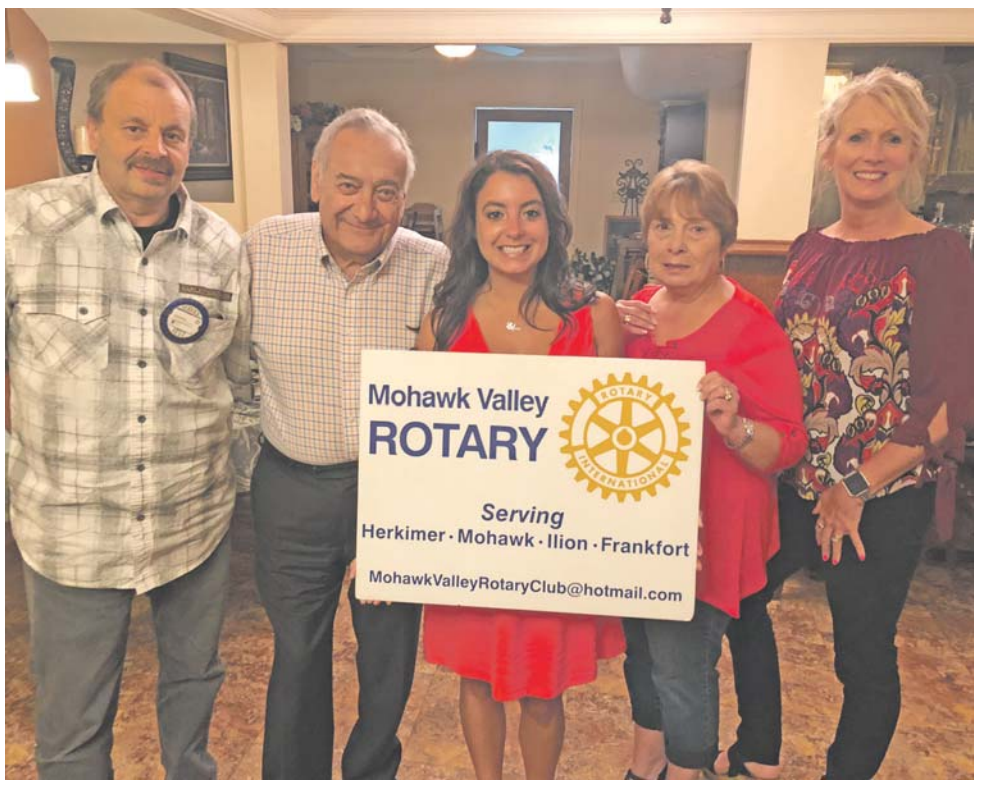
(1) Closing costs must be repaid if loan is paid off within three years of closing. Some restrictions may apply. Offer ends Oct. 31, 2018.

MVR welcomes Dr. Bob Decarlo

HERKIMER – Mohawk Valley Rotary welcomes its newest member, Dr. Bob Decarlo, at their recent meeting. Decarlo is currently acting as Village Justice for the Herkimer Village Court. "July and August have been busy months for our club. We have welcomed two new members who are excited to help increase the number of projects, fundraisers and events that the club currently does during the year," said club president Elyse Bellows.



(L-R) Rotarian Fred Northup, Dr. Bob Decarlo, Club President Elyse Enea Bellows, President-Elect Bonny Brownrigg, and Treasurer Denise Snyder.

Photo courtesy of Mohawk Valley Rotary

Mohawk Valley Rotary visits with VHS Residents

Coffee and Conversation with Mohawk Valley Rotary

HERKIMER, NY — Mohawk Valley Rotary members, Daniel Enea, Rocco LaManna and Irving Mason enjoyed coffee and conversation with Valley Health Services' residents, Stephen Smith, Dominick Battaglia, Guy Schaff and Silvio Mornelli on Thursday, July 26.

Mohawk Valley Rotary members visit regularly at VHS as well as other area senior centers. Members enjoy talking with the seniors as much as the residents enjoyed catching up on local community news and Rotary's activities.

Pictured area: Rocco LaManna (guy with ponytail at head of table), Daniel Enea, Stephen Smith, Irving Mason, Dominic Battaglia, Guy Schaff and Silvio Mornelli.

Photo courtesy of Valley Health Services

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Fluids to check before your next road trip

For many traveling enthusiasts, few things are more enticing than the open road. Road trips have long been popular, and that popularity appears to be on the rise.

According to a report from MMGY Global, a travel and hospitality marketing firm, road trips represented 39 percent of vacations taken by United States travelers in 2016. Road trips also remain popular in Canada, where vast, rugged terrain makes for idyllic trips.

Before embarking on road trips, motorists would be wise to inspect their vehicles to ensure their getaways are not derailed by car troubles.

• Brake fluid: Squeaky brakes are not the only potential indicator of brake problems. Brake fluid, which should always be topped off before beginning a road trip, also might shed light on potentially serious problems. According to the National Motorists Association, brake fluid looks honey-like and translucent when fresh. A puddle beneath a vehicle that is clear to brown and slick indicates a brake fluid leak, which can ultimately lead to a complete failure of the brakes. The NMA recommends brake fluid be changed at least once every three to four years.

Checking fluids before embarking on a road trip can help drivers avoid breakdowns and ensure a safe, fun trip.

• Transmission fluid: When fresh, transmission fluid is red, darkening over time. However, transmission fluid should never appear brown or black, which indicates potential internal damage to the transmission. To determine if there are any issues with the transmission fluid, the NMA recommends drivers wipe a cool dipstick between their thumb and index finger. If even the slightest bit of grit is felt when wiping the dipstick, the transmission is likely in need of work.

• Oil: Drivers should change their vehicles' oil before embarking on road trips, especially if such trips will be lengthy. The NMA notes that fresh oil is light to dark amber and translucent, and that is how oil typically looks immediately after an oil change. Oil darkens over time, and that is natural (black oil indicates it's time for an oil change). However, oil that appears cloudy or milky indicates that coolant is getting into the oil, perhaps due to gasket problems. Drivers who are not getting their vehicles' oil changed before a road trip should at least check their oil before leaving to inspect the color of the oil and ensure the vehicle has enough oil.

• Windshield washer fluid: The unknown of the open road is part of what makes it so appealing. While many road trippers plan their trips during the summer and fall when the weather tends to be both pleasant and predictable, there's no guarantee inclement weather won't rear its ugly head. Filling the windshield washer fluid reservoir before embarking on a trip ensures drivers' visibility won't be adversely affected by unforeseen issues that can soil windshields.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Dutch Apple Pie

An old-fashioned dessert Grandma would serve, and even if you're diabetic, you can enjoy it!

1 Pillsbury refrigerated unbaked 9-inch piecrust
2 cups (2 medium) cored, peeled and chopped cooking apples
1/4 cup seedless raisins
2 teaspoons apple pie spice
1 cup unsweetened applesauce
6 tablespoons Splenda Granular
6 tablespoons Bisquick Heart Smart Baking Mix
1 tablespoon plus 1 teaspoon I Can't Believe It's Not Butter! Light Margarine

1. Heat oven to 350 F. Place piecrust in a 9-inch pie plate and flute edges.

2. In a medium bowl, combine apples, raisins, apple pie spice, applesauce and 1/4 cup Splenda. Spread mixture evenly into piecrust. Bake for 25 to 30 minutes.

3. In a small bowl, combine baking mix, remaining 2 tablespoons Splenda and margarine. Mix with a fork until crumbly. Sprinkle topping mixture evenly over partially baked pie. Continue to bake for 15 to 20 minutes.

4. Place pie plate on a wire rack and allow to cool. Cut into 8 servings.

* Each serving equals: 192 calories, 8g fat, 1g protein, 29g carbs, 189mg sodium, 11mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat; Carb Choices: 2.

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Why do brake rotors warp?

Braking systems are comprised of various components, including rotors. Rotors are large metal discs that can be seen behind the wheels of the car. Rotors can sometimes appear to warp, and many drivers may question why this occurs or if this is a significant problem.

Rotors cannot really warp. Automotive experts note that rotors are metal discs that are cast under extreme heat conditions. It would take a similar application of heat by the braking system for rotors to actually bend, which is impossible. Other factors make rotors appear to be warped, so describing such rotors as "warped" is an easy way to explain the problem to vehicle owners.

For brakes to work correctly, brake pads must be applied squarely and evenly against the rotor. But friction can cause some brake pad materials to form residue on certain areas of the rotor, eventually contributing to uneven rotor surface levels. Some spots become thicker, while others may thin out.

Drivers' own habits, including their braking tendencies, can contribute to uneven rotors. The automotive advice resource Your Mechanic says that riding the brakes for prolonged periods of time can cause hot brake pads to "paint" the rotors. So constant braking should be avoided.

Drivers also can shift into a lower gear when driving downhill so that prolonged breaking is unnecessary. Also, avoiding frequent hard breaking may help. People who live in an area where they're hard on the brakes either because of hilly terrain or traffic may find such environments can take a toll on the performance of their vehicles' brake systems.

Brake system issues, such as front brakes having to work harder than rear brakes, or over-torqueing when wheels are installed, also may cause rotors to warp, advise automotive experts at Kal Tires. Moss Motoring also states that new pads and brake pads need to be fitted correctly and properly "bedded." Bedding is the initial transfer of friction material from pad to the disc to form a smooth, uniform layer. Break-in instructions should be included with new brake installation.

Warped rotors can cause symptoms such as squeaky sounds and lead to jittery feelings in the car when brakes are applied. Such rotors also can cause the vehicle to vibrate when coming to a stop.

If warped rotors seem to be an issue, mechanics may be able to put thicker rotors into a lathe to smooth out the residue and restore an even surface — but the problem can come back. It is usually best to replace rotors if they are causing severe vibrations or issues when braking.

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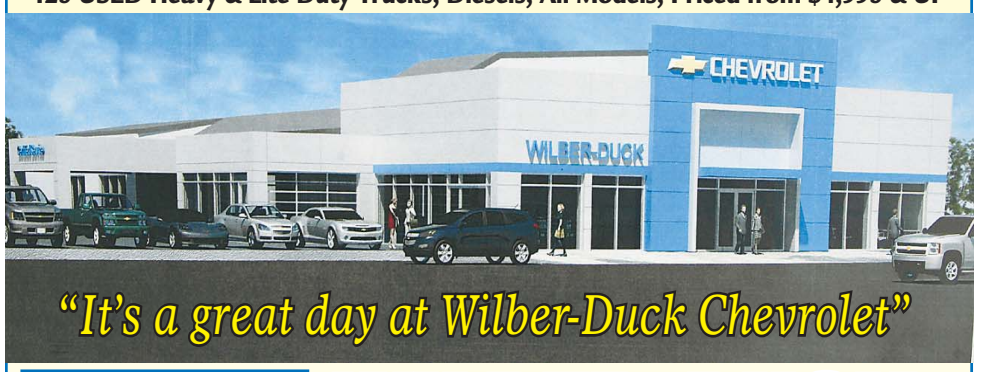

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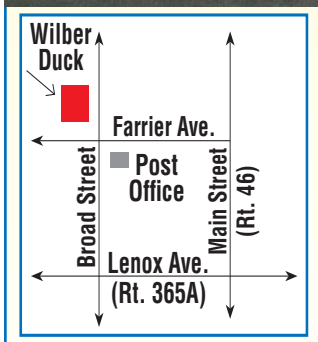

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VHS welcomes Beth Rowe

HERKIMER – Valley Health Services welcomes Beth Rowe, Certified Occupational Therapy Assistant (COTA), to its professional staff. Rowe is excited about this new career opportunity. She said, "I am looking forward to making beneficial contributions and working with such a great rehabilitative services staff." She added that it is a wonderful environment to work in.

Beth Rowe, Certified Occupational Therapy Assistant (COTA), Valley Health Services.

Photo courtesy of Valley Health Services

Rowe has an Associate's in Applied Science Degree in Occupational Therapy from Maria College, Albany, NY. Her previous employment has been in occupational therapy within local school districts and most recently Waterville Residential, formerly Harding Nursing Home.

Rowe resides in New Hartford her husband John and five children.

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