

Herkimer County October 12, 2018

Country Editor

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Volume 8
Number 20

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Letter to the Editor

Opinions of the letters printed are not necessarily those of the staff or management at Herkimer Country Editor.

E-mail letters of opinion to jkarkwren@leepub.com or fax to 518-673-2699, or mail to Herkimer Country Editor, PO Box 121, Palatine Bridge, NY 13428.

Dear Editor:

My name is Robert Strong and I am the President of Responsible Animal Care USA (RACUSA). Our mission is to promote the responsible care of animals through the gathering and sharing of factual, evidence based information. One of our greatest concerns is New York's homeless cat population. Free roaming, stray, abandoned, and otherwise homeless cats can be found in every community across the state. In particular, farms have become a popular and common dumping ground for large numbers of unwanted cats.

Farmers should not have to bear the burden or pay the consequences

for irresponsible pet owners and lack of services for companion animals. There should be appropriate recourse and assistance available for any individual, property owner, and business establishment — including farmers — who have cats released and abandoned on their property. Last year, a farmer in Chatham, NY had over 100 cats abandoned on his property. These animals were unwanted, and there was a lack of services to support their care, health, and wellbeing. The only assistance came from another local farmer who was kindly and generously willing to take about half of the animals. For farmers and fami-

lies alike, free-roaming cats present a serious health and safety risk. In August, a rabid cat attacked and bit a man in the town of Bethlehem, NY. This is not the first case of a cat testing positive for rabies in the state. Rabid cats have also been identified in Chautauqua, Oneida, Steuben, Westchester, and Herkimer Counties within the past year.

Cats are also associated with other dangerous diseases and parasites such as ringworm, hookworm, fleas, ticks, mites, herpes, feline distemper, feline leukemia, FIV, coccidiosis, cat-scratch disease (bartonellosis) and toxoplasmosis.

They are the definitive host for *Toxoplasma gondii*, which causes toxoplasmosis. Transmission can occur through inadvertent contact with feline fecal matter in routine activities such as gardening, playing in sandboxes, drinking water that has been contam-

inated, consuming improperly washed vegetables, and eating or handling undercooked meat. Infection in humans can result in miscarriages, blindness, memory loss, organ failure, epilepsy, with evidence linking infection to a variety of late life mental disorders.

Farm animals become infected by an oocyst contaminated environment from cat feces, resulting in meat products containing tissue cysts which can then infect consumers. *T. gondii* is one of three pathogens accounting for 75 percent of all deaths due to food-borne disease. White-tailed deer and birds can also be infected.

Outdoor feeding of cats not only promotes the spread of disease, it also attracts other unwanted animals including rodents and other nuisance wildlife, and dangerous predators.

RACUSA suggests that mandated cat licensing and statewide Animal

Control are the best solutions for addressing this issue. Cat owners, like dog owners, should be responsible for their animals, including proper vaccination and identification — including licensing. In addition, Animal Control is needed to handle issues related to both dogs and cats. Currently, there are no consistent services to manage lost, stray, dangerous, sick, and abandoned cats. Dog Control is not

required to respond or address these situations. In order to ensure the health and safety of your families, workers, animals — and hardworking farmers — New York State should implement cat licensing and statewide Animal Control services.

Respectfully,
Robert Strong
rstrong458@gmail.com

MVR welcomes guest speaker Christine Lawrence

HERKIMER – The Mohawk Valley Rotary club welcomed guest speaker Christine Lawrence who presented on the Little Free Library organization. The Little Free Library is a nonprofit organization that inspires a love of reading, builds community and sparks creativity by fostering neighborhood book exchanges around the world. Through Little Free Libraries, mil-

lions of books are exchanged each year, profoundly increasing access to books for readers of all ages and backgrounds.

Mohawk Valley Rotary club members are in the process of building their first Little Free Library box. For more information on this project visit www.facebook.com/MohawkValleyRotaryDistrict7150.



Photo Left-Right: Front Row: Christine Lawrence, Elyse Enea Bellows, Bonny Brownrigg Back Row: Irving Mason, Francesca Magro, Cindy Bennett, Jerry Gortner
Photo courtesy of Mohawk Valley Rotary

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Burmese glass lamp

American homes in the 1700s seem very colorless today when compared with log cabins and many restored homes and buildings. Ceramics during that time usually were made of clay ranging from pale beige to red from nearby sources. Fabrics were homemade from sheep's wool, cotton or flax, almost all white to beige. Some weaving included wool from black sheep that could make a black line.

By the end of the 1700s, fabrics were dyed

many colors, and ceramics were available in blue, occasionally black and a few other colors. Furniture was wood, but it wasn't painted, just waxed or oiled. Only glass and ceramics from overseas had color. (Research from the past 30 years has shown that the rich had colorful wallpaper, rugs, dishes, bed hangings and more, but much had faded over time.) The popular color "Williamsburg blue" actually is a faded bright blue.

Color came to home decoration in the mid-

1800s. Clear or single-color glass was made, then multicolored glass was perfected. Items like lamps with glass shades could be made with a heat-sensitive glass called Burmese, which became opaque and shaded peach to yellow when reheated. Other glass in color combinations with unusual names was made about the same time. Its popularity lasted until the somber Mission style arrived in the 1900s.

Today, there is colorful antique and reproduction glass that usually is made in Victorian shapes. A Mt. Washington student lamp made of Burmese glass decorated with Japanese dragons and an imaginary flower sold at an Early auction in Ohio for \$3,335.

Q: At a recent auction of textiles, a number of "show towels" were sold. How were they used?

A: Show towels were popular with Pennsylvania German girls. They are long, rectangular pieces of fabric that were used to demonstrate sewing skill. The finished towel was hung on a door as proof of their work and as an added decoration in the kitchen. The towel, not made to be used, often was made of linen and cotton. They usually included the name of the maker, location and date. Sometimes a finished towel was a gift for a new bride. The towels were most popular from 1820 to 1870. A 19th century show towel in good condition with names and other designs cross-stitched in a pleasing pattern sells for about \$1,000 today.

Current prices

- Advertising button,



It took \$3,335 to buy this student lamp with a font made of Mt. Washington Burmese glass. It is a stylish electrified lamp with an antique base and a shade made later and decorated to match.

Apple Valley Pow-Wow, Labor Day Weekend, Indian chief profile, yellow & red, pinback, 1955, 1 3/4-inch diameter, \$10.

- Breakfast tray, genuine bamboo and wood, weave design with cutout

handles and front drawer, scalloped base, 1940s, 11 x 17 inches, \$165.

- Nutcracker, carved wood, old village woman with fishtail handle, mouth opens and closes to crack nuts, Black Forest, c. 1880, 8 inches, \$250.

- Sundial, iron with brass dial, embossed

"Count only sunny hours," Virginia Metal Works, 1940s, 10 1/4-inch diameter, \$875.

Tip: Never exhibit photographs in direct sunlight.

For more collecting news, tips and resources, visit www.Kovels.com

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Mon., Oct. 15th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Mark Leonard Reg. & Grade Holstein Milking Herd Dispersal 45 Head sell (22 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 Lavem Warriner 607-426-0521.

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Monday, Oct. 29th - Normal Monday Sale and Also due to all the sales we have booked we are having our Fall Round up Beef Sale on this day. Call to advertise your group it makes a difference. We will be selling Cow/calf pairs, dairy & beef feeders. A small Angus & Angus Cross herd Cow/calf pairs, bred cows and feeder cattle. A really nice group of 15 Herefords consisting of Cows, Heifers and 2 young bulls. Many more calls have been coming in we expect a good run.

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

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Find at least six differences in details between panels.



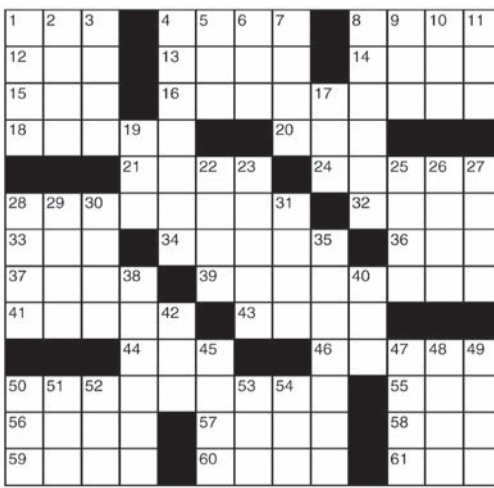
Differences: 1. Container is missing. 2. Hair is shorter. 3. Belt is missing. 4. Suspenders are missing. 5. Sign is missing. 6. Cash register is smaller.

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King Crossword

ACROSS

- 1 Request
- 4 Blunder
- 8 Weapon handle
- 12 Island neckwear
- 13 Sandwich cookie
- 14 Exile isle
- 15 Spelling contest
- 16 "West Side Story" composer
- 18 Tiny ear bone
- 20 Ball prop
- 21 Office part-timer
- 24 Stuffs tightly
- 28 "E = mc²" man
- 32 Not procrastinating
- 33 Chowd down
- 34 Precipitous
- 36 Historic time
- 37 Wound cover
- 39 Piano name
- 41 Pitched
- 43 2012 Ben Affleck movie
- 44 Vast expanse
- 46 Celery unit
- 50 "The Grapes of Wrath" author
- 55 Heavy weight
- 56 Frogs' hang-out

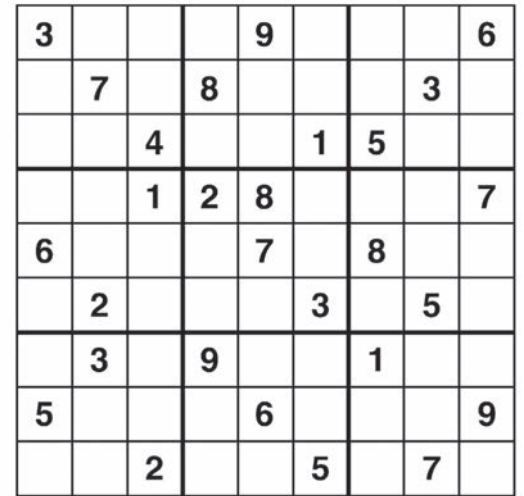


- 57 Needle case
- 58 Japanese sash
- 59 Church section
- 60 Mend a sock
- 61 Witticism
- DOWN**
- 1 Actress Jessica
- 2 Witnessed
- 3 Chicken —
- 4 Drinking vessels
- 5 Tramcar contents
- 6 "— the fields we go"
- 7 Typeface
- 8 Straight, for short
- 9 Hearty brew
- 10 G-men's org.
- 11 Bronze
- 17 Moment
- 19 Part of TGIF
- 22 Citi Field team
- 23 Michelangelo masterpiece
- 25 Freshly
- 26 Actress Sorvino
- 27 Remain
- 28 Right on the map?
- 29 Pruritus
- 30 In the vicinity
- 31 — -do-well
- 35 Football
- 38 Adjoining
- 40 "To be or — ..."
- 42 Cyst
- 45 Sleeping
- 47 Small particle
- 48 Timber wolf
- 49 Make a sweater
- 50 Hot tub
- 51 Upper surface
- 52 Type measures
- 53 Greek vowel
- 54 Mangy mutt

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Weekly SUDOKU

by Linda Thistle



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

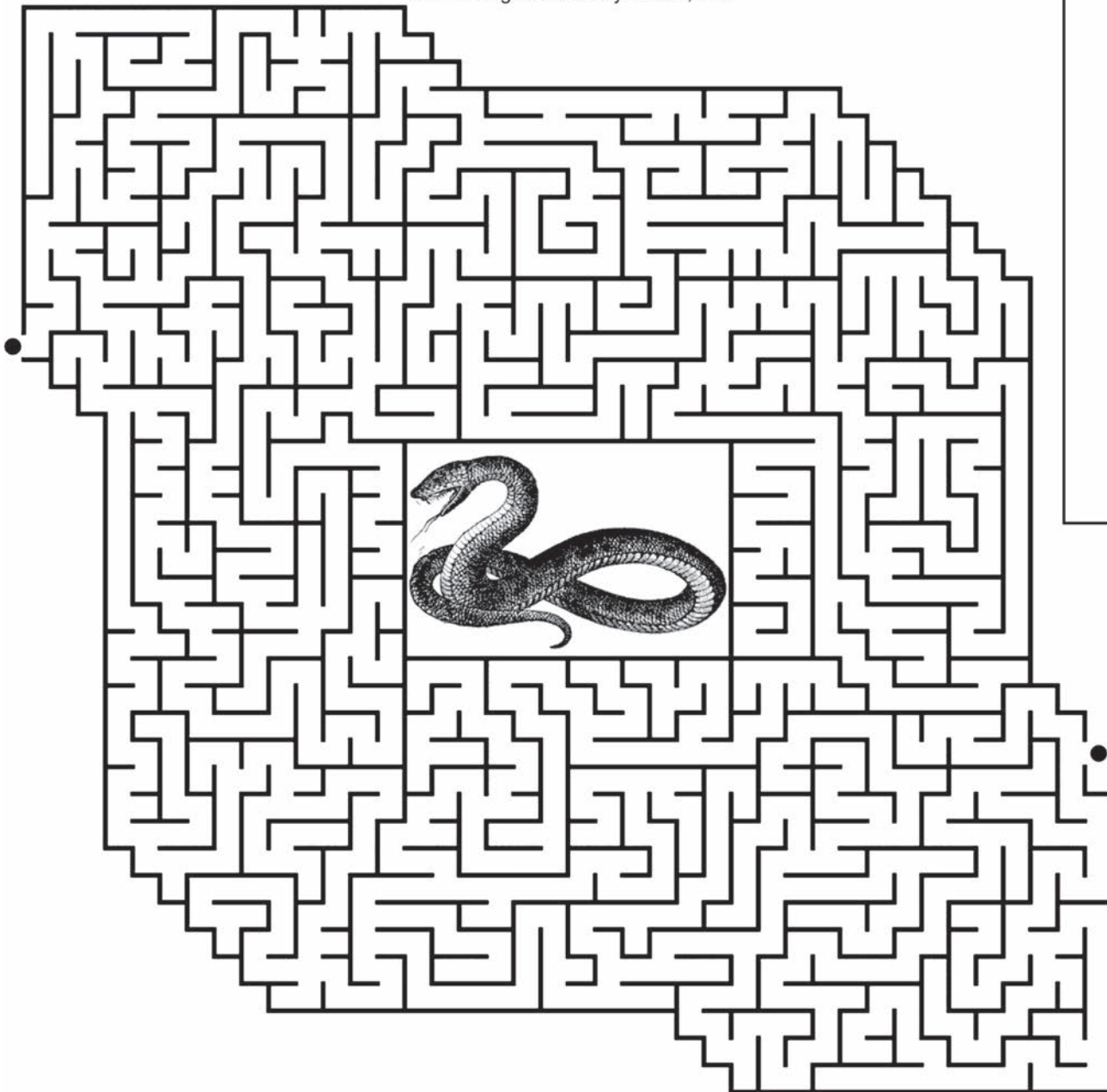
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Mega Maze

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STICKELERS [sic]

by Terry Stickels

What is the value of "U"?

- 1) P + Q + R
- 2) Q + P + S
- 3) Q² + PQ + RS
- 4) W - RS + Q²

P ²	PQ	RS	TU	VW
PQ	Q ²			
RS		R ²		
TU			T ²	
VW				V ²

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Americanisms



"Marriage is like college; as great as it is, it ain't for everybody."
—Ray Charles

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Strange but True

by **Samantha Weaver**

• It was noted American science fiction author Philip K. Dick who made the following sage observation: "Reality is that which, when you stop believing in it, doesn't go away."

• You might be surprised to learn that when Hernan Cortes reached the New World in the 1600s, he found the Aztecs drinking hot chocolate at their banquets.

• The World Health Organization does not include cockroaches on its list of insects hazardous to human health.

• Are you afraid of rattlesnakes? Those are certainly dangerous creatures, but keep in mind that the venom of a black widow spider is 15 times deadlier than that of the rattler – and the spider doesn't provide an early-warning alarm like the rattler does.

• The name for that lovely lavender stone, amethyst, is derived from the Greek term for "not drunk."

• You probably knew that cats were revered in ancient Egypt, but did you know that when a domestic cat died, the

family went into mourning? Yep. People would shave their eyebrows to demonstrate their grief over the passing of their beloved pet.

• If you're like the average American, you eat roughly 17 pounds of potato chips every year.

• Way back in 1879, the Cincinnati Gazette predicted that the game of baseball had "run its course."

• Singer and songwriter Roger Miller, best known for his hit song "King of the Road," had a passion for music early,

even though his family was poor. When he was in grade school, he spent his weekends picking cotton so he could save up enough money to buy a guitar. After eighth grade he quit school and went to work herding cattle and riding in rodeos.

Thought for the Day: "It is better to sleep on things beforehand than lie awake about them afterwards." – Baltasar Gracian

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Senior News Line

by **Matilda Charles**

How will you keep busy this winter?

Did you read the weather almanacs' predictions for this winter? One of them mentioned teeth-chattering cold. Others ranged from warm and

wet to cold and dry. No matter, winter is coming. Have you decided what you'll do when it's cold where you live? While none of us wants to stay locked inside every single day, we do need to prepare for those days we

just can't get out.

Here are some thoughts:

• Does your library have a book mobile? Check the bestseller lists and make your reading list. Some books won't be released yet, but if you reserve the books now, you'll be

higher on the list when they do come out. Check your favorite authors to see if they'll be releasing a new one this winter.

• Consider starting a hobby you've only thought about. If you'll need supplies – paints, yarn, fabric, a new computer to write your novel, genealogy generations sheets, a yoga mat and workout video, pots and potting soil for indoor plants – get them now. If you need your piano

tuned or guitar restrung before you start online music lessons, put that on your schedule. If you want to try your hand at designing a website or blog, sign up for a domain name. If beading and jewelry-making sound interesting, pick out your online supplier. If you want to sample woodworking, build a model railroad in the basement, or tie flies at the kitchen table, look for plans and tools.

• For days when you dare to brave the elements, consider a library reading group, swimming classes at the YMCA, a weekly afternoon bowling league, board-game evenings, a cooking class or group tours through the local seniors center.

The key is to stay active and engaged during the winter, even if you have to do it at home.

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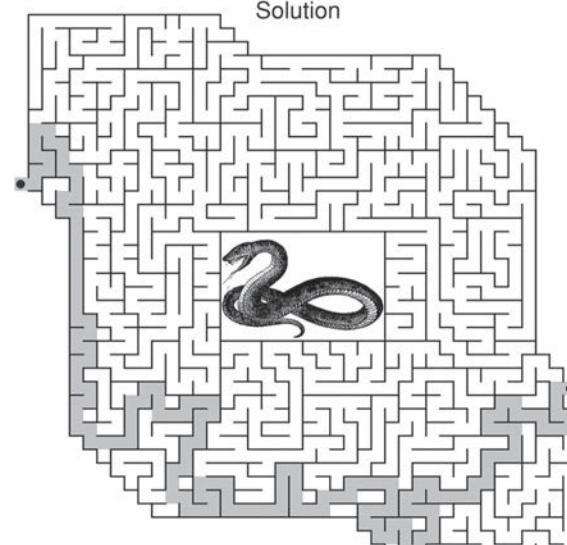


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Solution



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Answer

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

King Crossword


Answers

Solution time: 25 mins.

ASK	GOOF	HAF	T
LEI	OREO	ELBA	
BEE	BERNSTEIN		
ANVIL	TEE		
	TEMP	CRAMS	
EINSTEIN	ONIT		
ATE	STEEP	ERA	
SCAB	STEINWAY		
THREW	ARGO		
	SEA	STALK	
STEINBECK	TON		
POND	ETUI	OBI	
APSE	DARN	MOT	

Stickelers Answer

1) P+Q+R



Donna's Day: Creative family fun

by Donna Erickson

How do you like them apples?

Minnesotans think of themselves as not being particularly boastful. But fall is in the air, and one exception is when it comes to the humorous question "How do you like them apples?"

We love them, and we take pride in the fact that the popular Honeycrisp was developed in our state years ago. Now, the latest addition to this romance with new apple varieties is First Kiss. A child of the Honeycrisp family, and developed by the University of Minnesota, it was promoted as the "first kiss of autumn" at the Minnesota State Fair this summer. Eager to grab a taste, I stood in a long line at the apple booth to buy one. It was worth the wait. I took a bite and thought, "Whoa ... this IS an exceptional apple!"

Would friends and family agree? A First Kiss taste test with other favorite varieties would answer that question. So I put together this entertaining apple-tasting game.

First, I purchased six varieties of apples, both to compare with First Kiss and to match apple names with tastes. Cut into bite-size chunks, I set the apples on separate plates numbered 1 - 7. (I kept track on my hidden "answer key.") For reference, I listed the names of the seven apples in alphabetical order on a sheet for all to see.

To play, the "testers" wrote numbers 1 - 7 on an index card. They tasted samples on each plate and wrote what they thought was its correct name next to the corresponding number on the card.

For extra fun, I asked them to star their favorite.

This was a tough assignment! Even though the participants have been chomping on apples for years, comparing apples to apples revealed subtle differences – a challenge indeed! Not surprisingly, First Kiss was a hit.

You might want to do a similar "apple taste test" game using your family favorites and regional varieties to discover the apple of your eye. Then, get inspired and cut up additional apples for this refreshing Waldorf salad, a

tasty side to a fall meal. Mix crisp apple chunks with crunchy, healthy ingredients, and toss with a homemade dressing featuring a sweet hint of honey.

Waldorf Salad

- 2 cups crisp apples in chunks, unpeeled
- 1 cup diced celery
- 1/2 cup halved red grapes
- 1/2 cup toasted walnut pieces
- 1/4 cup raisins

Dressing:

- 1 tablespoon honey
 - 2 teaspoons lemon juice
 - 3 tablespoons mayonnaise
1. Lightly toss apples, celery, grapes, walnuts and raisins in a bowl.
 2. Whisk together dressing ingredients until smooth. Toss with salad ingredients. Serve chilled. Serves 4-6.

(c) 2018 Donna Erickson
Distributed by King Features Synd.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Creamed ham and eggs

Here's a breakfast that will stick to your ribs long into your busy day. Or it can be one of those breakfast dishes you can have for dinner.

- 1 (10 3/4-ounce) can Campbell's Healthy Request Cream of Mushroom Soup
- 1/3 cup Carnation nonfat dry milk powder
- 1/2 cup water
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried minced onion

- 1 1/2 cups (9 ounces) diced Dubuque 97 percent fat-free ham or any extra-lean ham
- 1 (2-ounce) jar chopped pimiento, drained
- 2 hard-boiled eggs, sliced
- 2 English muffins, split and toasted

1. In a large skillet sprayed with butter-flavored cooking spray, combine mushroom soup, dry milk powder and water. Stir in mushrooms, parsley flakes and onion. Add ham and pimiento. Mix well to combine.

2. Bring mixture to a boil. Gently stir in eggs. Lower heat and simmer for 2 to 3 minutes or until mixture is heated through, stirring often.

3. For each serving, place an English muffin half on a plate and spoon a full 3/4 cup sauce over top. Serves 4.

* Each serving equals: 213 calories, 5g fat, 19g protein, 23g carbs, 939mg sodium, 137mg calcium, 2g fiber; Diabetic Exchanges: 2 1/2 Protein, 1 1/2 Starch.

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Whatchamacallits

Before we had plastic tubs to store anything and everything, baskets were the way to go to handle everything from blueberries to bricks. Different civilizations around the world had their unique methods of creating baskets, but weaving was the mostly widely spread way to do it.

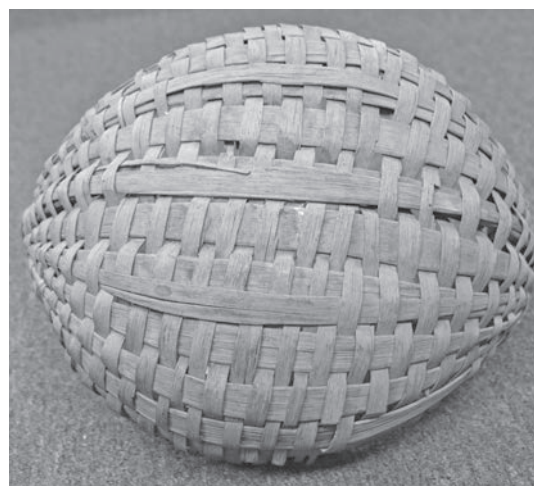
It is difficult to determine exactly how old the craft of basket weaving is, because the natural materials most commonly used – wood, grass and animal skins – decay constantly.

The oldest known baskets have been carbon dated to be somewhere between 10,000 and 12,000 years old. They were discovered in Faiyum in upper Egypt. These baskets are older than any established dates for pottery artifacts. The most common evidence of ear-



ly baskets actually ties into the history of pottery, as archaeologists have found imprints of the weave on fragments of clay pots, formed by packing clay on the walls of the basket and firing it in a kiln.

Basket weaving (also called basketry or basket making) is the process of weaving or sewing pliable materials into finished products. Anything that can bend and form a shape can be used to make a basket.



There are four main classifications of basketry, according to Catherine Erdly, author of "Basket Weaving." The first is "coiled" basketry, which uses grasses and rushes. The second is "plaiting" basketry,

which uses materials that are wide and braid-like, such as palms, yucca or New Zealand flax. Next is "twining" basketry which utilizes materials from roots and tree bark. (Twining refers to a weaving technique where two or more flexible weaving elements ("weavers") cross each other as they weave through the stiffer radial spokes.) Finally, there is "wicker" and "splint" basketry, which uses reed, cane, willow, oak and ash.

This basket is a fine example of twining basketry, as can be seen from the bottom view of the basket. Preserved properly and used carefully, a good basket can last a very long time to serve whatever purpose it is given, whether that be carrying goods or as a decorative piece in your home.

Do you have your own Whatchamacallit?

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

Learn how to carve a better pumpkin

Toothy grins and a mesmerizing orange glow help make jack-o'-lanterns captivating sights come Halloween. Pumpkin carving is an autumn tradition and runs the gamut of simple designs to more intricate artwork worthy of any medium. Although anyone can grab a pumpkin and get started, when done correctly, jack-o'-lantern designs can last for several days.

- Start with a fresh pumpkin. Look for pumpkins that have a thick, green stem. These usually are fresh and haven't been handled much. A thick stem also may indicate fleshier pumpkin walls that can be carved more easily. Avoid pumpkins that are soft or full of blemishes, or those that have dried, shriveled stems.
- Cut a hole in the back. Rather than impeding the

structural integrity of the pumpkin by cutting off the top and the stem for interior access, cut a hole in the back of the pumpkin. This will still make it easy to reach inside and clean out the pumpkin.

- Scoop out the pulp and seeds. Be sure to thoroughly clean the inside of the pumpkin. Leaving the pulpy, stringy matter and seeds inside can cause the pumpkin to rot that much faster and produce a foul odor. Scoopers, spoons and even hand shovels can help.

- Keep it cool. Heat can adversely affect carved pumpkins, so work in a

cool area and store the pumpkin in a cold garage or refrigerator if you need a few extra days before displaying it. Also, carving experts suggest using an electric light inside rather than a candle; by using a candle, you're essentially cooking the pumpkin from the inside.

- Work in your lap. When carving faces or intricate designs, looking down onto the pumpkin provides more control.

- Don't cut all the way through. Many pumpkin designers end up shaving or scraping off the outer rind of the pumpkin, but leave a delicate orange film underneath. Light

can still shine through, but the design will not collapse on itself as easily if you were to cut straight through the pumpkin wall. Experiment with different tools to achieve the desired look.

- Maintain the freshness. Rubbing exposed ar-

eas of the pumpkin flesh with petroleum jelly will help keep the pumpkin moist. Some designs will last for a few days. However, since pumpkins are highly perishable, it's wise to wait to carve until a day or two before putting a pumpkin on display.

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How to safeguard your vehicle from the elements

In a perfect world, all vehicle owners would be able to park their cars and trucks in garages. In such a world, automobiles would not be vulnerable to sun, storms and other natural elements that, over time, can contribute to wear and tear.

But many drivers cannot or choose not to park their cars in garages. Some are content to let their vehicles brave the elements, while others look for ways to protect their cars and trucks as much as possible. Drivers who count themselves among the latter group can take these simple steps to protect their cars and trucks from whatever Mother Nature has in store for them.

- Park in the shade. Parking in the shade can protect both the interior and exterior of a vehicle. Shaded areas protect upholstery and dashboards inside the car from sun-induced fading, while also limiting the damage sun can cause to exterior paint. Faded paint may hurt the resale value of a vehicle, prompting prospective buyers to walk away or at least wonder if a vehicle with a faded exterior was well maintained.

- Wash and wax. Washing and waxing a vehicle helps to minimize damage that's inevitable regardless of where drivers park their cars. Dirt and debris litter roadways, and over time cars can collect a large amount of these unwanted stow-aways. If dirt and debris are not removed, they can cause long-term damage to vehicle exteriors. Washing and waxing a car can ensure its exterior looks good and reduce the likelihood of rust and other corrosion from occurring.

- Don't write off bird droppings. Some drivers, especially those who do not park their cars and trucks in garages, may write off bird droppings as an annoying yet harmless side effect of vehicle ownership. However, bird droppings are acidic and, if left to their unsightly devices, can cause permanent damage to vehicle paint. Tree sap is an equally formidable foe, potentially causing

scratching because it can be very difficult to remove without spreading. Specially formulated sprays can help drivers remove bird droppings and sap from their vehicles.

- Employ a car cover. Drivers who have garages but use them to store things other than their vehicles can use car covers when parking their

cars in their driveways. Covers protect cars from the elements and can be quickly and easily removed.

Nature can be harsh on vehicles. Protecting automobiles from the elements should be a priority for drivers, especially those who do not park their cars and trucks in garages.



Protecting automobiles from the elements should be a priority for drivers.

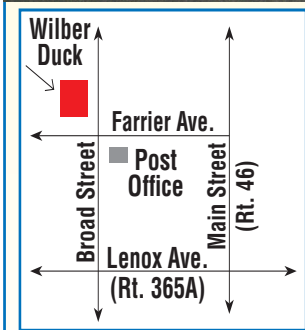
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How to recognize potential brake problems

Maintaining a vehicle is more than just a way to protect one's financial investment. Vehicle maintenance can protect against accidents and make the

road safer for drivers and their passengers as well as their fellow motorists.

Fully functioning brakes are an important component of automotive

safety. In its 2015 Crash Stats report, the National Highway Traffic Safety Administration said that brake-related problems accounted for 22 percent



Drivers must address symptoms of a faulty braking system early on to reduce their risk of accidents.

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of crashes where vehicular failure was cited as the cause of the collision. Bad brakes are particularly notorious for rear-end collisions. Faulty, worn brake lines, antilock brake system malfunctions and worn brake pads and discs are some potential brake problems.

It is important that motorists learn to recognize the first symptoms of brake trouble so they can address issues before they put drivers, their passengers and other motorists at risk of accident or injury.

- Unusual noises: Screeching, grinding, rub-

bing and high-pitched sounds are common indicators that brake pads, rotors and other parts of the braking system need attention. Worn pads can cause damage to other vehicle parts, resulting in more expensive repairs if they're not addressed promptly.

- Pulling: If the car pulls to one side when applying the brakes, this may indicate brake pad linings are wearing down unevenly. A brake adjustment may be necessary. Pulling also may be indicative of an object or debris caught in the brake fluid.
- Less responsive: If

when pressing on the brake pedal the brakes just do not seem to be as effective as they once were, or it is necessary to press the pedal harder for the brakes to engage, there may be a brake fluid leak or an air leak. Check under the vehicle to see if any fluids are pooling.

- Pungent odors: Firestone Tire Company says a burning smell may be indicative of worn out brake pads and friction on the tires. Each of these issues require immediate attention.

- Vibrations: Certain vibrations may indicate brake issues. Rotors can become warped from metal-on-metal rubbing, potentially leading to a failure of the vehicle to brake properly. Vibrations also may indicate tires are misaligned. These problems can be properly assessed by a trained mechanic.

Keeping brakes in good working order helps drivers stop more readily and avoid collisions.

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Three tips to drive more efficiently

Unlicensed drivers learning to drive are often taught the benefits of defensive driving. Safety is often the focus of such lessons, but the benefits of driving safely and efficiently extend far beyond safety.

According to the U.S. Department of Energy, aggressive driving can lower gas mileage by roughly 15 to 30 percent at highway speeds. In addition, a 2017 study from researchers at the DOE's Oak Ridge National Laboratory found that aggressive driving can contribute to a reduce fuel efficiency by as much as 40 percent in stop-and-go traffic.

Speeding as well as rapid acceleration and braking are hallmarks of aggressive driving, and each of these habits puts drivers, their passengers and other motorists at risk of accident and injury. By taking these steps to drive more efficiently, drivers can save money and potentially even lives.

1. Avoid rooftop cargo.

Rooftop cargo units can be beneficial for family vacations or other extended getaways. But using rooftop cargo boxes as traveling storage units for items you don't need on a daily basis or simply keeping empty units attached to vehicle roofs compromises fuel efficiency. Rooftop cargo bins increase the aerodynamic drag on vehicles, forcing them to burn more fuel than they would need to burn while moving without anything attached to the roof. DOE estimates suggest that large, blunt rooftop cargo boxes can reduce fuel efficiency by as much as 25 percent when a vehicle is moving at speeds be-

tween 65 and 75 miles per hour.

2. Don't treat your trunk like a closet.

Trunks are not closets, so resist the temptation to use them to store golf clubs and other items that are better stored in a house or garage. Research has indicated that an extra 100 pounds in a vehicle can reduce gas mileage by about 1 percent. Because that figure is based on the percentage of extra weight relative to the vehicle's weight, drivers of small vehicles may find using their trunks as closets to be especially costly and inefficient.

3. Use cruise control when possible.

Cruise control makes it possible for vehicles to maintain constant speeds. That helps drivers ensure they are always obeying the speed limit, and it keeps cars



Efficient driving is safe, cost-effective and eco-friendly.

from the constant acceleration and deceleration that wastes fuel.

Efficient driving is safe, cost-effective and eco-friendly. With some simple strategies, drivers can do their part to protect the planet and make roads safer, all while saving money.

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Cooper Country grand opening

by Michael Wren

RICHFIELD SPRINGS – Sept. 28 marked the beginning of the two day long grand opening of Cooper Country at the intersection of Route 20 and Route 28 in Richfield Springs. The new auto dealership will be located at the former Skinner & Damulis dealership. Skinner & Damulis served the local area since their opening in 1945. The Cooper Group has also been in operation for over 60 years. Marie Skinner Guerra, former owner of Skinner & Damulis, is staying on to assure a smooth transition from Skinner & Damulis to Cooper Country.

“We were ecstatic about the opportunity to blend our energy and excitement for the car buying experience with the legacy of fantastic customer service that Skinner & Damulis has cultivated for over 75 years,” said Ben Cooper, owner.

Cooper is planning on a nice transition from one long term family company to another and plans to serve the community in the same way. Cooper Coun-

try hopes to add roughly a dozen jobs over the next few years as well as one day building another structure for the dealership. Cooper Country carries Ford, Chrysler, Dodge, Jeep and Ram.

The family-oriented festival included a bounce house, face painting, slides and train rides around the lot. Families from all over came out for a day or two of fun and prizes. Prizes included 50” flat screen televisions, Amazon Echo Dots, Jeep and F-150 Power Wheels and gift cards. The Utica Zoo came with a mobile petting zoo on Saturday. A car show was also present both days. Food and drink was provided by food trucks and free coffee was offered by the Utica Coffee Roasting Company. Both days featured rides in the monster truck “The Raminator” and also included a car crush on Saturday.

For more information on Cooper Country you can stop by the dealership at 3144 U.S. 20 in Richfield Springs or online at cooperjeep.com and mycooperford.com .



Owner Benjamin Cooper stands alongside his sales team including Dan Greer, Justin Maggolino, Cory Grogan and Kevin Royce.



“The Raminator” could be seen throughout the event giving rides to attendees and crushing cars on Saturday.



The car show was fun for all attendees. Dan Horning displayed his classic Chevrolet.



The ribbon cutting ceremony was at 3 p.m. on Friday. Present were Mike Bass, Mark Maxon, Mark Cioch, Benjamin Cooper, Barbara Ann Heegan, Marie Guerra and Lea Guerra Ruiz.

Photos by Michael Wren

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VHS Resident Assistants complete Feeding Assistant Training Program

HERKIMER – Congratulations to the Resident Assistants (RA) who graduated recently from the third Feeding Assistant Training Program held at Valley Health Services (VHS) and earned their new title of Resident Assistant II. A New York State approved program, the Feeding Assistant Training Program is a 21-hour program offered to our Resident Assistants and provides them with training regarding assisting with eating and hydration, safe feeding techniques, the importance of socialization and much more. The overall goal of the program is always to deliver quality of care and improved quality of life for our residents.



Pictured (L-R) are: Front row: Maria Lazzuri, Raelynn Christman, Lindsey Johnson, Clarinda Luppino, Erica Phillips and Noel Webb. Back row: Tammi King, Instructor, Sydney Brelinsky, Natasha Cool, Christina Boepple, Sherry Maine, Sara LeClair, Chet Winters, Asst. Instructor and Cindy Kennedy.

Photo courtesy of Valley Health Services

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Birds of Prey presentation at HCCC

by Daniel Baldwin

Cynthia Page has over 30 years of experience training and rehabilitating birds and other animals, according to pagewildlife-center.com. She has her own wildlife center, Page Wildlife Center, in Manlius, and she has also hosted over 100 bird presentations, titled "Birds of Prey," throughout New York State this year.

Page was at Herkimer College on Sept. 29 during the Herkimer Fall Fest and Alumni Weekend to do one of those presentations and show the college's staff, alumni, students and other local residents the birds she is nursing at her wildlife center.

"They [the HCCC staff] asked me to do this," Page said, "and this is a wonderful way for me to show and share the animals. It's particularly rewarding for me to give presentations to young people at the college level."

The eagle owl, turkey vulture and barn owl are a few of many birds that Page showed at this pres-

entation. All of these birds are at the top of the food chain and feast on insects, mice and other small animals. Page said that it is important for these birds to exist and play their role in the food chain so that they can prevent the overpopulation of mice and other small species.

"A great deal of what I would like people to leave with is a deeper appreciation for these wonderful birds of prey – their role in the environment, and how important they are to our ecosystem," Page said.

But the important message that Page gave at the end of the class was to not take any outdoor creature home and raise it like a pet. It does not matter if it is a small, cute rabbit or a toad covered in dirt. Just leave it out in the wild. According to Page, the risk of an outdoor animal becoming sick or dying increases when a person takes it home. It does not matter how well you raise or feed it.

At the wildlife center in Manlius, Page and the rest of her staff only take care

of the birds and animals that are unable to walk, fly or survive in the wilderness due to illness or injury. Once these animals are healed, Page releases them back into the wild.

"We take care of everything," Page said. "We have squirrels, fawns and a lot of deer. Every time we can release them, we do. That's our mission statement."

Page said she has a strong love of birds, and

her love for these species encouraged her to learn more about them and save them.

"When they learn about things and love them," Page said, "they surround themselves with the passion of it, and they love to dive into it deeper and be doing it for lots of parts of the day."

As much as she loves learning about and saving birds, she also loves traveling to different col-

leges and sharing her bird knowledge with students, staff, children and

the elderly. "I love this group of people and this audience," she said.



Wildlife Rehabilitator Cynthia Page was at Herkimer College Sept. 29 to give a presentation and show the local residents her birds of prey.

Photos by Daniel Baldwin



Page's take-home message was to never take home a wild creature and raise it as a pet.



Page brought a variety of birds including this turkey vulture for her demonstration.

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Gourds, squashes and pumpkins, oh my!

Halloween takes place during a time of year characterized by earthen-colored chrysanthemums, leaf-lined walkways and crisp autumn air. As colorful as the costumes children wear for trick-or-treating may be, nature's beauty is unsurpassed this time of year, and the scores of pumpkins, gourds and squashes on display only add to that colorful melange.

The Cucurbitaceae family may be best known for pumpkins, squash and gourds, but there actually are 800 species that belong to this family. While they share many of the same properties, these fruits each have their own unique attributes.

The main differences between squashes, gourds and pumpkins is their intended purposes — whether they're ornamental or edible.

Squash

Squashes come in summer and winter varieties. Winter ones do not actually grow in the winter; in fact, they're harvested in late summer and early fall, but the name references the hard shell casing that protects the tender pulp inside. Zucchini are summer squash because their outer flesh is tender, while butternut, acorn, spaghetti, and hubbard squashes are winter squashes because they feature a tough skin. Even though it takes some effort to crack that shell, the dense, nutrient-rich flesh inside is well worth the workout.

Gourds

Gourds are essentially ornamental squashes; they aren't cultivated for eating. Instead they are bred to look beautiful and unique in autumn centerpieces. Types of gourds

include autumn wing gourd, warted gourds, turban gourds, and bottle gourds. Each gourd is unique in its shape and color.

Pumpkins

Pumpkins come in ornamental and edible varieties. Even though all pumpkins can be consumed, some taste better

than others. Small pumpkins tend to be decorative because, according to Nutritious Life, they do not have enough meat inside to make them worthy

of cooking. However, sugar pumpkins are best for baking and cooking favorite recipes, states the resource Pumpkin Nook.



The festive hues and flavors of squashes, gourds and pumpkins are one more thing that makes Halloween and autumn special.

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Molly is continuing the SHINE Program throughout Fulton, Herkimer and Montgomery Counties to improve senior health and nutrition education!

This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP).
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East Herkimer Fire Department 5K Race

by Daniel Baldwin

The volunteer firefighters at the East Herkimer Fire Department devote time out of their busy schedules to save lives and put out fires, but this sort of work cannot be done without the use of fire trucks and hoses. According to Department Captain Josh Leone, he and the rest of his crew have to put fundraisers together to help pay for the essential equipment

they need.

"There is money that is budgeted for the fire department," Leone said, "but our fundraising is crucial for extra stuff. We might need it for buying new equipment. When we fundraise, it's just less that we have to ask the taxpayers for."

Throughout the year the department hosts a few chicken barbecues, but their most important fundraising event has be-

come the East Herkimer 5K race, which occurred on Sept. 29. This is the second year that the department has put this five kilometer, or 3.1-mile, race together.

"Definitely this is one of the biggest fundraisers for the fire department," Leone said. "Last year was a huge success, so we're going to continue to do it. We had 34 runners last year, and I believe we're up to 42, so it's already bigger."

The race started and finished on Palisades Street alongside the East Herkimer Fire Station. Herkimer Police officer Matt Wright won the race, while Katelyn Rhymestine was the highest finishing female.

"It's a good flat course," Rhymestine said, "and you can't beat the weather. It's a good day. I had to come back because last year I was the first female, so I had to keep up my reputation. We appreciate it because I know what it takes to put on a race, and there's a lot of work behind it, but it's good to come out and support them because



More than 40 racers participated in this year's East Herkimer 5k run.

they are always supporting the community."

Wright ran in a lot of races in the past years, but he said that this 5K race was a bit more challenging than any other race he finished.

"It's challenging," Wright said. "The course has got some hills, but it's also fast. I know Josh. He's a good friend, and I wanted to help him out by supporting the fire department. It's a great cause, and the fire department needs help. I love all the members of the East Herkimer Fire

Department. They're hardworking people, and they do a great job."

Leone said that autumn was the perfect time to put this race together. The fire department did not want to compete against the Utica Boilermaker and other local road races, which take place during the summer.

"There are a whole bunch of races during the summertime," Leone said. "People are going away to camp. I chose fall time because more people are back home not going to camp, and there's not

a whole bunch of races. Between June and the end of August there's a 5K every weekend."

Leone himself ran in a number of 5K races. He loved running in these sorts of races, which inspired him to create his own race to benefit the fire department.

"I ran a whole bunch of 5Ks," Leone said. "I love doing them, and I just saw that as an opportunity because it's something that a lot of people like to do. We have a nice area to do it in, and it's fun for the community."



East Herkimer Dept. Captain Josh Leone and the rest of his firefighting crew put this 5k race together so that they can raise the funds to purchase necessary equipment.

Photos by Daniel Baldwin

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A guide to safely removing fallen leaves

Raking leaves is a chore many people immediately associate with autumn. Even though raking seems like a simple activity, it's still possible to be injured while removing leaves from the yard.

The University of Pittsburgh Medical Center advises that pain from outdoor leaf chores can range from strained back muscles to twisted knees. Blisters on the hands and sunburn are other potential side effects. Many people do not realize that raking is a thorough cardiovascular workout. Individuals at risk for cardiovascular disease or those who have recovered from surgery may not be well enough to rake leaves.

Here's how to make autumn leaf removal more of a breeze when the job is done safely.

- Pay attention when using a leaf blower. Be cautious not to point an operational blower in the direction of people or pets, as debris can be blown about and cause injury.

- Stretch out before raking leaves.

Warm up muscles beforehand so they are less likely to cramp. UPMC experts suggest taking a short walk prior to raking to stimulate circulation.

- Use proper raking form. Much like snow shoveling, one should emphasize proper posture when raking, with legs slightly bent and weight distributed evenly. Hold the rake handle close to the body and keep one hand near the top of the rake for better leverage.

- Use the proper gear. A leaf rake fans out like a triangle and comes in various widths. Choose a lightweight material that can be easily maneuvered. A metal rake is for stones and dirt and shouldn't be used for leaves. To get between bushes, a smaller version of a leaf rake, called a shrub rake, should be used.

- Wear protective gear. When raking or leaf blowing, protect your eyes against debris. You also may want to use a mask to prevent inhalation of leaf mold and other particulates. Gloves can protect hands from blisters.

- Follow manufacturers' directions. Read the instructions for powered leaf blowers, and never modify the device in an unauthorized way.

- Use a tarp and lift wisely. Rake leaves onto a tarp that can be dragged to a garbage pail or to the curb for municipal pick up. For those who must lift bags of leaves, do so by bending at the knees, not from the waist.

- Wear sunscreen. Protect skin from the sun. Even though temperatures are cooler in the fall, this does not mean the sun's rays are any less harmful. Also, take breaks to rehydrate frequently.

- Use a secure ladder. When removing leaves from gutters, be sure the ladder is sturdy and secure. Consider having a friend serve as a spotter, holding on to the ladder to offer greater security. Do not overextend to stretch for leaves.

If at any time during leaf clean-up you feel sharp or dull, incessant pains, stop working. Listen to your body's signals and start the task anew the next day or when you feel better.



Autumn leaf removal is more of a breeze when the job is done safely.

Laporta named VHS' Employee of the Quarter

LaPorta is VHS' employee of second quarter of 2018

HERKIMER, NY – Stephen LaPorta has been named as Valley Health Services' Employee of the Second Quarter 2018. LaPorta joined VHS on April 16, 2007 as a Dietary Aide. His colleagues attribute his success on the job to his desire to step out of his comfort zone and take on new tasks so that he can continue to learn and grow in his career with VHS.

One of the areas that LaPorta re-

ally enjoys is working with BOCES students to give them hands-on career experience in the Dietary Department. He says, he has a 14-year old son himself and working with the students remind him of being with his son and teaching him things that he would need to know as he moves forward in a career field. LaPorta says he really enjoys the variation of tasks each day.

LaPorta says that he has indicat-

ed to his supervisor that he wants to be cross-trained in a lot of different areas so that he can effectively assist where needed. LaPorta's colleagues say that he has proven to be an asset to the facility through his daily dedication to his job, fellow co-workers and residents. LaPorta states, "I enjoy working to the best of my ability and keeping as positive an attitude as I can." LaPorta resides in Herkimer.



Stephen LaPorta has been named as Valley Health Services' Employee of the Second Quarter 2018.

Photo courtesy of Valley Health Services

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Mohawk Valley Rotary welcomed Ginger Reed of Melky's Place

HERKIMER – The Mohawk Valley Rotary welcomed guest speaker Ginger Reed, owner of Melky's Place in Mohawk, on July 31. Reed joined the meeting to discuss guidelines for rescuers and rescue organizations. Reed's mission is to educate people on birds and bird care, and provide information on adoption forms and relinquish forms. Reed also stated "we are always looking for donations of newspapers, sheets,

parrot food or clothespins." Any donation to Melky's place will be used for medical help, training, food or supplies and go directly to the organization.

Melky's Place collaborates with local group Pause 4 All Paws Rescue and is a not-for-profit 501(c)3 animal rescue group, which is an all-volunteer organization based out of Herkimer County. For more information call Melky's Place at 315.866.2172.



Right — Rotarian Rocco Lamanna (L-R), Club President Elyse Enea Bellows, Tony Vennera, Cindy Bennett, Ginger Reed and front row: Bonny Brownrigg.

Photo courtesy of Mohawk Valley Rotary

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How to prepare your lawn and garden for winter

Winter weather can be harsh. Homeowners who spend much of the year tending to their lawns and gardens may worry that winter will undo all of their hard work. Though homeowners cannot do anything to prevent snow, wind and ice from affecting their properties, they can take various steps to prepare their lawns and gardens for whatever winter has in store.

- **Mulch leaves.** Falling leaves are a telltale sign that winter is coming. In lieu of raking leaves as they begin to fall, homeowners can mulch them into their lawns. Scotts®, an industry leader in lawn care, notes that mulching leaves is a great way for homeowners to recycle a natural resource and enrich the soil of their lawns. While it might not be possible to mulch fallen leaves in late autumn when they begin to fall en masse, doing so in the early stages of fall should be possible so long as the lawn is not being suffocated. Scotts® recommends mulching the leaves to dime-size pieces to a point where half an inch of grass can be seen through the mulched leaf layer.

- **Rake leaves** as they start to fall more heavily. Once leaves begin to fall more heavily, rake them up and add them to compost piles. The resource Gardening-KnowHow.com notes composting leaves creates a dark, rich and organic matter that can add nutrients to garden soil and loosen compacted earth. Leaving

leaves on the lawn once they start to fall in great numbers makes it hard for grass blades to breathe, and the leaves can block moisture from reaching the soil, which needs water to maintain strong roots. In addition, potentially harmful pathogens can breed on damp leaves left on a lawn, and such bacteria can cause significant damage to the turf over time.

- **Apply a winterizing fertilizer.** Winterizing fertilizers can help lawns store food they need to survive through winter and also can help them bounce back strong in spring. Such fertilizers are typically formulated for cool-season grasses such as fescue and bluegrass and are often best applied after the final cut of fall. Warm-season grasses go dormant in winter, so homeowners whose lawns contain these types of grasses won't want to apply a winterizing fertilizer. Homeowners who don't know which type of grass they have or are concerned about when to apply a winterizing fertilizer should consult with a lawn care professional before fertilizing.

- **Remove annuals** from the garden. Annuals won't be coming back in spring, so it's best to remove ones that are no longer producing from the garden before the arrival of winter. Doing so can prevent the onset of fungal diseases that may adversely affect the garden in spring.



Fall is the perfect time for homeowners who spend months making their lawns and gardens as lush as possible to take steps to prepare such areas for potentially harsh winter weather.



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PRESENT COUPON UPON SALE

Mt. Markham battles Canastota on senior night

by Courtney Llewellyn

WEST WINFIELD – Field hockey has been a popular sport for the Mt. Markham Central School District for a while, and it was evident the night of Wednesday, Oct. 3, when the varsity Lady Mustangs lined up on the pitch across from the visiting Canastota Red Raiders. The blue and white outnumbered the red and black by at least half a dozen players.

Despite the size of the team, there were only two senior players

that were honored in a pregame ceremony to celebrate their last season: #16, Hannah Lee, and #20, Gabby Lewosko.

The sides seemed evenly matched through the first 30-minute half, each team making three strong drives on goal while simultaneously dealing with sometimes very heavy fog that would roll in and then retreat from the corn fields surrounding Mustang Stadium.

Both teams remained scoreless

after 60 minutes of regulation play, and so they went into a seven-on-seven sudden death overtime period of 10 minutes. Canastota charged hard in the first two minutes and didn't let up, eventually taking advantage of an open goal to win the game with 5:41 left on the clock. The Lady Mustangs had a record of 3-8 on the season, with five games left in the season. Their last match will be at Holland Patent at 10 a.m. on Oct. 13.



Senior Gabby Lewosko (#20) provides back-up during Mt. Markham's senior night game against Canastota.

Photo by Courtney Llewellyn

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

October dates

Pierogi Sale. Oct. 19, 20, 26 and 27 18. Fridays 11 a.m. to 1 p.m. Saturdays 9:30 a.m. to 2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$8 dozen.

Now-Oct. 13

Rummage Sale and Bake Sale. Oct 11-13. 9 a.m. - 5 p.m. Thursday, Friday and Saturday. Cold Brook United Methodist Church, 467 Main St. (Rt. 8), Cold Brook.

Oct. 13

Mohawk Valley Rotary Club Presents A Five-Course Food & Beer Paring. 6:30 - 9 p.m. Elks Lodge, 124 Mary St. Herkimer. Tickets can be purchased online at www.facebook.com/MohawkValleyRotaryDistrict7150 or at the Herkimer Elk's Lodge, 124 Mary Street, Herkimer. For more information, contact Club President Elyse Enea Bellows at eneaelyse@gmail.com.

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. Oct 17 18. 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. 18-20

Annual Fall Rummage Sale. Thursday 9 a.m. - 4 p.m.; Friday 19 9 a.m. - 4 p.m.; and Oct. 20 9 a.m. - noon. Herkimer Reformed Church, 102 Church Street, Herkimer.

Oct. 18

Chicken Schnitzel Dinner. Oct 18 18. 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.

Harvest Supper. Middleville United Methodist Church, Route 29, Middleville. 4 - ? p.m. Roast dinner and all the trimmings. Homemade pies. Adults \$9. Under 12 \$4.50. Under 5 free. Take outs available.

Little Falls Zombi Run. Proceeds benefit Sitrin Military Rehabilitation Program. 5 p.m. West Shore Road, Little Falls, before Canal Trail. Register online at SITRIN.COM/ZOBIERUN.

Mohawk Valley Oktoberfest VR. 5-8 p.m. 590 E. Main St., Little Falls, NY. \$2 for five minutes.

Oct. 20

Roast Beef Dinner Buffet. Poland Firehouse, 216 Main St. (Route 8), Cold Brook. Annual Poland Vol. Fire Co. Auxiliary Dinner. Served 'Buffet Style.' Beverage & dessert included with dinner. Firehouse is handicap accessible. For Take-Outs, Call 315.826.7141.

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

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.

Kuyahoor Valley Rotary Club Tool Box Bash. 6:30 p.m. The Miner's Table 4579 State Route 28, Herkimer. \$40/person or \$75/couple. Proceeds to help Habitat for Humanity to rebuild a home in the Kuyahoor Valley, by purchasing some of the materials for the project. More info and purchase Tickets at www.kuyahoorvalleyrotary.org.

Oct. 20-21

Utica Zoo's 32nd annual Spooktacular Harvest Festival. 11 a.m. - 5 p.m. Utica Zoo will open at 11 a.m. both days. Utica Zoo Members are \$6 for adults and \$3 for children. Not-yet-members are \$10 for adults and \$6 for children. For updated information on, please visit uticazoo.org/spooktacular. All proceeds from the event benefit the animals of the Utica Zoo. For updated information on Utica Zoo's 32nd annual Spooktacular Harvest Festival fundraising event, please visit uticazoo.org/spooktacular. All proceeds from the event benefit the animals of the Utica Zoo.

Oct. 27

Golumbki Sale. 9:30 a.m. - 2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Golumbki sell for \$26 dozen; \$13 half dozen.

Nov 3

Christmas Carousel. 9 a.m. - 3 p.m. Morning Star Methodist Church, 36 Second St., Ilion. This annual event features vendors, bake sale, Chinese auction, ready made gifts, luncheon and time for a visit and take pictures with Santa.

2018 Rabies Clinic Vaccination Schedule. 10 a.m - 12 p.m. East Herkimer Fire Department 193 Main Rd. East Herkimer. Pre-register by calling 315.867.1176

Good Housekeeping

Touchdown Teriyaki Chicken Wings

- 1/2 cup sesame seeds
- 1 cup soy sauce
- 1 cup grapefruit juice
- 1/4 cup hoisin sauce
- 1/4 cup ketchup
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar
- 5 cloves garlic
- 3 tablespoons ginger
- 4 pounds chicken wings

1. Whisk together all ingredients except chicken. Place chicken wings in a large zip-top food storage bag. Pour marinade over wings, seal bag and turn to coat evenly. Refrigerate at least 2 hours, or up to overnight.

2. Heat grill to medium-high. Remove chicken wings and discard marinade. Grill 8 to 10 minutes per side, turning occasionally, until golden brown and cooked through.

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

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Did you know?

The United States and Canada have two of the lowest minimum age driving requirements in the world. Minimum driving age requirements vary by the state and province in the United States and Canada, respectively. However, in many areas of the United States, drivers can begin driving with a learner's permit around the age of 14 (drivers with learner's permits often must be accompanied by fully licensed drivers), while the minimum driving age in most Canadian provinces is 16 (it is 14 in Alberta).

Throughout much of Africa, including in countries such as Egypt, Kenya and Morocco, the

minimum driving age is 18. The Central American countries of Costa Rica, Honduras and Nicaragua also make young people wait until the age of 18 before they can get behind the wheel. Much of South America is the same, with only Argentina (17) and Chile (17 with parental approval) allowing young people to drive before they turn 18. Many countries in Asia, including China (18), India (18 for cars, 16 for gearless bikes under 50 cc) and Japan (18 for cars and motorcycles over 401 cc), also have higher minimum age driving requirements than the United States and Canada.

Country Editor

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 - 975 Rentals
 - 980 Restaurant Supplies
 - 1040 Services Offered
 - 1075 Snowblowers
 - 1080 Snowmobiles
 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
 - 1165 Trees
 - 1170 Truck Parts & Equipment
 - 1180 Trucks
 - 1187 Vacuum
 - 1190 Vegetable
 - 1200 Veterinary
 - 1205 Wanted

Announcements

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Announcements

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Appliances

18.2 CUBIC FT. GE REFRIDGERATOR, \$85.00; Whirlpool washer, \$175.00; 8hp 2-stage Simplicity snowblower, \$150.00. 315-823-0672

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 Morning Worship 11 AM

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 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

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 Worship 9:30 AM
 Sunday School 11 AM
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 Tuesday 11-12:30 PM
 Thursday 11:30-12:30 PM
 Shepherd's Table Dinner:
 First & Third Tuesday 6 PM

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 300 N. Main St.
 Church Office (315) 866-0551
 Email: christchurchherkimer@gmail.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

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 Phone: (315) 894-3775
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 Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
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 Church Service 10:30am
 315-894-2070

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 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.presbylif.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.
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 Email mohawkpastor@verizon.net
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 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.
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 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
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 Pastor's Phone 315-790-1877
 Sunday Worship at 9:45am

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

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

ST. JOHN THE BAPTIST CATHOLIC CHURCH
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 Sunday Mass 8 AM

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Jeff Paxton to talk about when railroads ran through Syracuse

Jeff Paxton of the Central New York Chapter of the National Railway Historical Society will put on a program about the days when the railroads ran through the streets of the City of Syracuse, NY for the October meeting of the Utica and Mohawk Valley Chapter of the National Railway Historical Society.

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, Oct. 12 at the Zion Lutheran Church on the corners of French and Burrstone Roads in the Town of New Hartford, NY at 7 p.m. There will be a business portion con-

ducted by President Harry Lenz with reports on the repair of New York Central System steam switcher 6721, the Adirondack Scenic Railroad, the Central New York Chapter's Model Train Show at the New York State Fairgrounds, Christmas on Main Street in November, the exhibit at the Children's Museum along with any other activities and projects ahead for us in the coming months and weeks.

After the break, Jeff Paxton of the Central New York Chapter of the NRHS will have a program about the days when the railroads ran through the

streets of the City of Syracuse, NY. The program will be about the days when both the New York Central System and the Delaware, Lackawanna and Western ran through the streets of Syracuse until the tracks were realigned with the bridges handling most of the passenger trains of both railroads. The former New York Central line is now Interstate 690 that connects with Interstate Highway 81. This program will feature plenty of features of the days when steam passenger trains ran throughout the city of Syracuse. The program will cover what is left from the days when them trains

rolled through Syracuse, Onondaga County, the Central New York Region and railroad history. We invite members attending our meeting the opportunity to become regular members of the Utica and Mohawk Valley Chapter of the National Railway Historical Society. We would also like to invite all active and retired railroad employees the opportunity to come to our meeting to see what the Utica and Mohawk Valley Chapter of the NRHS is all about.

For more information, contact Bradford Paulson at 315.327.8653 or 315.853.5400 or at Bpaulson909@msn.com

Good Housekeeping

Flounder Pesto Roll-ups

Fresh fish fillets are spread with store-bought pesto and baked with white wine and plum tomatoes for a simply satisfying meal.

4 (about 6 ounces each) flounder fillets
8 teaspoons refrigerated basil pesto
1/4 teaspoon salt
1/4 cup dry white wine

4 plum tomatoes, chopped
1/4 cup loosely packed fresh parsley leaves, chopped

1. Heat oven to 400°F. Place fillets, skinned side down, on work surface. Spread 2 teaspoons pesto on each fillet; sprinkle with salt. Starting at narrow end of each fillet, roll up jelly-roll fashion. Place roll-ups, seam side down, in an 8- by 8-inch glass baking dish.

2. Pour wine over fillets and top with tomatoes. Cover dish and bake 20 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley to serve. Serves 4.

* Each serving: About 205 calories, 6g total fat (1g saturated), 76mg cholesterol, 335mg sodium, 5g total carbohydrate, 1g dietary fiber, 31g protein.

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

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R.F.D.



by Mike Marland

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To Your Good Health

by Keith Roach, M.D.

CT scan vs. stress test

Dear Dr. Roach: Have you heard of the 64-slice test for your heart? Would you recommend it instead of a stress test? – D.F.

Answer: You're asking about a CT scan of the heart. The use of multiple detectors allows the CT scan to get a very high-resolution picture of the heart very quickly. Modern 64-slice detectors can construct an entire 3-D image of the heart in five seconds under optimal conditions. The scan is excellent at detecting calcium in the arteries, which is imperfectly correlated with blockages in the arteries. However, by

adding intravenous dye, blockages in the arteries can be detected with accuracy approaching that of a cardiac angiogram. Thus, for the diagnosis of coronary artery disease, a heart CT scan can provide information similar to a stress test.

However, a stress test gives information not only on anatomy, such as blockages, but on physiology as well. By measuring the amount of time someone can exercise, and the response of the heart rate to that exercise, the cardiologist can gain useful prognostic information, which is impossible to glean from an anatomic test like a CT scan or even a cardiac

catheterization and angiogram. The two tests are complementary, and we often obtain both. So, it really depends on the goals of the stress test as to which is preferred.

Dear Dr. Roach: I have breast cancer that has metastasized to my bones. I know that there have been great strides in curing cancer at the original site but there doesn't seem to be any work done to help when it has spread. Are you aware of any? I am 87 years old. – L.L.

Answer: Once breast

cancer – and indeed, most cancers – has spread beyond its original location (metastasized), it becomes much more difficult to cure. However, there have been significant improvements in the treatment of metastatic breast cancer. Cure might not be possible, but a good quality of life for months or years is possible (half of women with metastatic breast cancer will live longer than two years). The exact treatment depends on the pathology and recep-

tor status of the cancer, and a plan needs to be individualized by an experienced oncologist.

Dear Dr. Roach: I normally go to the dermatologist once a year to get a skin check and follow up on some moles I had removed. Now the office recommends that I go every three months. What gives? – F.M.

Answer: I'm guessing your dermatologist is keeping a close eye on something he or she doesn't like but isn't quite worried enough to do a

biopsy. I don't want to second-guess your dermatologist. When you go back, ask and find out. If you really dislike going so often – perhaps because of copayments, inconvenience or having to take time away from work or family – tell him or her so that you both can work toward a plan that is easiest for you but still allows the dermatologist to keep you free from skin cancer or other problems.

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top ten

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2. Dogs
3. Goats
4. Rats
5. Horses
6. Fish (saltwater)
7. Rabbits
8. Cattle
- (tie) Sheep
10. Guinea pigs

Source:
RightPet



Community for a Cure

We Stand Together in the Fight Against Breast Cancer!

Medical experts agree that early detection is a woman's best defense in overcoming breast cancer. In fact, the National Breast Cancer Foundation reports that when breast cancer is detected in the early, localized stage, the five-year survival rate is 98 percent. The organization encourages every woman to develop an early detection plan consisting of breast self-exams, clinical breast exams and mammograms based on age and health history. To learn how to perform a monthly breast self-exam, go to www.nationalbreastcancer.org or ask your healthcare professional. A family physician or gynecologist should perform a clinical breast exam as part of an annual visit, and can advise women on the frequency of mammography scheduling.



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Herkimer County Public Health Announces

National Annual Lead Poisoning Prevention Week ~ October 22-26

At one and two, testing for lead is what we do.

Here's what you should know.



What is lead poisoning?

A child can get lead poisoning by swallowing or breathing in lead. Often, lead poisoning is caused by lead you can't even see. Dust from lead paint is still the number one source of childhood lead poisoning.

Lead poisoning can cause problems with a child's growth, behavior, and ability to learn. Lead can also harm babies before they're born. If you're planning to have a baby, it's important to protect yourself from lead now. Ask your healthcare provider to test your lead level with your routine labs.

What is lead?

Lead is a metal found in the earth, and it is a poison. For years, lead was used in paint, gasoline, plumbing and many other items. Lead can still be found in some products sold today. As these things are used or get worn out, the lead they contain can spread.

Lead paint was banned from home use in 1978. If you live in a home built before 1978 or near a busy road, there could be lead in your house, dust and soil.

Why are young children at greatest risk?

Young children spend a lot of time on the floor. They like to put hands, toys, and other things in their mouths. This raises their chances of swallowing lead dust and paint chips. Only a tiny amount of lead is needed to harm a young, growing child.

What can I do to protect my child from lead?

Wash away lead dust.

- Wash children's hands and toys often, even if they don't look dirty.
- Mop floors often, and use damp cloths to clean windowsills.

Keep an older home in good repair.

- Homes built before 1978 are more likely to contain lead.
- Children and pregnant women should stay away from home repairs.

Serve Foods rich in calcium, iron, and vitamin C

- Calcium~ Milk, cheese, yogurt, etc.
- Iron~ beans, meat peas, etc.
- Vitamin C~ oranges, grapefruits, tomatoes, etc.

How can I know if a child has lead poisoning?

- A child with lead poisoning usually does not look or feel sick. The only sure way to know is to get a blood test.
- Talk to your doctor about testing your child.

Don't bring lead into your home.

- Avoid using products that could have lead in them.
- Be extra careful with jobs or hobbies that involve working with lead (building, restoration, plumbing, etc.)

Keep lead out of your food.

- Let tap water run for 1 minute before using it.
- Use lead-free dishes and pots.
- Avoid using herbs and spices that are contaminated with lead.

Where Can I Find Out More?

LEAD POISONING PREVENTION PROGRAM
 301 North Washington St., Herkimer, NY 13350-2910
 Phone: 315-867-1176 • Fax: 315-867-1444
 Cynthia Freeman-Kimbrell RN, BSN, SCHN
 Lead Program Coordinator
 ckimbrell@herkimercounty.org

Contact the New York State Department of Health at
lppp@health.state.ny.us, 518-402-7600 or 1-800-458-1158

On the web:

www.health.ny.gov/environmental/lead
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