Country Editor November 1, 2019

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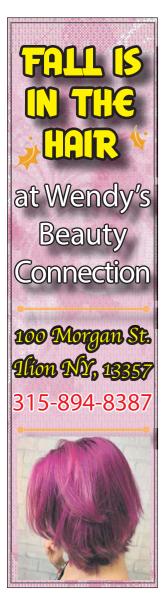
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HERKIMER COUNTRY EDITOR 2 • November 1, 2019

New York State Tool, Excellus BlueCross BlueShield present 'An Evening with STYX'

Fundraiser benefits Stanley Theatre, Valley Health Services

UTICA - Everyone is invited to enjoy "An Evening with STYX" on Sunday, Nov. 10 at 7:30 p.m. Proceeds from the event will be used to benefit both the Stanley Theatre and Health Services.

Raffle tickets will be available for purchase -\$5 for one ticket or \$20 for five tickets - to enter to win a STYX concert tour vintage baseballstyle jacket valued at \$300 as well as the STYX Live 3-Disc Special Edition DVD. Filmed on Nov. 9, 2010 at the historic Orpheum Theater in Memphis, TN, this stunning show captures STYX performing their classic multi-platinum seventies albums "The Grand Illusion" and "Pieces of Eight" live in their entirety for the first time, valued at \$85.

The six men comprising STYX have committed to "Rockin' the Paradise" together with audiences far and wide by entering their second decade of averaging over 100 shows a year, and each one of them is committed to making the next show better than the last. STYX draws from over four decades of barn-burning chart hits, joyous singalongs and hard-driving deep cuts.

Like a symphony that builds to a satisfying crescendo, a STYX set covers a wide range of stylistic cornerstones. From the progressively sweeping splendor of songs such as "The Grand Illusion," "Blue Collar Man," "Lady," "Miss America," "Man in the Wilderness," "Crystal Ball," "Come Sail Away" and "Renegade," the band draws on an unlimited cache of ways to immerse one's mind and body in their signature sound.

"It all comes back to the chemistry," said bassist/vocalist Ricky Phillips. "The legacy of this band will be that it brought joy to millions of people," noted drummer Todd Sucherman. Observed keyboardist/vocalist Lawrence Gowan, "We've always tried to explain why this is hap-

pening. It's obviously a show is really good! And again." multitude of factors, but if it's really good, they're

Tickets start at \$50

They can be purchased at the Stanley Theatre the main one is that our going to come to see it and are on sale now. Box Office, at TheS-

tanley.com. at 315.724.4000





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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



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

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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.

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HERKIMER COUNTRY EDITOR 4 • November 1, 2019

Valley Residential Services to host open house

Are you looking for a lifestyle change? Are you looking to downsize your home, have more time for leisure activities, amenities and a restaurant-style dining atmosphere? If that is your goal, then Valley Residential Services is the place for you!

Valley Residential Services, the first enriched housing and assisted living facility in Herkimer County, is welcoming new residents to the enriched housing facility located at 323 Pine Grove Rd., Herkimer. Our new expansion project has added 14 one-bedroom apartments, large enough for couples, and a fully staffed wellness and fitness center.

There will be an opportunity for the public to tour the

Herkimer County Country Editor

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independent living apartments and meet with staff during an open house event on Monday, Oct. 28 from 4 - 6

Lisa M. Betrus, president, Valley Health and Valley Residential Services, said the vision for VRS remains to champion quality of life for all seniors ensuring a comfortable life-enriching experience and assistance with daily needs while promoting dignity, privacy and independence.

For more information on the open house event, contact Christine Shepardson, director of community life, at 315.219.5700 ext. 3239.



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320 S. Washington St., Herkime So much potential here - currently used as a

bar/tavern with kitchen area. Kitchen equipment stays. First floor is the bar/taverr area, kitchen and his & her bathrooms, upstairs is large open room, tons of potentia



179 Church St., Little Falls nomical 2 family home just make ents! With spacious apartments, sep eat and electric. Each apartment inc 2BRs, 1 BA, LR, DR & kitchen. Plus a garage and a yard!



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dably priced village home: large en hall or fmr, LR, DR, galley kitchen, 1/2 BA, laundry are all on the first fl. Upstairs 3 BR (master has Ig walk in closet) full bath and walk up attic, great for storage.

Honoring all heroes this Veterans Day

Veterans Day, which is celebrated annually on Nov. 11, commemorates the hardworking men and women who sacrifice their time and put themselves in harm's way to defend the country's core values of freedom and opportunity. While Veterans Day certainly is a chance to honor those who have donned the uniform during wars and military installments, it also can be a chance to recognize the unsung heroes of wartime – those who step into roles so that soldiers and strategists can focus their attention elsewhere.

Take for example Naomi Parker Fraley. In 1942, Fraley was a machine shop worker at the Naval Air Station in Alameda, CA. She was one of scores women who worked in factories and shipyards during World War II, helping

to produce munitions and war supplies. Parker was 20 years old in 1942 and served as the inspiration for what would become one of the most indelible images of the era, known as "Rosie the Riveter." Parker unknowingly inspired the iconic image after she was photographed at work bent over an industrial machine in a jumpsuit with her hair tied back in a polka-dot bandana. In 2018, Naomi Parker Fraley died at the age of 96, not nearly the household name she perhaps should have been.

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the home front. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.

Norman Rockwell's depiction of a female riveter, which appeared on the cover of the Saturday Evening Post on May 29, 1943, became an iconic staple of that time. Muscular, with a rivet gun on her lap, a sandwich in hand and a boot stomping on a copy of "Mein Kampf" – and timed perfectly to coincide with the release of a song called "Rosie the Riveter" by Redd Evans and John Jacob Loeb – Rosie became a household name. But another Rosie image actually predates Rockwell's Post cover.

Naomi Parker Fraley was reportedly the inspiration for an ad created by a lesser-known artist named J. Howard Miller. Miller produced a "We Can Do It!" poster for Westinghouse Electric in 1942 aimed at boosting spirits among the company's workers. The poster helped to recruit new female personnel, according to scholar James J. Kimble. This Rosie was portrayed in a red bandana with her bent arm flexed, rolling up her shirtsleeve.

Both Miller's and Rockwell's depictions of female war workers became ingrained in popular culture. Rockwell's cover art was eventually loaned to the U.S. Department of the Treasury for use in war bond drives for the duration of the war. Miller's version has been emulated for generations and still epitomizes a strong female presence in the workforce.

This Veterans Day is a prime time to delve into American wartime history, with interesting stories like the origins of Rosie the Riveter, and pay homage to all of the heroes that help ensure America's reputation as a great nation.

Explore the history of Veterans Day

Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on Veterans Day and throughout the year, can be a great way to show them just how much their efforts are ap-

preciated.

Veterans Day begins with Armistice Day

Veterans Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On Nov. 11, 1919, the first anniversary of the signing

of the treaty, the first Armistice Day events were held. Armistice Day was initially a legal holiday to honor the end of World War I only, states History.com. The U.S. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday starting in 1938. However, in 1954,

after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration "Veterans Day" to honor veterans of all wars.

Veterans Day in October?

According Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veterans Day was moved to the fourth Monday of October - the first being Oct. 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975,

President Gerald Ford signed a new law that returned Veterans Day to Nov. 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts and other celebrations revolving around veterans have been held on Nov. 11.

Veterans around the world

Many countries, including the United States, celebrate veterans on or near Nov. 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also Nov. 11), as does the United Kingdom. Britain also has Remembrance Sunday. which is the second Sunday of November. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute

There are various ways to honor veterans on Veterans Day and Remembrance Day. Federal government closings, educational efforts in schools, parades and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every Nov. 11.

Veterans Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.





LEGAL NOTICE:

NOTICE OF HEARING ON PRELIMINARY BUDGET FOR THE TOWN OF SALISBURY FOR THE YEAR 2020.

NOTICE IS HEREBY GIVEN that the Preliminary Budget for the Town of Salisbury, Herkimer County, New York for the fiscal year beginning January 1, 2020, has been completed and filed in the office of the Town Clerk of said town at 126 St. Rt. 29A, Salisbury Center, NY 13454, where it is available for inspection by any interested person during regular office hours.

FURTHER NOTICE IS HERBY GIVEN THAT THE Town of Salisbury will meet and review said Preliminary Budget and hold a Public Hearing thereon at the Town Hall in said Town at 6:15 PM on Thursday, November 14, 2019, and that at such hearing any person may be heard in favor or against any item or items therein contained Pursuant to Section 108 of Town Law, the proposed yearly salaries of each member of the Town Board, The Town Clerk and Town Superintendent of Highways are hereby specified as follows:

 Supervisor
 \$7,500.00

 Councilmen
 \$1,800.00 each

 Justice
 \$7,450.00

 Clerk/Tax Collector
 \$15,000.00

 Hwy. Superintendent
 \$40,000.00

By order of the Town Board Stanley J. Bilinski, Town Clerk Dated: October 23, 2019

Advertising Consultant

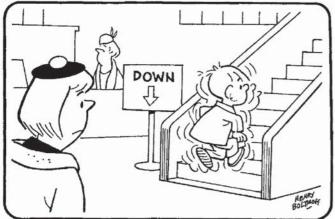
The Country Editor is looking for an advertising consultant in an established territory. Full time, outside sales experience helpful, but we would be willing to consider an outgoing person with a competitive spirit.

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Send your resume by email to jsnyder@leepub.com

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HENRY BOLTINOFF



Find at least six differences in details between panels.



are missing. 6. Woman's hairstyle is different. 3. Woman's dress is black. 4. "Sale" sign is added. 5. Windows Differences: 1. Boy's jacket is black. 2. "Down" sign is different.

King Crossword

ACROSS

- 1 Lily variety 5 Homer's out-
- 8 Wax-coated
- cheese
- 12 Bivouac 13 Individual
- 14 Field mouse 15 Memo acronym
- 16 Series of battles
- 17 Actor
- McGregor 18 Fame
- 20 Faster hat
- 22 Stitch 23 Beast of bur-
- 24 Commanded
- 27 Human-like robots
- 32 In olden days 54 Shell game 33 "No seats"
- sign 34 Pizzazz
- 35 Detective
- 38 Say it isn't so 58 Longings 39 Actor Beatty
- 40 Neither mate 42 Falling-blocks game
- 45 Weddingrelated
- Brockovich 50 Shock and -
- colada 53 Unspeakable

- 9 Fire some folks
- 10 Wings 11 Common noun suffix

act?

item

55 Support

57 Collection

Cicatrix

2 Facility

3 Fed

6

56 Rind

DOWN

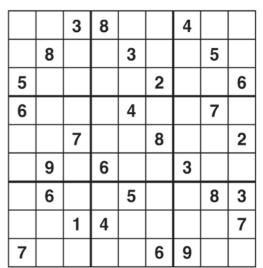
- 19 1927 Lindbergh book
- 21 Rowing need 24 "Humbug!" 25 Khan title
- 26 Period of inactivity
- 4 Go up against 28 Gun lobby 5 Earthward org. airstream 29 Pessimistic
 - 30 Noise - budget KFC additive 31 Agent
- 8 Nevertheless 36 Bit of grain @ 2019 King Feat

37 Star Wars inits.

- 38 Raining somewhat 41 On the other
- hand 42 Office
 - part-timer 43 Great Lake
 - 44 1940 Laurel & Hardy film, at Sea'
 - 46 Tragic 47 Unsigned
 - (Abbr.) 48 NASCAR cir-
 - cuits 51 Teensy

Weekly SUDOKU

by Linda Thistle

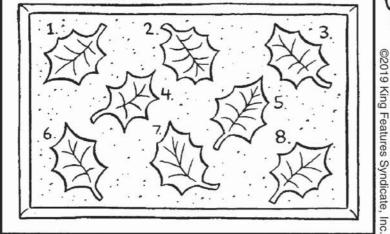


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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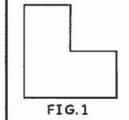
SEE IF YOU CAN "RAKE IN" the two leaves on the bulletin board above that are exactly alike.

Answer: Leaves 1 and 8.

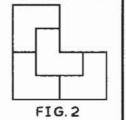
by Charles Barry Townsend

LET'S FIND THE ANIMALS!





A BETCHA PUZZLE! Place an L-shaped piece of paper on the table and challenge your friends to cut it into four equal pieces, all the same size and shape. The solution is shown in figure 2



Hidden in the above diagram are the names of 21 species of animals. They can be found by reading up or down, side to side, or diagonally. Letters can be used more than once. Listed below are the names you're looking for:

FIND-A-WORD! On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

- 1. Weight of a container.
- 2. To be.
- 3. Outstanding performer.
- 4. A sailor.

Anaconda Cougar Hippo Antelope Deer Leopard Boar Eagle Llama Elephant Camel Mustang Cardinal Gazelle Rattler Caribou Goat Shetland Cheetah Gorilla Zebra

Answers: 1. Tare. 2. Are. 3. Star. 4. Tar. Mystery word: Stare.

Safely use GPS systems while driving

It wasn't too long ago that drivers pulled into filling stations and rest stops to pick up maps to help them find their way. But nowadays global positioning systems have rendered paper maps and atlases somewhat obsolete. GPS systems are now so advanced that many even help drivers avoid traffic and/or toll roads.

Navigation systems can be used from smartphones or technology built into cars. GPS systems are convenient and often very accurate. But drivers run the risk of accident any time their attention is diverted from the road - even during momentary glances at GPS devices. The National Highway Traffic Safety Administra-



Sat., Nov. 9, 2019 9:00 AM to 2:00 PM

County Highway 54, Cherry Valley

Early Admission (Before 9AM) - \$5.00 Regular Admission - \$2.00 Under 12 - Free Food Available

Dealer Tables and Show Exhibits By Invitation Only! For More Information:

Contact Dave Cornelia 607-264-3318

Proceeds Benefit the Cherry Valley Fire Department 11 Railroad Ave., Cherry Valley, NY 13320 In conjunction with the Farm Toy Show, the Fireman's Auxiliary will hold a Penny Raffle/Chinese Auction and provide food

Many area businesses have donated items to choose from. You will not want to miss this annual event!

Please stop by on Saturday, November 9th!!

tion says distracted driving is dangerous and claimed 3,166 lives in 2017 alone.

How can drivers safely use navigation systems while operating a vehicle? The following tips can help.

- Set the address destination and plot the course while the vehicle is parked. GPS should not be tinkered with while driving. If new directions are needed, or if you need a look ahead at the route, pull over to do so safely.
- Engage vocal guidance. Allow the navigation system to speak directions to you so you can keep your eyes on the road as much as possible.
- Familiarize yourself with the route prior to your trip. GPS systems are not infallible, so you should have a basic understanding of where you are going even if you plan to use GPS. This way you can anticipate turns or highway exits before the alerts and stay attuned to the traffic ahead. Navigation systems may sometimes direct drivers down the wrong side of oneway streets, so common sense should always prevail.
- Know how to operate the device before driving. Learning the tools and features of the device while the

car is in motion is a recipe for an accident. Instead, learn how to use it before hitting the road so you can engage the screen or navigation system as minimally as possible while on the move.

• Enlist the help of a co-pilot. Ask a passenger to take charge and help with directions so you can keep your eyes on the road.



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

Mon., Oct. 21st - Sold 531 head Cull ave. \$.41 top cow \$.52, Beef Breed Cull Ave. ave. \$.46 top cow \$.60, Organic cull dairy ave. \$.90 top cow \$1.00, Grassfed Organic Cull Ave. None, Bulls/Steers \$.58 \$.86, Organic Bulls/Steers \$1.06, heifer calves top \$.20, bull calves top \$.75 Dairy feeders \$.20 - \$.79. Feeder steers \$.45 -\$1.12. Feeder heifers \$.26 - \$1.05, Feeder Bulls \$.25 - \$1.02, Lambs 40#-70# \$1.10 - \$1.65, 71#-90# \$1.20 - \$1.43, Cull Sheep \$.40 - \$1.07.

Mon., Nov. 4th - Normal Monday Sale & Monthly Fat Cow & Feeder Sale Mon., Nov. 11th - Normal Monday Sale & Monthly Heifer Sale Mon., Nov. 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat

& Pig Sale. **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 differ-

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Mohawk Valley Produce Auction 840 Fords Bush Rd, Fort Plain, NY 13339 Office 518-568-3579 - Market Report 712-432-8545 Order Buyer Elam Kauffman 717-413-3816

Whatchamacallits

Last week's whachamacallit was a punch plier used in shoemaking. This week have a tool that is a combination of many that were used in that trade, including a section for punching.

On April 19, 1870, a patent was issued to Calvin A. Foster of Fitchburg, MA, for this week's whatchamacallit. U.S. Patent number 102,105 is listed for "improvement in combination tool," and in an 1885 ad in the Worcester (MA) City Directory, it is listed as "Foster's Combination Belt Tool."

A few of the tools incorporated in this combo include the punch/eyelet plier, a cutting blade, an awl and a shoe nipper. We learned about the punch plier last week and I hope everyone can figure out the cutting blade and awl parts of this tool. That leaves us with the nipper.

According to the same source as last week, the "nipper" can also be





referred to as pincers or tongs in some catalogs. They were used for extracting nails or ripping off old soles and heel lifts.

Since the 1885 directory ad didn't

list it as specifically for shoe making, it leads me to believe it could be used across many



Strange but True

by Samantha Weaver

- It was Marquette University basketball coach and beloved national basketball commentator Al McGuire who made the following sage observation: "The world is run by C students."
- There were no armadillos in Texas until the 1840s.
- Many people think that adding cream to coffee makes it colder, but that's only partially correct. As it turns out, after cooling the coffee a little bit, the cream forms a layer of fat molecules across the surface, insulating the coffee and keeping it warmer longer.







• Those who study such things say that only about half the French-speaking people in the world actually live in France.

• After the Civil War, Varina Davis – widow of Jefferson Davis, president of the Confederacy – and Julia Grant – widow of Ulysses S. Grant, famed Union general and later president of the United States – ended up living near each other. According to historians, they became very close friends.

- On average, twins arrive 24 days earlier than babies from single births.
- It's been claimed that it was customary in Austria at one time for women to wear small dogs draped

about their shoulders for warmth.

- You might be surprised to learn that the hula hoop was banned in some Indonesian cities. Why, you might ask? According to officials, the toy "awakens sensuality."
 - In China, it is traditional for men do the knitting.
- According to anthropologists, if you'd never worn shoes, there would be a larger gap between your big toe and the rest of your toes.

Thought for the Day: "Four be the things I am wiser to know: idleness, sorrow, a friend and a foe. Four be the things I'd be better without: love, curiosity, freckles and doubt." – Dorothy Parker

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Calendar of events

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

November 1

Stratford Methodist Church Roast Pork Dinner 4 p.m. \$10 adults, \$5 children. Proceeds to benefit Operation Christmas Child.

November 2

Oktoberfest dinner at Little Falls American Legion Post #31 from 4 - 7 p.m. Your choice of two different German meals with all the fixings. Tickets are \$15 each and available at the post home. More information at 315.823.9862.

Salisbury Grange Luncheon 11 a.m. - 3 p.m. Variety of sandwiches sweets and beverages will be served. Donations \$10.

2019 Rabies Vaccination Clinic. 10 a.m. - noon. East Herkimer Fire Dept., 193 Main Rd., East Herkimer. To pre-register for a clinic call 315.867.1176.

The Sullivan-Clinton Campaign Against the Iroquois, 1779 Symposium 8 a.m. - 4 p.m. at Community Fulton-Montgomery College, 2805 NY-67, Johnstown. Pre-registration recommended. Walk-ins welcomed. \$50 advance registration, \$60 at the door. Students \$30. Includes lunch and refreshment. To register, email fortplainmuseum@yahoo.com with your name, phone number, email address, city and state. You can also register by phone at 518.774.5669. www.fortplainmsueum.com for details.

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

Annual Roast Beef Dinner 4 - 6 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Adults \$11, children (5-12) \$5. Tickets may be purchased at the door or are available from any church member or call the Church Office at 315.894.9041.

Annual Harvest Dinner. Held in the Benes Hall. Mohawk Reformed Church, 20 S. Otsego St., Mohawk. Serving 4 - 7 p.m. Adults \$12, children (6-12) \$6. Children 5 and under free. Tickets available. Come early and check out our gift bas-

kets. Contact 315.866.4292 or mr-coffice@verizon.net.

Craft Fair 9 a.m. - 4 p.m. sponsored by the Salisbury Historical Society at the Frisbie House, Intersections of Rt. 29 and Rt. 29A, Salisbury Center. Join us for crafts, baked goods and fun. Free admission.

November 4

Oil Painting Class with Wilson Bickford at Auskerada Place, 78 Main St., Dolgeville. 5:30 - 9:30 p.m. \$50 fee includes all supplies. Call Diane at 315.429.3618.

November 8

Sixth Annual Veterans Day Breakfast 8:15 a.m. at Cherry Valley-Springfield Central School District Sixth. Short program in the school gym. For veterans and their guests. RSVP to Laura Carson at 607.264.9332 ext. 501.

November 9

6 hour AARP Defensive Driving Course. 9 a.m. - 3:30 p.m. Stratford Town Hall Community Room, 120 Piseco Rd., Stratford. Course is open to anyone with a driver's license. Bring your own lunch. Cost \$20 for AARP members, \$25 for non-members, payable at time of class. For more information call 315.360.7582.

Taste of the World Buffet 4 - 7 p.m. at Herkimer Elks Lodge, 124 Merry St., Herkimer. 4 - 5 p.m. appetizers. 5 - 7 p.m international buffet. \$25 per person, \$5 children under 12. Call 315.866.1439.

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 \$4. More information at www.herkimer.edu/ac or by calling the Herkimer County College Foundation at 315.866.0300 ext. 8459.

November 13 - 14

Arc Herkimer Free Autism Workshop - 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. at Arc Herkimer, 350

S. Washington St., Herkimer. Learn more at www.archerkimer.org.

November 20

Herkimer County Community College Board of Trustees Meeting at 6 p.m. in the Robert McLaughlin College Center, room 282/283.

November 27

Annual Thanksgiving Pie Sale. Emmanuel Episcopal Church, 594 Albany St., Little Falls. Apple-cranberry pie, apple pie, pumpkin pie and pumpkin rolls. For more information call 315.823.1323.

December 1

St. Nicholas visits Fort Klock. Noon - 4 p.m. Enjoy cookies, hot cocoa and mulled cider with St. Nicholas. Free admission and free parking. For more information visit www.fortklockhistoric.org, call 518.568.7779, email fortklock@gmail.com or find us on Facebook.

December 7

Holiday Craft and Vendor Event, including a bake sale and raffles. 10 a.m. - 3 p.m. at Trinity Lutheran Church, 443 Henry St., Herkimer.

December 14

Candlelight Evening 2019 by the Farmers' Museum 3 - 7 p.m. The Farmers' Museum, 5775 Rt. 80, Cooperstown. 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. Children (6 and younger) and museum members are free.



Salisbury Historical Society observes 40th anniversary

In observance of the 40th anniversary of the founding of the Salisbury Historical Society, members, friends, trustees and officers gathered at the Miner's Table in Middleville recently for a cel-

ebratory dinner.

The society held its first meeting on April 16, 1979 at the Kirby Free Library in Salisbury Center with a nucleus of 17 people. By the end of the first year, 72 had signed up as



Anyone interested in local history is invited to attend Salisbury Historical Society meetings and special events at the restored 1805 Frisbie House.

Image courtesy of Salisbury Historical Society

charter members. At the dinner it was announced that 13 charter members are still living and certificates of appreciation were presenter to each of them. Charter members not in attendance received their certificate by mail

Today the society has grown to approximately 200 members and friends and is a valuable asset to the Salisbury community through exhibitions, programs, acquisition of artifacts pertinent to Salisbury and the restoration of the 1805 Frisbie House.

Anyone interested in local history is invited to attend their monthly meetings and special events at the Frisbie House. You may also check them out on Facebook for recent activities and upcoming events.

Good Housekeeping

Buttermilk Pancakes

What could be more down-home than fluffy hot pancakes with warm maple syrup? We think we've done "back to basics" one better by adding whole-grain oats and toasted pecans to the batter, and cooking the pancakes in a nonstick skillet lightly brushed with oil.

- 1 can (3 ounces) pecans
- 2 cups buttermilk
- $1 \frac{1}{2}$ cups quick-cooking oats, uncooked
- 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- Confectioners' sugar
- 1 tablespoon salad oil
- 1 cup maple or maple-flavor syrup
- 1/4 teaspoon ground cinnamon, or more, to taste

Grapes and strawberries, for garnish

- 1. In nonstick 12-inch skillet over medium-high heat, cook pecans until golden brown. Cool pecans slightly; coarsely chop.
- 2. In large bowl, combine buttermilk, oats, flour, baking soda, salt, eggs and 1 tablespoon confectioners' sugar, and stir just until flour is moistened; stir in toasted pecans.
 - 3. Over medium heat, heat same skil-

let until hot; brush lightly with salad oil. Pour batter by 1/4 cups into hot skillet, making 2 or 3 pancakes at a time. Cook until tops are bubbly and bubbles burst; edges will look dry. With pancake turner, turn and cook until undersides are golden; place on warm platter; keep warm. Repeat until all batter is used, brushing skillet with more salad oil if necessary.

4. In small saucepan over medium heat, heat maple syrup until very warm. In cup, mix cinnamon with 1 tablespoon confectioners' sugar. Sprinkle pancakes with cinnamon sugar; serve with warm maple syrup. Garnish platter with fruit. Serves 4.

* Each serving: About 215 calories, 8g total fat, 37mg cholesterol, 90mg sodium.

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

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Lead poisoning occurs when lead enters the bloodstream and builds up to toxic levels. Many different factors such as the source of exposure, length of exposure and underlying susceptibility (e.g., child's age, nutritional status and genetics) affect how the body handles foreign sub-

No safe blood lead level in children has been identified. Here are important facts to know about lead exposure and its potentially harmful effects. Testing of children should be done at one year of age and repeated at two years of age.

stances.

Lead is a toxic element, especially in young children. When absorbed into the body, it can result in damage to the brain and nervous system, learning and behavior problems, slow growth and development and hearing and speech problems.

Lead poisoning is preventable! The key is preventing children from coming into contact with lead.

Lead can be found inside and outside the home. The most common source of exposure is from lead-based paint, which was used in many

homes built before 1978. Children can be exposed by swallowing or breathing in lead dust created by old paint that has cracked and chipped, eating paint chips or chewing on surfaces coated with lead-based paint, such as window sills.

There are simple steps that can be taken to protect family members from lead-based paint hazards in the home, such as regularly cleaning the home, washing children's hands and toys often and wiping shoes before entering the home.

If you live in a house built before 1978, a certified inspector or risk assessor can be hired to check your home for lead-based paint or leadbased paint hazards.

Lead can also be found in drinking water. The most common sources of lead in drinking water are lead pipes, faucets and fixtures.

Other examples of possible sources of lead include some metal toys or toys painted with leadbased paint, furniture painted with lead-based paint, some metal-containing jewelry, some imported items (i.e., health remedies, foods and candies, cosmetics, powders

Lead poison prevention

or make-up used in religious ceremonies), and lead-glazed pottery or porcelain.

Children can become exposed to lead by putting their hands or other lead-contaminated objects in their mouths; ingesting lead-contaminated dust; eating paint chips found in homes from peeling or flaking lead-based paint; drinking water that comes from lead pipes; playing lead-contaminated soil; eating food made with lead-containing imported spices or candies; and using ceremonial make-up or powders that contain lead.

Some children are at greater risk for lead exposure than others, including those who are from low-income families; living with adults whose jobs or hobbies involve working with lead; members of racial-ethnic minority groups; recent

immigrants; and living in older, poorly maintained rentals properties.

Adults may also unknowingly bring lead dust into their home from their jobs or hobbies (stain glass work, shooting sports).

During pregnancy, women may crave non-food items (pica) that may contain lead, such as soil, clay or crushed pottery.

By the numbers

About 3.6 million American households have children under six years of age who live in homes with lead exposure hazards. According to the CDC, about 500,000 American children between the ages of 1 and 5 years have blood lead levels at or above the CDC blood lead reference value (the level at which CDC recommends public health actions begin).

As of Oc. 1, a change in New York State Public Health Law and proposed amendments to the New York Codes, Rules and Regulations pertaining to the Care Coordination and Environmental Management for children with blood lead levels of greater than or equal to 5 micrograms per deciliter. What does that mean for your child or grandchild? Local and state health departments will be providing environmental evaluations of the environments that these children spend a majority of their time in.

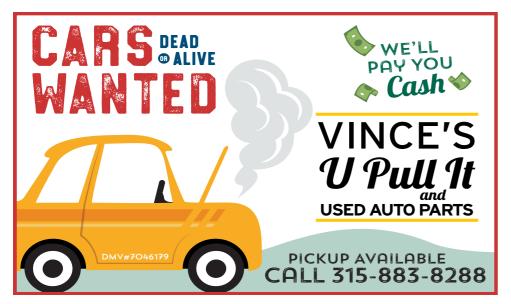
If you have questions about lead, testing of children or concerns, call Herkimer County Public Health at 315.867.1176.





280 Buel Road, Canajoharie, NY 13317







Key figures celebrated at HCCC's 2019 Torchbearer Awards ceremony

Herkimer County Community College's history were recently celebrated at the 2019 Torchbearer Awards ceremony. The Torchbearer Awards have been presented every five years since 1999 to recognize individuals who have made substantial contributions to the college's development, with particular attention given to those whose contributions were made in the first 20 years of the college's history.

The recipients of the 2019 Herkimer College Torchbearer Awards were Jeanne Galvin of Richfield Springs; the late Thomas W. Lenahan, who was honored posthumously; Donald J. Snyder, Esq. of West Winfield; and President Emeritus Dr. Ronald F. Williams of Herkimer.

At the ceremony, President Cathleen McColgin praised the recipients for their "hard work and belief in our college and our students" and how these individuals "helped make Herkimer County Community College the great institution of higher education that it is today.'

Jeanne Galvin joined the faculty in 1971 and organized and coached the field hockey, volleyball, women's basketball and softball teams. Galvin wrote the rules of competition for two-year women's collegiate athletics and garnered acceptance of junior college women's sports by the New York State Association of Intercollegiate Athletics for Women (NYSAIAW). Later, when the National Junior College Athletic Association (NJCAA) expanded to include women, Galvin became regional director for women's athletics and served as chair of the National Field Hockey Committee. She also served as president of the National Field Hockey Coaches Association.

Donald Dutcher, Herkimer College dean of students and director of athletics, spoke highly of Galvin, who was coaching at the college while Dutcher was a student. Dutcher said Galvin became "a driving force in New York State to increase opportunities for female athletes at all levels and especially at Herkimer County Community College."

Galvin's impact on athletics is still felt today with current students, such as softball player and Student Government Association President Briana Hoskins, who recognized Galvin for shaping the program into "one of the best junior college athletic programs in the country."

Under Galvin's leadership, Herkimer's field hockey program won the first national title in the history of the college in 1987, and another national title in 1991. Galvin was named NJCAA Field Hockey Coach of the Year both years. She coached the women's basketball team for 17 years, winning the regional championship in 1979 and 1980, and was named Regional Coach of the Year both times.

Thomas W. Lenahan began his tenure at HCCC in 1984 and was promoted through the ranks to professor, working to develop the criminal justice curriculum into one of the most respected programs in the state. A key focus of Lenahan's efforts was the introduction and development of cutting-edge programs to ensure the

college's curriculum was keeping pace with the rapidly changing field of criminal justice.

Lenahan received the Richard B. Lewis Service Award for service to the Criminal Justice Educators Association of New York State (1998) and the SUNY Chancellor's Award for Excellence in Teaching (2000). Upon his retirement in 2007, he was granted emeritus status by the College Board of Trustees.

"It was apparent from day one that Professor Lenahan was an individual who had a lifetime of experience to share in the classroom and whose enthusiasm for teaching fostered a learning environment that was second to none," said Herkimer County District Attorney Jeffrey Carpenter. Carpenter was one of Lenahan's students at the college and nominated him for the award. "Tom's legacy continues to thrive in the hundreds, if not thousands, of law enforcement officers he taught and who continue to serve their respective commu-

Donald J. Snyder, Esq. has

been involved in the college's development since its founding. Snyder "doesn't just say the college means something to him he lives it with his actions, commitment and his generosity," said Julie Lewis, director of business and finance for the college's Faculty-Student Association, Housing Corp., and the Herkimer County College Foundation. As a new attorney over 50 years ago, Snyder reviewed building site proposals and was assigned the task of checking the title on the property where the college is now located. He was a member of the college's Board of Trustees for 22 years (1991-2013), including serving as chair for 10 years, and served as a member of the college's Housing Corporation Board. Snyder is also an emeritus member of the Herkimer County College Foundation Board.

"Herkimer College's founding, present and future make up one glorious place," said current fine arts student Todd Maphia, who

KEY x12x











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KEY from 11 -

spoke about the impact of Snyder's work on his student experience. "Without it, I wouldn't have made the friends that I have, gained the knowledge I've learned or have become the person standing before you."

In 2004, Snyder graduated with highest honors from Herkimer College with a degree in fine arts, and in 2016 he was inducted into the Herkimer College Alumni Wall of Honor. Snyder played a leading role in the con-

struction of the Technology Center, the building of Wehrum Stadium, the renovation and expansion of the College Center and the Library Building, the construction of the Reservoir Run student residential housing units and the development of the Gaynor Science Center, for which he helped secure substantial funding to finalize the Elements Campaign.

"From the beginning, all of the great men and women who shared that same vision of moving forward with a singular purpose of making this college

a premier institution is self-evident," Snyder said. "I am honored to have done my small part, and I thank you for this distinguished honor."

Dr. Ronald F. Williams served as the college's president for 22 years (1986-2008) and received the title of president emeritus following his retirement. Williams provided strong, visionary leadership and contributed to the growth and success of the institution in every sphere of its operations. In the process, he raised the college's reputation as an outstanding

public two-year institution of higher education.

Under his leadership, the college completed construction of Wehrum Stadium, expanded the Library Building that now bears his name, constructed the Technology Center and developed three sets of student housing units that established Herkimer as a leader among residential community college campuses. Williams also made lasting contributions to a wide range of programming areas including international recruitment, online learning and several leading academic programs. He was also instrumental in forging connections among the college and the communities of the Mohawk Valley.

His wife, Suzanne Williams, spoke for him during the ceremony acknowledging his greatest accomplishments with the college. Williams always kept each student in mind and supported them with "personal encouragement and compassion," recounted Mrs. Williams. The former president also contributed a great deal to athletics. When Dr. Williams found out that the soccer team had to play its biggest games at a high school stadium, he pursued the construction of a "state-of-the-art soccer and lacrosse stadium that is better than most NCAA Division I, II and III schools across the country," recalled Pepe Aragon, head coach of the college's men's soccer team.

Michael Oriolo also spoke highly of Dr. Williams' dedication to the college. "No one can ever question your dedication and commitment to this institution, and for that we are forever grateful to you."







(L - R) Julie Lewis, Herkimer College's director of Business & Finance for the FSA, HCC Foundation and HCCC Housing Corp.; Torchbearer Donald J. Snyder, Esq.; and Herkimer College student Todd Maphia pose next to Snyder's Torchbearer plaque. Photo courtesy of Herkimer County Community College



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Herkimer County Office for the Aging



of HERKIMER COUNTY (800) 342-9871 (315) 867-1121

Come join us for a free breakfast and receive Important Information on the services available to older adults!

Please come and receive information about services available and ways to save money on programs that you may be eligible for.

Herkimer County Public Health will have Flu Shots available. Please bring your insurance cards, cash or check.

The Office for the Aging will hold a short public hearing about services for older adults and discuss the Needs Assessment that was conducted.

Date: Monday, November 4, 2019 Time: 10:00 AM - 12 PM Location: The Travelodge 20 Albany Street Little Falls

(Free parking; handicapped accessible; If you need **any** special accommodations such as translation services or documents with

larger print please let us know 3 business days prior to the meeting) **To reserve a seat call 315-867-1121,**

Please RSVP by Wednesday, October 30th.

This information brought to you by NY Connects, **your link** to Long Term Services and Supports; <u>www.herkimercounty.org</u>, then departments, then Office for the Aging; phone 867-1121.

Arc Herkimer to host free autism workshops Personal Technology Supports Workshops

- Wednesday, Nov. 13 from 7 8:30 p.m. at Arc Herkimer (350 S. Washington St., Herkimer)
- Thursday, Nov. 14 from 10 11:30 a.m. at Arc Herkimer (350 S. Washington St., Herkimer)

Arc Herkimer is hosting these work-

shops this autumn for people with autism, their families and their educators

The workshops are a product of Arc Herkimer's commitment to "Focus on Families" and provide education throughout the area about autism and other disabilities. Each workshop features a unique presentation. Author and advocate Patricia Weaver will be presenting on life skills, while cognitive supports advocate and father of a daughter with autism, Jordan Jankus, will be highlighting personal technology

supports.

Light refreshments will be served at each workshop. Register ahead so that we can get a count for seating and supplies. Learn more at www.archerkimer.org.

Weekly SUDOKU — — King Crossword — Answer — Answers Solution time: 25 mins.

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





Nov. 2 – Book Lovers' Day
Nov. 3 – Sandwich Day
Nov. 4 – Check Your
Blood Pressure Day
Nov. 5 – Gunpowder Day
Nov. 6 – Saxophone Day
Nov. 7 – Men Make
Dinner Day (first Thursday

Nov. 8 – Cook Something Bold Day

of every month, ladies)

Handle a breakdown with ease

Drivers expect their vehicles to safely transport them from point A to point B. But sometimes drivers find themselves stranded on the side of the road due to a breakdown. That can be an especially precarious position to be in, but knowing what to do during a breakdown can help drivers and their passengers get through such situations unscathed.

1. Find a safe spot to pull over. Whenever possible, guide the car to a shoulder or area out of the line of traffic but still visible to oncoming traffic. If the car is not drivable, enlist the help of

someone to push it into a safe zone.

- 2. Turn on hazard lights. Esurance advises to put on hazard lights, which will warn other drivers that something is wrong. Hazard lights also may alert other motorists who might offer assistance. Once your hazard lights are on, pop the hood, which can serve as an additional alert to other drivers.
- **3. Engage the emergency brake.** Turn the wheel away from the road and put on the emergency brake to help prevent the car from rolling.
- 4. Set up other warning signals. Prepared

drivers keep cones, reflective triangles or flares in their cars. AARP suggests placing three warning signals. The first should be 50 feet away and directly behind the vehicle. The other two can then be placed nearer to the vehicle.

5. Remain in the vehicle. It is safer to stay in the vehicle and call for help than to get out and stand on the side of a busy roadway.

6. Call for assistance. Use a mobile phone to dial a roadside assistance service or tow truck. Drivers also may want to contact the nearest police station to ask for help.

Roadside assistance programs are available for a fee from private companies and sometimes through vehicle dealerships or insurance companies. Such services can provide peace of mind if and when breakdowns occur.











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Country Editor

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

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- 817 Nails
- 820 Nurseries 910 Plants
- 950 Real Estate For Sale
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- Rentals
- 980 Restaurant Supplies 1040 Services Offered
- 1075 Snowblowers
- 1080 Snowmobiles
- 1096 Sports 1109 Thrift
- 1140 Trailers
- Trains
- 1148 Travel
- 1165 Trees
- Truck Parts & Equipment 1180 Trucks
- Vacuum
- Vegetable 1200 Veterinary 1205 Wanted

Announcements

ADVERTISING DEADLINE FRIDAY • 2:00 PM

(Week Prior to Each Friday Dated Paper) For as little as \$4.00 - place a classified ad in The Country Editor

Call Peg at 1-800-836-2888

or 518-673-0111 or email classified@leepub.com

Announcements

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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- Week Prior to Each Friday Dated Paper. Call Peg at 1-800-836-2888 or 518-673-0111

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Barcodes/NO China. Calls...CA\$H Have some FUN! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-



Washers\$399-\$499 40 gal. LP water heater .\$419 28-50 gal. electric...**\$279-\$329** Shower/Tub unit......\$298 52" Ceiling Fans .. \$59

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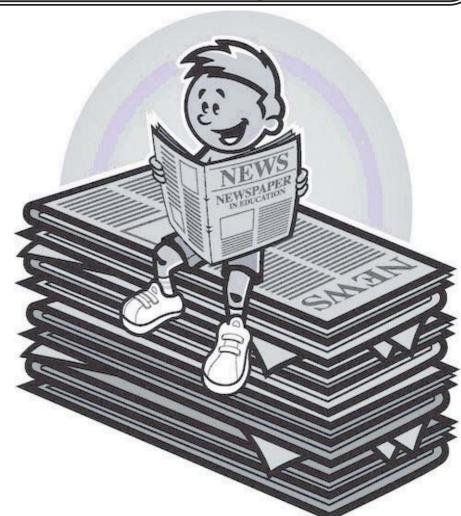
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SS PETER and PAUL ORTHODOX CHURCH Rev. Thaddeus Franta 305 Main Rd., East Herkimer Phone 866-3272 Wednesday Vespers 5PM Saturday Evening Vespers 5 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM

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CHRIST EPISCOPAL CHURCH

Rev. Jill Stellmar 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street

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

FIRST BAPTIST CHURCH

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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 nfessions by appointment

LITTLE FALLS

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

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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 Wavne Getma 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

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Pastor Donald King
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Evening Worship 6 PM Wednesday Prayer 7 PM MOHAWK REFORMED CHURCH

Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Wor & Couples) 9:30 AM September - June

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

MOHAWK CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ,

Parish Life Director Rev. Mark Cunningham Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH

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

THE WORD CHRISTIAN CENTER

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

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

UNITED METHODIST

Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM

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

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

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NYS OASAS announces opening of recovery center in Mohawk Valley

RISE Recovery Community Outreach Center will offer free help and support for people affected by addiction and their families

The New York State Office of Alcoholism and Substance Abuse Services (OASAS) announces the opening of the new RISE (Reconnecting and Inspiring Self-Empowerment) Recovery Community Outreach Center in Herkimer. The center provides free help and support for those affected by addiction as well as their families. It is operated by Catholic Charities of Herkimer County and is funded in part with more than \$337,000 provided by the New York State OASAS through the federal State Opioid Response Grant.

"This new recovery center builds on our investments to add and support centers across the state as part of our aggressive efforts to combat the opioid epidemic," said Lt. Gov. Kathy Hochul, co-chair of the NYS Heroin and Opioid Task Force. "The opening of the RISE Recovery Community Outreach Center provides critical support services for individuals and families

struggling with addiction in the area. We are committed to advancing our efforts to fight this crisis, expand treatment and support services and help to save lives."

"Recovery centers like this one provide vital services for New Yorkers who have been impacted by addiction, by helping them find support and other resources to aid in their recovery," OASAS Commissioner Arlene González-Sánchez said. "This new facility in the Mohawk Valley continues our ongoing efforts to support Governor Cuomo's vision of making addiction help available for all New Yorkers, no matter where they live"

Recovery centers are designed to promote long-term recovery with professional staff, peers and volunteers who provide multiple services to engage and support people in recovery. The RISE Recovery Center supports this mission by providing various recovery pro-

grams, including skill-building classes, support groups, referrals to services and sober events and recreational programs. These services are designed to empower people in recovery from addiction in a way that is responsive to the needs of the individual, their family and the community.

The RISE Recovery Community Outreach Center is located at 125 E. Albany St., Herkimer.

Sen. James L. Seward said, "Addiction devastates lives, families and communities and it is vital that we continue to target this public health epidemic from all angles – education, prevention and treatment. The new RISE Recovery Center will ensure that when someone makes the life-changing decision to seek help, trained professionals will be on hand in the Mohawk Valley."

Assemblyman Robert Smullen said, "The new RISE Recovery Community Outreach Center in Herkimer will serve as a critical resource to Mohawk Valley residents who need assistance in recovering from addiction. The opioid epidemic is one of our greatest public health challenges, and if we are going to win this battle we must provide proper support and resources to those struggling with addiction and working towards improving their lives through long-term recovery."

New Yorkers struggling with an addiction, or whose loved ones are struggling, can find help and hope by calling the state's toll-free, 24-hour, seven-day-a-week HOPEline at 1.877.8.HOPENY (1.877.846.7369) or by texting HOPENY (467369).

Available addiction treatment including crisis/detox, inpatient, community residence or outpatient care can be found using the NYS OASAS Treatment Availability Dashboard at findaddictiontreatment.ny.gov .



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New VP-TECH Student Council at Herkimer BOCES helps students 'make sure their voices are heard'

HERKIMER – Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High (VP-TECH) School tenth grader Michael Conley decided to run for a spot on the first VP-TECH Student Council as a way to represent his classmates and be part of how something is run.

Student Council is a way for students to make suggestions and be able to bring issues to students on the council, Conley said

"I feel like it's beneficial because sometimes there are things you want changed that you don't know where to start," he said.

The first VP-TECH Student Council was created this school year.

The members of the first VP-TECH Student Council are

- President Sean Spellman, a senior of West Canada Valley
- Vice President Jaeden Coffey, a sophomore of Frankfort-Schuyler
- Treasurer Brianna Holtz, a sophomore of Central Valley
- Secretary Emily Almond, a sophomore of Central Valley
- 12th Grade Class Representative Olivia Pickett, Little Falls
 - 11th Grade Class Representative

Aleksandr Kurganov, Frankfort-Schuyler

• 10th Grade Class Representative Michael Conley, Central Valley

• Ninth Grade Class Representative Cole Dowling, Central Valley

"It took courage"

The VP-TECH Student Council advisors are school counselor Adam Bombard and VP-TECH business teacher Andrew Carpenter. Bombard first raised the possibility of a student council for VP-TECH last school year, and this year, it came to life.

"I think student leadership is very important," Bombard said. "I think it benefits individual students, I think it benefits the student body as a whole and I think it benefits the program."

The idea is for the class representatives to bring information from students to the council and from the council to students. Meetings take place every two weeks.

Students who were interested in running for positions on the council submitted letters of intent with written speeches and then gave their speeches in front of the whole VP-TECH program of about 100 students in the lobby at the Herkimer BOCES WEB Complex.

"It took courage to do that," Bombard said. He added that the speeches were

well written and well delivered.

Voting for the election took place on Sept. 20, and results were read at the end of the day.

Pickett and Almond, who ran for other positions initially, were added to the council by the other members during the Oct. 10 council meeting to fill two positions that were still open after the election

Part of the Student Council program is learning the rules of order and the experience of operating a meetings, Bombard said. He and Carpenter are there to help with procedure and other questions, but students run the meetings themselves, and the council is self-governed.

Bombard said he hopes the council takes on proactive efforts such as fundraising activities. He enjoys watching the students learn and grow through the process.

"We're already seeing their excitement," he said.

"Into politics"

One reason Spellman ran for Student Council president was to improve the ability for students to be heard. "It gives the students a voice, so they don't

feel like there's anything

happening that they can't change," he said.

Spellman also ran because it ties to his career goals. "I want to go into politics for my future. My future goal is to be president of the United States, so I felt it would be a good stepping stone," Spellman said, before noting why he wants to become president: "I think there needs to be a change in a lot of things, and I feel like I can do that."

Spellman ran on the mission of getting the grant for VP-TECH renewed to make the continuation of the program easier. The election process included giving his speech and meeting one on one with students to tell them why he was running.

Now that the Student Council is established, he is excited to talk with the other members. "I want to learn more about them and what they think," Spellman

"A purpose"

Coffey said one reason she ran for vice president is because she has noticed that some students felt forgotten by their

NEW 19



LEGAL NOTICE:

NOTICE OF PUBLIC HEARING SALISBURY FIRE DISTRICT

Please take notice that a special meeting of the Board of Fire Commissioners of the Town of Salisbury Fire District will take place at 6:00 PM on Thursday, November 14, 2019 at the Town Hall.

The purpose of the hearing, pursuant to Town Law, Section 105 is to present the Preliminary Budget for fiscal year 2020 to all interested so that any person may be heard in favor or against any item therein contained

By order of the Salisbury Fire Commissioners John Carlin, Chairman Dated October 23, 2019

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home school districts due to being at VP-TECH for the whole school day. "I wanted to change that, so that in future years they don't have to go through the same thing," she said.

Coffey said she wants to establish a way for VP-TECH students to receive more information about what's going on at their home schools and for the school districts to receive more information about student accomplishments at VP-TECH.

Holtz said she shares Coffey's concerns – such as for VP-TECH students to participate in sports and dances at their home schools. She thinks the Student Council is a good way to address

this and other issues on students' minds.

"I saw it as a good opportunity to help my program, to help VP-TECH," Holtz said. "I think it gives the students a purpose."

Coffey agreed on the importance of Student Council for students. "It lets them have a voice to say what's the problem and get it done," Coffey said.

"We get a voice"

Dowling said he ran for ninth grade class representative because he noticed that nobody was running for the position and he tends to be a leader that people look up to.

"I figured somebody had to step into that," he said. "My goal as a freshman representative is to talk to everybody and make sure their voices are heard." Dowling said he enjoys learning about other students – getting to know them and why they came to VP-TECH. "I'm looking forward to getting to know everybody," he said.

Kurganov said he initially didn't plan to run for eleventh grade class representative. He considered it but thought others might be better for the role, but then there was an opening for it, so he decided to go for it.

Now, he is excited about being part of the Student Council and what it can do for VP-TECH.

"I'm looking forward to giving ideas and helping the program adapt into what it should be," he said. "I think it's beneficial because instead of just teachers telling us what to do, we get a voice"



The VP-TECH Student Council is (L - R) Ninth Grade Class Rep. Cole Dowling; President Sean Spellman; 12th Grade Class Rep. Olivia Pickett; 10th Grade Class Rep. Michael Conley (in back); Secretary Emily Almond (in front); Treasurer Brianna Holtz; Vice President Jaeden Coffey; and 11th Grade Class Rep. Aleksandr Kurganov.

Photo courtesy of Herkimer BOCES











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