

Country Editor

Herkimer County

October 11, 2019

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Volume 9
Number 17

THE FEAR OF MAN BRINGS A SNARE, BUT WHOEVER TRUSTS IN THE LORD SHALL BE SAFE. PROVERBS 29:25

ALLEGHENY PELLET

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Offer Expires: October 31, 2019

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NFPA announces theme for Fire Prevention Week, Oct. 6 - 12

The risk of injury and death from home fires is real. Consider that:

- In 2017, fire departments across the country responded to 499,000 home structure fires. Of that number, 21 fires or explosions were considered catastrophic multiple-death fire.

- These fires caused a total 2,810 civilian deaths.

Your home should be a safe and comfortable place and you can help keep it fire safe by following these prevention tips:

- **Cook with care.** When you cook, never leave cooking food unattended on the stove. Keep anything that can catch on fire, like potholders and towels, away from the cooking area. Avoid

wearing clothes with long, loose-fitting sleeves that can catch on fire. Also, keep pot handles turned in and supervise young children whenever they're near cooking surfaces.

- **If you smoke, attempt to quit.** Don't smoke inside your home. If you do smoke in your home, never smoke in bed or leave burning cigarettes unattended. It is unsafe to smoke while drowsy or under the influence of alcohol or medications. Also, don't empty burning or hot ashes in a trash can, and keep ashtrays away from upholstered furniture and curtains.

- **Stay warm – safely.** If and when you use a space heater, keep it

more than three feet away from anything that can catch on fire, like draperies.

- **Be alarmed.** Install smoke alarms on every floor of your home, including the basement, and make sure you have smoke alarms near all sleeping rooms. For better protection, install smoke alarms in sleeping rooms, especially if they are occupied by a smoker. Test all smoke alarms once a month using the test button.

- **Make and practice an escape plan.** Create a home fire escape plan. Know at least two ways out of every room, if possible, and have a meeting place outside. Practice your escape plan twice a year with everyone living

in your home.

- **Keep all matches and lighters out of reach of children.** Store them up high, preferably in a locked cabinet.

Through three simple calls-to-action, this year's theme, "Look. Listen. Learn. Be aware – fire can happen anywhere," identifies basic but essential ways people can reduce their risk to fire and be prepared in the event of one:

- **Look** for places fire can start
- **Listen** for the sound of the smoke alarm
- **Learn** two ways out of each room

For more information on Fire Prevention Week 2019 go to www.nfpa.org/fpw.



HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon., Oct. 14th – Normal Monday Sale & Monthly Heifer Sale.

Fri., Oct. 18th – Sale held on the farm Gouverneur, NY. 11:00 AM. Complete Certified Organic Dairy Herd Dispersal. Pro-Cert Certified – Horizon Market. 80 cows mostly Holsteins and a few Crosses. This is a year around herd ave. right at 50#/cow now. 30 head due to calve in Nov. & Dec. Capitalize on the Fall & Winter Organic Premiums. SCC last six months 95 – 140,000!! Freestall housed & parlor milked.

GPS address to farm: 1751 US Highway 11, Gouverneur, NY. Owners: Dave & Sue Parent 315-287-3680

Sat., Oct. 19th – Allegany Steuben Holstein Club Sale

Mon., Oct. 21st – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. And we will be doing our Fall Roundup Beef Sale. 35 Angus Brood Cows, 6 Angus cows w/calves and a few yearlings. A group of Grassfed Hereford X consisting of 12 steers & 2 heifers 300#-400#. Call with your group to advertise it makes a difference.

Sat., Oct. 26th – Fall Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell. Watch for another outstanding group from Hadlock Dairy, And some other great consignments from Carpsdale, Fantasy-Found, Gaige Farms, Morrill, Sunny Acres, Barringer Farm, Wisbee, Locust-Vale, J&E Weissmann, Shonedale, plus many more. Call today to get into the advertising.

Mon., Oct. 28th – Normal Monday sale & Monthly Organic Day

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

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

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Whatchamacallits

Our pair of whatchamacallits this week are the same tool – a leather cutting gauge, also known as a draw gauge. One was made circa 1855 by H. (Henry) Sauerbier, who manufactured saddlery tools prior to the Civil War in Newark, NJ, made of brass and steel. The other is a homemade wooden version of unknown (to me) date or origin.

Cutting gauges are a fast and accurate way to cut leather strapping and I was able to find several modern versions online as well as a good "how to use" video on YouTube, which was very helpful in understanding how these work (www.youtube.com/watch?v=m-2b3S81Z-o).

Each version has a pistol grip, which seems to be uncommon on the modern wooden versions, a side screw that clamps the blade in place and a

front screw that helps to regulate the width of the strap by sliding the rule to different sizes. The smallest setting allows you to make leather laces.

Once you've determined the width of your strap, you make a starting cut, place the gauge underneath the leather so the blade is pointing up through it and draw the cutter toward you in a slow and deliberate movement to cut through the leather. The instructor said to expect to ruin at least a few straps until you got the hang of it.

According to bruce-johnsonleather.com, he is particularly fond of Sauerbier tools and draws and he has been told by Civil War collectors that "he [Sauerbier] was one of the premier sword makers during the Civil War."



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145



OCTOBER MEANS DEALS

IT DOESN'T GET BETTER THAN THIS!
2019 NISSAN ROGUE S AWD



AWD

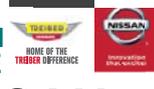
Only 7 LEFT

2019 Nissan Rogue S AWD

lease for **\$239** 36 mos.

Model#22019. VIN# 5N1AT2MV5KC829804. MSRP \$28,040. Total due at inception: \$2,500 down payment + \$0 security deposit + bank fee included in payment + \$239 1st payment = \$2,739. Price includes \$3,400 NMAC Lease Cash. Negotiated value of vehicle \$27,744. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 10/31/19.

ROCK CREEK EDITION WITH TECH PACKAGE



2019 NISSAN PATHFINDER SV



AWD

Only 4 LEFT

2019 Nissan Pathfinder SV

lease for **\$359** 36 mos.

Model#25219. VIN#5N1DR2MM5KC629699. MSRP \$39,080. Total due at inception: \$2,500 down payment + \$0 security deposit + bank fee included in payment + \$359 1st payment = \$2,859. Price includes \$3,500 NMAC Lease Cash. Negotiated value of vehicle \$36,631. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 10/31/19.

ELEVATE YOUR EVERY DAY
2019 NISSAN SENTRA S



2019 Nissan Sentra S
lease for **\$149** 36 mos.

Model#2019. VIN#5N1AB7AP9KY257844. MSRP \$19,280. Total due at inception: \$2,500 down payment + \$2 security deposit + bank fee included in payment + \$149 1st payment = \$2,649. Price includes \$3,100 NMAC Lease Cash. Negotiated value of vehicle \$18,979. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 10/31/19.

FUN TO DRIVE
2019 KICKS S SUV



2019 Kicks S
MSRP \$20,075
Nissan Customer Cash - \$500
Treiber Discount - \$576
\$18,999

Model#21019. VIN#5N1CZ5C53L62087. Plus Tax, Title & Mv Fees. Offer Expires 10/31/19.

2 LEFT!
2019 TITAN SV 4X4



2019 Titan SV 4x4
MSRP \$40,060
Nissan Customer Cash - \$4,000
Treiber Discount - \$3,061
\$32,999

Model#30219. VIN#1N6AA1R9RKN11000. Plus Tax, Title & Mv Fees. Offer Expires 10/31/19.

ALL NEW
2020 VERSA SEDAN



2020 Versa Sedan
MSRP \$17,450
Treiber Discount - \$951
\$16,499

Model#10110. VIN#5N1CZ5C53L62087. Plus Tax, Title & Mv Fees. Offer Expires 10/31/19.

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30k-75k mi., some w/leather & roof.
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'16-'19 **ALTIMAS**
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FROM **\$14995***



'17-'18 **PATHFINDERS**
SV - SL
Well equipped,
7 seaters. 32-33k mi.
FROM **\$21595***



'15-'19 **SENTRAS**
SV - SR - S
2K-46K mi. Great gas miles, very roomy.
FROM **\$12995***



'16-'18 **FRONTIER CREW 4X4**
Ready to work or play.
22k-53k mi.
FROM **\$19995***

'17 **FORD FOCUS SE**
Budget priced!
44kmi. UC1542
\$12795*

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Loaded up family hauler, great space, great gas mileage, all the buttons!
39K mi. UC1538
\$18995*

'16 **JEEP GRAND CHEROKEE LTD**
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60k mi. UC1549
\$24995*

'16 **NISSAN MAXIMA 3.5 SL**
UC1379
24K mi.
\$21995*

'17 **ROGUE SPORT AWD**
Great SUV, super gas mileage.
46k mi. UC1497
\$17895*

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Herkimer BOCES Pathways Academy students use artwork to focus on social emotional growth

ILION – The Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington began this school year by having students build a sense of community with those they are going to be working most closely with throughout the year.

create team posters that could include team names and mottos. The second part tied into the more community-based growth areas of social awareness, relationship skills and responsible decision-making, he said. “The day is set up to establish areas we’re going to

In teacher Craig Farley’s classroom, students Logan Hart, Storm Fidler, Arianna Gulley and Ben Everson came up with a team name of “The Wolf Pack” and worked together to design a colorful poster featuring a drawing of a wolf, the team name and wolf paws to represent each of them. The students took the reins for the project from the beginning to the end, Farley said. “I was very impressed by their willingness to cooperate without even really knowing each other – some didn’t know each other,” Farley said. “This was a great way for the kids to have a common thread on the first day of school.”



(Clockwise from left) Pathways Academy students Logan Hart, Storm Fidler, Arianna Gulley and Ben Everson work on a team poster for their class. Pathways Academy students spent part of their first day of the school year developing team posters for their classrooms. The activity tied in with social emotional learning benchmarks that will be focused on throughout the school year.

Photo courtesy of Herkimer BOCES

The first day was an opportunity for students to get into their classrooms with the teachers and students they’re going to be with every day to discuss goals for the year and work on the New York State Education Department’s social emotional learning benchmarks of self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

“We’re trying to have a start that gives them real support in creating growth in those areas,” Herkimer BOCES Principal of Alternative Education Patrick Corrigan said.

The first day of school at the Pathways Academy was on Sept. 5. Pathways Academy focuses on students who have had a difficult time in a traditional school structure or have to catch up on credits but have the ability to get a high school diploma. Pathways Academy classes are project-driven and infuse career and technical education.

Students started the day in their classrooms by developing artwork to represent themselves – tying into the social emotional learning benchmarks of self-awareness and self-management, Corrigan said.

Then students ended the day by working together to

be supporting throughout the year,” Corrigan said.

Team artwork will be displayed in the school cafeteria, and individual artwork can be displayed in the classrooms, Corrigan said.

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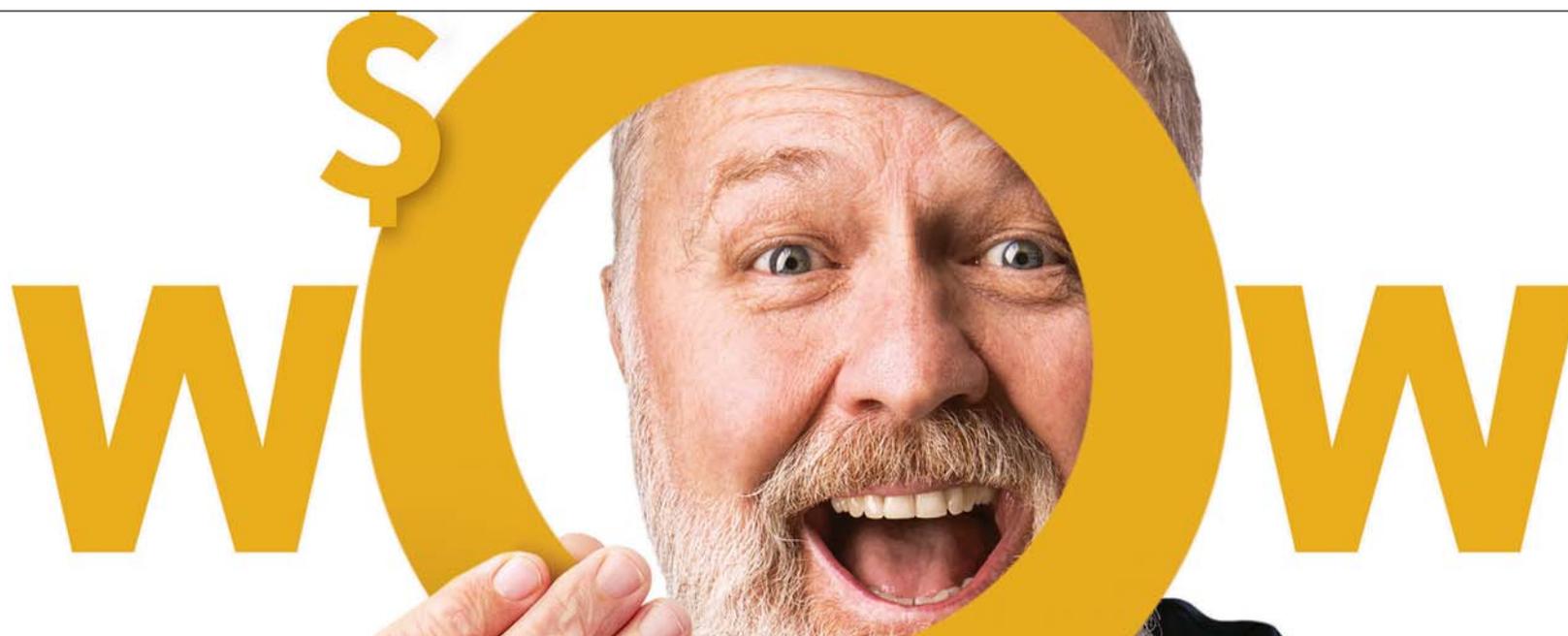
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Herkimer County

A Moment in Time Banquet Hall

121 South Street, West Winfield

Wednesday, October 23, 2019 10 am

Francesca's Banquet Hall

144 E. Main Street, Ilion

Monday, October 14, 2019 10 am & 2 pm

Monday, November 11, 2019 10 am & 2 pm

Ilion Frankfort VFW Post #502

4274 Acme Road, Frankfort

Monday, October 21, 2019 6 pm

TravelLodge

20 Albany Street, Little Falls

Monday, October 28, 2019 10 am & 2 pm

Oneida County

New Hartford Public Library

2 Library Lane, New Hartford

Tuesday, October 15, 2019 6 pm

Thursday, November 7, 2019 2 pm

Roselawn Banquet Facility

446 Main Street, New York Mills

Monday, November 4, 2019 10 am & 2 pm

The Soda Fountain

9698 Main Street, Remsen

Friday, October 11, 2019 2 pm

Friday, November 8, 2019 2 pm

To reserve your spot, call 1-833-368-4620 (TTY: 1-800-662-1220)

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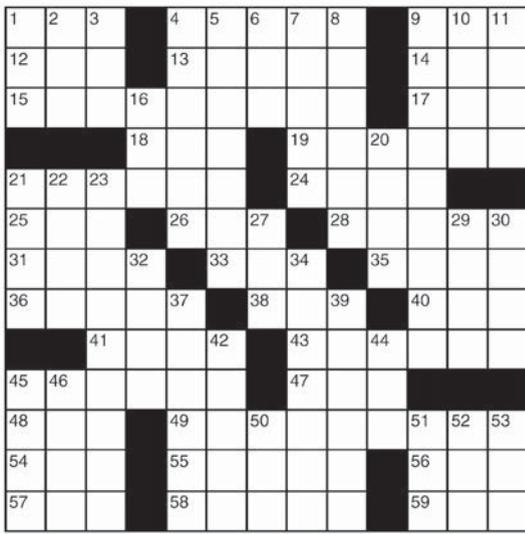
The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2019. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

Y0051_4476_M

King Crossword

ACROSS

- 1 Donkey
- 4 Portion of an act
- 9 Mischievous tyke
- 12 Hawaiian garland
- 13 Overuse the mirror
- 14 Ultra-modern prefix
- 15 Clarified
- 17 Auto fuel
- 18 Upper limb
- 19 Lack
- 21 Uses tweezers
- 24 Long story
- 25 A billion years
- 26 Male offspring
- 28 Jockey's handful
- 31 "No — luck!"
- 33 Phone bk. data
- 35 Winter forecast
- 36 Different
- 38 Charlotte's creation
- 40 Greek H
- 41 War god
- 43 Muffle
- 45 Land of 1930s movies
- 47 Plant bristle
- 48 Lair
- 49 Didn't vote,



- perhaps
- 8 Rd.
- 55 Shunned one
- 56 Wall climber
- 57 Central
- 58 Obliterate
- 59 Grant opponent
- 8 Ingratiate
- 9 Deep-seated
- 10 Vegan's no-no
- 11 Luxurious
- 16 Fond du —, Wis.
- 20 A long time
- 21 Mexican money
- 22 LummoX
- 23 "Django —" (film title)
- 27 Promptly
- 29 Brief letter
- 30 Pavlova portrayal
- 32 Towel embroidery word
- 34 Tranquilizes
- 37 Auction, so to speak
- 39 Caveat word
- 42 Cavalry sword
- 44 Blackbird
- 45 Cheese choice
- 46 Jeans-maker Strauss
- 50 Hot tub
- 51 Zero
- 52 First lady
- 53 Coloring agent

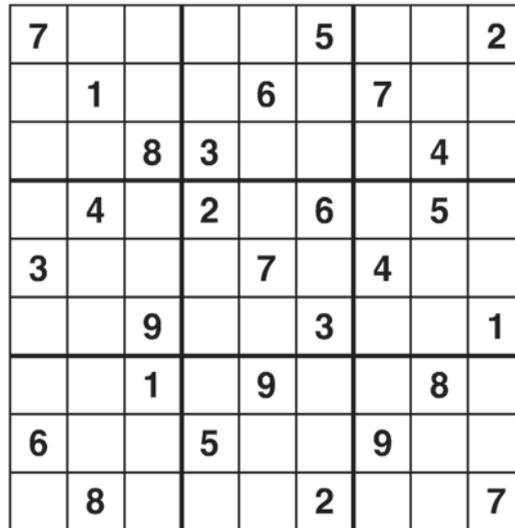
DOWN

- 1 Heady brew
- 2 Gender
- 3 Taste a drink
- 4 Activates
- 5 Shade of red
- 6 Still, in verse
- 7 Requirements

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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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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

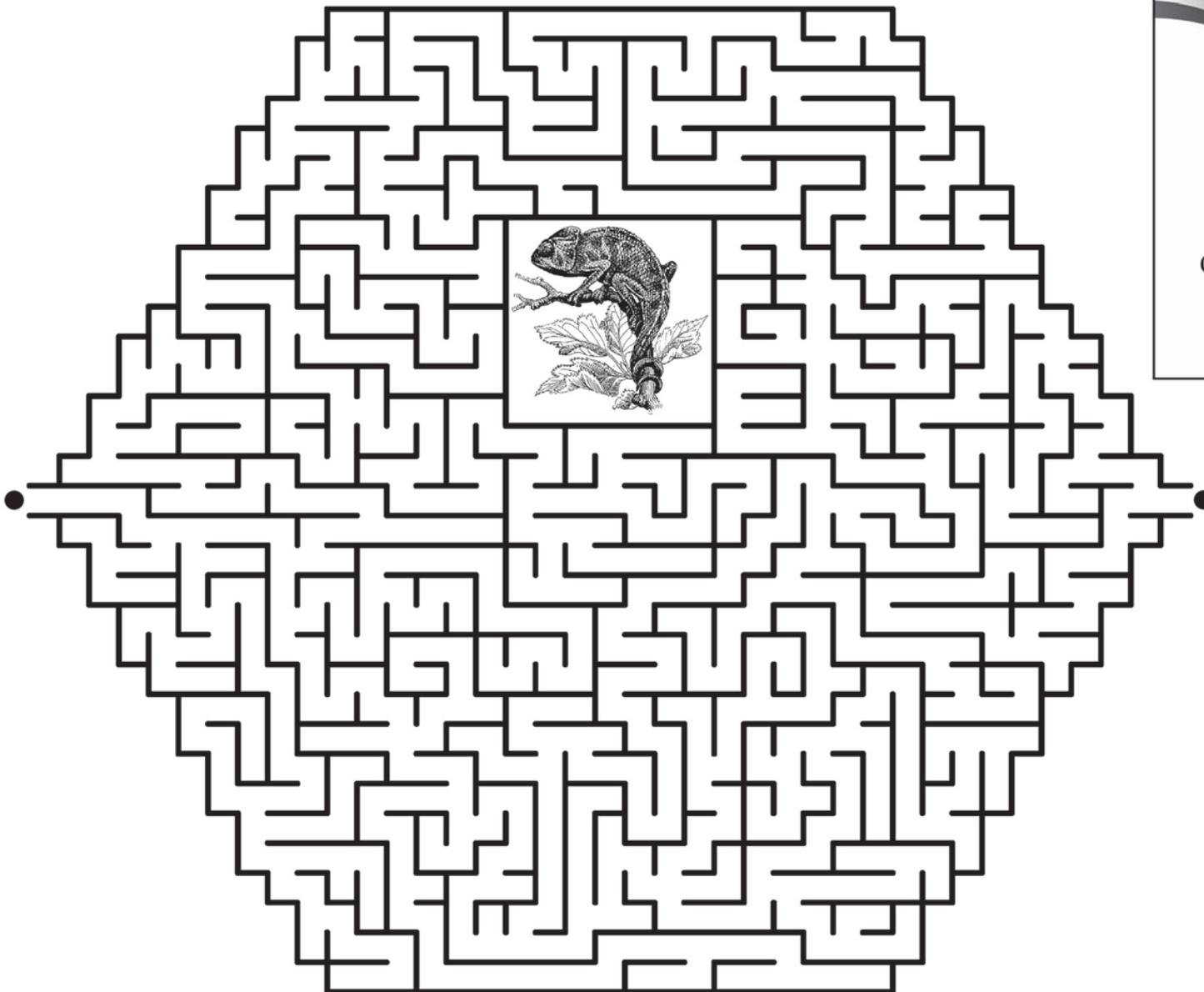


Differences: 1. Catcher's shirt has a stripe. 2. Batter has a hat. 3. Mom's collar is different. 4. Sofa has no ruffle. 5. Picture is tilted differently. 6. There's more glass on floor.

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Mega Maze

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Americanisms



"Not everything that is faced can be changed, but nothing can be changed until it is faced."
— James Baldwin

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This Week's Holidays

- Oct. 12 – National Gumbo Day
- Oct. 13 – International Skeptics Day
- Oct. 14 – National Dessert Day
- Oct. 16 – Dictionary Day
- Oct. 17 – Wear Something Gaudy Day
- Oct. 18 – No Beard Day

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

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 First & Third Tuesday 6 PM

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 Church Service 10:30am
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Herkimer County HealthNet to sponsor Arc Herkimer Employee

Arc Herkimer's Assistant Supports and Services Director Heather Burger Maley has been awarded a grant by Herkimer County HealthNet to attend Leadership Mohawk Valley's Academy program.

Maley has worked for Arc Herkimer for almost six years. Vice President of Supports and Services Shawn Schultz said, "We are thrilled to be sending Heather to the Leadership Academy. We know that she will grow and continue to strive to be the best leader she can within our agency and the community."

Herkimer County HealthNet Executive Director Elyse Enea says that their agency's goal is to "support the development of future community leaders in Herkimer County through the Leadership Academy program and expand the capacity of individ-

uals to perform in leadership roles within organizations."

Leadership Mohawk Valley's Academy Program runs for 10 months and strives to develop effective leaders with an array of skills that benefit the entire community.

Arc Herkimer's Assistant Supports and Services Director Heather Burger Maley was recently presented a grant check from Herkimer County HealthNet to attend Leadership Mohawk Valley's Academy program.

Photo courtesy of Arc Herkimer



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National Railway Historical Society's October meeting

The Morrison-Knudsen Company visits the Utica and Mohawk Valley Chapter of the National Railway Historical Society's October meeting with some classic films of all the railroad projects they worked on through the years.

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, Oct. 11 at 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone roads in New Hartford. There will be a business portion conducted by President Harry Lenz with reports on the Adirondack Scenic Railroad, the ongoing repair of New York Central Steam Switcher 6721, and the Central New York Chapter of the NRHS Model Train Fair at the New York State Fairgrounds, plus many other activities and projects ahead for us in the coming months and weeks.

After the break, Lenz will show a DVD of a few classic Morrison-Knudsen films from the 1940s and 1950s of the many different railroad projects they worked on

in those years. These films were produced by Morrison-Knudsen for railroad employees to watch and learn about what they had worked on and what there was to improve their lines with. This meeting is open to anyone who enjoys railroads, railroad history, history of railroad reconstruction and maintenance of way operations. We also like to invite guest attending our meeting the opportunity to join our chapter as regular members. We would also like to invite all retired and active railroad personnel to our meeting as well.

If you have any questions, contact Bradford Paulson, publicity/vice president, Utica and Mohawk Valley Chapter of the National Railway Historical Society at 315.327.8653 or 315.853.5400 or BPaulson909@msn.com.

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Halloween costumes that should be popular this year

Halloween is a chance to celebrate whimsy and fantasy and have fun. Halloween is not complete without dressing up in costumes and taking on an alternate persona.

Many of the costumes people will covet this year involve the movie and television characters that have entertained the masses in the months leading up to October. With that in mind, these get-ups are poised to be plentiful as kids and adults begin their hunt

for Halloween candy.

- **Fortnite:** Gamers of all ages still can't get enough of the multiplayer game that exploded on the scene in 2017. Fans are still going strong and may want to emulate their favorite characters from the battle.

- **Spiderman:** Peter Parker's European trip is put on hold when he agrees to help Nick Fury uncover some mysteries. The latest Spiderman was highly anticipated, so Halloween revelers likely

can't wait to spin their own webs and don the suit.

- **Stranger Things:** The incredibly popular Netflix series "Stranger Things" has sparked an entire subculture of fans. Now in its third season, viewers have immersed themselves in 1980s pop culture and the lives of the main characters. Whether they choose to go as a Demogorgon, Eleven, Dustin, Mike, or Will, the sci-fi show is sure to spawn some rec-

ognizeable costumes.

- **Infinity War and Endgame:** Marvel gave fans two action-packed movies featuring a slew of characters from the Marvel cinematic universe. Fans can pick among Thanos, Thor, Captain America, Doctor Strange, or any of their movie and comic book heroes for Halloween fun.

- **Game of Thrones:** Having recently finished its final season, "Game of Thrones" enjoyed a remarkable and wildly popular run. Based on George R. R. Martin's series of fantasy novels, the show became one of the most popular programs on television, attracting legions of fans following the antics in the Seven Kingdoms. People can pull from costumes emulating popular characters from the series.

- **Disney:** With the release of live-action versions of some of their animated films, Disney fanatics may once again channel Aladdin, Simba, Jasmine, Dumbo, and more.

These are just a few of the costumes that are prime to be popular among Halloween tricksters this year.

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Baked Caramel-Apple-Pecan Pie

Autumn is here, and if you love fresh apples like I do, now is the time to savor desserts like this one!

- 1 purchased refrigerated unbaked 9-inch piecrust
 - 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
 - 1 cup water
 - 1 teaspoon apple-pie spice or ground cinnamon
 - 4 cups cored, peeled and sliced cooking apples
 - 1/4 cup chopped pecans
 - 1/4 cup fat-free caramel topping
 - 1/2 cup reduced-calorie whipped topping
1. Heat oven to 375°F. Place piecrust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple-pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.

3. Spoon hot mixture into prepared piecrust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

* Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

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Assemblyman Smullen guest speaker at Rotary

The Mohawk Valley Rotary Club welcomed Assemblyman Robert Smullen of Assembly District 118 at their recent meeting. Assemblyman Smullen talked

about priorities for state government for the upcoming year, and discussed his goals for the remainder of his first term in the 118th Assembly District.



(L - R) Assemblyman Robert Smullen, Elyse Enea Bellows, Denise Snyder, Lisa Gollegly, Michele Hummel and Roger Skinner. Photo courtesy of Mohawk Valley Rotary Club

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Now Here's a Tip

by JoAnn Derson

• "If you have a beautiful planter that has no drainage holes, you can

pot your plant in a second pot that will fit inside. Put a few pebbles in the bottom of the pretty

planter, then put your potted plant in. This way, the roots won't rot in any excess water. You can

cover any gap between the pots with a bit of moss or more pebbles." — K.D. in Georgia

• Consider this your fall reminder to schedule a visit from a chimney sweep, if you haven't already. As temperatures drop, you'll be tempted to light up the fireplace, and you'll want it checked for any animal intrusion, creosote buildup or mortar that needs repairing.

• "My dresser came with a glass panel that sits on top to protect the surface, but I didn't like the look of it and just use a table runner across the top. Well, my daughter likes to play with slime (made from glue and other materials), and the glass is the perfect size when set on a table to make a protected, defined work surface. It's easy to clean up

after and very portable. Even though it's glass, it's very sturdy." — C.H. in Illinois

• Flat paint will show fewer defects in a surface than glossier paint, experts say. When refinishing a piece of furniture or a wall that has seen better days, try to stay with a finish that's less light-reflective.

• "Puzzles are fun and rewarding, but you need a dedicated surface. Try using the back of a canvas. You can find one with a size big enough for your puzzle, and the frame keeps everything contained and portable from room to room." — B.B. in Florida

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Senior News Line

by Matilda Charles

Estimated increase in Social Security

Grab your calculator. Those in the know are making an educated guess about the amount of our Social Security increase for 2020. The Senior Citizens League estimates that the increase will be 1.6%, below the raise we got last year. This will mean an average net gain of \$23.40 per month for those receiving the average \$1,460 per month benefit.

In 2019, that benefit amount netted an increase of \$40.90 per month.

The Social Security Administration will come out later with the final number, but the Senior Citizens League has used the Consumer Price Index for 2019 up to the end of the third quarter for its calculations.

At the same time, says the Senior Citizens League, our Medicare Part B premium is expected to go from \$135.50 to \$144.30 per month. Doing the math,

that nets the average benefit recipient an extra \$14.60 per month. Some of us, however, are protected: If the Part B premium goes up more than the increased Social Security amount, the Part B premium will be adjusted to make sure there isn't a net loss.

What about our other expenses though? If we have a drug policy or a supplemental Medicare plan, chances are that the two of those will see increases that exceed the extra \$14.60

per month. Then there's the small matter of the price of fresh vegetables, beef, fish, eggs, dairy and cereal. Based on the Consumer Price Index, expect an increase in those prices, even before we get to 2020. Those of us who pay rent generally see an annual increase, too. Is there any chance the landlord will skip a year?

To see all the things the SCL is doing for us, go online to seniorsleague.org.

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To Your Good Health

by Keith Roach, M.D.

Just how safe is knee replacement?

Dear Dr. Roach: I am thinking of having a total knee replacement done, as recommended by my doctor. I have bone on bone in my knee. What is your opinion? A friend of a friend had one done three months ago and has had nothing but trouble. He has had two manipulations because he cannot bend past 95 degrees. He goes to physical therapy, but has seen no results. Does this happen often with knee replacement? How about

stiffness? How long before a patient is as good as new? Would you recommend the surgery, and what percentage of patients have the issues he is having? — Anon.

Answer: Knee replacement (also called “total knee arthroplasty”) is one of the most effective surgeries performed, in terms of improving quality of life. Studies have shown that about 80% of people are satisfied with the outcome of their knee replacement. The reasons that the remainder are dissatisfied generally have to do with complica-

tions of surgery, including infection, nerve injury, instability and stiffness (the inability to properly flex the knee), which is the issue for your friend of a friend. Only about 5% of people have stiffness, according to a 2006 paper, and these mostly improved with manipulation, although some needed a second operation.

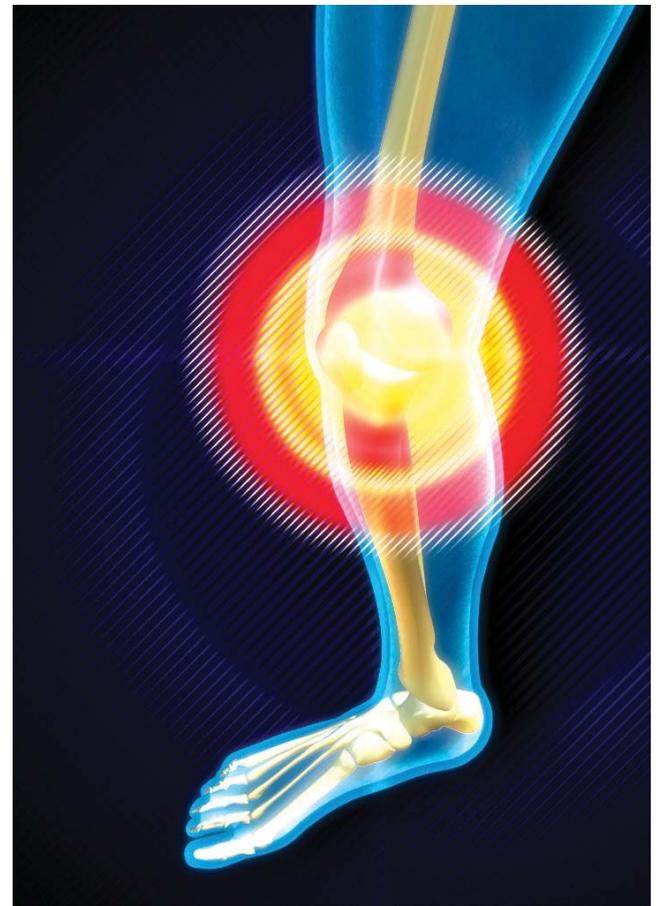
It is important to recognize the limitations of the surgery. You are never going to be as good as new — that is, as good as before the arthritis in the knee developed. But most

people are much better than where they started within three to six weeks of the surgery. Physical therapy after surgery is critical for success (but, as your friend shows, not a guarantee of success).

My own patients’ experiences have been largely favorable. I have seen some bad complications, but most people are very satisfied, and the most common regret I hear is that they had not done the procedure earlier. Eighty to 90% of knee replacements are expected to last 15-20 years.

Dear Dr. Roach: Last year, my husband was seriously ill from a bacterial infection in his gallbladder. After inserting a drainage tube, they removed his gallbladder. He has done quite well, except for a strange side effect: Whenever he eats, it causes his left shoulder to hurt. Also, when he lies on his right side, it seems to hurt his left shoulder. Do you have an explanation for this mystery? — L.F.

Answer: I have a possible explanation. The pain nerves to your skin and bones are referred to as parietal pain fibers, and these localize very well: If your left toe hurts, there’s usually a problem with your left toe. The nerves



to the organs are visceral fibers, and they do not localize well in the brain. Pain in the heart can feel like it’s in the left upper arm, the left side of the chest or the upper abdomen, depending on who you are.

Pain from the gallbladder most commonly shows up in the right upper quadrant of the abdomen, where it is locat-

ed directly under the liver, but frequently feels like it is coming from the shoulder. This is called “referred” pain. Right-shoulder pain is more common than left, but I still think that your husband is feeling some referred pain, perhaps from some scar tissue.

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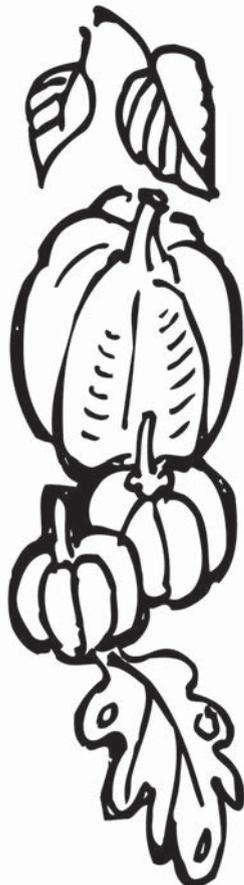
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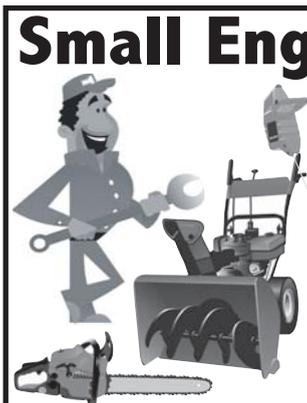
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Amazing facts about honey

Honey is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food.

Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar.

Many properties make honey a unique food that is not just tasty, but also quite healthy. Here are some facts about honey that might get you buzzing.

- When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)

- Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments and more have been treated with honey. (Source: National Center for Biotechnology Information)

- Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)

- Mead is a fermented beverage that is made from honey. It has a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)

- Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)

- A honeybee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)

- Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.



Calendar of events

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

October 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

October dates

October 11, 18 and 25 **Pierogi and Golumbki sales** from 11 a.m. to 1 p.m. And October 12, 19 and 26 from 9:30 a.m. to 2 p.m. All at St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Traditional pierogi sell for \$7 a dozen. Golumbki sell for \$26 a dozen, \$13 a half dozen or three-piece for \$6.50.

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 16 and 17

6 hour AARP Defensive Driving Course. 5:30 - 8:30 p.m. each night. Must attend both nights to receive credit. Stratford Town Hall Community Room, 120 Piseco Road, Stratford. Course is open to anyone, of any age, with a driver's license. Cost - \$20 for AARP members, \$25 for non-members, payable first night of class. For further information: 315.360.7582

October 17-19

Rummage Sale & Bake Sale at Cold Brook United Methodist Church, 467 Main St. (Rt. 8), Cold Brook.

October 17

Chicken Schnitzel dinner 4-7 p.m. or sold out at Emmanuel Episcopal Church, 594 Albany St. Little Falls. Adults \$10. Kids 5 and under free. Eat in - take outs available. Local deliveries (Little Falls only).

Call day of dinner 315.823.1323.

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.

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

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 in Ilion. Cancelled.

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."

Roast Beef Dinner Buffet - Annual Poland Vol. Fire Co. Auxiliary Dinner. Poland Firehouse,

216 Main St., Cold Brook. Handicap accessible. For take-outs, call 315.826.7141. New this year — Basket Raffle.

Haunted Investigation - NY Shadow Chasers Benefit "Save 1834 Jail" 6-7:30 and 8-9:30 a.m. Tickets \$20. Any questions, call Katie Nichols 315.867.5036 or email: Knichols47@aol.com or Friends1834@aol.com — 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.

November 2

Morning Star United Methodist Church Annual Christmas Carousal from 9 a.m.-3 p.m. at the Morning Star Church, 36 Second St. Ilion. For information please call Barbara Horwald 315.894.4520.

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

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.

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Ten to-dos for home and yard winterization

(BPT) — Scarves. Pumpkin spice lattes. Leaves crunching underfoot. Sweater season is moving in fast, which means it's time to start transitioning to fall maintenance to make sure your home and yard are ready for winter. The following are 10 things you can do to prepare for the cold and wet weather ahead.

1. Interseed your lawn

A summer of heavy use can take its toll on even the healthiest of lawns. If your turf has some thin or bare patches, fall is the ideal time to reseed. A turf specialist at a garden shop or university extension office can help you choose the right kind of seed for your local conditions. After spreading the seed, water lightly and frequently (if it doesn't rain) to keep the soil slightly damp until the seed germinates.

2. Winterize your irrigation system

If the ground in your area freezes down to the depth of your irrigation pipes during the winter, be sure to shut off the water to the system and drain the pipes before the first freeze.

3. Lower your mower blades

For the last few mowings in the fall (and the first few in the spring), set your lawn mower blades at the lowest recommended height for your type of turf. You no longer need the height of the grass to shade the soil and keep it cool, and minimizing the amount of moisture that's trapped by the grass can help prevent fungal disease.

4. Remove the leaves

Don't leave your lawn buried under a thick layer of leaves. If you don't want to rake, try mulch mowing - chopping the leaves up into small pieces allows them to decompose more quickly, so that they fertilize the grass instead of suffocating it. You may need to mow more frequently to keep up with the falling leaves, even if the grass itself isn't growing quickly.

5. Clean up your yard

Any object that sits on your grass all winter can create a dead spot. To protect your lawn, remove toys, furniture and other items from the grass. Be sure to cover or store anything that's not designed to be out in the rain or snow indoors.

6. Prep your equipment for spring lawn care

In addition to seeding, another great way to get a jumpstart on spring is to give your lawn mower a tune-up. By sharpening the blades before you put it away for the winter, it will be ready to get back to work when the grass starts growing again in the spring.

7. Check your roof, gutters and downspouts

Leaks can lead to costly water damage, so check for potential trouble spots now, before the winter storms start. Look for broken shingles and damaged flashing around vents, chimneys and skylights; clean the leaves out of your gutters; and add extensions to your

downspouts if the water runs less than three feet away from the foundation of the house.

8. Check your doors and windows for leaks

Eliminating air leaks around doors and window frames is one of the most effective ways to lower your heating bills. Caulk and replace weatherstripping where needed to prevent cold air (and potentially water) from entering. Don't forget to make sure the seal between the garage door and the ground is tight as well.

9. Service your heating system

Before you turn your heating system on for the winter, have it cleaned and inspected by a professional. Regular preventive maintenance will keep it running safely and efficiently and make sure minor issues are resolved before

they become major problems.

10. Test your emergency power generator

Winter wind and ice storms can bring down power lines and cause lengthy blackouts. If you live in an area where power outages are common and you have an emergency backup generator, test it now, and make sure you have engine oil and filters on hand.

Spending a bit of time in the fall to prepare your home and yard will allow you to enjoy the winter months with peace of mind. What's more, the effort you invest in the health of your lawn now can pay dividends in the spring by jumpstarting your turf's growth and minimizing weeds. Have you completed everything on the list? It must be time to curl up with a good book, a hot beverage and relax!



— Weekly SUDOKU —

Answer

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

— King Crossword —

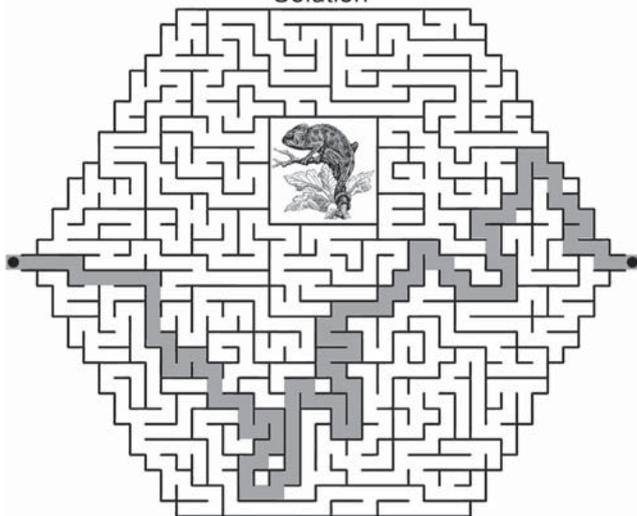
Answers

Solution time: 21 mins.

A	S	S	S	C	E	N	E	I	M	P
L	E	I	P	R	E	E	N	N	E	O
E	X	P	L	A	I	N	E	D	G	A
		A	R	M		D	E	A	R	T
P	L	U	C	K	S	S	A	G	A	
E	O	N		S	O	N		R	E	I
S	U	C	H		N	O	S		S	N
O	T	H	E	R		W	E	B		E
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Traveling pigs



Terry Hutchison stopped by the Mohawk Homestead with her pot belly therapy pigs, Albert Swine-stein and Tammy Swine-ette. The residents had a fabulous time playing and petting the pigs as they entertained with tricks and snorts. Trudy Blackwell just loved Tammy Swine-ette. This is just one of the many fun activities that Elaine Mabry plans for the residents.

Photo courtesy of the Mohawk Homestead

Haunted investigation event – To save the Historic 1834 Jail

Friends of Historic Herkimer County will sponsor a haunted investigation on Saturday, Oct. 26. The event, as a fundraiser for the Historic 1834 Jail in Herkimer, will go toward the 25% match of our Restoration Project Grant.

Activities at the event will begin in the “Roxalana Druse Room” with storytelling by Jim Greiner. Greiner will speak of famous inmates charged with murder, the Roxalana Druse story and the “Gallows” located in the room. We have a new Roxie exhibit featuring Marilyn Jackson Card’s news article published while a young Utica College student. The group will then visit the location where Roxie was housed (never before seen

on our regular tours).

The group will then move to the location of Kate Creighton and finally with Phil Creighton.

The haunted investigation will be conducted by New York Shadow Chasers members Kate and Phil Creighton. The New York Shadow Chasers conducted an investigation of the 1834 Jail previously, and they now return to perform this event for the public.

There will be two ses-

sions, 6 - 7:30 p.m. and 8 - 9:30 p.m. in groups of 30 split into a group of 10 and assigned to each of the guides (Phil, Kate and Jim). Tickets are available at the Herkimer County Historical Society (315.866.6413) for \$20 each. The program is limited to a total of 60. Sign up early to reserve your spot. For further information, call Katie at 315.866.1563, message us on Facebook or email friends1834@aol.com .

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ATTENTION MANE STREAM SUBSCRIBERS

Mane Stream will no longer be published after the September Issue. It will now be included in Country Folks once a month as a special horse section. The Mane Stream Horse Section will go in the first issue of every month, in all 4-Zones; Country Folks East NY, West NY, New England and the Mid-Atlantic.



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New business owners support Fort Plain Free Library

FORT PLAIN – “Community” is important to business owners David and Christine Van Meter of Van Meter & Van Meter LLC in Little Falls, so when they decided to branch out to a new location in western Montgomery County – the Old Schoolhouse in Palatine Bridge – it was no surprise that the family would offer to help several local nonprofits: the Fort Plain Free Library, the Canajoharie Youth Center and the Ayres Memorial Animal Shelter.

On Sept. 25, the Van Meters presented a check for \$250 to members of the Fort Plain Free Library Board of Directors and Library Director Whitney Hubbard.

Expressing appreciation to all who helped spread the word about their open house, Christine said, “We do like to help the community and we wanted to give back.”

In addition to the couple’s work coordinating the annual

Christmas in Little Falls event and their involvement with Main Street First, Think Local Little Falls and other community-oriented events there, Christine is an active member of the local Rotary Club.

She continued, “We love books, but you do more than books here. It’s amazing to see a thriving library.”

Recognizing the library’s multi-year construction project to improve and update the 100-plus-year-old facility, David said, “It’s really important that you’re doing it [the renovations] right.” In addition to the books, programs and services, the library also supports and promotes cultural events. That is another reason to support the library, David said.

Library board members and Director Hubbard expressed appreciation for the donation. She said, “We’re grateful to David and Christine for their generous contribution to the library. The money is of benefit to our whole community because it supports our children’s and adults’ programming. We wish the Van Meters success in their new venture!”

Christine and David’s son Luke is joining them in their new initiative at the Old School House. Others on their team include Cathy Cristman, Mark Davidson and CPA Deborah Riley, who holds an MSA degree. Additional services at the Old Schoolhouse are provided by attorneys Dunn & Dunn PLLC and the Anowara Yoga and Wellness Studio.



Local business owners David and Christine Van Meter present a check for \$250 to members of the Fort Plain Free Library Board of Trustees and Director Whitney Hubbard. In attendance were (L - R) Joseph Palmeri, Whitney Hubbard, Thomas Armitstead, Sally-Jean Taylor, David Van Meter, Christine Van Meter, Rodney Strait, Sue Manclow, Wayne Goodrow and John Kirkpatrick. Absent was Board President Keith Seeber.

Photo courtesy of Fort Plain Free Library

Sundays 11-2
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| Thurs. November 21 - Workshop 2
Quick, Healthy Meals and Snacks | • Nutrition Education and information |
| Thurs. December 19 - Workshop 3
Eating Healthy on a Budget | • Fun, <i>Interactive activities</i> |
| Thurs. January 16 - Workshop 4
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| | • <i>Raffle Basket drawing</i> at final workshop |

SHINE (Seniors’ Health Improvement & Nutrition Education) is a new SNAP-Ed program in partnership with the Office for Aging Questions? Call Molly at OFA - 518-843-2300.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401

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