

Herkimer County

# Country Editor

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Number 16

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# Herkimer Region College & Career Scholarship Foundation Golf Tournament raises \$9,300

The 17th annual Herkimer Region College & Career Scholarship Foundation Golf Tournament raised \$9,300 to provide scholarships to students attending college following a vocational education in high school.

This year's tournament took place on Aug. 5 at the Cedar Lake Club in Clayville. The next one will be on Aug. 3, 2020, at the same location.

The following were the winning teams from this year's tournament:

- Overall: Team Dangle
- Men's Division: Team Dangle
- Mixed Division: ICAN
- Challenger's Cup: BOCES Administrators

The Herkimer Region College & Career Scholarship Foundation is a not-for-profit community scholarship foundation. Local citizens from many professions work voluntarily as a group to generate scholarship funds for graduates of technical programs in the region.

To date, the foundation has provided more than 315 scholarships totaling \$177,000 to students in technical pro-

grams at Herkimer-Fulton-Hamilton-Otsego BOCES and its 10 component school districts: Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.

If interested in supporting the foundation or its fundraisers, contact Herkimer BOCES District Clerk Shawn Maxson at 315.867.2023 or smaxson@herkimer-boces.org .



At the Herkimer Region College and Career Scholarship Foundation Golf Tournament, Team Dangle won the Men's Division and the Overall championship. (L - R) Tom Marriott, Terry Dangle, Ryan Stelick and Brett Dangle.

Photo courtesy of Herkimer BOCES

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# Donna's Day: Creative family fun

by Donna Erickson

## Make colorful crayon leaf rubbings

Fall outdoor rituals are many during these lush months of color and cooler temps. Maybe your family already has established an annual tradition of taking a mini day vacation, like heading to a favorite orchard for a Saturday of apple picking and cider tasting, touring pumpkin farms, walking through a corn maze or hiking in the woods to get exercise, explore and observe wildlife and brilliant foliage.

You can celebrate the season and create new traditions right at your closest park or in your neighborhood, too. If the fall air beckons your family to get outside for a bike ride or a weekend walk, go for it. Observe the changing images around you, including the colorful leaves drifting and swirling in the breeze. Like the neighborhood boy I overheard saying to his dad as they collected different specimens on their walking route home from the library: "It's a leaf-y time of year!"

I agree. I can't resist collecting, preserving, pressing, decorating and crafting with leaves from day trips away from home and walks in my neighborhood. There are so many possibilities — including one of the simplest of crafts for any age: making crayon leaf rubbings on paper.

Once you collect leaves, grab your supplies, get to rubbing and uncover "X-ray" type designs you've never noticed before, both graceful and playful.

## Leaf rubbings

Here's the stuff you'll need:

- fresh leaves collected from the ground
- sturdy paper
- a variety of crayons in different colors
- colored pencils (optional)

Here's the fun:

1. Lay a leaf on a smooth, clean work surface. Place paper over it and hold it down firmly so that it won't move.

2. Take a crayon and rub it over the paper until the shape of the entire leaf is revealed. Discover the outline and skeleton of the leaf as the veins of the leaf protrude.

3. If you use a colored pencil, hold it at a slight angle, being careful not to press too hard so that it doesn't go through the paper.

4. Make several different rubbings on one sheet. Vary with contrasting colors, if you wish. You might want to identify leaves by writing the name of their tree by each one.

5. Frame the rubbings, or use for book covers, gift wrap, gift tags and notecards.

Tip: Rub leaves from your flower and vegetable garden, too. When the design of a small begonia leaf is revealed, your young child might say in amazement: "It looks like a seashell!" Parsley can look dainty and romantic, but what about arugula and kale?

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## Third annual Farming Your Future to introduce students to agriculture careers

Hands-on exhibits, presentations, guest speakers, live animals and more will be part of the third annual Farming Your Future on Oct. 4 at the Herkimer County Fairgrounds.

Farming Your Future is an opportunity for students in

grades 7 - 9 to explore careers in agriculture. Students will learn about jobs in the agriculture field and interact with local professionals in the industry.

The Herkimer-Fulton-Hamilton-Otsego BOCES School to

Careers program and STC Agriculture Committee organize Farming Your Future in collaboration with Oneida-Herkimer-Madison BOCES and Madison-Oneida BOCES. Hundreds of students and dozens of agriculture presenters are expected.

The event is for students from school programs in the three-BOCES region – primarily for grades 7 - 9. It is not open to the general public. If you are interested in having students attend the event, contact your school for information.

Dave Lamouret, a consultant for the first net-energy-zero farm in New York State, will be the career keynote speaker. Carly Curtis, a senior at Mount Markham and president of the Mount Markham FFA, will be the FFA student speaker.

## Herkimer BOCES Spooktacular becoming 'autumn tradition'

Don't get scared by the amount of things to do at the third annual Herkimer-Fulton-Hamilton-Otsego BOCES Spooktacular Vendor Bazaar.

The Spooktacular features crafters, vendors, a bake sale, a Chinese auction, the Corner Office food truck and a kids' corner with activities for children (including trick-or-treat stations, pumpkin painting, face painting and fall crafts).

"Funds raised from this event will once again benefit Herkimer BOCES SkillsUSA students, and donated items will go to local veterans through Feed Our Vets," said Holly Rotundo Fischer, Herkimer BOCES cosmetology instructor and SkillsUSA advisor. "It's great that we can help two good causes while also creating something fun for the community that is now really becoming an autumn tradition."

The Spooktacular Vendor Bazaar is scheduled for 10 a.m. - 3 p.m. on Sunday, Oct. 20 at the Remington Educational Complex, 77 E. North St. in Ilion.

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 BOCES chapter of SkillsUSA. Students in SkillsUSA attend local competitions where they get to put their career and technical education skills to the test with the opportunity to advance to the regional, state and national level.

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.

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## Three small things (plus one big thing) you can do to add value to your home

(BPT) – When it comes to your home, you want updates that make your property more comfortable, beautiful and, of course, valuable. Whether you have a big budget or more elbow grease than cash to invest, there are numerous things you can do to improve your home's worth immediately.

Here are three small things you can do to boost your home's value, plus one big one that will really make an impact.

### Small change #1 – Fresh paint

Paint is one of the most affordable ways to bring dra-

matic change to a room. Adding a fresh hue will instantly update the entire feeling of a space while also making it look more stylish and clean. Neutrals like tan, gray or greige (gray and beige) are always a good choice, but don't fear a bolder color. Not sure? Consider painting neutrals on three walls and using the fourth as a focal wall that features a bolder color choice.

For walls, start by patching and sanding any holes so you get a smooth finish. Use painter's tape to protect molding and ceilings and help you get a clean line when finished. Drop cloths will protect flooring and furniture. Taking time to properly prep helps ensure you get professional-level results that look great and last a long time.

### Small change #2 – Bathroom updates

You don't need to invest in a complete remodel to get an updated bathroom. A few simple enhancements can make a big difference without breaking the bank. Start by looking at the walls. Remove old wallpaper and repair any damage before adding paint. Then, look at the light fixtures and consider new options. A few quick swaps can add a modern aesthetic and optimum light for bathroom tasks.

The style in a bathroom is often defined by the accessories, so turning attention in that direction can help rejuvenate the space as well. Replace hardware on vanities and other extras like towel bars. Popular materials include chrome and brushed metals, but choose whatever fits with the rest of the room. Finish the look with a new shower curtain and towels to elevate the space.

### Small change #3 – Entryway enhancements

Is the place where you welcome guests looking a little dingy? Your entryway is where your home makes a first impression, including buyers when it comes time to sell. Fortunately, it's easy to update an entryway so it stands out positively and enhances your home's value.

Focus on the door by giving it a new coat of paint. Then replace hardware with a handsome, high-quality option. You can add a door-knocker or wreath to give it style, if you'd like. Then move to the surround-

ing spaces. Get rid of clutter to open up the space, and then add in a few key pieces of decor. For example, a plant or welcoming sign makes a house feel like a home.

### One BIG change – Add a deck

When you want to make a big investment in your home to improve its appeal and value, adding a high-quality deck may carry a bigger price tag, but it also offers some of the best return on investment for homeowners. Remodeling Magazine's 2019 Cost vs. Value Report listed a composite deck addition as one of the highest performing projects when it comes to the rate of year-over-year ROI.

"With the outdoor living trend thriving, people want deck spaces that are true extensions of the home," said Shara Gamble, director of sales and marketing for high-end composite deck manufacturer Envision Building Products. "Luxury composite decking is growing in popularity due to its exceptionally beautiful appearance and low-maintenance benefits."

Gamble added that Envision boards have attracted additional attention due to the brand's exclusive compression molding technology, which is unlike other boards on the market, and uses tremendous heat and pressure to form the boards with deep wood-like grain that never repeats on a single board. Learn more at [envisiondecking.com](http://envisiondecking.com).

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**Misc:** Very large amount of shop tools, hand tools, power tools, ladders, wood splitter, 3/4" Snap-On socket set; torch set; welders. Everything you would find in a farm shop; corners have not been cleaned out yet.

**Household Items:** Table and chairs, beds, dressers, misc. box lots, antlers.

**Auctioneers Note:** this is an estate that all must go so property can sell. Lots of treasures still in corners.



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## The Kitchen Diva

by **Angela Shelf Medearis**  
**A love affair  
 with pears**

I adore eating a perfectly ripened Bosc or Anjou pear. That first bite

either be brushed on or dipped in. Although this won't completely stop the browning, it will provide you with a little extra time to enjoy your deli-

however, pears will not ripen properly inside the fridge.

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1/8 teaspoon allspice or ground cloves

high heat. Reduce heat to medium-low and simmer until the mixture thickens, 10 to 15 minutes.

Off the heat, stir in the pecans, vinegar, rosemary, 1 teaspoon of the salt, 1/2 teaspoon of the black pepper, the allspice or ground cloves, and the cayenne pepper or red pepper flakes. Cool the chutney to room temperature before serving, or place in a container and cover with an air-tight lid and refrigerate up to 1 week.

*To Roast the Pears:* Heat oven to 375°F. Halve and core the pears and place in a baking dish. Rub them with 1 tablespoon of olive oil to lightly coat, and sprinkle all over with

1 teaspoon of salt. Position the pears cut sides down and roast about 30 minutes.

Turn them over and continue roasting until tender, 5 to 10 minutes more. Lay a slice of Camembert on top of each and continue roasting just to melt the cheese, about 2 minutes.

To Serve: Toss the arugula with the remaining tablespoon of olive oil, and the remaining salt and ground black pepper, and divide among six salad plates. Place a warm pear half over each and top with a spoonful of the chutney. Serve immediately.

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through that firm, greenish-golden skin into the sweet juicy fruit is a delight for the senses. Best of all, pears are a good source of fiber, antioxidants and vitamin C. Pears seldom cause allergies and are usually safe for infants and small children. Research suggests that regularly eating pears and other fruits may even guard against macular degeneration, the leading cause of vision loss.

If you're wondering about selecting, ripening or preparing pears, here's some great information from USA Pears:

Q: The pears I find in the grocery store are hard and green. Why?

A: Pears are a unique fruit in that they ripen best off the tree. As such, pears are transported when they're fully mature, but not always ripe. This assures that pears you buy are in good condition to properly ripen at home after you buy them.

Q: How can I keep cut pears from browning?

A: Browning, or oxidation, is a natural process that occurs when cut pears are exposed to oxygen. It can be slowed by "acidulating" the cut surfaces with a mild solution of 50% water and 50% lemon juice, which can

use natural anti-browning products such as NatureSeal, which will slow browning for over a week.

Q: What should I do with my pears when I get them home?

A: If the pears are ripe, they can be used right away or refrigerated to slow further ripening. If they need to be ripened, you must leave them at room temperature. Some people put them in a paper bag to help them ripen faster. Be sure to check them daily so they don't get overripe.

Q: How long will pears keep in the fridge?

A: Once they are ripened, pears will generally keep in the refrigerator for 3 to 5 days. Unripe fruit can generally be kept for a week or more,

kitchen counter, dining room table or even in the living room so you can enjoy their beauty as they ripen.

This recipe for Roasted Pears with Camembert Cheese and Chutney showcases this lovely fruit in a delicious new way.

### Roasted Pears with Camembert Cheese and Chutney Apple Cider, Raisin and Pecan Chutney

1/2 cup unsweetened pear or apple cider

1/4 cup honey or agave syrup

1 large shallot, minced

1/3 cup golden raisins

3/4 cup chopped roasted pecans

2 tablespoons apple cider vinegar

1 teaspoon minced fresh rosemary

1/8 teaspoon cayenne pepper or red pepper flakes

### Roasted Pears

3 large, ripe USA Pears, such as Concorde, Comice, or Green or Red Anjou

2 tablespoons olive oil  
 6 slices Camembert cheese

4 cups baby arugula leaves

*For the Chutney:* Bring the cider, honey or agave syrup, shallot and raisins to a boil in a small saucepan over medium-

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 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

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

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

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

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

**OAK RIDGE FREE METHODIST CHURCH**  
 Pastor Chris Schumske  
 838 W. German St.  
 Worship Service for adults & children  
 8:30, 10:00 & 11:30 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

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

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

**FIRST BAPTIST CHURCH**  
 8 Second Street  
 Reverend John Partise  
 Wednesday Mid Week Service 7 PM  
 Sunday Morning 11 AM

**ILION**  
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 Mass Schedule: Saturday 4:00 pm; Sunday  
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**LITTLE FALLS**  
**FIRST BAPTIST CHURCH**  
 555 Albany St.  
 315-823-3392  
 Morning Worship 10:15 AM  
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 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

**LITTLE FALLS**  
**FIRST ASSEMBLY OF GOD**  
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 Sunday Morning All Worship 10 AM  
 Thursday Bible Study 6:30 PM

**HOLY TRINITY LUTHERAN CHURCH**  
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 Email lfirstpres@gmail.com  
 www.presbylf.org  
 Sunday Worship 10 AM  
 Sunday School 10 AM

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

**MIDDLEVILLE**  
**MIDDLEVILLE UNITED METHODIST**  
 Pastor Wayne Getman  
 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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 Morning Worship:  
 10:30 AM Sept. - June • 9:30 AM July - Aug.  
 Youth Sunday School (Pre-K - Sr. High) 9 AM  
 Adult Sunday School (Men, Women  
 & Couples) 9:30 AM  
 September - June

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

**MOHAWK**  
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**SACRAMENT**  
 Sr. Mary Jo Tallman, CSSJ,  
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 Rev. Mark Cunningham,  
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 71 E. Main St.  
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 & Prayer Meeting 7 PM

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 Phone 868-1790  
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 Intercession - Tuesdays at 7 PM  
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 Thursday of the Month at 6 PM

**NEWPORT**  
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 7497 Main Street  
 Pastor's Phone 315-790-1877  
 Sunday Worship at 9:45am

**UNITED METHODIST**  
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 Sunday School 11 AM  
 Morning Service 11 AM

**KUYAHOORA COMMUNITY CHURCH**  
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 West Canada Valley  
 High School Auditorium  
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 Middleville, NY 13406  
 Phone 315-292-1303  
 www.kuyahoracc.org  
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 St. John the Baptist Parish  
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 Saturday Vigil Mass 6 PM  
 Sunday Mass 8 AM

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## Protect your plants from winter weather

For the majority of gardening enthusiasts, gardening is a warm weather activity. While some people live in climates that make it possible to enjoy gardening year-round, those who don't often lament the end of the gardening season.

Winter might not be conducive to gardening, but the arrival of cold weather does not necessarily mean a gardener's work is done until the following spring. Taking steps to protect plants from winter weather is an important part of maintaining a healthy garden that thrives from year to year.

Timing is of the essence when winterizing a garden. The online gardening resource Get Busy Gardening! advises gardeners that the best time to winterize is after the first hard freeze in autumn. A hard freeze occurs when temperatures dip below freezing overnight. When that occurs, annual plants and vegetables are killed off and perennial plants, which grow back year after year, begin going dormant.

Better Homes and Gardens notes that perennials are the easiest plants to prepare for winter, as they require just a little cutting back and mulching to be safe from cold weather. But no two perennials are alike, so homeowners should consult their local gardening center for advice on how to prepare their particular perennials for the coming months.

The steps necessary to winterize annuals depends on which type of annuals, cool- or warm-climate, you have. Cool-climate annuals should be covered with polypun garden fabric when light frost is in the forecast. In addition, Better Homes and Gardens recommends pulling dead annuals and adding them to a compost pile after a killing frost. Any annuals that developed fungal disease should be discarded. Mulch annual beds with a three- to four-inch layer of

chopped leaves or similar materials, spreading the mulch only two inches thick over self-sown seeds you want to germinate in the spring.

Warm-climate annuals also should be covered with polypun garden fabric when light frost is expected. Seeds of cold-hardy annuals can be planted for extended winter bloom, while gardeners also can collect seeds of warm-weather plants that will breed true to type. Even though you're winterizing, Better Homes and Gardens recommends that gardeners continue to weed and water their plant beds and plants while also keeping an eye out for pests. If organic mulch has decomposed or thinned out, replace it with a new layer.

Get Busy Gardening! notes that the bulbs of tender plants like dahlias and tuberous begonias can be dug up and overwintered in their dormant state. All dead foliage should be removed after the bulbs have been dug up, and the bulbs should be allowed to dry out a little before being stored. Container gardeners can overwinter their tender bulbs in their pots inside, but be sure to remove their foliage and store them in a dark, cool place that maintains temperatures above freezing.

Winterizing may mark the end of gardening season, but it's an important task that can ensure a healthy, beautiful garden next spring, summer and autumn.

## Calendar of events

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

### October 4

**Chicken and Biscuit Dinner** 5-7 p.m. at Trinity Lutheran Church, 443 Henry Street, Herkimer, NY. Eat in or take outs available.

### October 7

**Little Falls Community Blood Drive.** Noon to 5 p.m. At Little Falls Elks Lodge. To schedule an appointment download the free Red Cross Blood Donor App, visit [redcross-blood.org](http://redcross-blood.org) or call 1-800-RED CROSS (1.800.733.2767). Visit [redcross-blood.org/RapidPass](http://redcross-blood.org/RapidPass) to get started.

### October 9

Attention Stratford Cemetery Lot Owners. **Stratford Cemetery, Inc. Annual Meeting and Election of Officers and Board Members.** 6:30 p.m. At Salisbury Town Hall. Lot Owners and those interested should attend.

### October 11-12

**Rummage and bake sale.** Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY. Friday and Saturday, Oct. 11, 9 a.m.-5 p.m. and Oct. 12 9 a.m.-11 a.m. Bag day sale Saturday, \$1 a bag. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net)

### October 13

**Annual Chinese Auction & Chicken Barbecue: Poland Vol. Fire Co., Fire Prevention Week Open House** at Poland Fire Station #1, 216 Main St., Cold Brook (Rt. 8, Between Poland & Cold Brook). Chicken Barbecue: Noon until sold-out, eat-in or take-out. Chinese Auction: Tickets open at noon. Drawings start at 4 p.m. Helicopter visit by LifeNet (weather permitting). Call 315.826.7141 for take-outs and information. Handicap accessible — no stairs.

### October 18

**"Fabulous and Fatal" Murder Mystery Dinner.** Doors open 5:30 p.m. Dinner 6:30 p.m. At the Little Falls Travelodge. Benefit the Herkimer County Historical Society. \$30. Tickets can be purchased in

advance at the Historical Society, located at 406 N. Main St., Herkimer, NY, open Monday-Friday, 10 a.m. - 4 p.m., or call 315.866.6413 for more information.

### October 19

**Sup and Sandwich Luncheon and Bake Sale.** 11 a.m.-2 p.m. Grace Church Parish Hall, 9 E. Main St., Mohawk.

**Homemade Polish Food Sale.** Holy Spirit Polish National Catholic Church, 618 Gansevoort Street, Little Falls. 10 a.m. until sold out. Golabki - ready to heat and eat. Pierogi - frozen by the dozen. Pre-orders appreciated. Call John and Janice Rogers at 315.429.9314. Visit [www.HolySpiritPNCC.org](http://www.HolySpiritPNCC.org)

**Evening at the Tavern** 4 - 7 p.m. 1747 Nellis Tavern, Rt. 5, St. Johnsville. \$20. Beer, soup, dessert and music. Reservations: 518.568.2997. Fundraiser.

### October 20

**Spooktacular Vendor Bazaar** 10 a.m. to 3 p.m. at the Remington Educational Complex at 77 E. North St. in Ilion.

### October 26

October 26 1834 Herkimer County Jail in Herkimer has had famous inmates like the Adirondack Tragedy's Chester Gillette and the last woman to be hanged in New York State, Roxalana Druse. **Paranormal investigation with members of the "New York Shadow Chasers"** will be two sessions of 6-7:30 p.m. and 8-9:30 p.m. limited to 30 people each. \$20 per person. Tickets requested in advance at Herkimer County Historical Society or call Katie Nichols at 315.866.1563. Fundraiser for the "Friends of Historic Herkimer County."

### October 26, November 13 and 14

**Arc Herkimer Autism Workshops.** Life Skills for Transitioning Adults Workshop Oct. 26 9 a.m. - noon at Herkimer BOCES, 352 Gros Blvd. Herkimer. Personal Technology Supports Workshops Nov. 13 7 - 8:30 p.m. at Arc Herkimer, 350 S. Washington St., Herkimer, Nov. 14 10 - 11:30 a.m.

Arc Herkimer, 350 S. Washington St., Herkimer. Learn more at: <http://www.archerkimer.org/>.

### November 2

**2019 Rabies Vaccination Clinic.** 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. To pre-register for a clinic please call 315.867.1176.

**The Third Annual Harvest Basket Raffle** 12-7 p.m. Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY, in the Jarvis Room. Many themed baskets and gift cards. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net)

**Annual Harvest Dinner.** Held in the Benes Hall. Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY. Serving 4 to 7 p.m. Adults \$12, Children (6-12) \$6. Children 5 and under free. Tickets available. Come early and check out our Gift Baskets. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net).

### November 9-10

**43rd Herkimer County Arts & Crafts Fair.** Saturday 10 a.m.-5 p.m. and Sunday 10 a.m.-4 p.m. Admission is \$4. Further information at [www.herkimer.edu/ac](http://www.herkimer.edu/ac) or by calling the Herkimer County College Foundation at 315.866.0300, ext. 8459.

### December 1

**St. Nicholas visits Fort Klock.** 12-3 p.m. Enjoy cookies, hot cocoa and mulled cider with St. Nicholas. Free admission and free parking. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779, email [fortklock@gmail.com](mailto:fortklock@gmail.com) or find us on Facebook.

### December 14

**Candlelight Evening 2019 by The Farmers' Museum** 3 - 7 p.m. The Farmers' Museum, 5775 New York 80, Cooperstown, NY. Visit The Farmers' Museum for one of the region's best-loved holiday traditions. Tickets will also be available for purchase at the door. Adults (13-64): \$12, Seniors (65+): \$10.50, Juniors (7-12): \$6.00. Children (6 and younger) and museum members are free.

## Safety features that may help save money on auto insurance

Vehicles with high safety ratings may not only save drivers' lives in the event of collisions, but they also may save them money. As an incentive for buying cars with various safety features, many insurance companies offer deep discounts to drivers. Although insurance companies may vary in what they consider safety features, the following are generalized options that may qualify drivers for discounted insurance rates:

- Antilock braking system: These systems have been standard equipment on vehicles manufactured since 2012.

- Air bags: These safety features help cushion the blow for people during a crash and include front and side-protection. Discounts increase with the number of air bags.

- Adaptive cruise control: This feature monitors traffic conditions and adjusts speed by controlling the throttle and brakes to maintain distance from other vehicles.

- Daytime running lights: Daytime running lights may make drivers eligible for small discounts.

- Electronic stability control: This prevents vehicles from skidding out or rolling over during hard turns.

- Lane departure warnings: These systems alert drivers if they get too close to the edge of a lane.

- Blind spot sensors: These sensors light up or make a sound when a vehicle is in drivers' blind spots, potentially preventing collisions during lane changes.

# Fall

## What to expect when adopting a shelter dog

Millions of dogs reside in shelters or in foster homes just waiting for someone to make them permanent members of their family. The ASPCA says there are nearly four million dogs in shelters across America. Bringing home a puppy or an older dog can be an exciting, selfless endeavor.

Shelter dogs have the capacity to be loving, devoted pets. Unfortunately, many such dogs have been dealt difficult hands, ending up in shelters through no fault of their own.

Prospective pup parents should be aware that there can be a transitional period as dogs acclimate to their new homes. Understanding what to expect the first few weeks and months can be helpful.

- **Creatures of habit:** Dogs are creatures of habit and feel most comfortable when they know what to expect. Moving from a shelter into a home can be a big change. Shelter dogs will need time to understand the workings of a household. By remaining consistent and patient, dog owners can help their pooches acclimate to their new surroundings. Feed the dog at the same time and place each day. Take the dog for a walk the same time each day with the same route. Knowing what to expect can be calming for the dog.

- **Housetraining regression:** New puppies likely do not fully know the rules of housetraining, but even older dogs who may have been housetrained can regress in a new environment. Pet parents may have to go back to basics and reinforce housetraining lessons.

- **Shyness and anxiety:** It's impossible to know what dogs went through before landing in a shelter. Shelter workers may have conducted certain tests, such as food aggression or resource guarding, but that only paints part of the picture. It will take time for the dog to trust and understand, and dogs may be timid and experience anxiety for a brief period. Some may even act out by exhibiting damaging behavior.

- **Safe space:** The experts at Hill's Pets advise employing a crate that can serve as a den for the dog. It not only is an area that can keep the dog out of trouble as they learn the rules of the house, but it also can serve as a safe haven that is familiar and comforting.

- **Training classes:** Enroll in training classes so that the pup begins to learn commands. Obedience train-

ing also helps keep the animal safe.

- **Vet care:** Make an appointment to have the shelter dog checked over by a vet as soon as possible. This helps everyone get on a vaccination schedule and can pinpoint illnesses or behavior problems. Many shelter dogs have common communicable illnesses like kennel cough or worms that require prompt treatment.



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# Kovels: Antiques and collecting

by Terry and Kim Kovel

## Roman brazier

During the late 18th century, the very rich made a long trip to Europe to admire the architecture and art of Europe, including the ruins of past civilizations. The town of Pompeii was a major attraction. It had been covered with ash and lava in 78 A.D. and forgotten until 1748, when it blocked some construction. Historians have been studying the remains, and the art and culture, since then. The city was a summer home for wealthy Romans, and the eruption covered and saved the furnishings under the rock. Information about furniture and paintings inspired copies in the 18th century.

A brazier that was used to heat a Roman bath in the city and a similar one in a brothel were copied and sold in the late 1800s. The popular bronze brazier had a pieced rim and a three-part foot with men with paw feet holding the fire pit on their heads. These copies were made with a green patina. One sold at a Cakebread auction in New Orleans for \$500. It is 10 inches high and almost 6 inches in diameter.

**Q:** I have heard that some antiques and vintage items are dangerous to own. Is this true? I am afraid to use my orange Fiesta dishes because friends say they were made with uranium and are radioactive.

**A:** Yes, some antique medicines, cosmetics and other objects can be dangerous or even fatal. Most vintage or antique things you buy at shops or shows have been cleaned or checked for dangerous things. Some are mercury (barometers), flammable materials (stove polish that explodes when heated), arsenic (cleanser for complexion), opium (medicine to relieve pain), morphine (to sooth teething babies), alco-

hol (a high percentage in bitters, medicines, etc.) and, of course, anything in a bumpy poison bottle or a bottle labeled poison.

Uranium was used in the clay or glaze of some items before the strict food and drug laws were passed in the U.S., but some countries still use glazes that are not safe. Your orange dishes are safe to use. If you find forgotten drugstore stock, clean it carefully in a well-ventilated area. Empty all medicine bottles; children may try to drink something.

### Current prices

- Rocker, shaker, shawl, woven tape seat, mushroom caps, No. 7, 40 x 31 x 26 inches, \$105.

- Chess set, lapis lazuli, white marble, white border, fitted case, Morita Gil, 10 3/4 x 10 3/4 inches, \$258.

- Hermes scarf, silk, jacquard, horse, circles, multicolor, black, Michel-Duchene, 1987, 35 x 35 inches, \$375.

- Brass, tray, inlay, scrolls, central medallion, Maitland Smith, 31 inches, \$410.

**Tip:** To date an antique chair, look under the seat frame. Eighteenth-century chairs were braced with a thin piece of wood across the front corners of the set. Later chairs were braced with a solid block of wood screwed into each corner.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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Three men with animal feet hold this Roman brazier on their heads. It is a copy of an excavated piece from Pompeii that was buried in 78 A.D. Many pictures and artifacts showed life in the town, a place for entertainment.

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## Haunted investigation at the 1834 Jail in Herkimer

The 1834 Herkimer County Jail in Herkimer has a fascinating history of famous inmates like the Adirondack Tragedy's Chester Gillette and the last woman to be hanged in New York State, Roxalana Druse. The public will have an opportunity to learn more about these inmates and take part in a paranormal investigation with members of the "New York Shadow Chasers" on Saturday, Oct. 26. There will be two sessions (6 - 7:30 p.m. and 8 - 9:30 p.m.) limited to 30 people each. The cost is \$20 per person and tickets are requested in advance, available at the Herkimer County Historical Society or by calling Katie Nichols at 315.866.1563.

This event is a fundraiser for the Friends of Historic Herkimer County, a non-profit, all volunteer group trying to raise funds to restore the 1834 Jail.

## Things to consider before warming up next to your first fire this winter

A warm fire can make even the coldest winter day more enjoyable. Fireplaces may not get much use in spring or summer, but come late autumn and throughout the winter, the fireplace can be a great place for families to gather.

Before fireplace season hits full swing, homeowners might want to brush up on a few fireplace facts so they can safely enjoy nights spent sitting by the crackling flames.

The Chimney Safety Institute of America advises homeowners with fireplaces to hire a CSIA-certified chimney sweep to clean their fireplaces. After a lengthy period of non-use, various issues could be affecting the chimney, many of which might not be noticeable to an untrained eye. Professional, certified chimney sweeps have extensive knowledge of fireplaces, making them valuable resources who can let homeowners know if any safety issues developed since fireplaces were last used. The National Protection Agency recommends that chimneys be swept at least once per year.

A full inspection of the chimney might be in order as well. Chimney service technicians will conduct thorough examinations of readily accessible portions of the chimney exterior and interior and accessible portions of the appliance and the chimney connection. The CSIA recommends that homeowners who plan to use their chimneys as they have in the past request a Level 1 inspection, which will examine the soundness of the chimney structure and flue as well as the basic appliance installation and connections. Technicians also

will verify if the chimney is free of obstruction and combustible deposits.

Homeowners also should inspect their chimney dampers before lighting their first fires of the season. Dampers should open and close smoothly. If not, a service technician can help fix or replace the damper.

Firewood is another thing homeowners must consider before lighting their first fires of the season. The CSIA says that well-seasoned firewood works best, noting that wood that is not well-seasoned will produce more smoke than heat. In addition, the home improvement resource This Old House recommends using dense wood that's been split and stored in a high and dry place for at least six months. Oak is an example of dense wood that, when stored properly, can make for an enjoyable fireplace experience. Avoid softwoods like pine. Pine can produce a lot of creosote, which is a byproduct of wood combustion. Creosote is highly flammable, and as it builds up in a chimney, the risk for a chimney fire increases. Choosing the right wood, making sure it's well-seasoned and having a chimney professionally cleaned can reduce the risk of a creosote-related chimney fire. A Level 1 inspection should determine if there are potentially dangerous levels of creosote deposits in the chimney.

Before nestling up to a fireplace this winter, homeowners should consider a host of factors and safety measures to ensure their fireplaces are safe and ready for the season ahead.



# East Herkimer Volunteer FD hosts remembrance service for 9/11



A tree was planted by Fireman Daniel Wellington at the monument site on East Street. The tree was donated by the Andy Warzack family and Stan Malinowski family who had visited Ground Zero and had brought back acorns to plant back home. Guest speaker at the ceremony was the Director of Emergency Services of Herkimer County, John Raymond. A moment of silence was given as trumpets sounded in the background, played by high school students Zachary Williams and Kimberly Wood. Thank you to the Ladies Auxiliary, who hosted an after ceremony dinner and provided refreshments to everyone who attended.

The East Herkimer Volunteer Fire Department held a remembrance service for 9/11. A tree was planted by Fireman Daniel Wellington during the ceremonies on East Street.

Photo submitted by Daniel Wellington

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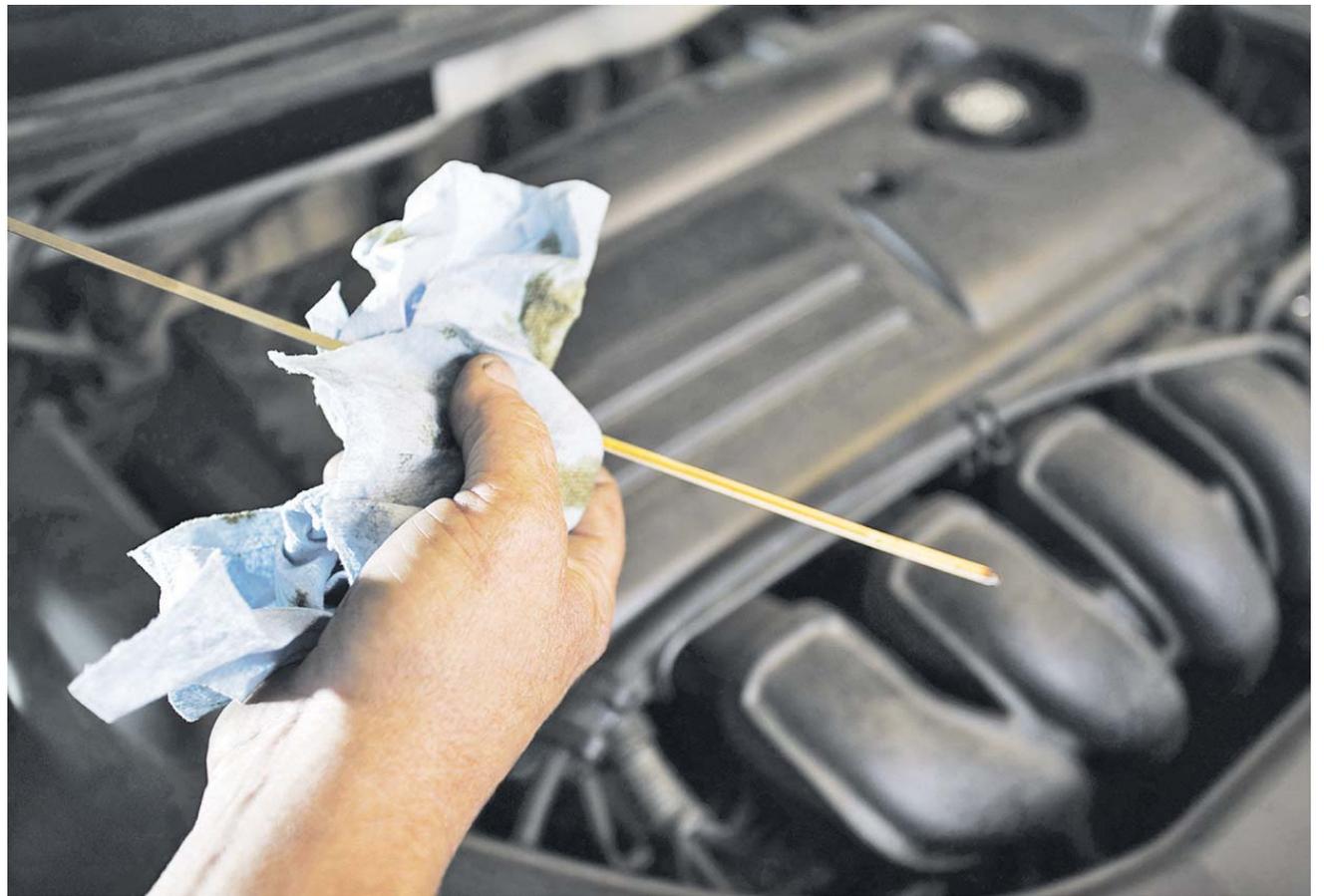
# Standard vehicle maintenance intervals you may want to follow

No two automobiles are the same. So it makes sense that vehicles have different maintenance guidelines. Such guidelines, which include recommendations regarding how frequently oil should be changed and how often tires should be rotated, are typically included in vehicle owner's manuals. Drivers are urged to familiarize themselves with these guidelines, which can protect vehicles as well as the people inside them.

According to CarGurus, a free internet-based automotive resource, many manufacturers adhere to the 30-60-90 schedule. That schedule recommends everything from inspections to part replacements when vehicles reach 30,000, 60,000 and 90,000 miles. These recommendations are meant to serve as guidelines, and drivers should know that certain factors can affect how often routine maintenance should occur and when parts must be replaced. For example, harsh driving conditions can lead to excessive wear and tear that causes parts to erode long before owner's manuals suggest they should. As a result, drivers should always speak with their mechanics during service appointments to determine if their vehicles are aging gracefully or if they need a little extra TLC.

Drivers should always read their manuals for recommended service intervals. The following are some general maintenance guidelines, courtesy of CarGurus, that drivers can keep in mind as the miles pile up on their vehicles' odometers.

- Oil and oil filter: Many new cars now run on synthetic oil, which tends to last between 5,000 and 10,000 miles. Older vehicles using traditional oil may need to adhere to the once-standard oil change inter-



Drivers are urged to familiarize themselves with maintenance guidelines, which can protect vehicles as well as the people inside them.

val of 3,000 miles. Mechanics will typically replace oil filters with the same frequency as they replace oil.

- Air filter: Air filters generally need to be replaced every 15,000 to 30,000 miles. However, CarGurus notes that drivers who park in dusty environments should err on the side of caution and have their air filters replaced every 15,000 miles.

- Fuel filter: Clogged fuel filters can affect engine performance and even prevent engines from running. Fuel filters may need to be changed at 30,000-mile intervals.

- Battery: A typical car battery tends to last around four or five years.

- Brake pads: Worn out brake pads will make a screeching sound. Brake pads should last around 50,000 miles, though they should be inspected at regular intervals regardless of mileage.

- Brake rotors: Brake rotors can be resurfaced or replaced, and this should be done around 60,000 miles. Resurfacing can only be done once and is less expensive than a full replacement.

- Hoses: Hoses crack over time, but generally do not need to be replaced until they reach the 90,000-mile mark. However, hoses should be inspected routinely, as busted hoses can cause very significant damage.

Recommended maintenance intervals are only intended to serve as guidelines. If drivers notice any changes in vehicle performance, they should consult a mechanic immediately, regardless of how many miles are on their cars or trucks.



## Herkimer HealthNet collaborates with Herkimer County Suicide Prevention Coalition

Herkimer County HealthNet has collaborated with Herkimer County Suicide Prevention Coalition by presenting them with a \$3,000 grant to help continue to raise awareness about suicide prevention and promote emotional wellness in Herkimer County through education, training and resource development.

The funding will be used in a variety of ways, including presenting multiple community showings of the film "Suicide: The Ripple Effect," which will include a panel discussion after each viewing.

The funding will also support educational resources including tool kits for area schools; Talk Saves Lives resources; LGBTQ suicide prevention; Lifeline resources; suicide prevention wristbands; and other outreach materials.

"We are excited that we are able to partner with Herkimer County Suicide Prevention Coalition and provide funding for our community that will be used to actively educate and support commu-

nity awareness around this very important mental wellness initiative," said Elyse Enea, executive director of Herkimer County HealthNet.

"Our coalition is grateful for the partnership and support that Herkimer County HealthNet has provided us. The funding will help us increase our reach and impact on the community in Herkimer County," said Michele Curtin, suicide prevention services coordinator.



(L - R) HCHN Executive Director Elyse Enea and Suicide Prevention Coordinator Michele Curtin.

Photo courtesy of Herkimer County HealthNet

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## Ten acronyms homebuyers need to know

StatePoint – PMI, APR, LTV ... these unfamiliar acronyms don't need to bewilder or intimidate uninitiated homebuyers.

To help you negotiate the homebuying process like a pro, Freddie Mac is sharing definitions of 10 key acronyms you'll encounter as you meet with lenders, make a down payment and pay back your loan.

1. **APR** (Annual Percentage Rate): The APR tells you the annual cost of borrowing money based on the loan amount, interest rate and certain others fees. Use it as the bottom-line number to shop and compare rates among lenders.

2. **FRM** (Fixed-Rate Mortgage): The most common type of mortgage, an FRM, has an interest rate that doesn't change, giving you stability over the life of the

loan.

3. **ARM** (Adjustable-Rate Mortgage): An ARM usually offers lower monthly payments at the outset, but after three, five or seven years, payments change with interest rates and reset periodically.

4. **LTV** (Loan-to-Value): The LTV ratio equals the amount of money borrowed divided by the home's appraised value. It shows how much of your home you own versus how much you owe, and lenders use it to help evaluate the risk and terms of your loan.

5. **DTI** (Debt-to-Income): Calculated by lenders to assess your ability to manage monthly payments and repay debts, DTI is the percentage of your monthly income that goes toward your monthly debt payments.

6. **PMI** (Private Mortgage Insurance): For homebuy-

ers making down payments that are less than 20% of the home purchase price, PMI is a required insurance that protects lenders from losses if borrowers are unable to pay their mortgage. PMI is typically incorporated into monthly mortgage payments.

7. **P&I** (Principal and Interest): This is the portion of your monthly mortgage payment that goes toward paying off the money you borrowed to buy your home. For most homeowners, P&I make up the majority of your monthly mortgage payment – but not all of it.

8. **PITI** (Principal, Interest, Taxes and Insurance): Together, principal, interest, taxes and insurance make up your total monthly mortgage payment. Calculating your total monthly payment is essential for giving you a more accurate picture of the cost of homeownership than P&I alone.

9. **UPB** (Unpaid Principal Balance): The amount of principal still owed on a loan is referred to as UPB. On a typical monthly mortgage payment, a portion of your payment is applied to the interest and a portion is applied to the principal. The following month's interest is based on your UPB. To check how much of your payment is going towards your principal, take a look at your amortization schedule.

10. **HOA** (Homeowners Association): Twenty percent of America's homeowners live within a community governed by an HOA. Before buying in such a community, get a handle on how much its HOA fees are, what they cover, and how often payments are due. Typically paid monthly, quarterly or annually, HOA fees may cover services such as trash removal, lawn care, pest control and maintenance for common areas.

For more homebuying educational tools and resources, visit [myhome.freddiemac.com](http://myhome.freddiemac.com).



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## Strange but True

by Samantha Weaver

• It was noted 20th-century author of speculative fiction Harlan Ellison — whose writing credits include episodes of the original "Star Trek" series — who made the following sage observation: "The two most common elements in the universe are hydrogen and stupidity."

• After his death in 2005, the ashes of Hunter S. Thompson — pioneer of "gonzo" journalism and author of the infamous novel "Fear and Loathing in Las Vegas" — were fired spaceward from a giant cannon to the accompaniment of fireworks and the Bob Dylan song "Mr. Tambourine Man."

• Wasps, evidently, don't have any time to waste. Those who study such things say that they take less than a minute to complete their courtship and mating rituals.

• All species of dog have a pink tongue — except one. Chows' tongues are black.

• The automatic dishwasher was invented way back in 1886. A woman named Josephine Cochrane came up with the idea because she was unhappy with the way her fine china was being chipped by the servants who were washing it.

• According to a recent Zinus study on sleep anxiety in America, women are more likely than men to dream about being chased and having teeth fall out. Men, though, dream more often about being naked in public and flying.

• If you're thinking of redecorating your child's room, you might want to keep this in mind: Studies show that the color pink has a soothing effect on children, blue lowers their blood pressure and increases attentiveness, and yellow excites and cheers kids. Avoid red if at all possible; it has been shown to raise children's blood pressure, respiration and heart rate as well as brain and muscle activity.

Thought for the Day: "Unfortunately, computers are also stupid. Unlike human beings, computers possess the truly profound stupidity of the inanimate." — Bruce Sterling

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## Avoid medication errors with these tips

Prescription medications are a necessity for many people. The American Academy of Family Physicians says that each week, four out of five adults in the U.S. will use prescription medications, over-the-counter drugs and/or various supplements. Approximately one-third of adults take five or more medications at the same time.

The potential for adverse drug events is elevated when people are taking multiple medications at one time. For example, mixing pills has the potential to cause serious injury or even death.

Doctors, patients and pharmacies must work together to ensure that medication is taken safely. One of the best ways to prevent errors with medications is for patients to take an active role in their health care management.

- Know your dose. Children are at an especially high risk for medication errors because they require different doses than adults, offers the Mayo Clinic. Adults of different weights who share medications can run into trouble as well. It is key to follow the dosing instructions, as even a minor error in regard to dosage can potentially cause a big problem.

- Follow up with your doctor. Certain medications can cause side effects that only can be noticed by lab testing, such as an impact to the liver. Doctors also may be under an obligation to follow up with patients taking psychological drugs to ensure the efficacy of treatment. Make sure you keep all follow-up appointments.

- Maintain a current list of meds. It is up to patients to share information with prescribing doctors regarding any and all products being taken to avoid harmful interactions. Using the same pharmacy for all prescriptions also is helpful.

- Be honest about height and weight. Medication labeling and package inserts typically use metric units to correlate dose to a person's physical attributes. Individuals should know their information in metric measurements and be honest with themselves about what they weigh.

- Use medications correctly. It is important not to chew non-chewable pills or cut pills unless the phar-

macist or doctor has said it is safe to do so. Accurate dosing also requires using the right spoon or syringe, not silverware. Store certain types of medications, such as eye drops and ear drops, separately so they're not mistaken for one another.

These are just some of the ways to prevent medication errors. People can consult with their doctors and pharmacists for more assistance in staying safe.



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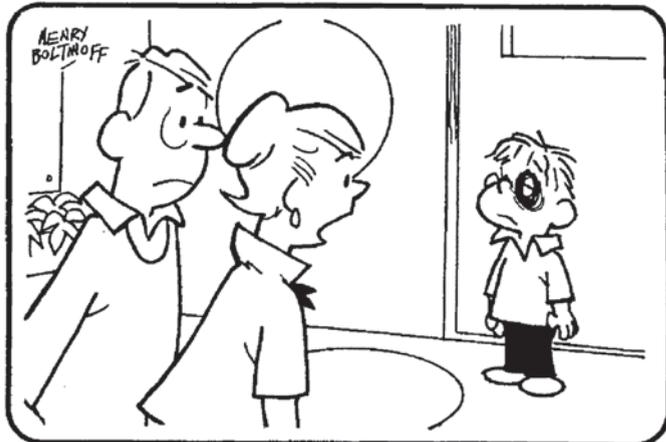
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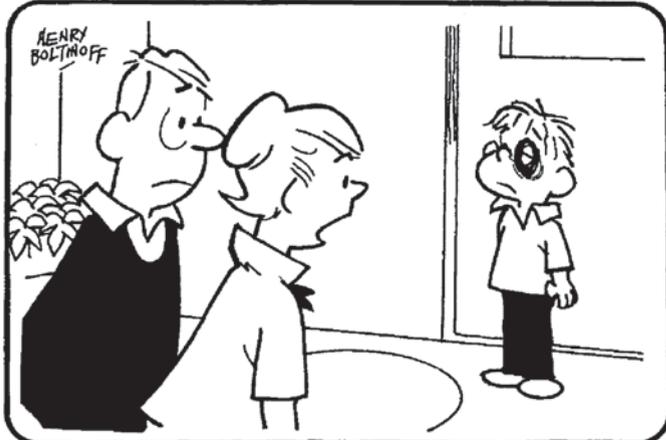
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**HOCUS-FOCUS**

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

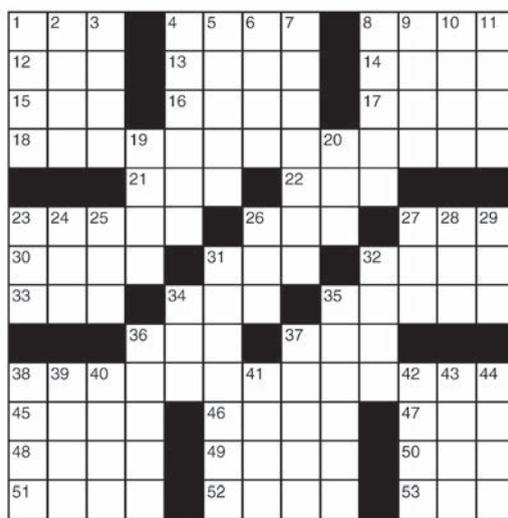


Differences: 1. Man's sweater is black. 2. Plant is fuller. 3. Picture is missing. 4. Boy is taller. 5. Earring is missing. 6. Boy's right arm is hidden.

**King Crossword**

**ACROSS**

- 1 Bread choice
- 4 Ignore
- 8 Platter
- 12 "— the fields we go"
- 13 Watergate evidence
- 14 "Do — others ..."
- 15 Succumb to gravity
- 16 Bloodhound's clue
- 17 Poker variety
- 18 Half an aphorism
- 21 Atmosphere
- 22 Spring time
- 23 Counterfeit
- 26 Festive
- 27 Kreskin's claim
- 30 "— Lang Syne"
- 31 Tenor Peerce
- 32 Tolerate
- 33 Spelldown
- 34 Follow relentlessly
- 35 Linger
- 36 Old French coin
- 37 Scale member
- 38 18-Across' other half
- 45 PC operator
- 46 Requisite
- 47 Martini ingredient



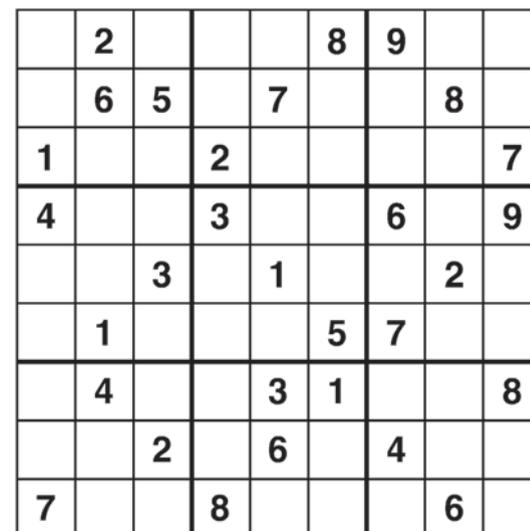
- 48 Stead
- 49 Figure-skating jump
- 50 Genetic stuff
- 51 Mary's follower
- 52 Muse's musicmaker
- 53 Early bird?
- 7 "The Seventh Seal" director
- 8 Failing the white glove test
- 9 Grooving on
- 10 Phaser setting
- 11 "The Da Vinci —"
- 19 Praise highly
- 20 Put into words
- 23 "Terrif"
- 24 Wish otherwise
- 25 Hearty quaff
- 26 Joke
- 27 Wet wriggler
- 28 "Erie Canal" mule
- 29 Use a crowbar
- 31 Blog
- 32 Ointment
- 34 Fawn's mom
- 35 Random drawing?
- 36 Bush
- 37 Villain's look
- 38 Sea flier
- 39 Largest of the seven
- 40 Abound
- 41 Alluring
- 42 Shrek, e.g.
- 43 Croon
- 44 Hosiery mishap

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**Weekly SUDOKU**

by Linda Thistle



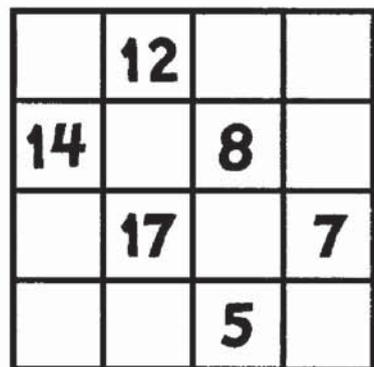
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ♦**

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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**P U Z Z L E**



**C A R D**

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**IT'S MAGIC!** Use the numbers 2 through 17 to fill in the above Magic Square. The numbers in each horizontal row and vertical column must total 38. Also, the two corner-to-corner diagonals. We've filled in six numbers for you. Use the trial-and-error method.

Answer: First row: 9, 12, 15, 2. Second row: 14, 3, 8, 13. Third row: 4, 17, 10, 7. Fourth row: 11, 6, 5, 16.

**STUMP THE TEACHER!** Challenge your English teacher to come up with a nine-letter word that contains only ONE vowel. Hint: He'll need a STRONG vocabulary to answer this one.

Answer: The word is STRENGTHS.



**LINK-UPS!** Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

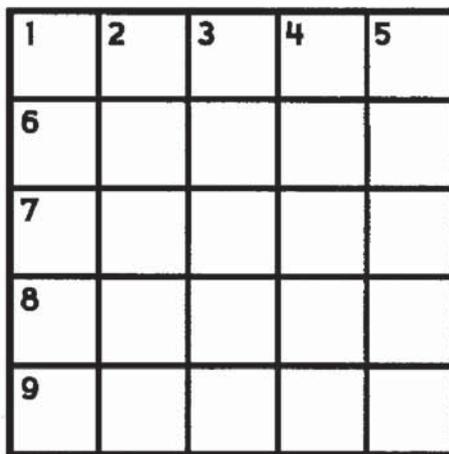
Answers: Laded, hasten, implied, mitered, kinking, notable.

- 1. LAD
- 2. HAS
- 3. IMP
- 4. MITE
- 5. KIN
- 6. NOT
- 7. ABLE
- 8. RED
- 9. KING
- 10. LED
- 11. TEN
- 12. LIED

**Junior Whirl**

by Charles Barry Townsend

**A VERY SHORT CROSSWORD PUZZLE**



This is a tricky puzzle. Fill in the puzzle grid using the following definitions:

- Across:
- 1. Well-known insects.
- 6. Organs of the body.
- 7. To tantalize.
- 8. Comfort.
- 9. Belongs to us.
- Down:
- 1. What a lion is.
- 2. What a mouse is.
- 3. What a mosquito is.
- 4. What a cat is.
- 5. What a dog is.

Answers: (Across) 1. BBBB (Bees), 6. IIIII (Eyes), 7. TTTT (Tease), 8. EEEEE (Ease), 9. RRRRR (Ours), (Down) 1. 1-6-BITER.

# Country Editor

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- 20 Air Compressors
  - 25 Air Tools
  - 35 Announcements
  - 45 Antiques
  - 55 Appraisal Services
  - 75 ATV
  - 80 Auctions
  - 82 Auto Body
  - 110 Bedding Plants
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  - 157 Building Repair
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  - 180 Catalogs
  - 182 Catering
  - 190 Chain Saws
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  - 205 Christmas
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  - 215 Collectibles
  - 216 Clothing
  - 235 Computers
  - 253 Consignment
  - 265 Construction Equipment For Rent
  - 275 Construction Machinery Wanted
  - 277 Construction Services
  - 280 Construction Supplies
  - 312 Crafts
  - 325 Custom Butchering
  - 330 Custom Services
  - 360 Deer-Butchering & Hides
  - 370 Dogs
  - 410 Electrical
  - 415 Employment Wanted
  - 440 Farm Machinery For Sale
  - 445 Farm Machinery Wanted
  - 447 Farm Market Items
  - 460 Fencing
  - 470 Financial Services
  - 480 Fish
  - 483 Flooring
  - 494 For Lease
  - 495 For Rent
  - 500 For Sale
  - 510 Fresh Produce, Nursery
  - 525 Fruits & Berries
  - 527 Furniture
  - 529 Garage Sales
  - 530 Garden Supplies
  - 535 Generators
  - 537 Gifts
  - 575 Greenhouse Supplies
  - 585 Guns
  - 587 Hair Styling
  - 589 Hardware
  - 600 Health Care/Products
  - 605 Heating
  - 610 Help Wanted
  - 653 Hotel / Motel
  - 683 Jewelers
  - 700 Lawn & Garden
  - 711 Lessons
  - 760 Lumber & Wood Products
  - 790 Maple Syrup Supplies
  - 805 Miscellaneous
  - 810 Mobile Homes
  - 811 Monuments
  - 812 Multi Media
  - 813 Music
  - 815 Motorcycles
  - 817 Nails
  - 820 Nurseries
  - 910 Plants
  - 950 Real Estate For Sale
  - 955 Real Estate Wanted
  - 960 RVs & Motor Homes
  - 975 Rentals
  - 980 Restaurant Supplies
  - 1040 Services Offered
  - 1075 Snowblowers
  - 1080 Snowmobiles
  - 1096 Sports
  - 1109 Thrift
  - 1140 Trailers
  - 1147 Trains
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**MOVING GARAGE SALE:** Sat. Sun. October 5&6, 9-4PM. 168 Lakeview Dr., Little Falls. Furniture, bedding, tools, toys, antiques, John Deere mower, english western horse items.

**HUGE BARN SALE:** 156 Rasbach Rd., Little Falls, Thurs., Fri., Sat., October 3rd-4th, 5th, 9am-5pm. Antiques, collectibles, toys, games, dolls, childrens books, bikes, large desk, Thule car carrier, tonneau cover, guitar, 1000 newer books, household, tons of stuff! Cash only!

Churchill Street, Little falls. Saturday October 5th and Sunday October 6th, 9am-4pm. Multiple family fall sale.

**BARN SALE:** Oct. 03-05, 10am-6pm. 119 Murphy Rd., between Little Falls & Dolgeville, Route 167. 80's & 90's farm toys, 90's gas station toys, 90's GI Joe's, everything mint in the box. Some old metal toys, Tonka's; hand sleighs; many collectibles, some tools & sports items, large toboggan; magazines and old farm journals, records, old 50's gas stove, mint-condition, railroad cart. If you don't see it, ask for it, we might have it. Do your Christmas shopping early.

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## Carbon monoxide safety

Carbon monoxide (CO) poisoning is a serious health and safety concern during the warm weather months when many people use tools or boats with gasoline-powered engines.

“The danger is that small gasoline-operated engines and tools produce high concentrations of carbon monoxide, an odorless, invisible gas that can rapidly accumulate, even in areas that appear to be well-ventilated,” said Diane Ward, CHN of Herkimer County Public Health. “Within minutes, carbon monoxide can build up to dangerous levels, causing unconsciousness. The result can be illness, including permanent neurological damage, such as learning and memory impairments, or death.

“That’s why it’s critical to recognize the symptoms of CO poisoning and practice prevention. If you suspect you or someone else has CO poisoning, call 911 and get emergency assistance immediately,” she said.

Symptoms of carbon monoxide exposure, which can occur within minutes of exposure, include headache, dizziness, nausea, weakness, a feeling of tightness in the chest, visual changes, slowed reaction time, altered driving skills and confusion.

As exposure to carbon monoxide poisoning increases, individuals may

become less capable of making decisions that could save their lives.

When operating small, gasoline-powered engines, and tools using gasoline-powered compressors or generators, follow these safety precautions:

- Do not operate gasoline-powered engines or tools inside buildings or partially enclosed areas, such as porches or carports. Use of gasoline-powered tools indoors is extremely dangerous and can kill.

- Always place the pump and power unit of high-pressure washers outdoors, away from air intakes, and downwind of buildings so the engine exhaust is not drawn indoors. Run only the wash line indoors to where the work is being done.

- Keep all gasoline-powered generators and engines outdoors and away from windows, doors and air intakes. Also, keep this equipment away from the windows, doors and air intakes of neighbors. Don’t use generators, pressure washers or other gasoline-powered tools anywhere indoors, including in a garage, carport or basement.

- Consider the use of tools powered by electricity or electric air compressors if they are available and can be used safely. Be aware, however, that electrically powered tools can present an

electrocution hazard and require specific safety precautions.

- Install a carbon monoxide detector in your home, but do not use it as a replacement for proper use and maintenance of your gas-powered tools and engines. With any carbon monoxide detector, look for Underwriters Laboratories (UL) certification. Follow manufacturers’ instructions for its placement, use and maintenance.

If you own or operate a boat, install a battery-operated carbon monoxide detector and test it daily. Carbon monoxide from engine exhaust builds up inside the boat and outside in areas near exhaust vents. Stay away and do not swim near these areas while engines or generators are running. Ventilate these areas before using them once the engines have stopped. Schedule regular engine and exhaust system maintenance inspections by trained technicians.

If you have symptoms of carbon monoxide poisoning:

- Get fresh air immediately. Open doors and windows and go outdoors. Turn off equipment if you can.

- Call 911 or another local emergency number for medical attention or assistance. Do NOT drive a motor vehicle. Get someone to drive you to an emergency room or

health care facility. Tell the physician that you suspect carbon monoxide poisoning.

For more information

on carbon monoxide poisoning and prevention, call Herkimer County Public Health at 315.867.1176 or visit the

New York State Department of Health at [health.ny.gov/environmental/emergency/weather/carbon\\_monoxide](http://health.ny.gov/environmental/emergency/weather/carbon_monoxide).

### King Crossword — Answers

Solution time: 24 mins.

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

### Weekly SUDOKU

Answer

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

### Just Like Cats & Dogs

by Dave T. Phipps



### Americanisms



## Whatchamacallits

For the next few weeks, our whatchamacallits will feature a series of tools that were used in the leather working trade — from the long and recent past. Our first item was called a “sizing stick,” used in the making and selling of shoes, boots and clogs. Some of us may remember a metal version that was used to size our foot before the shoe store owner actually went into a stockroom to find the size and style for us that we wanted to try on — but I digress.

This antique sizing stick is marked “Belcher Bros. & Co. New York.” It is made of boxwood — which was apparently the wood of choice for measuring sticks (or rules, as they were also called) — and has brass accents and hinges. Thomas Belcher began making assorted measurers in 1822, and by 1831, three Belcher brothers were working together. The official “brothers” business name changed three times and by 1853, it was

what we see on our size stick.

This is a beautifully crafted foot/shoe sizer. It has foot/shoe measurements on the inside, with the outside being marked as a standard 12-inch ruler. The shoe sizer is pretty accurate to today’s sizes, as I used it on one of my shoes and it gave the size 7.5 correctly.

Other measuring sticks produced by the Belchers included Gunter’s scales (precursors to the modern slide-rule), tailor’s rules and squares and wantage rods, which were used for measuring the empty part of a barrel or cask.

The company was at one time the largest American manufacturer of rules, but by the second half of the 19th century, Stanley overtook their sales market. Belcher stopped manufacturing rules circa 1877.



Do you have your own Whatchamacallit?

Send a photo and short description to [csuo@leepub.com](mailto:csuo@leepub.com) or call Colleen at 518-673-0145

## Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they



fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape so-

lutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman advocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed

leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

## Did you know?

While October is the tenth month of the year, its name suggests it is the eighth month. The "octo" prefix is Latin for "eight," so why does the tenth month of the year begin with those four letters?

When October was first given its name, people were following the original Roman calendar. The Roman calendar year began in March, which

would make October the eighth month. September, October, November, and December's names also were based on numeric value, as were the original fifth and sixth months of Quintilis and Sextilis.

However, when the Julian calendar was adopted, January and February were added and became the first two

months of the year. Quintilis and Sextilis were re-named at this time to honor Julius Caesar (July) and Emperor Augustus (August). Despite the addition of two extra months, the remaining numeral-named months' names were not changed. This is why their names today no longer coincide with their true placement on the calendar.

## Moments in Time The History Channel

- On Oct. 9, 1635, religious dissident Roger Williams is banished from the Massachusetts Bay Colony by the General Court of Massachusetts. Williams had spoken out against the right of civil authorities to punish religious dissension.

- On Oct. 13, 1775, the Continental Congress authorizes construction and administration of the first American naval force, the precursor to the United States Navy, which was established April 1798.

- On Oct. 12, 1786, widower Thomas Jefferson composes a romantic and introspective love letter to a married woman named Maria Cosway, who he'd met in Paris earlier that year. Eventually Jefferson's ardor cooled, and in 1789 he wrote more about his scientific studies than of his love and desire for her. The now-famous letter is known to historians as "A Dialogue between the Head and Heart."

- On Oct. 7, 1943, Rear Adm. Shigematsu Sakaibara, commander of the Japanese garrison on Wake Island, orders the execution of 96 Americans POWs, claiming they were trying to make radio contact with U.S. forces. The cold-blooded executions remain one of the more brutal episodes of

the war in the Pacific.

- On Oct. 10, 1957, President Dwight Eisenhower offers his apologies to Ghana's finance minister, Komla Agbeli Gbedemah, who was refused service at a restaurant in Dover, DE. It was one of the first of many such incidents in which African diplomats were confronted with racial segregation in the U.S.

- On Oct. 11, 1962, Pope John XXIII convenes an ecumenical council of the Roman Catholic Church, the first in 92 years. The pope hoped to bring spiritual rebirth to Catholicism and cultivate greater unity with the other branches of Christianity.

- On Oct. 8, 1970, Aleksandr Solzhenitsyn, Russia's best-known writer, wins the Nobel Prize for literature. The Soviet government demonstrated its displeasure over Solzhenitsyn's writings by preventing him from personally accepting the prize.

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## Good Housekeeping

### Easy Pea Risotto

*This no-fuss risotto recipe is made in the microwave — in 30 minutes!*

- 1 can (14 to 14.5 oz) chicken broth
- 2 1/4 cups plus 2 tablespoons water
- 1 pound frozen peas
- 1 tablespoon olive oil
- 2 cups Arborio or Carnaroli rice
- 1/2 cup freshly grated Parmesan cheese, plus shaved Parmesan for garnish

1. In 2-quart covered saucepan, heat chicken broth and 2 1/4 cups water to boiling on high.

2. Meanwhile, in large microwave-safe bowl, place peas and 2 tablespoons water; cover with vented plastic wrap and microwave on High 4 minutes. In blender, combine 1 1/2 cups peas and 1/4 cup hot broth mixture. Remove center part of blender top; cover blender and blend peas and broth mixture until pureed. Set remaining peas aside.

3. In microwave-safe 3 1/2- to 4-quart bowl, combine olive oil and rice. Cook, uncovered, in microwave on High 1 minute. Stir in remaining hot broth mixture; cover bowl with vented plastic wrap and cook in microwave on Medium (50 percent power) 10 minutes, stirring once halfway through cooking.

4. Stir in pea puree; cover with vented plastic wrap and cook on Medium (50 percent power) 8 minutes longer or until most of liquid is absorbed. Stir in Parmesan, 1/4 teaspoon salt, 1/4 teaspoon freshly ground black pepper and remaining peas.

5. To serve, spoon risotto into 4 shallow serving bowls and garnish with shaved Parmesan cheese. Serves 4.

\* Each serving: About 590 calories, 7g total fat (2g saturated), 8mg cholesterol, 735mg sodium, 106g total carbohydrate, 7g dietary fiber, 20g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## Five ways to protect against hearing loss

A certain degree of hearing loss can be a normal part of the aging process. However, people who take steps to protect their hearing long before Father Time takes his toll can prevent the extreme hearing loss suffered by millions of seniors across the globe.

Johns Hopkins Medicine states that approximately 15% of adults aged 18 years and older report some difficulty hearing and up to 39% of adults in their sixties have hearing problems. Lost hearing cannot be restored, though hearing aids and other devices can help people with hearing loss hear better. Hearing aids are not always an accessory people look forward to needing, so it's good to know that a few simple strategies can protect people's hearing over the long haul.

1. Get a baseline hearing exam. Speak with an audiologist, who can test your hearing and establish a baseline level against which future tests will be measured. This way it is easier to see if hearing loss is increasing over time.

2. Turn down the volume. Audio devices can contribute to hearing loss. Earbuds are particularly dangerous because they fit directly next to the eardrum. The World Health Organization says

that 1.1 billion teens and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices. Set the maximum volume on audio devices below 60% and wear headphones for no more than an hour a day. Keeping music low on other devices is also advisable.

3. Wear protective gear. Protective gear includes earplugs and protective earphones. This gear should be worn whenever you expect to encounter loud noises, such as when you mow the lawn, go hunting or shooting, attend rock concerts or visit construction sites.

4. Limit use of cotton swabs. Earwax is beneficial to the ears and can stop dust and other particles from entering the ear. Furthermore, using a cotton swab can potentially cause damage to sensitive organs in the ear if they are inserted too far or too roughly, advises the hearing testing service Ear-Q.

5. Avoid loud noises. Steer clear of fireworks, noisy city centers, loud performances and other situations if you do not have hearing protection.

Remember, hearing loss often doesn't produce immediate symptoms or pain. However, over time, hearing loss can become noticeable.

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(L - R) Theresa Fusco and Katherine Baker.

Photo courtesy of Valley Health Services

## VHS celebrates residents' 100th birthdays

Valley Health Services (VHS) had not one, but two residents with centennial birthdays. Residents Theresa Fusco and Katherine Baker turned 101 and 100 years old and their families celebrated with them at VHS on Sept. 18 among residents, staff and friends.

Both residents, asked what the secret to their longevity and good health is, shared their words of wisdom. Fusco said she

has walked every day of her life. She had never driven a car. She said, "Walk and keep active." Baker said, "Just live good." Baker's family said she always enjoyed a Manhattan cocktail every now and then. Baker exercises every day and encourages others to do the same.

Happy birthday, Theresa Fusco and Katherine Baker, from your VHS family.

*Happy*  
**BIRTHDAY.**

## Shirley named VHS' employee of the quarter

HERKIMER – Matt Shirley has been named as Valley Health Services' (VHS) Employee of the Second Quarter 2019. Shirley joined VHS on Aug. 31, 2016, in the Dietary Department.

Shirley's colleagues say that he is a great asset to VHS staff and residents. He is enthusiastic, respectful and has a strong work ethic.

"I enjoy working at Valley Health Services because I feel I am doing

something good here," said Shirley. Surprised that his colleagues nominated him for Employee of the Second Quarter, Shirley stated, "I enjoy the work that I do and conversing with the residents."

Shirley currently attends Herkimer College, enrolled in the accounting program, taking online classes so he can continue his work with VHS during the day. He lives in Ilion.



Matt Shirley, Valley Health Services' Employee of the Second Quarter 2019.

Photo courtesy of VHS

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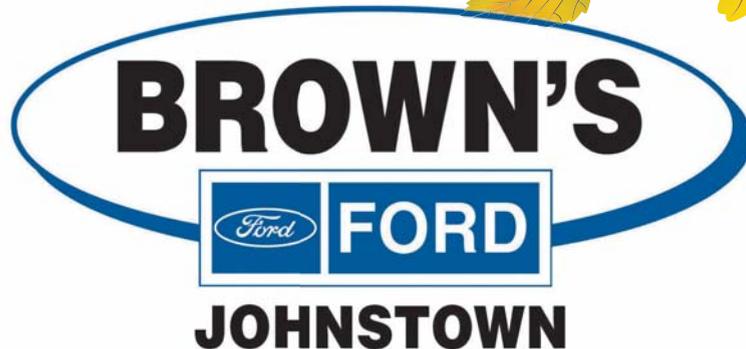


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