

Herkimer County
Country Editor
October 19, 2018

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Delivered Weekly by the U.S. Postal Service

LISTEN TO COUNSEL AND RECEIVE INSTRUCTION, THAT YOU MAY BE WISE IN YOUR LATTER DAYS. THERE ARE MANY PLANS IN A MAN'S HEART, NEVERTHELESS THE LORD'S COUNSEL—THAT WILL STAND. ~ PROVERBS 19:20-21

Volume 8
Number 21

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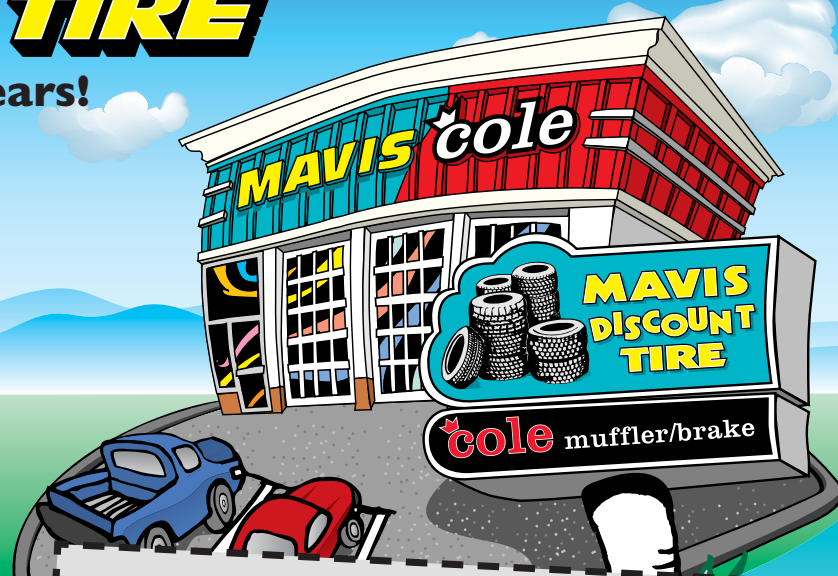
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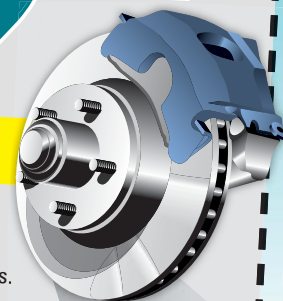
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32nd Annual Utica Zoo Spooktacular Harvest Festival

UTICA – Dress up in your Halloween costumes and bring the whole family for trick-or-treating and autumn fun at Utica Zoo's 32nd annual Spooktacular Harvest Festival fundraising event. Spooktacular takes place during daylight hours this year so the whole family can enjoy seeing all of the animals: Oct. 20 - 21 from 11 a.m. - 5 p.m. (Note that the Utica Zoo will open at 11 a.m. on both days). Spooktacular is a rain or shine event with free parking at the Utica Zoo. Additional free parking with free bus shuttles will be available at the Parkway Rec Center and MVCC Payne Hall Lot.

Bring the family for a zoo full of fall fun and Halloween treats. Visit trick-or-

treat and game stations, or take a ride on the Inflatable Super Slide. Strut your best costume for the Zoo Costume Parade or bring your pre-carved or pre-painted pumpkin for the Pumpkin Contest. Enjoy "Thriller" dance performances from Maria Christina's School of Dance, hula hoop demonstrations by Upstate Hoopz, comedy magic by Jim Okey on Sunday and the soulful sounds of the Brian Mulkerne Band. Visit the Autumn Avenue Market for your favorite fall treats or the essential home décor for the autumn season. Visit with educational animals during animal meet and greets or attend a zookeeper talk or animal feeding.

Prices include admission to the zoo,

trick-or-treating and games, animal meet and greets, zookeeper talks and animal feedings, live music, food trucks, rides on the Super Slide and a variety of entertainment. Utica Zoo members are \$6 for adults and \$3 for children. Purchase or renew your Utica Zoo Membership before the event! Not-yet-members are \$10 for adults and \$6 for children. A members-only line will be available for both days, and children under two get in free.

Food trucks and vendors will be at Spooktacular, including Grapevine Gyros, Holy Smokes BBQ Fusion, and Voss' at the Zoo. Most vendors are cash only and an ATM is located on site near the Sinnott Family Education Center.

Autumn Avenue will be full of vendors.

For updated information on Utica Zoo's 32nd annual Spooktacular Harvest Festival fundraising event, visit uticazoo.org/spooktacular. All proceeds from the event benefit the animals of the Utica Zoo.

Utica Zoo Spooktacular is sponsored by I LOVE NY, Kiss FM, Bug Country, TALK 100.7 FM, Roser Communications Network and PJ Green. Sponsorships and volunteer opportunities may still be available. Email info@uticazoo.org for more information.

To stay up to date on all things Utica Zoo, visit UticaZoo.org. There are daily updates on Facebook, Twitter and Instagram @UticaZoo.

Food Sense registrations for November 2018

Attention Food Sense customers: Customers will receive increased quality of food, variety of food, more specials' options and an introduction to the pantry box, produce box and protein box as "specials." Food Sense is still a great way for families to save money and purchase quality foods for less. The price for Food Sense packages are \$20.50.

Food Sense is a food co-op program offered through the Food Bank of Central New York and local non-profits. There are no restrictions – if you eat, you qualify!

Registration sites for the community Food Sense Program are as follows:

Ilion: First Presbyterian Church, 90 Morgan St., Monday, Oct. 29 - Friday, Nov. 2, 2018 from 10 - 11:30 a.m.

Old Forge: Nicolls Memorial Presbyterian Church, 228 Crosby Blvd., Friday, Oct. 26 - Thursday, Nov. 1, 2018 from 9 a.m. - 1 p.m.

Delivery date for both sites is Friday, Nov. 16, 2018. The projected list of foods for the November Food Sense package includes turkey pan roast, 2 lbs.; pork

tenderloin, 1.75 lbs. (avg.); tilapia fillets, 1 lb.; home-style stuffing, 22 oz.; whipped mashed potatoes, 32 oz.; turkey gravy, 15 oz.; sweet potatoes, 15 oz.; cranberry sauces, 15 oz.; frozen corn, 16 oz.; deep dish pie shells, 2 ct.; and fresh produce.

The specials for November are whole turkey, 11 lbs. (avg.) for \$13 (whole turkeys average 10 - 12 lbs. per special); meatloaf, 2 lbs. for \$6.25 (meatloaf is a traditional meatloaf made with 100 percent ground beef); stuffed pork chops, 2 lbs. for \$8 (chops are stuffed with apples and cranberries); produce box, \$11 (box includes celery (sleeve), onions (2 lbs.), carrots (1 lb.), white potatoes (5 lbs.), butternut squash and six sweet potatoes).

There are also mozzarella sticks, 2 lbs. for \$6 (ready to cook and can be cooked in the oven or fryer); macaroni and cheese, 6 lbs. for \$11 (family-sized and a Stouffers' product); chicken tenders, 5 lbs. for \$8.25 (breaded, uncooked and a Tyson product).

For more information contact Catholic Charities of Herkimer County at 315.894.9917.

Mohawk Valley Choral Society sponsors Music and Munchies

The musical stars will come out on Sunday afternoon, Oct. 21, when the Mohawk Valley

Choral Society presents "Music and Munchies" at 3 p.m. in the Mohawk Reformed Church on South Otsego Street in Mohawk.

This annual fundraiser to support the Choral Society's "Student Enrichment in Vocal Music" program will feature such well-known local musicians as Mark Bunce, Anita Firman, Lisa Jones, John Krause and newcomers to the area Andrew Caswell and Craig

Mehler.

Now in its tenth year, the "Student Achievement in Vocal Music" Awards are given to local high school juniors and seniors. The award gives them free membership in the Choral Society as well as free music and free weekly vocal lessons from a professional vocal teacher. In its 10 years, the program, with the help of grants from CN-YArts, has awarded 68 awards worth a total of \$34,000.

Tickets for this concert are \$15 at the door or may be purchased or reserved in advance for \$10. Reservations may be made by calling 315.826.3092.

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Donna's Day: Creative family fun

by **Donna Erickson**
**Everyday moments
help build bonds**

Let's face it. As parents, no matter our ages, amid all the busyness and to-

dos of family life, there is one unshakeable truth: Kids are our priority, our most important responsibility and our greatest joy. They are what we care about most.

And it's the little things that parents do that really count: a hug on the way to school, a vote of confidence before a big test, an "I'm so happy to see you" when they walk in the door. These gestures help build a home on rock-solid ground.

No matter what the day is like, you and your children can find time to enjoy yourselves while building a stronger relationship. Look for opportunities to connect. It can be in the car while driving to fall games or when you're simply tossing the salad for dinner. Maybe it's in the morning when you're scurrying around, you might say, "Honey, let's make breakfast," while extending the marmalade jar, a little spoon and a piece of toast.

Move through your day with an eye toward sharing the everyday moments.

Eavesdropping over my backyard fence, I observed just that. Scott, a dad of two, was engaged with daughter Sylvia, staining the wood of an old backyard playset to protect it for the coming snowy winter. Instead of doing it himself, he shared the job with her.

Among her many questions, Sylvia asked why the bees flying by might sting her. He gently calmed her fears and then talked about the wonderful things bees do for our environment. Shoulder to shoulder, leaning over the top deck of the playset, dad and daughter connected with each brushstroke and dip in the paint can.

Are you planning a yummy apple dessert recipe you're inspired to prepare this weekend, sorting through closets to downsize or pondering a new way to carve a pumpkin? Include your kids, and think about the shared ac-

tivities as ways to set the stage for building communication and for providing a great arena for your kids to experience success, feel their own strengths as participants and sharpen all kinds of skills.

Yes, your kids will remember the big summer

trips, but it's also the small day-to-day moments of family life this fall and winter that create a sense of being loved and belonging. That's what counts!

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Scott, father of two, shares the job of staining the backyard playset with his daughter Sylvia.

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How to prepare your home for fall

Now is the time to prepare for those impending cold winter months.

by Teresa C. Hunsaker, USU Extension, Weber County, Family and Consumer Sciences Education

It's here, you can feel it in the air — fall, and fall brings the falling temperatures that herald winter. The fall Equinox is a good time of year to start thinking about preparing your home for winter, because as temperatures begin to change, your home will require maintenance to keep it in tip-top shape through the winter.

As winter approaches with its guarantee of ice, snow, and frigid temperatures, taking action early is all the more helpful for you. You're better off preventing any potential problems now, because once the chill of winter arrives anything that goes wrong in your home will inevitably be nothing but a headache to fix. Careful planning and preparation will ensure your utilities will run efficiently and your home will be protected during the winter, and in the end will save you time, money, and frustration.

Here is a checklist of considerations:

Outside

- Check all weather stripping and caulking around windows and doors. Replace or repair as needed.
- Check for cracks and holes in house siding; fill with caulking as necessary.
- Remove window air conditioners, or put weather-proof covers on them.
- Take down screens (if removable type) and clean and store them.
- Drain and shut off all outside faucets and sprinkler lines.
- Clean gutters and drain pipes so they won't be clogged with leaves. Consider installing leaf guards on the gutters or extensions on the downspouts to direct water away from the home.
- Check roof for leaks and repair.
- Check flashing around vents, skylights, and chimneys for leaks.
- Check chimney for damaged chimney caps and

loose or missing mortar.

- Check chimney flue; clean obstructions and make sure damper closes tightly.
- Clean siding. Paint or seal if you have wood siding.
- Inspect wood framing from termites and re-treat as necessary.
- Trim trees away from the house. Have dead trees and branches removed by professional tree trimmers, or do it yourself.
- Insulate any water pipes that are exposed to freezing cold.
- Make sure you are stocked with rock salt, sand, snow shovels and any other items you will need during the winter.
- Buy firewood or chop wood. Store it in a dry place away from the exterior of your home.
- If your home has a basement, consider protecting its window wells by covering them with plastic shields.
- Drain gas from lawnmowers.
- Apply sealant to decks to help prevent wood damage from extreme freezing/thawing cycles.
- Service or tune-up snow blowers.
- Replace worn rakes and snow shovels.
- Clean, dry and store summer gardening equipment.
- Winterize your lawn, which includes fertilizing and possibly re-seeding, to keep the grass strong and able to reserve food over the winter. Check with your local nursery or county Extension horticulturist for specific questions about your lawn.
- Clean and store your outdoor lawn and patio furniture to protect them from winter damage.
- Drain out your outdoor hoses and sprinklers and bring them inside so they cannot freeze or crack. Also drain the water in birdbaths and cover them.

Inside

- Check insulation as much as possible; replace or add as necessary. Gas/electric companies may have an insulation program going — check with them for possible assistance and insulation checks.
- Have heating system and heat pump serviced; have humidifier checked; change or clean air filter on furnace.
- Drain hot water heater and remove sediment from bottom of tank; clean burner surfaces; adjust burners.
- Check all faucets for leaks; replace washer if needed.
- Check and clean humidifier in accordance with manufacturer's instructions.
- Clean refrigerator coils.
- Test and check batteries on smoke and carbon monoxide detectors.
- Install or replace weather stripping on all doors and windows. Check for cracks around pipes and electrical outlets entering or exiting the walls.
- Prepare an emergency kit — flashlights, candles, batteries, bottled water, blankets, etc. This is the time of year for power outages and having things readily available is smart. This is also flu season, so preparing your home with supplies for treating the flu might be helpful too.
- Buy a battery backup to protect your computer and sensitive electronic equipment.
- Replace warm-weather clothing with cold-weather clothing, and warm-weather bedding with cold weather bedding.
- Place a boot tray by the door for people to place their wet boots and shoes in before they enter the home.

Source: Live Well Utah

Valley Health Services has opportunities for volunteerism

Now that autumn weather is upon us and the kids are back in school, do you have one or two hours a week that you could donate to staff and residents at Valley Health Services?

Volunteers are needed in the activities and rehabilitation departments of Valley Health Services to assist with the transportation of residents within the building to and from activity programs and physical and occupational therapy sessions. Also needed is an evening receptionist to greet visitors and accept phone calls.

Just a couple of hours per week are all that's

needed to offer great support to our residents and staff. From compassion to action, we have the cause and you have the effect to make a difference in the lives of our residents. Your help is needed and we want to hear from you.

Interested individuals are asked to contact Kristen Lenaghan, volunteer coordinator, at Valley Health Services by calling 315.866-3330 ext. 2262.

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To Your Good Health

by Keith Roach, M.D.

Reducing eye strain

Dear Dr. Roach: Would you mind providing some guidelines for preventing eye strain? I'm a graduate student, so I spend a lot of time reading, both from computer screens and from books. I will always need to read to get things done, but I'd also like my eyes to last me my whole life. — B.I.

Answer: We tend to spend a lot of time reading or in front of computer screens, and eye strain is very common. I think eye problems from excess screen time and reading fall into two categories: dry eyes and muscle strain.

Computer users in particular can get dry eyes, largely from decreased blinking. Unfortunately, "blink more" isn't likely to be successful advice, so I recommend an eye lubricant, used periodically during computer work if you have any sense of eye fatigue or strain. If dry eyes are part of your problem, you will feel re-

lief immediately, and you should use a drop in each eye every few hours.

Muscle strain comes from staring at one point of focus — your computer screen — for long periods of time. Also, many people tend to hold their shoulders and neck in an uncomfortable position during computer work or play. The solution is to get away from the computer for a while. I recommend getting up and pacing periodically, since prolonged sitting isn't good for you.

Another option is the 20-20-20 rule (I haven't been able to discover who made the rule, but I think it makes sense): Look at something 20 feet away for 20 seconds every 20 minutes. This can help prevent fatigue to the ciliary muscles, the muscles of the eye. Some people, especially those who are nearing or past their 50th birthday, might benefit from very mild reading glasses when using the computer.

There is a science behind adjusting your

workspace, lighting and monitor settings to reduce strain. There are apps to remind you to take breaks periodically and to change the color of your computer to make it easier on the eyes.

Dear Dr. Roach: I have had nail fungus since 1985 in both my toenails and my fingernails. I was treated with oral Lamisil,

but it did nothing for my big toe. I have been treated by skin and foot specialists, but the problem has continued progressively over the years. I am 80 years old, and it's still there. Is there really any hope for cases like mine? — C.J.R.

Answer: Are you sure you really want the condition treated? The treat-

ments have potential for real harm, even though it isn't likely. If the issue is strictly cosmetic, I wouldn't recommend treatment. If it's for pain or because you have had skin or soft tissue infections in the area, then treatment is reasonable.

If you pursue treatment, get a culture done to be sure you know what

you are treating. Sometimes what looks like a nail infection is really something else (psoriasis, eczema, lichen planus or others). Depending on what the culture shows, you might benefit from itraconazole, an oral antifungal agent.

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Now Here's a Tip

by JoAnn Derson

- Many public libraries are offering services that you'd never expect! I found that some libraries will let you reserve books online, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics. Check out your public library today!

- Give ripped jeans a new look with fun colored and patterned tights underneath. This works especially well for jeans whose holes have gotten out of control.

- "If you can print your boarding pass online, do it! It saved us close to half an hour the last time we flew, and with security lines being as long as they are, it's time we needed to get to the terminal." — I.B. in South Carolina

- The first choice for unclogging a drain should be a nontoxic one. Try pouring a half cup of baking soda down the drain, followed by a cup of full-strength vinegar. Wait 10 minutes, then run hot water, if possible.

- Use the news! Fold a section of newspaper to fit in your crisper drawer. It soaks up ambient moisture, keeping veggies crisp and fresh!

- "Purging is a daily sport in my house. Whenever a reusable tote gets a little worn down, I put it in my closet and fill it with things I no longer wear. As soon as it's full, I drop it off at the thrift shop on my way to lunch during the week." — E.S. in Florida

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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

Now - Oct 28

Oct 20

Oct 27

Hyde and Shriek Candlelight Ghost Tours. Hyde Hall, Cooperstown. Visit many places in the mansion where ghostly manifestations have been reported over 150 year. Fridays and Saturdays through Oct. 27, and Sunday, Oct. 28. This is a one hour tour at 6, 6:30, 7, and 7:30 p.m. \$20 per person. Reservations required – Visit HydeHall.org to book on line or call 607.547.5098 Ext 6.

Kuyahoora 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 Kuyahoora Valley, by purchasing some of the materials for the project. More info and purchase Tickets at www.kuyahoora-valleyrotary.org.

Salisbury Center Grange Luncheon. 11 a.m. - 3 p.m. A variety of sandwiches, sweets and beverages will be served. \$10 donation.

Annual Harvest Dinner. 5 - 7 p.m. Holy Trinity Lutheran Church, 512 E. Gansevoort St., Little Falls. Take outs from 4 to 5 p.m. Adults \$8, Children ages 5 to 12 \$4 and Children under 5 free. On the menu will be roast pork, mashed potatoes w/gravy, stuffing, squash, green beans, rolls, beets, homemade desserts and beverages. New York. For more information call 315.823.4091.

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.

Now - Oct 20

Herkimer Reformed Church Rummage Sale. Oct 18, 19 and 20. 102 Church St., Herkimer. For more information call 315.866.1523. Thursday 9 a.m. - 4 pm.; Friday 9 a.m. - 4 p.m.; and Saturday 9 a.m. - noon. Herkimer Reformed Church, 102 Church Street, Herkimer. .

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

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.

Oct 19, 20, 26, 27

Pierogi Sale. 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.

6th Annual Holiday Craft Show. 9 a.m. - 3 p.m. Herkimer High School. There will be over 80 crafters of handmade crafts at this popular event. There will be basket raffles, a 50/50 raffle, surprise giveaway, and food and beverages. Start your holiday shopping early here! The proceeds from this event will benefit H.A.L.O. (Helping Animals Live Organization) who operates a cat shelter H.A.L.O. House in the city of Little Falls. If you would like to participate as a vendor or for more information, call Natalie at 315-520-3112 or visit H.A.L.O.'s website at www.halorescue.net.

Oct 20 and 21

Utica Zoo's 32nd annual Spooktacular Harvest Festival. Oct. 20-21 18. 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 uticzoo.org/spooktacular. All proceeds from the event benefit the animals of the Utica Zoo.

Music and Munchies. 3 p.m. Mohawk Reformed Church, South Otsego Street, Mohawk. Tickets for this concert are \$15 at the door or may be purchased or reserved in advance for \$10. Reservations may be made by calling 315.826.3092.

Oct 21

Nov 1

Now Let's Put It All Together with Meal Planning Now Let's Put It All Together with Meal Planning. Herkimer College, 100 Reservoir Rd, Herkimer RM: 295. This class will include a live food demonstration and recipes. For more information or to register please call HCHN at 315.867.1552 or email Elyse Enea at eneea@herkimercounty.org. Lee Publications Calendar of Events

Nov 3

An Evening with Chris Botti. The Stanley Theater. Botti, award-winning master trumpeter and composer, has mesmerized audiences for over two decades with his creative jazz expression that expands beyond the limits of any single genre. Concert tickets range in price from \$35 - \$55 - \$75 - \$95. To purchase tickets to the pre-concert dinner and/or the concert, please contact The Stanley's box office at 315.724-4000, Monday through Friday, 10 a.m. to 4 p.m.

Nov 15

Diverse Approaches to Palliative Care. 8 a.m. - 4:15 p.m. Holiday Inn, Utica. Registration cost is \$130 (\$110 for each additional attendee from the same facility). For brochure and registration, contact Kathy Eisenhut at 315.866.3330, ext. 2245.

by Terry and Kim Kovel

Racehorse weathervane

The recent hurricane and flooding in the Carolinas

Kovels: Antiques and Collecting

show how important weather, rain and wind are to everyday life, both now and in the distant past. Weathervanes told the direction of the wind and aided in forecasting the weather. The earliest known weathervane was used as early as 48 B.C. in Greece. It was in the shape of a god: half man, half fish.

The first American weathervane was used in Albany, NY, in 1656. The best-known early weathervane is the rooster put on a Boston building in 1742. During the mid-1700s, makers created weathervanes in many shapes, including a Native American, banner, rooster and even a dove of peace for President George Wash-

ington's home in Mt. Vernon. By the 1800s, weathervanes were featured on many roofs as decorations as well as useful additions. The Goddess Liberty and the American eagle were new designs celebrating the new country. But another favored design was a reminder of a popular sport, the racehorse.

Today, collectors want the factory-made metal weathervanes of the past or the antique flat folk-art copies made from sheet metal. It took \$18,150 to buy this Fiske & Co. "American Girl" horse and sulky molded copper weathervane at a James Julia auction. Like many weathervanes, it has a bullet hole made when someone used it for target practice. The weathervane honored a famous thoroughbred that raced from 1868 to 1875. She died in the middle of an important race. The racetrack built a statue of the horse, and the country remembered American Girl as a horse who tried her best in every race.

G: My friend has her floor-model Enterprise coffee grinder for sale for \$600, and I want to know how much it's worth. Is she too high or too low on price? It's in good shape.

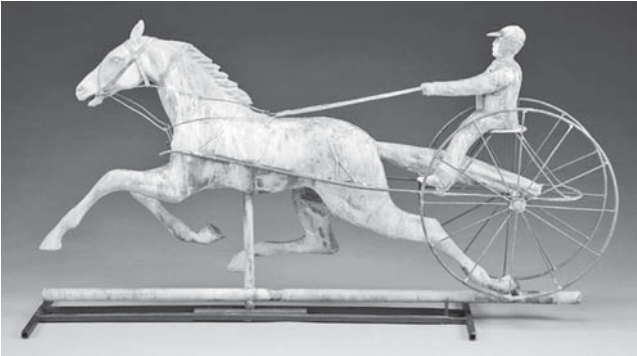
A: Enterprise Manufacturing Co. was founded in Philadelphia in 1864. The company's 1904 catalog of "patented hardware specialties" included kitchen utensils like grinders and choppers, apple peelers, cheese knives, cherry pitters, graters, jelly presses, raisin seeders, sad irons and slaw cutters, as well as banks, bung-hole borers, faucets, flag holders, lawn sprinklers, tobacco cutters, traps and more. The company was sold to Silex in 1955. Enterprise's floor-model coffee grinders were made in several sizes. The value of your friend's model depends on condition and size. They usually sell for \$500 to over \$1,000.

Current prices

- Planter, Abingdon, yellow, sprigs, boat shape, reed-ed, scroll ends, c. 1945, 4 x 9 inches, \$20.
 - ABC plate, "Mary Had A Little Lamb" nursery rhyme, embossed, tin, c. 1885, 8 inches, \$75.
 - Boot sole, aluminum, cleats, rivet holes on rim, Overland Shoe Co., marked, c. 1916, 10 inches, \$165.
 - Captain Marvel ring, compass, rocket raider, lighting bolt, brass, enamel, adjustable, c. 1946, \$253.
- Tip: Never display a stuffed trophy in bright sunlight. Feathers and hair become stiff and brittle, and colors fade.

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

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This late 19th-century weathervane is a full-bodied horse with a cast zinc head and a sulky driver with cast head and boots. It was made by Fiske & Co. The 45-inch-long vane sold for over \$18,000.

JR'S AUCTION

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Auctions Auctions and more Auctions....

Consignments wanted for Auction every week...and if you have specials bring them here to sell..

Items wanted are GUNS..AMMUNITION..SPORTING GOODS.. Shop and Farm Clean Outs..Business Close Outs.. Old Trunks, Singer Sewing Machines, Cast Iron Flower Pots, Cast Iron Lawn Furniture, Old Pottery, Old Tools, Old Oil Can Cans, Old Tin & Metal Signs, Railroad Lanterns, Sleighs, Surreys, Buggy's, Blacksmith Anvils, Hay Wagons, Old Bottles, Old Car Parts, Wooden Bowls, Antique Kitchen Utensils, Old Rolling Pins!! and we also want your high dollar items..Turn them into MONEY!!

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Accepting Consignments Mondays Wednesday and Fridays!! Bring your Complete Estates, Antiques, Collectibles or your complete collection!!!! At last now is the time!!

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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

Monday, Oct. 8th - Sold 293 head. Cull Ave. \$.40 Top Cow \$.50, Bulls/Steers \$.75, Bull calves top \$.95, beef calves \$1.75, heifer calf top \$.75, beef heifer calf \$2.15, Dairy milking age top \$1125, bred heifers top \$950, young heifers top \$560.

Saturday, 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.

Monday, 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. A group of Organic Grassfed Milking age cows all stages of lactation. Another group of Organic heifers from another farm. Also Cummings Farm sends Certified Organic 42 Cow Dairy - Mostly Fall Freshening these all are English White Face cows.

Friday, Oct. 26th - 11:30 AM Sale is held at the salebarn. 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, Sunny-Acres, Cedar Ridge, Cie-Le-Denn, Osborne Farm, Cedar-Lane, Bur-Le-Acres, Hope-Hill Marshman Farms, Billy Gray. The pedigrees run deep this year with a lot of fancy young fresh cows, springing heifers and calves. Always a great sale to attend to purchase great replacements!

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.

Friday, 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.

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

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

www.hoskingsales.com Like us on facebook

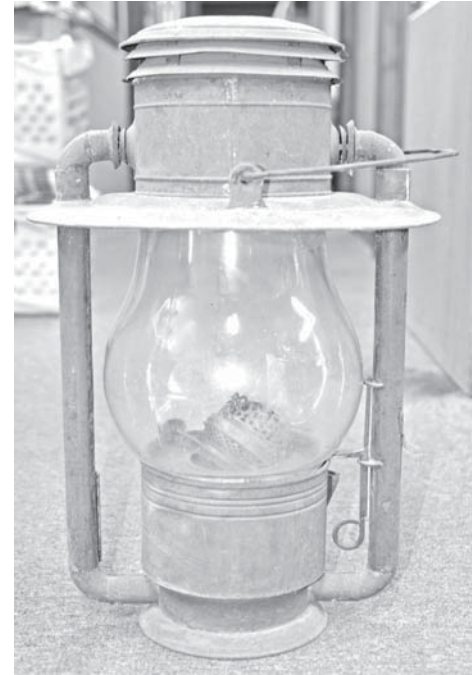
LOOKING TO HAVE A FARM SALE OR JUST SELL A FEW – GIVE US A CALL

Tom & Brenda Hosking & Family
6096 St. Hwy. 8, New Berlin, NY 13411

HOSKING SALES LLC

607-847-8800
cell: 607-972-1770 or 1771

Whatchamacallits



We're done with candles! We're moving on to the future of lanterns (at least, it was the future of lanterns about 160 years ago). Ladies and gentlemen, may I present to you...a kerosene lamp!

This lamp uses the kerosene (also known as paraffin) as fuel to keep a flame glowing steadily. Kerosene is a light fuel oil obtained by distilling petroleum, used especially in jet engines and domestic heaters and lamps and as a cleaning solvent.

The kerosene lamp was invented by Polish pharmacist Ignacy Lukasiewicz in 1853. It has a wick or a mantle as its light source and is almost always protected by a glass chimney or globe. The lamps can be used on flat surfaces or carried around as lanterns.

There are three kinds of kerosene lamps – flat wick, central draught and mantle. The lanterns used for portable lighting, like the one pictured here, employ flat wicks.

This particular lantern was manufactured by the Steam Gauge and Lantern Company, or SG&L Co., when it was headquartered in Syracuse. SG&L Co. started in Buffalo before moving to Rochester (from

1881 to 1888) and then finally to Syracuse. At the same time, the R.E. Dietz Company of New York City sold lanterns manufactured by SG&L Co. R.E. Dietz Co. sold sperm oil, whale oil, camphene, candlesticks, glass lamps and lanterns before incorporating kerosene.

During the 1860s, Civil War contracts, the growth of railroads and westward expansion made the lamp business a big success. After the war ended, the price of kerosene lowered to a level where Dietz could sell lamps and lanterns to people who were still using candles.

After a devastating fire, R.E. Dietz Co. regrouped and became the majority shareholders of SG&L Co. The Syracuse-based stamp continued to be used on lamps until it was phased out around 1900.

Today, kerosene lamps are still widely used for lighting in rural regions of Africa and Asia where electricity is not available. Kerosene lamps use an estimated 77 billion liters of fuel a year, which is about the same as 1.3 million barrels – close to the annual U.S. jet fuel consumption of 76 billion liters per year.

Do you have your own Whatchamacallit?

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

Area Church Services

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

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

GRACE BAPTIST CHURCH OF DOLGEVILLE
Paster Len Byarty
12 Van Buren St.
Sunday School (All Ages) 10-11 AM
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

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

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

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
Pastor Mark Sowersby
3659 Route 5, East Schuyler
Sunday Worship 10:30 am
Wednesday Night 6:30 pm
Phone 315-895-0926
Christianassemblyofschuyler.com

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

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

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

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

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

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

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

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

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

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

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

FIRST UNITED
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@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

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 Riggie
Bible Study 9:30am
Church Service 10:30am
315-894-2070

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

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

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

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

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

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

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

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

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

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

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

FIRST PRESBYTERIAN CHURCH
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email lffirstpres@gmail.com
www.presbylfr.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
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An Orange, a General and a Tornado walk into a school gymnasium

Poland holds pep rally, Olweus Bullying Prevention Program kickoff

POLAND – Poland Central School District kicked off its Olweus Bullying Prevention Program for the school year, raised money for the United Mitochondrial Disease Foundation, honored the school's sports teams, welcomed some special guests and gave away prizes to students – all during an early release

day of school.

During the Olweus kickoff to start the day, Poland Principal Greg Cuthbertson said the program aims to build upon the positive school culture. Students might not realize it now, but when they look back someday, they will appreciate where they went to school, he said.

"You should be proud of coming to school here at Poland," Cuthbertson said. "This is a special place."

Poland Central School District's pep rallies always include a gymnasium full of students and staff wearing the school's blue and orange colors, but this year's pep rally on Friday, Oct. 5 had a

little extra Orange.

Syracuse University mascot Otto the Orange was a surprise guest at the pep rally, along with Herkimer College mascot General Herkimer and Utica City FC soccer player Nate Bourdeau. The Poland Tornadoes mascot joined them to compete in a race and a rock, paper, scissors tournament with

students. Bourdeau also competed in a soccer ball foot juggling competition with soccer players.

The pep rally – attended by students in kindergarten through 12th grades – included a performance by the cheerleading team and introductions of the cross country team and boys and girls soccer teams.

Each year's pep rally also ties into raising money for a charity. This year's charity is the United Mitochondrial Disease Foundation. Two donation boxes were placed in the school for students and staff to have the option to donate to, and dress-down days were

ORANGE 10



Poland Central School District cheerleaders perform during the school's pep rally.

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ORANGE from 9

conducted to collect donations from staff.

Because the school-wide fundraising goal was reached through a focus on working together throughout the building to raise money, each student was entered into a drawing to win prizes. More than \$1,000 worth of sports-related prizes were awarded such as a helmet, jerseys, tickets

Sunday, Oct. 7 at the Kuyahoorra Valley Town Park.

The activities started off with the Olweus Bullying Prevention Program. Cuthbertson presented first to students in grades six - 12 and then to students in kindergarten through fifth grade.

During the first assembly, students were asked to work in groups of five to solve a challenge involving passing a ball.

think you can.

Cuthbertson compared the activity to class meetings that students would have later in the morning about the Olweus program.

"That's what the class

involved in for several years, isn't just about bullying," Cuthbertson said.

"The ultimate thing is how we improve our climate and make our culture better," he said.



Poland students participate in an activity designed to show what can be accomplished when figuring things out together, during the Olweus Bullying Prevention Program kickoff.

Photos courtesy of Herkimer BOCES

meetings are for - figuring it out together," he said.

The Olweus program, which Poland has been

Students in grades three - 12 took a survey during the day based around bullying and school culture.



Syracuse University mascot Otto the Orange makes an entrance during the Poland Central School District pep rally.

During the second assembly - which featured a team-building activity involving hopping over hula hoops and competing in rock, paper, scissors - Cuthbertson spoke more about the climate or "vibe" of the school.

"When students walk through the door at Poland, we want them to feel safe, to feel secure and we want them to think about learning because that's what they're

here to do," he said.

Cuthbertson said the Olweus program encourages students to be kind to others - such as helping a student who drops something in the hallway or telling a student who is bullying someone that it's not right to do.

"Your character is what you do when people aren't looking. That's your true character," he said. "This is what Olweus is all about."



Utica City FC soccer player Nate Bourdeau participates in a soccer ball foot juggling competition with Poland soccer players during the school's pep rally on Oct. 5.

and more from Herkimer College, Utica College, Utica City FC and the Utica Comets.

The busy weekend at Poland also included the Homecoming Dance on Friday, Oct. 5, and the Poland Booster Club Fall Festival and Columbus Day Soccer Tournament on Saturday, Oct. 6 and

The first try resulted in a time of more than 24 seconds, but students were able to cut that down to fewer than two seconds.

When asked, students said the activity taught teamwork, strategy and the value of practice. Cuthbertson said it also showed that you can accomplish more than you

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Little Falls couple to co-chair Signature Chefs Auction in Syracuse

LITTLE FALLS – Whether it be a March of Babies awareness walk, a preemie fashion show or individuals raising funds in their own creative way, the March of Dimes is grateful for support, as it is critical to continue their fight for the smallest among us and advocating for their health every day. This autumn, the Syracuse chapter presents its annual Signature Chefs

Auction.

The team behind this culinary evening of entertainment is making changes this year, including moving the event to November (previously March) and holding the fundraiser at Sky Armory spread across two floors.

According to the Executive Leadership Team (ELT), "This event has been widely popular for many years and we are

excited to build off that success to create a unique experience for guests while raising money for March of Dimes."

This year, Chefs is being co-chaired by a husband and wife team. This "Mr. and Mrs." duo resides in Little Falls and is teaming up to assemble the event. Matthew and Laura Powers are parents to twin boys born significantly preterm. Laura is

a financial advisor at Strategic Financial Services (Utica/Syracuse) and shared, "When I went into preterm labor on Christmas Day at nearly six months into my pregnancy, my world was suddenly filled with uncertainty and fear, but also love and hope. I soon learned about March of Dimes." Powers' twin sons were born on New Year's Day, premature at only 26 ½

weeks and weighing just over two pounds each. They spent more than two months in Crouse NICU while they fought to survive. They are now happy, healthy four-year-olds who help their parents advocate for healthy pregnancies and babies by supporting the March of Dimes.

Matthew Powers is a tenured English instructor at Herkimer College and explained, "When my wife was pregnant, I never considered the possibility of prematurity and the toll that the NICU experience would have on us. While stressful and scary, it has made me even more appreciative of our healthy little guys. It's quite likely that they may not be here to hold our hands today if it

weren't for the care Crouse NICU provided and the work done by March of Dimes."

The couple said they will be forever grateful to the organization and believe that its mission touches the lives of every baby, which is why they have agreed to co-chair this worthwhile event. Laura shared, "Our family does a lot to support the Mohawk Valley chapter, but we also have a place in our hearts for the Syracuse area given our boys' birth story. At the end of the day, the proceeds go toward March of Dimes and that means the world to us." The Powers family will also serve as the Ambassador Family for the 2019

LITTLE 12

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LITTLE from 11 —
March for Babies Mohawk Valley.

The Syracuse Signature Chefs Auction is a premier fundraiser that celebrates culinary excellence with top chefs featuring their creations for guests. The evening includes an interactive cocktail party atmosphere and reflects regional styles and local flavors. There is a live auction, musical entertainment, dancing, tastings and much more. Guests will

enjoy a black-tie atmosphere while they sample high-end dishes and enjoy local beverages.

March of Dimes leads the fight for the health of all moms and babies, believing that every baby deserves the best possible start. For 80 years, this non-profit organization had had a goal of preventing birth defects, premature births and infant mortality. March of Dimes recognizes that each family's journey is unique, and they aim to help all babies through research,

advocacy, education and support. The tools, technology and knowledge are highlighted throughout the diversity of their fundraising efforts.

The Chefs event will take place at Sky Armory in Syracuse on Tuesday, Nov. 13 from 5:30 - 9:30 p.m. Tickets are \$100, and guests may opt to reserve tables of 10 for larger parties. For more information, visit www.marchofdimes.org. There is also a public Facebook event, "Syracuse Signature Chefs Event," online.



Matt and Laura Powers, the parents of twins who were born premature, will be the chairs of November's Signature Chefs fundraising event.

Photo courtesy of Laura Powers

An evening with Chris Botti Hosted by Valley Health Services and Stanley Theater

HERKIMER – Valley Health Services and the Stanley Theater invite you to "An Evening with Chris Botti" on Saturday, Nov. 3, 2018 at 7:30 p.m. at the Stanley Theater. Botti, award-winning master trumpeter and composer, has mesmerized audiences for over two decades with his creative jazz expression that expands beyond the limits of any single genre.

For over two decades, Botti has amassed a spectacular variety of honors, including multiple gold and platinum albums, to become the nation's largest selling instrumental artist. He has performed with a stunning array of legends such as Sting, Barbra Streisand, Tony Bennett, Yo-Yo Ma, Frank Sinatra, Paul Simon and Andrea Bocelli. Botti has thoroughly established himself as one of the important,

innovative figures of the contemporary music world. This is a concert you will not want to miss. For more information about Botti, visit his website at chrisbotti.com.

A special pre-concert dinner is being offered at the Fort Schuyler Club, Utica, with a limited number of reservations available for just \$45. Concert tickets range in price (from \$35, \$55, \$75 or \$95). To purchase tickets to the pre-concert dinner and/or the concert, contact the Stanley's box office at 315.724.4000, Monday - Friday, 10 a.m. - 4 p.m.

Sponsored by Excellus BlueCross BlueShield, this concert event is the lead fundraiser for Valley Health Services and the Stanley Theater to secure funds greatly needed by both non-profit organizations.

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Friday, December 7th

4:30PM ~ Santa arrives at the Canajoharie Post Office to pick up the letters from our children.

6:00PM ~ Lighting of the Christmas Tree & Carolling led by our elementary choir and of course Santa & his elves. (Park is downtown adjacent to Little Mohawk Street, near the dummy light.)

After the Tree Lighting ~ Santa entertains the little ones and hears their "wish lists". Christmas cookies and hot cococa will be served at the Canajoharie Library/Arnell Museum.

Horse Drawn Wagon Rides from 5-8:30PM

Basket Raffle - New This Year! Hosted by Canajoharie Reformed Curch at their downtown ministry location - 64 Church St., Canajoharie. See baskets available starting Wed., Dec. 5 @ 3PM.

50/50 Raffle Tickets will be available at participating downtown businesses All Week Long!

Canajoharie Youth Center will once again be hosting vendor tables in their gym - Interested vendors should contact Amanda Sweet 518-673-5117.

More to come from the Youth Center - watch future ads for details.

Downtown Shops will stay open late - watch ads for specific specials!

Elves will take over the town!
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For information contact
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Janet Stanley
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Chow line: Food safety techniques important for dogs, too

Q: Is raw pet food okay to serve to my dog?

A: While many pet owners may prefer to feed their furry family members raw pet food, the Centers for Disease Control and Prevention says that's not such a good idea.

This is because pathogens like salmonella and listeria have been found in some raw pet foods, even in some of those brands that are sold pre-packaged in stores, CDC says. Since these germs can make your pet sick, it's best not to feed them to your dog.

Studies from the U.S. Department of Food and Drug Administration have found that there are more harmful germs in raw pet food than any other type of pet food. And, if you handle these raw pet foods and don't wash your hands afterwards, they can make you and your family sick as well.

Such was the case in February 2018 when two children in Minnesota suffered salmonella infections and illnesses after coming into contact with bacteria from contaminated raw pet food that included raw ground turkey, according to the Minnesota Department of Health. The exposure to the salmonella caused septicemia, which is a blood infection, in one child and osteomyelitis, a painful and serious bone infection, in the other child, according to a report from the U.S. Food and Drug Administration.

Dry dog food can also pose a risk in some instances, CDC says. In fact, CDC says that it is possible for dry and canned pet foods to become contaminated with salmonella pathogens in certain circumstances, noting that there have been outbreaks of salmonella infections have been reported that were linked to dry dog food.

However, CDC says there are ways to lessen your chance of illness when han-

dling dog food, including:

- You wash your hands right after handling pet food or treats
 - Store pet food and treats away from where human food is stored or prepared and away from reach of young children.
 - Store dry pet food in its original bag inside a clean, dedicated plastic container with a lid, or keep the top of the bag folded or closed.
 - Do not use your pet's feeding bowl to scoop food — use a dedicated scoop, spoon, or cup.
 - Keep dry pet food and treats stored in a cool dry place.
 - Promptly discard, refrigerate, or store any leftover food.
- If you choose to feed your doggie raw pet food, (which CDC doesn't recommend) CDC says you should:
- Clean and disinfect all surfaces that the raw food touched, like countertops, microwaves, refrigerators and objects like knives, forks, and bowls.
 - Keep raw pet food away from other food in your refrigerator or freezer.
 - Freeze raw pet food until you are ready to use it.
 - Do not thaw frozen raw pet foods on a countertop or in a sink.
 - Throw away any food your pet does not eat.

And lastly, when you play with your doggie after he or she eats:

- Don't let your pet lick around your mouth and face
- Wash your hands, and any other parts of your body they licked, with soap and water.
- Don't let your pet lick any of your open wounds or areas with broken skin.

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Valley Health Services to host Palliative Care Conference

HERKIMER – Valley Health Services will host a one-day conference, "Diverse Approaches to Palliative Care," on Thursday, Nov. 15 from 8 a.m. - 4:15 p.m. at the Holiday Inn, Utica.

The day-long conference features two keynote speakers, luncheon and three workshops.

Leslie Kohman, MD, Upstate Medical University, will discuss creating ambulatory palliative care programs during her opening keynote address. The workshops will feature the Rev. Kate Day, who will illustrate the methods and benefits of integrating a variety of spiritual care models into a palliative care program, Silviu Pasniciuc, MD, who will offer valuable information about the use of medical marijuana in the palliative care setting, and Diane Nanno, MS, RN, will provide insight on the care of complex populations. The closing keynote address will highlight pain assessment and management using opioid pharmacokinetics, presented by

Melinda McMinn, MD, Crouse Hospital.

Bassett Medical Center is an Approved Provider Unit of Continuing Nursing Education by the Northeast Multi-state Division (NE-MSD), an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity is approved for six contact hours of continuing nursing education.

This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 15 clock hours and six participant hours.

Continuing education credit approval is pending for Nurse Practitioners and Activity Directors.

Registration cost is \$130 (\$110 for each additional attendee from the same facility). For brochure and registration, contact Kathy Eisenhut at 315.866.3330 ext. 2245.

VRS celebrates grand opening of new enriched housing apartments

HERKIMER – It was an exciting day for Valley Residential Services' residents, VRS and VHS staff, families, friends and dignitaries as Lisa M. Betrus, president of VHS and VRS, engaged residents to officially cut the ribbon on the newest addition of Enriched Housing and Assisted Living apartments at Valley Residential Services on Sept. 26. This project was made possible in part by the generosity of the Community Foundation of Herkimer and Oneida Counties Inc., with a donation of \$300,000 towards the \$2.5 million expansion.

The event included a ribbon-cutting ceremony with Elide Tripolone, Resident Council president, cutting the ribbon with help from Shirley Mosher and Ruth Redjives, Resident Council secretary and vice president. Sen. James Seward presented a citation along

with citations from Congresswoman Claudia Tenney and Assemblyman Marc Butler. Connie Jastremski, chair of VHS Board of Directors, and Andrew Manzer, executive VP and COO of Bassett Healthcare Center, also provided congratulatory remarks at the ceremony.

Tours of the new apartments and Community Foundation Fitness Center followed the ribbon-cutting ceremony. Miller and Betrus said they have never been more proud of their team and the residents' elation with the opening of these additional units. There will be a variety of opportunities for tours of the facility during four scheduled open house events on Monday, Nov. 5 and 19. For more information or to schedule a tour, contact Christine Shepardson, director of Community Life, at 315.219.5700 ext. 3239.



(L - R) Residents Charlotte Szarejko, Shirley Mosher, Elide Tripolone and Ruth Redjives.

Photo courtesy of Valley Residential Services



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The Kitchen Diva

by Angela Shelf Medearis

Autumn's superstar fruits and vegetables

While the markets and grocery stores are brimming with beautiful fruits and vegetables in the warmer months, there's also a delicious variety of fruits and vegetables when the weather turns cooler. To stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

- Sweet potatoes**
- Loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6, sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.
- Apples**
- This traditional fall favorite is readily available in the supermarket, or you can pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber.
- Broccoli**
- A versatile vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broc-

- coli can help prevent cancer and heart disease and boost the immune system. Nutrients in broccoli include vitamins C, A and B-6, iron, calcium, magnesium and vitamin E.
- Green beans**
- This vegetable is high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium.
- Spinach**
- Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.
- Winter squash and pumpkin**
- Winter squash includes acorn, butternut, Hubbard, spaghetti and turban and have hard, thick skins and seeds. Pumpkin is a great source of beta carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.
- Try this wonderful recipe for Crispy Pork Chops with Pumpkin Apple Butter. It's the perfect showcase for autumn fruits and vegetables.

Crispy Pork Chops with Pumpkin Apple Butter

You can use fresh or canned and mashed sweet potatoes instead of the pumpkin puree. Any remaining Pumpkin Apple Butter will keep in the refrigerator for up to 2 weeks, or you can freeze it in an air-tight container for up to 3 months. It's also delicious on bread, pancakes or waffles. If you're pressed for time, a good quality, commercially made jar of pumpkin butter also will work well for this recipe.

- 1 (14-ounce) can pumpkin puree
- 1/2 cup apple juice
- 1/4 cup water
- 1/2 cup packed light brown sugar, stevia or agave syrup
- 1/8 teaspoon ground nutmeg or cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 8 (1/4-inch thick) boneless pork chops
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoon salt
- 1 1/2 teaspoons freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 cup Panko white or whole-wheat bread crumbs
- 1/2 cup all-purpose or whole-wheat flour
- 1 egg, beaten with 3 tablespoons of water
- 1/4 cup oil for frying

1. Whisk together pumpkin puree, apple juice, water, brown sugar, nutmeg, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low and simmer until the mixture has reached the consistency of applesauce, about 10 minutes.

2. Meanwhile, sprinkle the pork chops with 1 tablespoon poultry seasoning, 1/4 teaspoon of the salt and pepper, and 1/4 teaspoon cayenne pepper.

3. In a medium bowl, mix together the bread crumbs, flour, the remaining 1 tablespoon of poultry seasoning, the remaining teaspoon of salt and black pepper, and the 1/4 teaspoon of cayenne pepper until well-combined. Pour the crumb mixture into a shallow dish.

4. Dip the pork chops in the egg, shake off excess. Firmly press the pork chops into the Panko mixture to coat on both sides.

5. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes per side. Remove and drain on a paper towel-lined plate.

6. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. Makes 8 pork chops.

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To stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Photo by Depositphotos



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Confirmed rabid raccoon

Herkimer County is reporting a case of a confirmed rabid animal in the township of Columbia. A raccoon was sent to Wadsworth Laboratory and confirmed to be infected with the rabies virus. This raccoon had direct contact with a dog and at some point had contact with a porcupine.

Residents of Herkimer County are reminded that rabies is endemic in our county and surrounding counties. All bites or possible exposures need to be reported to your local Health Department. An exposure to the rabies virus is fatal to people, pets and domesticated animals but very preventable. It is important that pets including indoor animals are vaccinated and kept up-to-date with their vaccinations to prevent infection. Our pets are a

bridge between wildlife and us; by protecting them you are protecting yourself and others. An unvaccinated animal exposed to a positive rabid animal will require the decision of a six-month quarantine or to have the animal euthanized. Both are completely avoidable if the animal is up to date on its rabies vaccination.

We currently have four animals on quarantine.

Our clinics are listed online. Visit our website for the 2018 rabies clinic schedule at www.herkimercounty.org or make an appointment with your veterinarian. In addition, you can find more information about rabies on the Center for Disease Control's website at www.cdc.gov/rabies. If you have any questions, call Herkimer County Public Health at 315.867.1176.

Good Housekeeping

Corned Beef Hash and Eggs

1 tablespoon margarine or butter
1 large red pepper, chopped
1 large onion, chopped
4 cups (about half 32-ounce package) frozen hash brown potatoes (Southern style)
8 ounces deli corned beef in 1 piece, cut into 1/2-inch chunks (about 2 cups)
4 large eggs
1/8 teaspoon salt
1/8 teaspoon ground black pepper

1. In nonstick 12-inch skillet, melt margarine over medium-high heat. Add red pepper and onion and cook 10 minutes or until vegetables are tender, stirring often. Stir in frozen hash browns and corned beef; cook 10 minutes or until hash browns are lightly browned. Spread hash evenly in skillet. Reduce heat to medium-low.

2. One at a time, break eggs into cup and slip into

skillet on top of hash. Sprinkle eggs with salt and black pepper. Cover skillet and cook 5 to 8 minutes or until eggs are set or cooked to desired doneness.

* Each serving: About 450 calories, 20g total fat (6g saturated), 268mg cholesterol, 865mg sodium, 47g total carbohydrate, 5g dietary fiber, 22g protein.

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Mohawk Valley Choral Society announces award winners

For the tenth consecutive year, the Mohawk Valley Choral Society has granted Student Enrichment in Vocal Music Awards to several high school juniors and seniors from Herkimer County. These scholarships allow the students to join and sing with the Mohawk Valley Choral Society and to receive weekly vocal les-

sons from a professional vocal teacher at no cost to themselves.

Over the last 10 years, the Mohawk Valley Choral Society, with the help of grants from CNYArts, a Regional Arts Council, has awarded to area high school students 68 Student Enrichment in Vocal Music

Awards valued at a total of \$34,000.

This year's award winners are Jacqualyynn Bender, West Canada Valley Central School; Joey Carney, Herkimer Central School; Trevor David, Central Valley Academy; Kyle Moulton, Central Valley Academy; Nathan Nellis, Poland Central School; Nathaniel Polus, Herkimer Central School; Destiny Tayler, Central Valley Academy; Madilyn Thomas, Central Valley Academy; Alyssa Wilks, Little Falls Central School; and Zach Williams, Herkimer Central School.

These students were winners in this year's student auditions, at which they performed before a panel of judges from the Mohawk Valley Choral Society.

In their high schools, they are active in extracurricular activities as varied as tennis, Model UN, bowling, language clubs and soccer.

These are students who are also involved in their school's music programs and have sung in their high schools' musicals and choruses. Their varied college plans include studying music performance, music education, engineering, theater or pre-med.

Any high school student in Herkimer or Oneida counties who will be a junior or senior in the 2019-20 school year and who is interested in competing in May 2019 for one of these awards should consult with their school's vocal teacher or contact the Mohawk Valley Choral Society on their website at www.mvchoral.org.



(Front row, L - R) Zach Williams, Jacqualyynn Bender, Madilyn Thomas, Destiny Tayler and Alyssa Wilks. (Back row) Nathaniel Polus, Kyle Moulton, Trevor David, Nathan Nellis and Joey Carney.



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Barley straw, bluebird nesting boxes, and rain barrels for sale at Herkimer County SWCD

Barley straw

Excessive algae growth is one of the most common problems in ponds. Barley straw is used to control pond algae by inhibiting the growth of new algae. Large quantities of algae can be harmful for livestock consumption and can also cause severe winter fish kills as oxygen is depleted during decomposition of algae blooms in the fall. Less oxygen will then be available to fish over those crucial winter months when the water is ice and snow covered.

Fall and spring applications are recommended because water temperatures between 50 and 55 degrees are needed for barley straw to be effective. The

recommended application rate is six bales per surface acre.

Bluebird nesting boxes

The future of eastern bluebirds has been of concern as populations have shrunk over the last few decades. However, populations have been growing recently. Two reasons why bluebird populations have declined are habitat destruction and competition.

The most effective measure that has been implemented to protect eastern bluebirds has been the introduction of nest boxes in good nesting habitat. They have been quite successful in providing nesting places for eastern bluebirds.

You should put up your nest-

ing box in the fall. Bluebirds start looking for breeding nesting boxes mid-February at the earliest and on into June at the latest. Nesting boxes should be located in an open space such as a large lawn or an orchard away from houses, barns, and thick clumps of trees. They can be placed on fence posts, garden U-posts and metal posts at least three feet above the ground. A box mounted four to five feet high is ideal.

Rain barrels

A rain barrel collects and stores rainwater from rooftops to use later for watering plants and gardens. Water collected in a rain barrel would normally pour off your roof directly or flow through roof gutter down-

spouts and become stormwater runoff. Depending on your yard, this runoff can travel onto paved surfaces and eventually into a storm drain.

Why Use Rain Barrels? Rain barrels conserve water and help lower costs (a rain barrel can save approximately 1,300 gallons of water during peak summer months). Rain barrels also reduce water pollution by reducing stormwater runoff, which can contain pollutants like sediment, oil, grease, bacteria and nutrients.

Because residential irrigation can account for up to 40 percent of domestic water consumption, water conservation measures such as rain barrels can be used to reduce the de-

mand on the municipal water system or your homes personal well. During a storm, even a light one, it doesn't take much time for a rain barrel to fill with enough water for your lawn and plants to thrive. We have 55 gallon barrels available for purchase.

The Herkimer County Soil and Water Conservation District is currently taking orders for barley straw, bluebird nesting boxes, and rain barrels until Oct. 24 and the pickup date is Nov. 1 between 8 a.m. and 12 noon.

To receive an order form, please visit our website at www.herkimercountyswcd.com or contact our office at 315.866.2520 ext. 5.

Good Housekeeping

Easy Huevos Rancheros

1 medium ripe avocado
6 large eggs
1/4 cup water
1 tablespoon margarine or butter
1 cup mild salsa
1 can 15 to 19 ounces, black beans, rinsed and drained
3/4 cup shredded Mexican cheese blend (3 ounces)
8 corn tortillas, warmed

1. In cup, with fork, mash avocado. In bowl, with wire whisk, mix eggs and water.

2. In nonstick 10-inch skillet, melt margarine over medium heat. Add egg mixture and cook 1 to 1 1/2 minutes or until eggs just begin to set, stirring constantly with

heat-safe spatula or wooden spoon.

3. Spoon salsa over eggs; top with beans and cheese. Cover and cook 2 to 3 minutes longer or until cheese melts and beans are heated through, but do not stir.

4. Serve egg mixture with tortillas and avoca-

do.

* Each serving: About 505 calories, 26g total fat (9g saturated), 23g protein, 51g carbohydrate,

13g fiber, 338mg cholesterol, 855mg sodium.

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Senior News Line

by Matilda Charles

Paper check scams

Back in the day the typical way we received money was via check. Getting a check in the mail, perhaps a paycheck or refund, was common. Now thieves have decided to capitalize on what is most familiar to us ... paper checks.

Why are they using paper checks? Because electronic transfers can be instantaneous; paper checks take a few days to clear ... just long enough to scam you.

You might be told you've won a prize when a check arrives in the mail, or that it's a refund or payment for

a service. Mystery shopping is a perfect example. After you do a few shops, they might tell you that you're so reliable they have a bigger job for you: investigating money-transfer companies. They'll send you a big check, which you'll deposit into your account, and your job is to quickly wire the money back as a test. The bogus check won't have cleared yet, however, and the money you wire them will be your own cash.

A fake check in the mail isn't the only way you can run into a scam. If you decide to sell a few things via online auctions, you might be tempted to accept a check

from the buyer. Don't do it. Make yourself familiar with a pay service such as PayPal, and especially don't accept a check that is over the amount you're expecting. You'll likely be told to send the "extra" money back.

If you receive a check you're not expecting, don't cash it until you get all the details about where it came from and why you've received it. If you decide to deposit it, tell your bank what you're doing so it can keep an eye on things. Do not spend the money. Wait a few weeks to see what happens.

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Paw's Corner

by Sam Mazzotta

Pets and divorce

Dear Paw's Corner: My husband and I have decided to call it quits after seven years together. We don't have any kids, so we're mainly just splitting up assets. But there's a problem: Both of us want "Spitz," our little terrier mix. What can I do? Is this something that has to be decided by a judge? — Calling it Splits in Sacramento

Dear Splits: Who gets the pets is an issue that often comes up in divorce. And because the way we view pets is changing — they're more often considered an extension of the family, rather than simply property — the way judges decide who

gets to keep the pets is changing too.

For example, California now gives judges much more leeway in determining who gets custody of pets in a divorce. Rather than basing the decision on who paid for or who adopted a pet, the judge can look at factors like who walks the dog every day, who takes the cat to the veterinarian and so on.

In states with no-fault divorce or that allow mediation rather than hashing it out in court, the divorcing couple can negotiate custody of pets, taking into account factors like who fed them every day, who trained them, who paid for medical care, etc., and determine who's

going to be responsible for those things. I even know of a couple who worked out a shared custody arrangement where one of them cared for their two dogs during the week and the other took them on

the weekends.

I wish you both the best of luck and hope you'll both agree on an arrangement that is best for Spitz.

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Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Pork 'n' Apricots

Two of our favorite fall flavors are pork and sweet potatoes. This recipe gives you both, with an added bonus of sweet apricots.

4 (4-ounce) lean pork tenderloins or cutlets

2 1/2 cups (12 ounces) diced cooked sweet potatoes

1/8 teaspoon nutmeg

1 (15-ounce) can apricot halves, packed in fruit juice, drained and 1/3 cup liquid reserved

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

2. In a large skillet sprayed with butter-flavored cooking spray, lightly brown meat on both sides. Place browned meat in prepared baking dish.

3. Evenly sprinkle sweet potatoes over meat. Lightly sprinkle with nutmeg. Arrange apricot halves over sweet potatoes. Drizzle reserved apricot juice over top. Bake for 25 minutes.

4. Place baking dish on a wire rack and let set for 5 minutes. Serves 4.

* Each serving equals: 227 calories, 3g fat, 20g protein, 30g carbs, 77mg sodium, 49mg calcium, 4g fiber; Diabetic Exchanges: 2 Protein, 1 Starch, 1 Fruit; Carb Choices: 2.

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Strange but True

by **Samantha Weaver**

• It was 17th-century French author Francois de La Rochefoucauld who made the following sage observation: "Some people with great virtues are disagreeable, while others with great vices are delightful."

• If you wanted to dig to the center of the earth, you'd have to go down about 4,000 miles.

• If you're a fan of fishing, here's a cautionary tale regarding the weather: A 48-

year-old Colombian man named Felipe Ortiz (for reasons unknown) decided to go out fishing in a raging storm. He cast his line into a strong wind, but the line blew back and caused the baited hook to lodge in his throat, killing him.

• Are you a dipsomaniac? The root of the word is from the Greek "dipso," meaning "thirst" — and we're all familiar with the "mania" part. "Dipsomaniac" is just a fancy name for a drunk.

• Feeling pressed by ever-increasing

postage rates? Well, consider this: To send mail by Pony Express originally cost \$5 per ounce — the equivalent of more than \$150 in today's dollars.

• At one time the game of checkers was known as "chess for ladies."

• Unless you're a professional dairy farmer who milks cows on a daily basis, it's unlikely that you're aware of the fact that it takes, on average, 350 squirts to get a gallon of milk.

• Jewelry lovers, pay attention: Oysters

aren't the only creatures with the capability to make pearls. Pearls can come from any mollusk that makes a shell, including mussels, clams, conchs and even land snails.

Thought for the Day: "I like an escalator because an escalator can never break, it can only become stairs. There would never be an escalator temporarily out of order sign, only an escalator temporarily stairs. Sorry for the convenience." — Mitch Hedberg

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Home Country

by **Slim Randles**

One of the great pleasures of hanging around down at the livestock auction barn each Saturday morning is being able to take your dog along.

Why do we go to the sales barn? We love agriculture, and it's part of living here to see who buys what and rejoice in their good fortune, even if our own grass is stressed to the limit by whatever varmint we're currently

feeding. Or, it could be that we figure we've already lived too long, and if the right horse or cow comes through there, and we buy it, our wives will see to it that we don't suffer in agony for untold years.

This weekly auction is a treasure house for our dogs. It's a dog's day out, a chance to scrounge under the bleachers for dropped hot dog portions and the occasional sweet bun crust. It's a chance

for them to get acquainted with dog buddies and to check out any new pickups in the parking lot whose tires have not yet been properly baptized.

My coonhound loves it. She had done her munching, scrounging and socializing and was curled up under my truck, waiting for me, as we were getting ready to leave. Dud's blue heeler was flitting around in the

bed of his pickup truck, guarding against anything that might deign to trespass. And Doc had a new dog, of non-obvious parentage, on a leash, which meant he was not yet broken in to sales barn etiquette. Once he got used to it, and had been introduced to the other dogs, he'd fit right in and the leash would be history.

"What kind of dog is that, Doc?" we asked.

"Why, he's an Egyptian shepherd."

"I never heard of an Egyptian shepherd. Does he work cattle?"

"Nope."

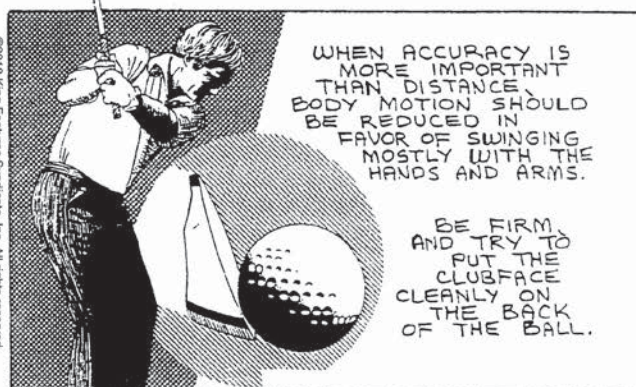
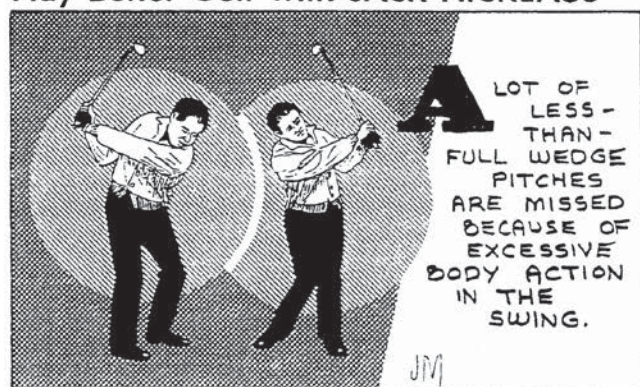
"What's he do?"

Doc grinned, "He makes pyramids in the back yard."

Brought to you by *Dogsled: A True Tale of the North*. Available on Amazon.com.



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King Crossword

ACROSS

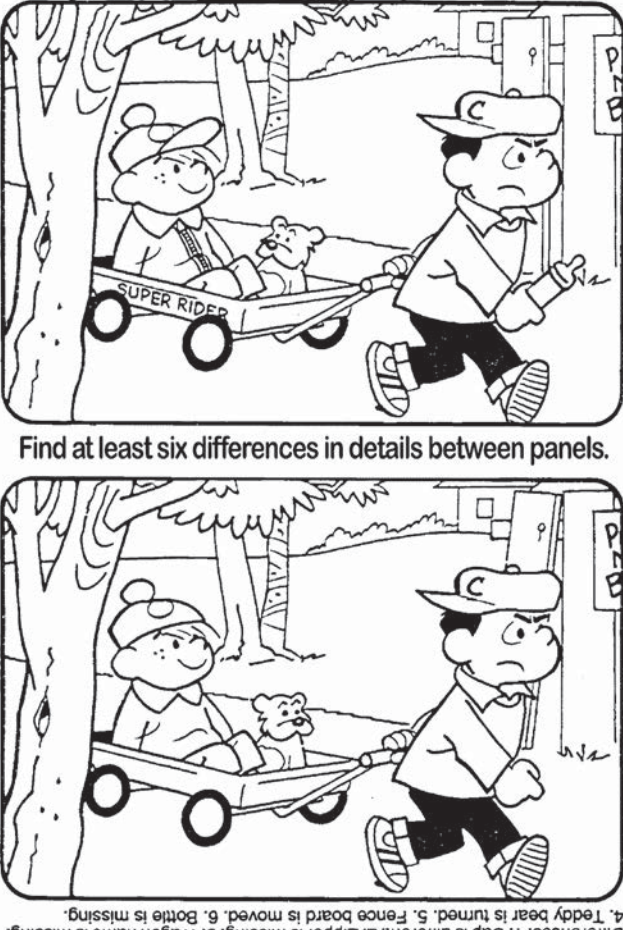
1 Light touch
4 Ducks' home
8 Creche trio
12 Swelled head
13 Acknowledge
14 Touch
15 Its capital is Gaborone
17 Give a darn
18 Massive weight
19 Mistake in print
21 Bouquet component
24 Online help page
25 CD- —
26 Badly lit
28 Ancient African kingdom
32 Help surreptitiously
34 "— Town"
36 Billions of years
37 Now
39 Oft-tattooed word
41 Placekicker's pride
42 Dylan or Dole
44 Potassium source
46 Set free
50 Can material
51 Off base
52 Form of food poisoning

DOWN

1 Newcomer to society
2 Past
3 Reached the nadir, with "out"
4 Hocked
5 Eggs
6 Zilch
7 Happy, for one
8 Rhesus monkey
9 Blind as —
10 Mentor
11 Thing
16 Boar's mate
20 Skeddaddled
21 "Animal House" group
22 See 23-Down
23 With 22-Down, John Wayne movie
27 Silent
29 Gregor Mendel, e.g.
30 Part of the loop
31 Cruising
33 Arranged in rows and columns
35 Plagiarize
38 — Kippur
40 Ripe
43 Sacred text
45 Zero
46 Put together
47 Vacationing
48 Protuberance
49 Labor
53 Bill
54 Seek damages
55 Biz deg.

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

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Differences: 1. Cap is different. 2. Zipper is missing. 3. Wagon name is missing. 4. Teddy bear is missing. 5. Fence board is turned. 6. Bottle is missing.

Weekly SUDOKU

by Linda Thistle

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

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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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO YOU CALL A GHOST WHO DOESN'T WANT TO WORK?

ALLIED	___	IDEAL		BEINGS	___	SINGE
CARSON	___	CORNS		VERONA	___	RAVEN
GRAZES	___	RAGES		STRAND	___	DARTS
PRAYED	___	PARED		FICKLE	___	FLICK
				BASTES	___	BEATS

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Just Like Cats & Dogs by Dave T. Phipps

IT MAY BE SUPER HEALTHY, BUT I'M PRETTY SURE IF YOU ADDED MILK TO THE BOX, IT WOULD TASTE THE SAME.



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Americanisms



“If you lose money
you lose much,
If you lose friends
you lose more,
If you lose faith
you lose all.”
—Eleanor Roosevelt

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Amber Waves



I DON'T GET IT. THE BUS FORGOT ABOUT ME. I GUESS I DON'T HAVE TO GO TO SCHOOL?

WOW, MOM WAS RIGHT. DREAMS DO COME TRUE!

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Country Editor

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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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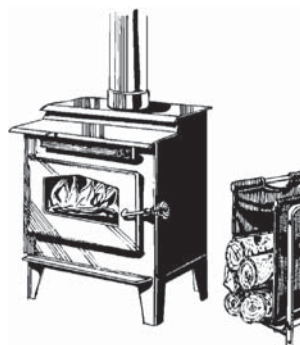
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Have astronomers found 1st moon outside our solar system?

Frankfort Free Library receives Community Foundation Grant

by Marcia Dunn, AP Aerospace Writer

CAPE CANAVERAL, FL (AP) — Astronomers may have found the first moon outside our solar system — a gas behemoth the size of Neptune.

Plenty of planets exist beyond our solar system, but a moon around one of those worlds has yet to be confirmed. Two Columbia University researchers presented their tantalizing evidence for a moon Oct. 3.

The potential moon would be considerably larger than Earth — about the size of Neptune or Uranus. The planet it orbits is as big as mammoth Jupiter. This apparent super-size pairing of a gaseous moon and planet is 8,000 light-years away.

Researchers Alex Teachey and David Kipping evaluated 284 planets outside our solar system that had already been discovered by NASA's Kepler Space Telescope. Only one planet held promise for hosting a moon, one around the star known as Kepler-1625, which is about the size of our sun but older.

So last October, the pair directed the Hubble Space Telescope at the star in an attempt to verify — or rule out — the possibility of a moon orbiting the planet Kepler-1625b. They were on the lookout for a second temporary dimming of starlight. The main dip in stellar brightness would be the planet itself crossing in front of its star. Another dip could well be a moon — known as an exomoon outside our solar system.

The more powerful and precise Hubble telescope detected a second and smaller decrease in starlight 3 1/2 hours after the planet passed in front of the star — "like a dog following its owner on a leash," as Kipping put it. The observation period, however, ended before the moon could complete its transit. That's why the astronomers need another look with Hubble, hopefully next spring.

Despite the evidence, Teachey stressed "we are urging caution here."

"The first exomoon is obviously an extraordinary claim and it requires extraordinary evidence," Teachey said. "Furthermore, the size we've calculated for this moon, about the size of Neptune, has hardly been anticipated and so that, too, is reason to be careful here."

He added: "We're not cracking open Champagne bottles just yet on this one."

If indeed a moon, it would be about 2 million miles from its planet and appear twice as big in its sky, as the moon does in ours. The astronomers are uncertain

how this potential moon might have formed, given its size.

"If confirmed, this finding could completely shake up our understanding of how moons are formed and what they can be made of," NASA's science mission chief Thomas Zurbuchen said in a statement.

According to the researchers, another compelling piece of evidence in favor of a moon is that the planet passed in front of its star more than an hour earlier than predicted. A moon could cause that kind of an uncertain, wobbly path, they noted.

Kipping said that's how the Earth and moon would appear from far away. This particular planet — or exoplanet — is about the same distance from its star as Earth is to the sun.

Another planet could cause the same gravitational nudge, the researchers noted, although Kepler observations have come up empty in that regard. Kepler-1625b is the only planet found so far around this star.

For Teachey and Kipping, the best and simplest explanation is that Kepler-1625b has a moon.

"We've tried our best to rule out other possibilities," Kipping told reporters. "But we were unable to find any other single hypothesis which can explain all of the data we have."

Their findings were published in the journal Science Advances. The journal's deputy editor, Kip Hodges, praised the researchers for their cautious tone, given the difficult and complicated process of identifying an exomoon.

"If this finding stands up to further observational scrutiny, it represents a major milestone in the field of astronomy," Hodges said.

The Columbia astronomers said they may be able to clinch this as early as next year, with more Hubble viewing. In the meantime, they're encouraging other scientists to join in and embracing the scrutiny that's sure to come.

Whether confirmed or not, the subject offers insight into how rare — or how common — our own solar system might be.

Moons are abundant in our own solar system, with close to 200. Of the eight planets in our solar system, only Mercury and Venus have none.

Given that both the planet and its potential moon are gas giants, no one is suggesting conditions that might support life.

"But going forward, I think we're opening the doors to finding worlds like that," Teachey said.

UTICA, NY — The Frankfort Free Library and The Community Foundation of Herkimer & Oneida Counties have recently partnered to make an impact in the community by renovating the Frankfort Free Library, making it more accessible for all patrons.

The \$50,000 investment from The Community Foundation will help to renovate the entryway into the building and install a lift, which will make the lower level accessible to all patrons. The expanded accessibility will allow the library to provide even more public programming.

According to Edith Buffalohead, Board of Trustees President, the library has not had any

major renovations since 1976 and the building sorely needs this upgrade. "We are very thankful for the support provided by The Community Foundation," said Buffalohead. "The improvements to the library will enable us to better meet our mission to enrich lives, build community and foster success by bringing people, information and ideas together."

"This investment will not only allow the Frankfort Free Library to better address the renovation needs of the building, but will in turn lead to the library's growth," added Morgan Mielnicki, community investment coordinator at The Community Foundation. "These improvements will enable

the organization to offer more programming and help to increase overall patron visits."

For more information about the Frankfort Free Library, visit www.mid-orklib.org/Frankfort or call 315.894.9611.

Since 1952, The Community Foundation has invested more than \$75 million in Oneida and Herkimer counties. The Community Foundation partners with various local organizations to make impactful investments in core areas of need, including economic development, education, health, and arts and culture.

For information about The Community Foundation, visit www.foundationhoc.org or call 315.735.8212.



Weekly SUDOKU

King Crossword

Answer

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

Solution time: 25 mins.

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

Puzzles4Kids

Answer

ALLIED	L	IDEAL
CARSON	A	CORNS
GRAZES	Z	RAGES
PRAYED	Y	PARED
BEINGS	B	SINGE
VERONA	O	RAVEN
STRAND	N	DARTS
FICKLE	E	FLICK
BASTES	S	BEATS



Herkimer County Arts and Crafts Fair

HERKIMER, NY — The 42nd Herkimer County Arts and Crafts Fair will take place Saturday, Nov. 10, and Sunday, Nov. 11, at Herkimer County Community College. Hours are 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.

This long-established fine arts and crafts fair, presented by the Herkimer County College Foundation, is one of the

largest and well-respected in New York State. With more than 120 vendors expected, the juried show features top artisans showcasing their works including pottery, gourmet foods, wood-working, textiles, weaving, oil painting, soaps, jewelry and more. Pride of New York producers and select New York State wineries will also be showcasing their prod-

ucts during this two-day event.

The campus is handicapped accessible, with plenty of free parking available directly adjacent to the show. There is easy access off NYS Thruway exit 30. Cafeteria services are available during the fair. Admissions is \$4. Children under 5 are free.

Sponsored by AmeriCU Credit Union.

The trick to getting velvety pumpkin soup is canned pumpkin

by America's Test Kitchen

This velvety pumpkin soup is surprisingly easy and fast thanks to canned pumpkin. The trick is getting rich, balanced pumpkin flavor out of a can.

We started by creating a deeply flavorful base for our soup by softening onion and then adding cumin, coriander, and nutmeg, which gave us a warm-spiced flavor that paired well with pumpkin. Maple syrup was the ideal sweetener, adding depth and enhancing the nuttiness of the soup without overwhelming it with sweetness.

A combination of vegetable broth and water gave the soup a subtle savory backbone, and just a half cup of

half-and-half gave us an ideal creamy texture. Briefly simmering the pumpkin in the flavorful liquid allowed the flavors to meld and cooked off the tinny flavor of the canned pumpkin; we then pureed the soup to a silky consistency.

Be sure to buy pure canned pumpkin, not pumpkin pie filling, which has sugar and spices added. Crumbled blue cheese and toasted, chopped walnuts make nice garnishes to this soup.

11th-Hour Harvest Pumpkin Soup

Servings: 4-6
Start to finish: 45 minutes
2 tablespoons unsalted butter
1 onion, minced
2 garlic cloves, minced
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon ground nutmeg
3 cups vegetable broth, plus extra as needed
2 cups water
1 (15-ounce) can unsweetened pumpkin puree
1/4 cup maple syrup
1/2 cup half-and-half

Salt and pepper

Melt butter in Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Stir in garlic, cumin, coriander, and nutmeg and cook until fragrant, about 30 seconds.

Stir in broth, water, pumpkin, and maple syrup, scraping up any browned bits, and bring to boil. Reduce to simmer and cook until flavors have melded, about 15 minutes.

Working in batches, process soup in blender until smooth, 1 to 2 minutes. Return pureed soup to clean pot and stir in half-and-half; adjust consistency with additional broth as needed. Heat soup gently over low heat until hot (do not boil). Season with salt and pepper to taste, and serve.

Nutrition information per serving: 198 calories; 86 calories from fat; 10 g fat (6 g saturated; 0 g trans fats); 26 mg cholesterol; 417 mg sodium; 27 g carbohydrate; 4 g fiber; 18 g sugar; 3 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit www.americastestkitchen.com. Find more recipes like 11th-Hour Harvest Pumpkin Soup in "All-Time Best Soups".



Join Us N' SHINE!

SHINE (Seniors' Health Improvement and Nutrition Education) Program

Eat Healthy • Be Active Community Workshops

Molly Capito, Registered Dietitian and a nutrition educator for the SHINE Program will be hosting nutrition workshops in Herkimer County on **Thursdays in October**.

Call Molly from Montgomery County Office for Aging, Inc. at **(518) 843-2300** to reserve a seat at either of the Herkimer County SHINE workshop locations below!

Dates: October 4, 11, 18, 25

Locations & Times:

London Towers, 100 W Main Street Ilion NY
12-1:30 pm (after the congregated meal is served)

Nathan Galinsky Apartments,
105 Protection Ave Herkimer NY
2:30-4 pm

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October 4th- Enjoy Healthy Food That Tastes Great

October 11th- Quick Healthy Meals and Snacks

October 18th- Eating Healthy on a Budget

October 25th- Make Healthy Eating Part of Your Total Lifestyle

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). This institution is an equal opportunity provider and employer.

Public meeting notice for: Herkimer County

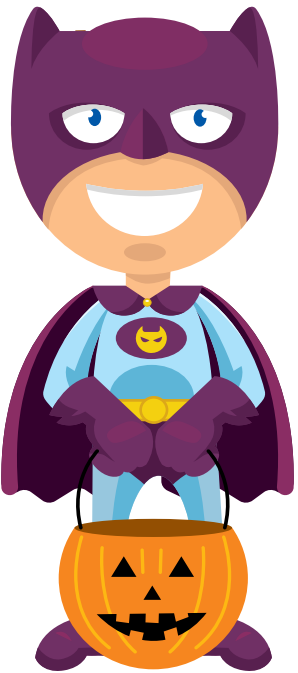
The Mohawk Valley Economic Development District, Inc. (MVEDD) will hold an outreach meeting on the Comprehensive Economic Development Strategy (CEDS) on Thursday, Oct. 25, at 1 p.m., at the Herkimer County Office Building, Room 301, 109 Mary Street, Herkimer, NY.

The annual update of the Comprehensive Economic Development Strategy (CEDS) is an undertaking of the Mohawk Valley Economic Development District, Inc. (MVEDD), as required by the U.S. Economic Development Administration.

MVEDD will receive input and review comments on information to be provided to the federal government. RSVP is appreciated but not required.

Topics for discussion include: a draft listing of capital projects for the county and its municipalities, development of the 2019 MVEDD work program, examination of current MVEDD goals, and review of county economic milestones from previous year. District staff will also receive any information that may be used to provide economic statistics describing our region including summary of strengths, weaknesses, opportunities and challenges.

Comments will be compiled and submitted to the federal government by year's end. Members of the public will be given an opportunity to address MVEDD staff on any of the subjects described herein.



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2nd annual Herkimer BOCES Spooktacular to focus on students, veterans

ILION – During the second annual Spooktacular Vendor Bazaar, you can say “trick or treat,” but you won’t have to say “students or veterans.”

That’s because the Spooktacular will benefit both local veterans and students.

Spooktacular organizers are asking for donations of non-perishable food or hygiene items to Feed Our Vets in lieu of an entrance fee. Funds raised from other aspects of the event will support students in the Herkimer-Fulton-Hamilton-Otsego BOCES chapter of SkillsUSA – including attending local, regional, state and potentially national competitions.

“We’re excited to bring the Spooktacular Vendor Bazaar back for a second year and establish it as a fun autumn tradition,” said Holly Rotundo Fischer, Herkimer BOCES cosmetology instructor and SkillsUSA advisor. “The best part is that it’s helping veterans and allowing students to participate in activities that will give them additional experience with career-tech skills they’re learning at BOCES.”

The second annual Spooktacular Vendor Bazaar is scheduled for 10 a.m. to 3 p.m. on Sunday, Oct. 28, at the Remington Educational Complex at 77 E. North St. in Ilion. The event features crafters, vendors, a bake sale, a Chinese

auction, McGill’s Food Truck and a “Kids Corner” with activities for children – including trick-or-treat stations, pumpkin painting, face painting and fall crafts.

Collecting donations for Feed Our Vets is part of an ongoing SkillsUSA community service project. The Herkimer BOCES chapter is competing with others in SkillsUSA Area II to see which chapter can collect the most donations to win a plaque and bragging rights. The donations will go to the Feed Our Vets Utica and Watertown locations.

Herkimer BOCES SkillsUSA students will continue collecting donations at BOCES facilities through the end of January. The donations are packed up and brought to the SkillsUSA regional conference at Morrisville State College.

Each year, students in the Herkimer BOCES chapter of SkillsUSA compete in local SkillsUSA competitions and have the opportunity to advance to regional, state and national conferences.

Last school year during the state conference at the New York State Fairgrounds in Syracuse, the following Herkimer BOCES students placed:

- A team of Herkimer BOCES Building Construction students Marshall Borek, of Herkimer; Josh Douglas, of Mount Markham; James Baisley, of Dolgeville, and Devin Gorinshek, of Dolgeville, won

second place in the Team Works building competition.

- Herkimer BOCES Information Technology Academy student Anthony Treonze, of Mount Markham, won second place in Technical Computer Applica-

tions.

If you’re interested in being a crafter or vendor at the Spooktacular Vendor Bazaar or want to donate to Feed Our Vets and/or SkillsUSA, contact Fischer at Herkimer BOCES at 315.867.2043.



During the first Herkimer-Fulton-Hamilton-Otsego BOCES Spooktacular Vendor Bazaar on Oct. 29, 2017, at the Remington Educational Complex in Ilion, Herkimer BOCES Visual Communications Media arts student Sierra Gonzalez, of Frankfort-Schuyler, paints the face of Savannah Grisham, of Utica.

Photo courtesy of Herkimer BOCES



Did you know?

The disclaimer “Objects in mirror are closer than they appear” is featured on passenger-side mirrors of vehicles manufactured in the United States, Canada, India, Korea, and Australia. These mirrors are convex, which means they distort the size of objects viewed in the mirror, and as such, distorts the perception of how close or far away objects are from the driver’s car. However, this distortion allows for the reflection of a wider field of view on the side of the vehicle to help eliminate blind spots. In the United States and Canada, driver’s side mirrors are flat or “planar.” Dual convex mirrors are not currently the norm on vehicles manufactured in North America based on requirements implemented by the National Highway Traffic Safety Administration’s Federal Motor Vehicle Safety Standard 111 and the Canada Motor Ve-

hicle Safety Standard 111. Elsewhere, such as in Europe, dual convex mirrors are included on vehicles. Many automotive companies support having two convex mirrors on the sides of cars to eliminate blind spots, as well as reduce the driver’s need to twist his head to the left when turning or changing lanes. However, flat mirrors have been required to avoid distortion and give drivers the most accurate assessment of traffic to their left for changing lanes, called “unit magni-

fication.” This may soon change, though. According to a 2013 statement from the National Highway Traffic Safety Administration, “The agency intends to reevaluate existing side-mirror requirements (FMVSS No. 111) to determine whether convex mirrors should be harmonized with European requirements.” Currently, drivers can modify their driver’s-side mirrors to include a convex mirror add-on, as long as the mirrors also have the required flat portion.

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How to approach buying a preowned vehicle

Vehicles are considerable investments. According to Kelley Blue Book, the estimated average transaction price for light vehicles in early 2018 was \$36,270.

Perhaps because of that price tag, many people in the market for cars and trucks shop for preowned vehicles, which statistics indicate are considerably less expensive than new automobiles. Edmunds.com notes that the average transaction price for a used vehicle

purchased in the first quarter of 2018 was \$19,700.

Of course, preowned vehicles carry more risk than new cars. That said, car buyers in the market for preowned vehicles can take steps to protect themselves against the risks associated with buying used cars.

- Shop for certified pre-owned vehicles. Certified preowned vehicles, or CPOs, typically come with an inspection and extended warranty. That

can ease the concerns of buyers worried about buying a lemon. Many CPOs are recently returned off-lease vehicles that tend to have low mileage. Lessees are obligated to return leased vehicles in good condition or suffer financial penalties, meaning most off-lease vehicles will be well-maintained.

- Recognize "certified" and "CPO" are not the same thing. Edmunds.com notes that there's sometimes a dif-

ference between vehicles that are characterized as "certified" and "certified preowned." The CPO designation typically means the vehicle manufacturer stands behind the vehicle and its warranty. A vehicle described as "certified" may only be backed by the dealership itself. That's an important distinction for buyers who may travel a lot or those who plan to move, as a manufacturer-backed

warranty should allow them to take the vehicle to any of the manufacturer's dealerships for repairs, regardless of where those dealerships are located. Drivers of vehicles that are only certified by a dealership may only be able to take their cars in for repairs at that particular dealership.

- Get a vehicle history report. Some sellers, whether it's dealerships or private citizens, may

provide vehicle history reports. But even if they don't, the cost of such reports is negligible compared to the value of the information they provide. These reports indicate if a vehicle has been in any serious accidents and indicate mileage that can alert buyers to illegal odometer adjustments, and some may even indicate if maintenance was performed at manufacturer-recommended intervals. If sellers are reluctant to provide reports or the VIN numbers of a vehicle necessary to order them, then walk away.

- Take a long test drive. A long test drive through various conditions (hills, curvy roads, highways, etc.) can give buyers a feel of how a preowned vehicle handles. Don't succumb to pressure to cut test drives short, and be wary of sellers who want to keep test drives to a minimum.

Preowned vehicles can be great investments, especially when buyers take steps to make the most informed decisions possible.



Car buyers in the market for preowned vehicles can take steps to protect themselves against the risks associated with buying used cars.

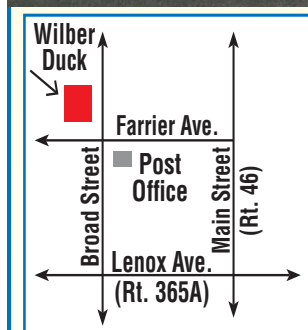
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Calving and Neonatal Calf Care Training offered

HERKIMER — The Central New York Dairy, Livestock and Field Crops Team of Cornell Cooperative Extension along with PRO-DAIRY will be hosting a two-day "Calving and Neonatal Calf Care Training" at the Insight Dairy, Newville Rd, Little Falls in October and November.

Day one is Oct. 24 and will focus on care of the cow and calf during calving. Day two is Nov. 7 and will focus on caring for baby calves. Each day runs from 9:30 a.m. – 3 p.m. Participants are welcome to sign up for one or both days. Cost is \$40 for one day, \$75 for both days, lunch is included. Registration is

required two days prior to event date. Register online with a credit card at <https://cnydfc.cce.cornell.edu/event.php?id=737>

The Calving and Neonatal Calf Care Training is an educational program for farmers, employees and agri-service people who work directly with dairy cows and calves. It will cover the physiology of calving, best practices for calving interventions, and calf care immediately after delivery and in the crucial days afterward. This program is eligible for FSA Borrower Credits. Please call 518.312.3592 if you have any questions.

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