

Herkimer County  
**Country Editor**  
November 15, 2019

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Volume 9  
Number 22

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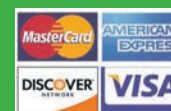


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## Utica Zoo opens contest to name red panda cubs

Since July, the newborn red panda cubs have been seen by millions of people online, visited by thousands on International Red Panda Day and the wholesome social media content everyone has needed. Now is the time for the community to get their chance to voice their opinions and help name the cubs!

The Utica Zoo announced that their naming contest has now opened and community members have a chance to vote on their names. The one male and

one female cub have three prospective sets of names; Kai and Lienna, Yingtao and Xiao Mei, and Xiabo and Mei Lin. Voters can vote at [UticaZoo.org/red-pandanamecontest](http://UticaZoo.org/red-pandanamecontest) for as little as a \$1 donation to the zoo. For every dollar donated, a vote will be recorded. Donate \$50, and 50 votes will be recorded. All proceeds from the naming contest will be donated to the Red Panda Network to support their conservation work being done in the wild to save red pandas

from extinction. All donations will be processed via PayPal for security.

"The cubs have been stars since they were born so we wanted to have the community be involved in naming them," said Mark Simon, marketing coordinator at the Utica Zoo. "Our keepers did a ton of research into Chinese names and found some really beautiful names that correspond nicely with their 'animal personalities' so we are excited to offer these name options to the pub-

lic. Plus, it is a great way to help support the animals and our mission here at the zoo. Red pandas are endangered animals and with the support of our community, we can help in the fight against extinction."

The voting window will be open for two weeks and the winning names will be announced on Nov. 20. The cubs are now able to explore their exhibit space and can be seen on exhibit at select times throughout the day.

## Flood help

### Were you or someone you know affected by flooding in Oneida/Herkimer County?

If you or someone you know were affected by flooding in either Oneida or Herkimer County and are in need of emergency services or disaster recovery, you have options. Here are three ways you can report your needs and be connected with helpful services.

#### 1. Call 211.

Residents may report their needs by calling 211, a toll free, 24/7 health and human service hotline. Calls are confidential and free. Currently wait times for callers are only between three and five minutes on average, but any caller can select the option to receive a callback instead of waiting.

#### 2. Text MVFLOOD to 898-211

Residents can now text MVFLOOD to 898-211 to report flood-related damages and current unmet needs or to request a callback from an operator.

#### 3. Complete an online intake form.

Residents can also report their damages by filling out the online intake form on United Way's 211 website. The intake form can be found at [tinyurl.com/y6y5uuxd](http://tinyurl.com/y6y5uuxd).



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### Looking to help?

A great way to help people affected by the recent flooding is to support the 211 service and long-term

recovery needs by donating to United Way of the Valley & Greater Utica Area. Visit [www.unitedwayvgu.org/donateflood](http://www.unitedwayvgu.org/donateflood).

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## 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 independent living apartments and meet with staff during an open house event on Tuesday, Nov. 19 from 1 - 3 p.m.

Lisa M. Betrus, president of Val-

ley 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 VRS' open house event, contact Christine Shephardson, director of community life, at 315.219.5700 ext. 3239.

## Support group meeting for people with chronic lung diseases

A support group meeting for people living with chronic lung diseases will take place Thursday, Dec. 5 at 11 a.m. at Valley Residential Services, 161 Valley Dr., Herkimer.

If you or someone you know is living with a chronic lung disease like COPD (which includes emphysema and chronic bronchitis), pulmonary fibrosis or lung cancer, consider joining this welcoming support group.

Led by an American Lung Association-trained fa-

cilitator, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free and regularly scheduled educational programs. Plus, it's fun and enriching to connect with others. Free refreshments will be served.

This week, we'll be discussing "Holiday Stress Management." Join us.

Call 607.547.3199 (the Pulmonary Lab at Bassett Medical Center) to RSVP, or we'll just see you there.

## Herkimer College appoints advisement center specialist

Herkimer County Community College has appointed Tiara Mitchell of Utica as a specialist in the Advisement Center.

Mitchell received a master's degree in higher education and student affairs administration from SUNY Buffalo in May 2019. She also has a BA in public communication from SUNY Buffalo and an AAS in human services from Mohawk Valley Community College.

While completing her education, Mitchell served as lead resident assistant and as a student assistant for the SUNY Buffalo university police. She gave several presentations on campus addressing the changes in communication styles and helped develop a program in the Living Off Campus programming series to teach students independent living skills. In 2017, she was inducted into the Lambda Phi Eta, the national communication honor society.

In her role as an advisement specialist, Mitchell will assist new and continuing students in planning their program of study, including counseling them on requests to change majors, helping them understand graduation requirements, assisting with scheduling and more.



Herkimer College has appointed Tiara Mitchell, of Utica, as a specialist in the Advisement Center.

Photo courtesy of Herkimer County Community College

### HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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**Fri. Nov. 15th** – Sale to be at Sale barn. 11:30AM. Fall Production Sale – due to the overflow of the All Breed Sale we will be having another sale. Already consigned All Fresh young cows from Maple Dreams, Wisbee sends bred heifers, River-Haven Dispersal milking herd, bred & open heifers, Lamports sends a group of 30 open and short bred heifers, Postma Dairy sends 10-12 fancy hand picked fresh 1st & 2nd Lactation cows

**Mon. Nov. 18th** – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

**Mon. Nov. 25th** Normal Monday Sale & Monthly Organic Day  
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**December 14, 2019**

Livestock & Farm Related Tools - 11:00 a.m.

**December 29, 2019**

Horse & Tack Sale - 11:00 a.m.

Check us out on Facebook for updates and more information  
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*Herkimer County*

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## Herkimer County students focus on mindfulness during Youth Summit at Herkimer BOCES

HERKIMER – The 2019 Herkimer County Youth Summit at Herkimer-Fulton-Hamilton-Otsego BOCES focused on a new theme for the year: “Motivate your mind.”

Following various activities throughout the day, students teamed up with others from their schools to develop action plans for

events and initiatives at their schools.

Herkimer senior Joseph Carney, who was one of four student master facilitators for the 2019 Youth Summit and sole master facilitator the previous two years, encouraged students to follow up on plans made for their schools.

“One thing you can take away from today is: This is an opportunity for you to learn and develop an action plan to bring back to your school,” Carney said. “We can talk the talk, but we need to – as a whole – walk the walk. At least do something. At the end of the day, if everybody does something, it starts a

chain reaction.”

The 2019 Herkimer County Youth Summit took place Oct. 31 at the Herkimer BOCES William E. Busacker Complex in Herkimer. Students from the Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland and

West Canada Valley participated in the Youth Summit, along with students from the Herkimer BOCES Pathways Academy at Remington and Valley Pathways in Technology Early College High School.

The Quad-Master Facilitators were Carney, Central Valley senior Daniel Paddock and Frankfort-Schuyler seniors Sicilia and Sofia Randazzo.

Maureen Petrie, executive director of Catholic Charities of Herkimer County, served as the summit coordinator. Catholic Charities of Herkimer County facilitated the Youth Summit along with Little Falls Superintendent Dr. Keith Levatino and Herkimer BOCES. The keynote speaker was Jen Olds, a fourth grade teacher at Herkimer Elementary who spoke about mindfulness.

Petrie thanked Herkimer BOCES District Superintendent Sandra Sherwood, Herkimer BOCES District Clerk Shawn Maxson, Levatino, Olds and the staff at Catholic Charities for their support of the summit.

“The 2019 Herkimer County Youth Summit

was a great success,” Petrie said. “The student facilitators ... brought the theme of ‘Motivate Your Mind’ to Herkimer County youth in an exciting and interesting way. All of the planning for the day – including the break-out sessions of mindfulness, motivation and stress management – were planned and presented to the students by the youth facilitators, and the youth responded. Students will take their action plans back to their schools to share and create change and awareness.”

In addition to hearing from the keynote speaker and developing school action plans, students participated in various activities and rotated through three stations: lessons from the keynote speech, stress management and motivation/finding balance/time management.

Carney said it was determined that stress is a common issue for many students, so the theme of “Motivate Your Mind” was chosen with a goal of providing help with lowering and getting rid of stress.

Mindfulness was an important topic to focus on,

Herkimer 6

## Calendar of events

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

### November 15, 16 and 17

The **Cherry Valley-Springfield Central School Drama Club** presents **The Hollywood Hillbillies** on Nov. 15 (7 p.m.), Nov. 16 (7 p.m.) and Nov. 17 (2 p.m.).

### November 17

**H.A.L.O. (Helping Animals Live Organization) and Bug Country Radio 99.7 and 101.1** are bringing “**Holiday Pet Photos**” to the Eagles Club, 62 Church Street, Canajoharie, 11 a.m.-1 p.m. For more information, call Dave Silvers at 315.794.2999.

**NASCAR Party for Pool members** 2 p.m.-? at American Legion Post #31, Little Falls.

### November 19

“**du-et**” **four hands on one piano fun free concert** at library in Little Falls Library 2 p.m. Given by Helen M. Maksymicz and Martha Regelman.

### November 20

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

**Cherry Valley-Springfield Central School Student Council annual Senior Citizen Dinner** 4-6:30 p.m. Call Laura Carson, in the District Office, at 607.264.9332 ext. 501 to make a reservation by Friday, Nov. 15.

### November 21 and 23

**Prom/Formal Dress Give-A-Way.** Thursday 3:30-5 p.m. Saturday 10 a.m.-noon. At Holy Family Parish, 763 East Main Street, Little Falls NY. Free of charge to all. For more information call 315.823.3012.

### November 22

**Annual Bazaar** 9 a.m. - 4 p.m. Grace Church, 9 E Main St. Mohawk. Crafts, holidays items and bake sale.

### November 23

**Annual Bazaar** 9 a.m. - 4 p.m. Soup and sandwich from 11 a.m. - 2 p.m. Grace Church, 9 E Main St. Mohawk. \$7. Crafts, holiday items and bake sale. Take outs available at 325.866.4782.

**Salisbury Center Grange Variety Show** 6 p.m. Refreshments served. Donation \$5.

### 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 2019

Daily Drawing Fundraiser. **The Herkimer Footlighters (Drama Booster Club)** will hold this **December 2019 Daily Drawing Fundraiser.** 93 chances to win in the month of December. \$5 donation gives the ticket holder the chance to win prizes. This fundraiser is limited to 1,000 tickets. 100% of money raised will benefit the Herkimer Footlighters. Tickets are available from any member of the Footlighters or call 315.894.3116 and tickets will be sent to you.

### 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](http://www.fortklockhistoric.org), call 518.568.7779, email [fortklock@gmail.com](mailto:fortklock@gmail.com) or find us on Facebook.

### December 5

**Support group meeting for people with chronic lung diseases** 11 a.m. at Valley Residential Services, 161 Valley Drive, Herkimer NY. If you, or someone you know, is living with a chronic lung disease consider joining this support group. If interested, call 607.547.3199, Pulmonary Lab at Bassett Medical Center, to RSVP.

### December 6-7

**Used Book & Jewelry Sale** Friday and Saturday 9 a.m. - 5 p.m. at Mohawk Reformed Church, 20 South Otsego Street, Mohawk. Contact 315.866.4292 or office@[mohawkreformedchurch.org](http://mohawkreformedchurch.org). Donations accepted Dec. 3-5.

### 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 7

**Christmas at the Fort Plain Museum.** Includes a local author book fair, holiday cheer and much more. For more information, contact [brannm248420@hotmail.com](mailto:brannm248420@hotmail.com) or call 518.774.5669.

### December 8

**Christmas Organ Program** at Holy Trinity Lutheran Church, Little Falls, 2 p.m. With singer and instrumentalists. Free will offering.

### December 9

**Sensory Processing Disorder: A Big Piece of the Autism Puzzle.** 9 a.m. - 5 p.m. At Herkimer College, Hummel Amphitheater. Pre-register: [www.archerkimer.org](http://www.archerkimer.org) or 315.574.7000.

### December 12

**Business After Hours at Foltsbrook** 5-7 p.m. at Foltsbrook Center Nursing and Rehabilitation, 104 N Washington St., Herkimer. <https://tinyurl.com/yybgj4ld>

### 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.

### December 16

**One Day Bus Trip** for a unique Holiday shopping experience in Massachusetts. Departing from Clinton and Herkimer. Stops at Yankee Candle Flagship Store in South Deerfield and Holyoke Mall in Springfield. Also see “Bright Nights at Forest Park.” \$55/person. For more information, call the Herkimer County Historical Society at 315.866.6413.

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## Brenan named VHS' employee of the quarter

Hailey Brenan has been named as Valley Health Services' Employee of the Third Quarter 2019. Brenan joined VHS on Aug. 10, 2011 as a resident aide and became an LPN on Aug. 16, 2019. Brenan's commitment to our residents and providing excellence in healthcare empower her in going above and beyond on the job.

Brenan's colleagues could not say enough about her.

They are thrilled she received this recognition, indicating she is productive, professional and team-oriented. Brenan is a graduate of BOCES' LPN program. She strives to grow personally and professionally in her career.

Brenan was honored to receive the Employee of the Third Quarter 2019, indicating how much she values working at Valley Health Services. Brenan stated, "The residents make my job worth doing." Brenan lives with her husband in Little Falls. She has two dogs that she loves to take out on long walks.



Hailey Brenan was named the VHS Employee of the Third Quarter 2019.

Photo courtesy of Valley Health Services

### Herkimer from 5



The 2019 Herkimer County Youth Summit Quad-Master Facilitators on Oct. 31 at the Herkimer-Fulton-Hamilton-Otsego BOCES Complex in Herkimer. (L - R) Central Valley senior Daniel Paddock, Frankfort-Schuyler seniors Sofia Randazzo and Sicilia Randazzo and Herkimer senior Joseph Carney.

Photos courtesy of Herkimer BOCES



A group of students led a "hype up" activity for the other students in attendance at the 2019 Herkimer County Youth Summit.

all the student facilitators agreed.

"I really think that everyone enjoyed it – especially the keynote speaker," Sofia Randazzo said. "I think she was very impactful."

Sicilia Randazzo said she also took a lot away from the keynote speech. "The most important thing is to observe your thoughts," Sicilia said, noting that the speech by Olds helped her think about the importance of staying in the moment. "I hope other students felt the same way."

Paddock said the summit went great, and one reason for that is because the students who attend do so as their choice.

"The people that come here are the leaders," Paddock said. "They're here so they can have fun, but also learn something and bring it back to their schools – especially something so important."

Students had a great time at the summit, and they were more engaged in the topic because of that, Carney said.


"I think today we had the best Youth Summit we've had," he said.

Carney also commented about his message to students near the end of Youth Summit about putting their action plans into effect at their schools.

"I think it's very important that we take things back to our schools," he said. "If we don't follow through, no changes will be made."

Following three years as a master facilitator at Youth Summit, Carney said maybe he will try to stay involved somehow in the future.

"I'll definitely miss Youth Summit," he said.



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## Poland K-5 students joined by Utica City FC players during Harvest Festival

POLAND – The Poland Central School District girls' and boys' varsity soccer teams have been participating in post-season games, but Poland elementary students recently faced even stiffer competition when two Utica City FC soccer players visited the school.

Utica City FC players Bo Jelovac and Ben Ramin attended the Poland Parent Teacher Association K-5 Harvest Festival on Thursday, Oct. 31, at the school and

played in various short indoor soccer scrimmages with elementary students.

Jelovac said nothing makes him happier than witnessing such enthusiasm about soccer.

"Thank you," he said. "It's a great thing to see this many kids want to play soccer and to like to play soccer."

In addition to the soccer experience, the annual Harvest Festival included various activities including painting

pumpkins, learning about fire safety from Poland firefighters using a smoke house, playing games and more.

When introducing Jelovac and Ramin to students, Poland physical education teacher Jason Potempa noted that Ramin grew up in the Syracuse area and is now a professional soccer player.

"So things are possible if you put the work in," Potempa said.

Ramin, of Baldwinsville, spoke about

what brought him to this point.


"The biggest key to making it to our level is listening to your coaches, teachers and parents," Ramin said.

Jelovac and Ramin added they are looking forward to a great Utica City FC season and hope to see students soon at one of the team's games.

"Thank you all for having us come out," Ramin said.

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Utica City FC soccer players Bo Jelovac (L) and Ben Ramin (R) play soccer with Poland elementary students during the Poland Harvest Festival on Oct. 31 at the school.

Photo courtesy of Herkimer BOCES



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# Area Church Services

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

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

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

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

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

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

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

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

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

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

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

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

**CHURCH OF SAINTS  
ANTHONY and JOSEPH**  
Rev. Quy Vo, Pastor  
229 S. Main St.  
Phone 866-6373  
Saturday Vigil Mass 6 PM  
Sunday Mass 10 AM

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

**OAK RIDGE FREE METHODIST CHURCH**  
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Phone 866-0575

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

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

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

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

**HERKIMER  
FIRST UNITED  
METHODIST CHURCH  
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Pastor Joelle Faulks  
Prospect St & Park Ave.  
Sunday Worship 8:30 & 10am  
Sunday School 10am during school year

**CHURCH OF JESUS CHRIST  
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Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
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**HERKIMER REFORMED CHURCH**  
102 Church St.  
Phone 866-1523  
Worship 9:30 AM  
Sunday School 11 AM  
Shepherd's Table:  
Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

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

**ILION  
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Sunday Worship 10am  
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**SAINT AUGUSTINE'S  
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78 2nd Street  
Phone: (315) 894-3775  
Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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

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

**ILION  
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Reverend Bob Wallaber  
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**ANNUNCIATION CHURCH**  
109 West Street, Ilion, NY  
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Deacon: Micheal Carbone  
Mass Schedule: Saturday 4:00 pm; Sunday  
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UNIVERSALIST CHURCH**  
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Mark Bunce, Organist  
565 Albany St.  
Phone 823-2284  
Sunday Service & Religious Education 10 AM

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

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

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

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

**FIRST PRESBYTERIAN CHURCH**  
Pastor Tamara Razzano  
16 Jackson St.  
Phone: 315-823-3004  
Email lffirstpres@gmail.com  
www.presbylf.org  
Sunday Worship 10 AM  
Sunday School 10 AM

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

**MIDDLEVILLE  
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Pastor Wayne Getman  
24 Rte. 29  
Phone 845-8730  
Sunday School 9:30 AM  
Worship Service 9:30 AM

**MOHAWK  
GRACE EPISCOPAL CHURCH**  
Rev. Sally Heiligman  
7 E. Main St.  
Phone 315-866-4782  
or 315-520-4723  
Holy Eucharist 10 AM

**DENNISON CORNERS  
COMMUNITY CHURCH**  
Pastor Donald King  
219 Robinson Rd. • Phone 866-5215  
Sunday:  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

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20 S. Otsego St.  
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Email mohawkpastor@verizon.net  
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Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

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

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Rev. Mark Cunningham,  
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71 E. Main St.  
Phone 866-1752  
Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

**CHRISTIAN BIBLE CHURCH**  
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Phone 858-1282  
www.christianbiblechurch.us  
Sunday School 9 AM  
Sunday Worship 10 AM  
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Sunday School 11 AM  
Morning Service 11 AM

**KUYAHOORA COMMUNITY CHURCH**  
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Mailing Address PO Box 50  
Middleville, NY 13406  
Phone 315-292-1303  
www.kuyahorracc.org  
Weekly Service Sunday 10:08 AM

**ST. JOHN THE BAPTIST  
CATHOLIC CHURCH**  
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St. John the Baptist Parish  
7516 N. Main St. • Phone 845-8017  
Monday & Wednesday 9 AM  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 AM

**PAINES HOLLOW  
PAINES HOLLOW UNITED METHODIST**  
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# Poland Central School District honors veterans with annual celebration

Near the end of the annual Poland Central School District Veterans Day Celebration, students danced draped in American flags, waved small flags, boosted up students dressed as Uncle Sam and the Statue of Liberty, held up signs with the letters “USA” and moved giant red, white and blue ribbons in a circle – all while Lee Greenwood’s “God Bless the USA” played over the speakers.

The performance by fourth and fifth grade students was one of the many highlights of an event to celebrate local veterans on Friday, Nov. 8.

U.S. Air Force veteran Kristina LaBarge attended with her father, Walter Miller, also is an Air Force veteran, because she has two nephews who go to school at Poland – Jake Miller and Jared Young. LaBarge said this is her eighth year going to the celebration.

“I really enjoy it, I do,” she said. “I love the small town communities. It makes it more homey.”

At least 40 veterans attended school district’s annual Veterans Day Celebration with students in kindergarten through eighth grade. Students are able to invite relatives, family friends and neighbors who are veterans and have a breakfast with them before an assembly takes place.

The hallways were decorated with displays honoring veterans, and many students and staff wore red, white and blue. Multiple donations were made during the assembly to Feed Our Vets.

The assembly included:

- A color guard presentation by Drum Line and Guard members Owen Yost, Ty Neel, Anthony Caruso, Noah Lamphere, Noah Taylor and Connir Morrison
- The Pledge of Allegiance led by kindergarten students
- A singing of the National Anthem by members of the senior high chorus, with sign language done by cheerleaders
- A singing of “Oh, I Love America” by first grade students

• Words of welcome from Poland Principal Greg Cuthbertson

• The reciting of a Veterans Day poem by Cheryl Dyson by second and third graders

• Self-introductions by all of the veterans seated at the front of the gymnasium who stood up one at a time to say their military experience and which students invited them to the event

• Poland senior Bailey Dunn speaking about a service project she did to raise money for Feed Our Vets and honor veterans and then reading a proclamation about Veterans Day from Gov. Andrew Cuomo

• A presentation of canned goods and a check to Feed Our Vets by Cuthbertson and students Carliza Roark and Victoria Rommel

• The performance by fourth and fifth graders

• The playing of “Taps” by students Kaiden Stemmer and Emily Smith

“Every year is better”

Poland Central School District has been supporting Feed Our Vets during the annual Veterans Day Celebration for several years.

Cuthbertson said the school set a goal of collecting 700 items to donate to Feed Our Vets this year. As of the night before the event, more than 1,300 items had been collected, and it was probably up to as many as 1,400 to 1,500 by the time the assembly started, he said.

Roark and Rommel added that the Poland National Honor Society donated more than 120 cans of food and more than \$250 to Feed Our Vets.

Dunn did a service project in connection to attending the Rotary Youth Leadership Awards over the summer. She received donated flags from the Herkimer VFW and

Poland 10

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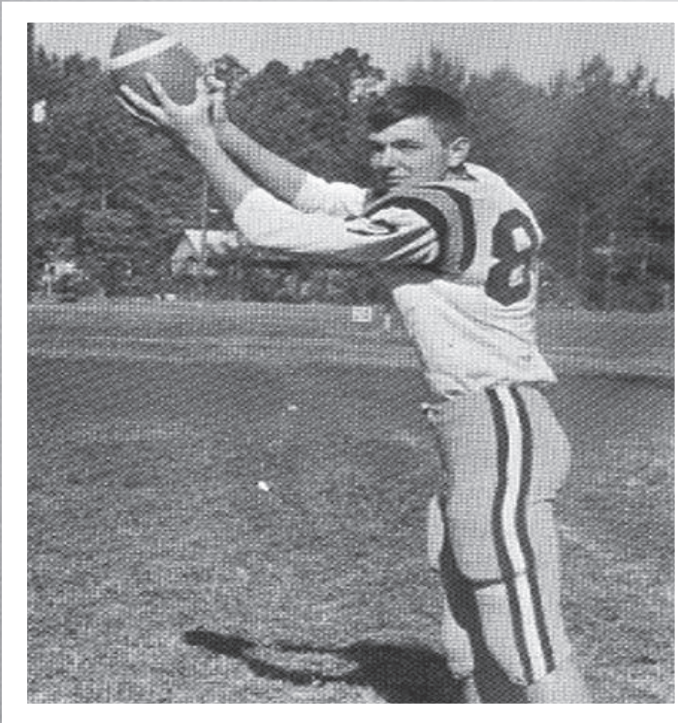
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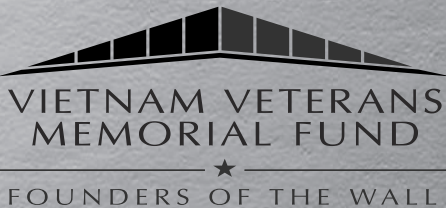
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## Poland from 9

then asked people to sponsor the flags for \$5 each in honor or in memory of veterans. The flags are on display in front of the school and have ribbons connected to them displaying the veterans' names, branches of the military and dates they served.

Through the flag sponsorships and other donations, Dunn was able to raise \$638, which she donated to Feed Our Vets during the assembly. Dunn said she wanted to do the project to honor veterans with the flags and because she has many veterans in her family, including her mother Corey O'Neil, a U.S. Navy veteran who attended the celebration.

Following the assembly, Dunn was happy about being able to make the donation to Feed Our Vets.

"It feels really nice," she said. "It's a really good feeling. Also knowing it will go to people who really need it. Thanksgiving is coming up too, so it's good timing."

Richard Synek, Feed Our Vets' founder and executive director, and Joseph Ancona, director of the Feed Our Vets Utica Pantry, were in attendance to accept the donations and participate in the assembly.

Ancona said Poland increases the amount of donated items by 200 or 300 pounds every year, and this year was a new record.

"Every year is better," he said. "This is the best. This was the best we've seen."

"Service and sacrifice"

During the assembly, Cuthbertson thanked teaching assistant Tracy Irwin and music teacher Jocelyn Rauch



Poland Central School fourth and fifth graders perform during the annual Poland Veterans Day Celebration. At least 40 veterans attended the event, which includes breakfast for veterans and then an assembly featuring student performances, donations to Feed Our Vets and veterans introducing themselves.

Photos courtesy of Herkimer BOCES



Poland Central School senior Bailey Dunn (center) poses with Feed Our Vets founder/ executive director Richard Synek (L) and Feed Our Vets Utica Pantry Director Joseph Ancona (R) after Dunn donated \$638 to Feed Our Vets. Dunn raised the money through a service project involving sponsoring flags to honor veterans. Poland Central School District also donated more than 1,300 items to Feed Our Vets, and the Poland National Honor Society donated more than 120 cans of food and more than \$250.

for their large roles in the celebration – as well as teachers, staff and others for helping with the event.

The biggest thanks went to the veterans.

"Today is a day to remember and a day to say thank you," Cuthbertson said during his comments at the assembly.

Cuthbertson said the reason for the celebration is to honor veterans and celebrate the choice they made to

serve their country.

"We are indebted to your service and your sacrifice," he said.

Before the assembly, Cuthbertson also spoke about how it's important for students to know what servicemen and servicewomen have done for their country, and the celebration personalizes that for the students.

"It's a learning experience for our kids," he said.



Veterans stand for a color guard presentation during the annual Poland Central School District Veterans Day Celebration on Friday, Nov. 8.



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## Freeze out high heating costs

A column of news and commentary by Sen. James L. Seward

Even though winter is still a few weeks away, the first chilly signs are being felt and the first dusting of snow has hit our region. Skiing, snowmobiling, hiking, ice fishing and other winter recreational activities await here in upstate New York.

Unfortunately, the cold temperatures lead to an indoor activity none of us are too fond of – paying the heating and electric bills. The good news is there are steps you can take to help lower your energy costs.

Some of the tips I am including in this column

have been detailed in the past. Many are common sense, while others are new. I am hopeful that by utilizing some or all of the tactics you will be able to better manage your energy use and keep winter bills in check.

One of the simplest cost saving measures is to lower the thermostat. For every one degree you set back your thermostat, you can save 1 - 3% on your annual heating bill. By installing a programmable thermostat you can adjust your home's temperature based on your family's schedule. Dropping the temperature at night, during the day when you are at work and your children are at school,

or any other time when you leave the house for more than two hours can provide real savings. It takes less energy to warm a cool house than to maintain a higher temperature all day and night.

It is also vital that you do everything you can to keep out the cold. A quick inspection of your home may reveal areas where heat, and in turn, cash, are simply leaking out. Check for insulation in your attic, walls, ceilings and floors, and install more if needed. Inexpensive weather-stripping around doors and windows can also go a long way in blocking cold drafts. You should also replace any cracked windows and use easy to install storm window kits to keep out breezes. Finally, close your curtains at night to keep warm air inside.

Keeping your furnace or boiler in tip-top working order is also key. You should have your furnace checked and cleaned annually by your heating contractor. To keep it running efficiently, check your filters and replace them as needed and insulate ducts or pipes that run through unheated spaces.

There are also a number of steps you can take to help conserve energy. When you are upgrading your appliances you should look for those that carry the ENERGY STAR® label to assure you are purchasing the most energy efficient products on the market. If your furnace is over 10 years old you may want to replace it with an ENERGY STAR® approved unit to save up to 30% in energy costs.

Additional energy saving tips are available online at a special website created by the New York State Energy Research and Development Authority (NYSERDA), [www.nyserd.org](http://www.nyserd.org). The site includes plenty of useful information on cutting your energy costs, community outreach programs and information on how to receive a home energy assessment.

Even after implementing energy conservation measures many New Yorkers still find themselves struggling to pay their heating bills. The Home Energy Assistance Program (HEAP) is a federally funded program administered by the New York State Office of Temporary and Disability Assistance (OTDA) that provides financial assistance

to eligible households to help pay for their home heating costs.

The regular HEAP benefit for the upcoming heating season ranges from \$350 to \$675 depending on income, household size and the type of heating. There are several benefit add-ons that are also available, including the HEAP Clean and Tune benefit to help ensure heating systems are operating efficiently. Some households could also qualify for an additional emergency benefit that will be offered later this winter. Eligibility requirements for HEAP benefits along with an online application are available at [ny.gov/services/apply-heap](http://ny.gov/services/apply-heap). You can also receive additional information through your local social services office.

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## Holiday shopping bus trip

A one-day bus trip for a unique holiday shopping experience in Massachusetts will take place Monday, Dec. 16, departing from Clinton and Herkimer. The first stop is the Yankee Candle Flagship Store in South Deerfield, then on to New England's largest shop-

ping destination, Holyoke Mall in Springfield. Before heading home, we'll drive through "Bright Nights at Forest Park," a three-mile holiday lighting experience. The cost is \$55 per person. For more information, call the Herkimer County Historical Society at 315.866.6413.

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# Prom and formal dress give away

Holy Family Parish church in Little Falls accepted donations of gently used prom and formal dresses. The church has collected some beautiful dresses, some of which have the tags still attached. Anyone interested in taking home a beautiful dress may come to the church office on Thursday, Nov. 21 from 3 - 5 p.m., and on Saturday, Nov. 23 from 10 a.m. - noon. These dresses will be offered free of charge. Holy Family office is located at 763 East Main St. in Little Falls. Any questions, call 315.823.3410.



Anyone interested in taking home a beautiful dress may come to the church office on Thursday, Nov. 21 from 3 - 5 p.m., and on Saturday, Nov. 23 from 10 a.m. - noon. Photo courtesy of Holy Family Parish



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## How to simplify holiday hosting on the day of the party

Come the holiday season, many people look forward to gatherings with family and friends. Such gatherings are often held in private homes, and that means someone must take on the task of hosting.

There are many advantages to hosting holiday gatherings. Hosts won't have to travel during a notoriously busy time of year to take to the roads and sky. Hosts also won't have to book hotel rooms or arrange for other accommodations, saving them money and time during a season that tends to be expensive and packed with social engagements.

As the day of their holiday parties draws near, hosts can take several steps to make the day of the party easier, allowing them to spend more time with

their family and friends.

- Choose the right menu. The right menu can go a long way toward making hosting easier on the day of the party. Various factors, such as food allergies and the size of the guest list, must be considered when planning a holiday menu. As hosts scour cookbooks for the right foods, look for recipes that don't require everything to be done on the day of the party. Prep work tends to take as much, if not more, time as cooking the foods. Look for recipes that allow you to do most, if not all, of that prep work in the days leading up to the party.

- Clean the common areas. Guests likely won't be spending time in every room of your house during the party. When it comes time to clean, focus on

the common areas where guests will be. Living rooms, dining areas and restrooms should garner the bulk of your attention when cleaning. If guests might be wandering outdoors, make sure leaves and dirt have been cleaned off of patios and decks.

- Plan a playlist in advance. Expect to be busy on the day of the party, even if the party is catered or all the food prep was done long before the first guest arrived. Because you will be busy welcoming guests, you likely won't have time to set the musical tone for the party, so do so in advance of the big day. If you want to stick to holiday music, many streaming apps offer various stations that play holiday music exclusively. Simply choose a station you like and then be-

gin playing music when the first guest arrives.

- Make a list of supplies and check it twice. About two weeks before the party, sit down and make a thorough list of everything you expect to need. Include food, beverages, dining needs (i.e., plates and silverware) and entertainment. A couple of weeks before the party, purchase items that won't spoil, such as beverages like water, soda, wine and beer and extra utensils if necessary. Doing so saves time during your grocery store trip the week of the party.

Holiday hosts can take several steps in the days leading up to their parties to make hosting easier once guests arrive.

## Strange but True

by Samantha Weaver

- It was infamous French statesman and military leader Napoleon Bonaparte who made the following sage observation: "In politics, absurdity is not a handicap."

- In 2006, an Illinois police officer was arrested for driving under the influence of alcohol. This probably would not be noteworthy, except that it was the same police officer who received an award for making the most DUI arrests in his county.

- A single pound of sequoia seeds contains roughly 90,000 individual seeds.

- You might be surprised to learn that sloths can hold their breath longer than dolphins – much longer. Dolphins come up to the surface for air about every 10 minutes, while sloths can go 40 minutes without taking a breath.

- Evidently it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

- Did you know that in a random group of 23 people, there's a 50% likelihood that two will share a birthday? It seems counterintuitive – there are, after all, 365 days in a year – but the number-crunchers assert that it's true. In a group of 57 people, it's almost certain that two of them will have the same birthday – the chances are more than 99%. Once you get up to 124 people, the chances are only 1 in 100 trillion that there won't be a duplicated birthday.

- Those who keep track of such things say that about 15% of all Google searches are new – that is, they have never been searched before on Google.

Thought for the Day: "There's only one way to have a happy marriage – and as soon as I learn what it is, I'll get married again." – Clint Eastwood

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## Prepare a delicious turkey for your Thanksgiving table

While there are no laws governing which dishes must appear on Thanksgiving dinner tables, for many the fourth Thursday of November simply would not be complete without turkey. Turkey can be cooked in various ways, but roasting might be the most popular method used by Thanksgiving celebrants.

This recipe for "Herb-Roasted Turkey" from Yolanda Banks' "Cooking for Your Man" (Broadway Books) produces a mouth-watering bird that's sure to make a lasting impression this Thanksgiving.

### Herb-Roasted Turkey

Serves 10

12 tbsp (1½ sticks) unsalted butter, softened  
¼ cup packed fresh flat-leaf parsley leaves, chopped, plus 4 whole sprigs

1 large sprig fresh rosemary, leaves chopped, plus 2 whole sprigs

1 tbsp chopped fresh thyme, plus 4 whole sprigs

15 leaves fresh sage, chopped, plus 3 whole leaves

¾ tsp kosher salt, plus more for the turkey

½ tsp freshly ground black pepper, plus more for the turkey

1 15-lb turkey

1 lemon, quartered

8 shallots, peeled and halved

1 head garlic, cloves separated and peeled

4 cups low-sodium chicken broth or stock

2/3 cup dry white wine

3 tbsp all-purpose flour

1. In a small bowl, combine the butter, chopped parsley, chopped rosemary, chopped thyme, chopped sage, salt and pepper, and mix well.

2. Position a rack in the bottom third of the oven and preheat the oven to 450°F. Sprinkle the main cavity of the turkey with salt and pepper. Place the whole sprigs of parsley, rosemary and thyme and the sage leaves into the cavity. Add the lemon, 4 shallot halves and half of the garlic cloves.

3. Starting at the neck end, carefully slide a hand between the skin and the breast meat to loosen the skin. Spread 3 tablespoons of the herb butter over the breast meat under the skin. Tuck the wing tips under the skin, and tie the legs together to hold the shape. Season the turkey generously all over with salt and pepper.

4. Place the turkey on a wire rack set in a large roasting pan. Rub 4 tablespoons of the herb butter over the turkey. Roast about 30 minutes, until golden brown and

reduce the heat to 350°F. Baste the turkey with 1/2 cup of the broth. Cover only the breast area with a sheet of heavy-duty aluminum foil. Scatter the remaining shallots and garlic cloves in the pan around the turkey.

5. Continue to roast the turkey for about 1 1/2 hours, basting with 1/2 cup of broth every 30 minutes. Remove the foil from the turkey breast. Continue to roast the turkey, basting with pan juices every 20 minutes, about 1 hour longer, until it's golden brown and a thermometer inserted into the thickest part of the thigh registers 165°F. Transfer the turkey to a platter and brush with 1 tablespoon of the herb butter. Tent it loosely with foil and let it rest for 20 minutes before carving.

6. Using a slotted spoon, transfer the shallots and garlic from the roasting pan to a plate. Transfer the pan juices to a medium bowl, then skim off and discard the fat. Set the pan over two burners on medium-high heat. Deglaze the pan with the wine and 1 cup of chicken broth, scraping up any browned bits. Bring the sauce to a boil, reduce the heat to medium, and cook until it's reduced by half, about 4 minutes. Pour the sauce into a large measuring glass. Add the degreased pan juices, and broth, if necessary, to equal 3 cups of liquid.

7. Blend the flour into the remaining herb butter until combined. Pour the broth mixture into a medium saucepan and bring to a boil. Gradually whisk in the herb-butter mixture. Add any accumulated juices from the turkey platter and boil until the gravy thickens enough to coat a spoon, whisking occasionally, about 6 minutes. Add the remaining shallots and garlic to the gravy and simmer for 1 minute. Taste and adjust the seasonings, if necessary. Serve the turkey with the gravy.



This mouth-watering bird is sure to make a lasting impression this Thanksgiving.

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## Kovels: Antiques and collecting

by Terry and Kim Kovel

### 'Adam Style' Settee

The auction described the settee as "in the Adam taste," but an online search for the words won't explain what that means. When it says "Chippendale style" in a catalog, it means it is a reproduction made long after the original pieces designed and made by Thomas Chippendale in the 18th century. "Adam taste" is even more confusing. There were two Adam brothers who died in the 1790s. Their work is now called the "style of the Brothers Adam" or "Adam style." It was popular in the late 1760s.



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The brothers designed the building, then designed and made all the furnishings, including fireplace mantels, fixtures, fittings, carpets and, of course, furniture. The look spread to Scotland and Russia, and inspired Federal style in the United States.

The brothers admired and adapted the classical designs of Greece and Rome. They wrote a book with their engraved designs which made their ideas available to everyone. Pastel color combinations of green, blue, yellow, lilac, pink and terra cotta were possible with new, affordable, lighter paint colors. The rooms had classical scenes on the walls along with swags, ribbons and plaques. This settee in the style of the Brothers Adam is made in a simple shape of paint-decorated satinwood with a caned back, arms and seat. It sold for \$1,250.

**Q:** As a young boy, my husband received a Popeye doorstop. He's had it since about 1939. It says "1929, King Feature SYN" on it. Can you tell us anything about it and its worth? It's certainly a keepsake!

**A:** Popeye first appeared in 1929 in a comic strip called "Thimble Theatre." The character and the comic strip were created by Elzie Crisler Segar and distributed by King Features Syndicate. Popeye became a hit with readers and is still a popular character. He has appeared in comic books, cartoons, a full-length movie featuring Robin Williams as Popeye, on a postage stamp and on toys and novelty items. The Popeye doorstop was made by Hubley Manufacturing Company, which was in business in Lancaster, PA, from 1894 to 1965. The date on your doorstop is the copyright date for the character, not the date it was made. Popeye collectibles are sought after and bring high prices. The value of your doorstop is about \$2,000 if the paint is in good condition.

#### Current prices

- Peters & Reed vase, brown, green, vines, column shape, 12 inches, \$15.
- Tile, horse, brown, rider, red tunic, falcon in hand, blue band, flowers, white, Persia, 8 3/4 x 5 1/4 inches, \$60.



Caned arms, back and seat make this settee a little different. It was made in the 19th century in the "Adam taste." Neal Auction Co. in New Orleans sold it for \$1,250.

• Shaving mug, cut-glass prism pattern, ray-cut base, sterling silver rim, Meriden, 3 1/4 inches, \$180.

• Stoneware, jar, Martaban, mask loop handles, oval body, dragon, clouds, iron stand, glazed, 35 x 42 inches, \$440.

*Tip: Don't sticky-tape a top on a teapot. The decoration may come off with the tape. Secure a top with dental wax or earthquake wax.*

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

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## Did you know?

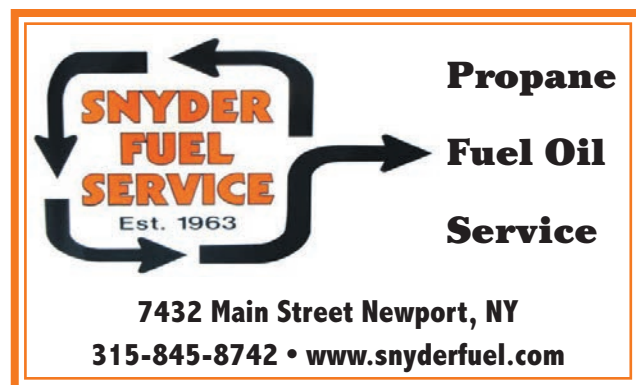
Carpet can add warmth and texture to a room and also provide a little bit of soundproofing. Underfoot, carpeting can be more comfortable than other types of flooring, even though it may require more upkeep. Carpet comes in various forms, but here are the main material components.

• Nylon: This is one of the most durable and stain-resistant carpet fibers available and a popular choice among many homeowners.

• Polyester: Carpeting can be made from polyester, which is fashioned to feel and look luxurious.

• Olefin: Olefin is made from polypropylene or polyethylene. It is prized for its strength, resistance to staining and colorfastness. It is often suited well to loop pile or high, dense cut piles.

• Wool: Wool is durable, albeit less resistant to soiling than some other materials. However, because it is an all-natural material, it is prized by people who want natural beauty.



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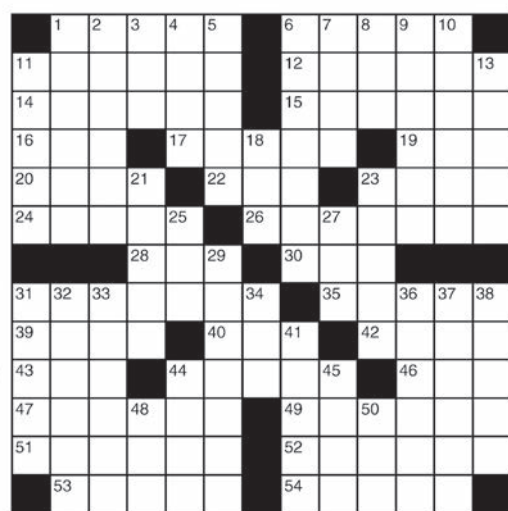
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## King Crossword

## ACROSS

- 1 Lehar's "Merry" one  
6 "Nonsense!"  
11 In one's dot-age  
12 Keyless  
14 Squirm  
15 Multitask, maybe  
16 Before  
17 Clio nominee, maybe  
19 Antiquated  
20 Dutch export  
22 Customizable computer character  
23 Diver Louganis  
24 Doughnut, geometrically  
26 Tell the tale  
28 Scale member  
30 Witness  
31 Curve cutter  
35 Diamond corners  
39 Photog's choice  
40 Fish eggs  
42 Tick follower  
43 Singer DiFranco  
44 "Ivanhoe" author  
46 "— on parole français"  
47 Word-finding

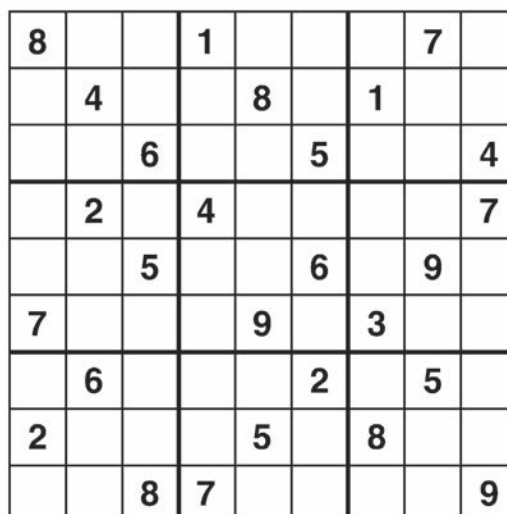


- game  
49 Seek a bargain  
51 Ape  
52 Kitchen gadget  
53 Having great scope  
54 Monica of tennis  
6 Sleepwear  
7 Dazzle  
8 Use unduly  
9 Wool variety  
10 Billfold  
11 Saccharine  
13 Sill  
18 Hr. fraction  
21 Indispensables  
23 Wonderful  
25 "Mayday!"  
27 Civil War soldier  
29 Theft  
31 Dieters' targets  
32 Film director  
whose father was a painter  
33 Baffler  
34 Wine and dine, maybe  
36 Elegantly maintained  
37 Bk. after Prov.  
38 Vacationer at Vail, probably  
41 Group character  
44 Metal refuse  
45 Recording  
48 Martini ingredient  
50 Solidify

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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

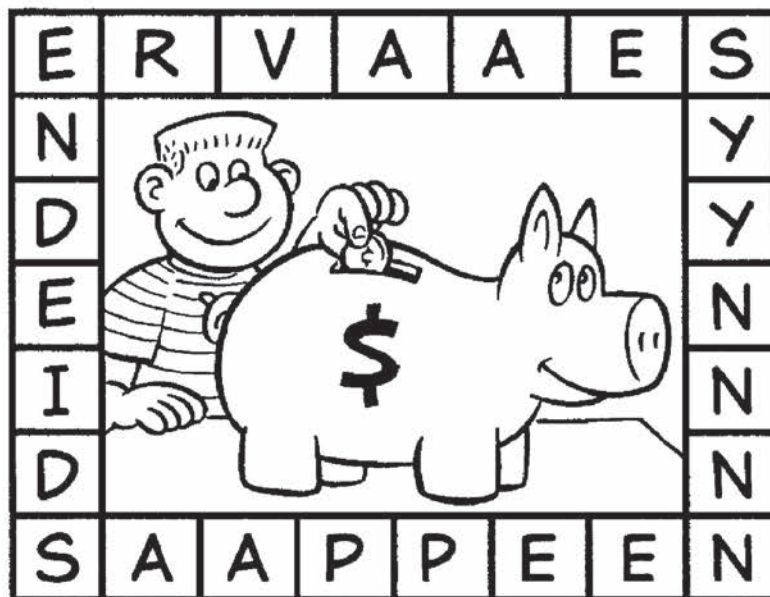


Find at least six differences in details between panels.



Differences: 1. Eyeglasses are missing. 2. Man's collar is different. 3. House has been added. 4. Fence slat is missing. 5. Rake is missing. 6. Bricks have been added.

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**A PIGGY BANKER!** Find the hidden quotation above by reading every other letter as you go around the frame counterclockwise.

"A penny saved is a penny earned."  
Starting at the first "A" along the bottom rail, read:



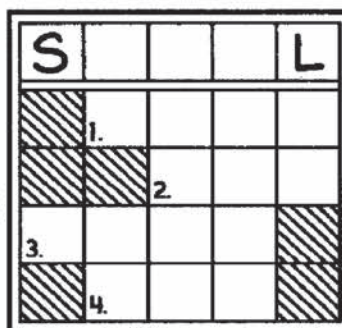
**DOUBLE-DEALER!** A used-car dealer sold two cars for \$1,980 each. On the first car he made a 10 percent profit, while on the second car he took a loss of 10 percent. Taken together, did he profit or lose on the deals?

He lost \$40. On the first car he made \$180, while on the second car he lost \$220.

**FIND-A-WORD!** On the top line goes the 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. Hooded robe. 2. Nocturnal bird. 3. Flat-bottomed boat. 4. Domestic cattle.

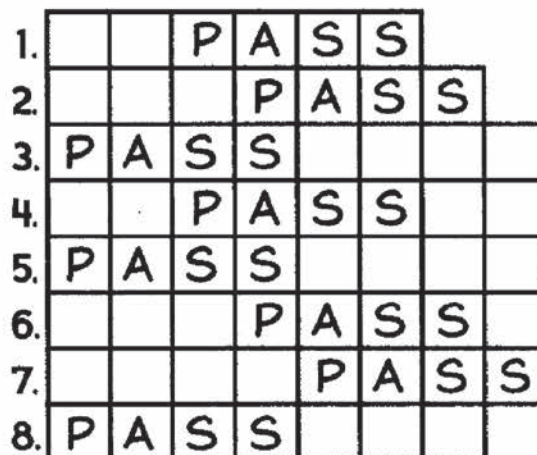
1. Cowl. 2. Owl. 3. Scow. 4. Cow. Mystery word: Scowl.



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by Charles Barry Townsend



## FORWARD PASSES!

Now that the football season is well under way, it's time to work on word "passes." At left are eight words, each of which contains a "pass." Figure out what the words are using the following hints:

1. Alternate route.
2. Direction finder.
3. Adequate.
4. Stalemate.
5. Travel document.
6. To go beyond.
7. To go where forbidden.
8. It opens many locks.

Illustrated by David Coulson



1. Bypass.
2. Compass.
3. Passable.
4. Impasse.
5. Passport.
6. Surpass.
7. Trespass.
8. Passkey.



# Snow thrower usage: Keep safety in mind this winter, get ready before the snow flies

*Outdoor Power Equipment Institute encourages users to ready their snow throwers for wintry weather and to review safe operating procedures*

In an unusually early winter season, large sections of the country have already experienced snow, ice and inclement weather, and the Outdoor Power Equipment Institute (OPEI) encourages home and business owners to ready their snow throwers and other winter equipment. Clearing driveways, sidewalks and parking lots is no small job. You rely on your outdoor power equipment to make snow removal easy, but it's also important to keep safety in mind when using snow throwers, often referred to as snow blowers.

"If you're anticipating bad weather or snow, start the machine and makes sure it operates before you need it and before repair shops are busy," said OPEI President and CEO Kris Kiser. "Gas stations also can close and roads can be treacherous during a winter storm. You want to protect your power by having the right and fresh fuel on hand for your equipment. And, remember, gasoline-powered snow throwers should use E10 or less."

OPEI offers the following questions to help you ready your snow thrower for the winter season:

**Getting ready**

Have you read your owner's manual? Read up on safe handling procedures. Review how to operate the controls. You should be able to shut off your equipment quickly. If you lost your manual, you can look it up online and store a copy on your computer so you have the manual avail-

able to reference in the future.

Have you checked your equipment since storing it? Make sure all equipment is completely powered off when checking it over. If you forgot to drain the fuel last winter before storing your snow thrower, drain the gas tank now. Adjust any cables and check the auger when the equipment is powered off.

Is your equipment where you can get to it easily? Move your equipment to a convenient and accessible location, so you can get to it quickly when you need it.

Have you purchased the right fuel? Be sure to use the correct fuel, as recommended by your equipment's manufacturer. Place gasoline in a fuel container and label it with the date purchased and the ethanol content of the fuel. Use fresh fuel in your snow thrower as fuel that is more than 30 days old can phase separate and cause operating problems. Make sure fuel is stored safely and out of the reach of children. For more information on fueling properly see [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).

Are you fueling safely? Before you start the engine, fill up the fuel tank on your snow thrower while the engine is cold and outside your home or garage. Never add fuel to a running or hot engine.

Are batteries charged? If using a battery/electric-powered snow-thrower, make sure batteries are fully charged, in case electricity goes out during a winter storm.



Keep safety in mind when using snow throwers.

Is the area you intend to clear free of obstructions or hidden obstacles? Snow can hide objects. Doormats, hoses, balls, toys, boards, wires and other debris should be removed from the areas you intend to clear. When run over by a snow thrower, these objects may harm the machine or people.

Are you dressed properly for winter weather? Locate your safety gear now, and place it in an accessible closet or location in your home. Plan to wear safety glasses, gloves and footwear that can handle cold and slippery surfaces.

**Operating snow throwers safely**

Do you have a clean out tool or stick? NEVER put your hands inside the auger or chute. Use a clean out tool (or stick) to unclog snow or debris from your snow thrower.

Do you turn off your snow thrower if you need to clear a clog? Always turn off your snow thrower and wait for all moving parts to come to a complete stop before clearing any clogs or debris.

Do you use your snow thrower in visible conditions? Never operate the snow

thrower without good visibility or light.

Can you aim your snow thrower with care? Never throw snow toward people or cars. Do not allow anyone to stand in front of your snow thrower. Keep children or pets away from your snow thrower when it is operating.

Will you use extreme caution on slopes and hills? Do not attempt to clear steep slopes and use caution when changing directions on slopes or inclines.

Do you know where your cord is? Use an extension cord that is weather-resistant and designed for outdoor use. If you have an electric-powered snow thrower, be aware of where the power cord is at all times. Avoid tripping. Do not run over the power cord.

Are pets and children inside while the snow thrower is operating? Kids and pets may love to play in the white stuff, but it's best to keep them inside your home and supervised (by someone else) while you are using your snow thrower to clear a path or driveway. Do not allow them to play in the snow as it is tossed out of the snow thrower's chute.

— King Crossword —  
Answers

Solution time: 24 mins.

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

Just Like Cats & Dogs by Dave T. Phipps



— Weekly SUDOKU —  
Answer

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

This Week's Holidays

- Nov. 16 – National Fast Food Day
- Nov. 17 – Take A Hike Day
- Nov. 18 – Occult Day
- Nov. 19 – Have A Bad Day Day
- Nov. 20 – Universal Children's Day
- Nov. 21 – World Hello Day
- Nov. 22 – Go For A Ride Day

## Advertising Consultant

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## Signs you might be overtraining

Exercise is a vital component of a healthy lifestyle. Many people find that pairing a nutritious, well-balanced diet with routine exercise is a successful formula for a long and healthy life.

People typically know when to stop eating. In fact, the brain signals when the stomach is full to prevent the body from eating too much. Exercise can be a little trickier, as men and women may be inclined to ignore certain warning signs of overexertion during a workout. The well-known workout motto "no pain, no gain" implies that rewards await those who push through their pain during a workout. However, ignoring signals that the body is being overtrained can have a detrimental effect on both short- and long-term health.

According to the American Council on Exercise, there is a tipping point in regard to how much exercise the body can take. ACE notes that when people pass that point, the exercise they engage in can actually do more harm than good. ACE refers to the tipping point as overtraining syndrome, or OTS, which can actually contribute to a reduction in overall fitness and increase a person's risk for injury.

People dealing with OTS may not recognize its symptoms as readily as they would a full stomach. As a result, it can be easier to overtrain than overeat. For instance, people focused on living healthy often know when to call it quits at the dinner table, but might not know when to end a workout. Overtraining can be just as harmful as overeating, and athletes can help themselves by learning to recognize various signs of



*Ignoring signals that the body is being overtrained can have a detrimental effect on both short- and long-term health.*

overtraining.

- **Decreased performance:** ACE notes that a lack of improved performance, despite an increase in training intensity or volume, is a telltale sign of OTS. Athletes who recognize a decrease in their agility, strength and endurance might be dealing with OTS.

- **Increased perceived effort during workouts:** OTS can make seemingly effortless workouts seem difficult. An abnormally elevated heart rate during exercise or even throughout the day may indicate OTS.

- **Excessive fatigue:** Too much training can contribute to fatigue because the body is not being given ample time to recover between work-

outs.

- **Agitation and moodiness:** Overtraining can contribute to a hormonal imbalance that affects stress levels, potentially making people more irritable and contributing to moodiness.

- **Insomnia or restless sleep:** The overproduction of stress hormones that can occur when overtraining can adversely affect a person's ability to get adequate sleep.

Additional signs of overtraining include loss of appetite, chronic or nagging injuries, metabolic imbalances and stress and/or depression. More information about OTS and how to avoid it is available at [www.acefitness.org](http://www.acefitness.org).

## Are auto financing rates negotiable?

When buying a home, buyers are often on the lookout for the most competitive interest rate they can find. Buyers may request estimates from various lenders in the hopes of finding low interest rates that can save them tens of thousands of dollars over the life of the loan.

Car buyers may not know it, but similar due diligence can be performed when buying a new car.

According to the Consumer Financial Protection Bureau, buyers may be able to negotiate with dealers in an effort to secure the lowest auto loan interest rate possible. The CFPB notes that with dealer-arranged financing, dealers collect information from buyers and then forward that information to potential lenders. Those lenders then choose whether or not to finance the loan. Those that propose financing will offer a rate, referred to as the "buy rate," to the dealer. The interest rate negotiated between the buyer and the dealer may be higher than the buy rate, as it accounts for the effort the dealer put forth in

arranging the financing. However, buyers may be able to negotiate to receive the buy rate, or least something closer to the buy rate than the dealer initially offered.

Buyers also should know that they have options other than dealer-arranged financing. Before visiting a dealership, buyers can contact banks, credit unions or other lenders to get preapproval for an auto loan. In such instances, these lenders will quote buyers an interest rate, and buyers can then compare those quoted rates with the ones they receive from dealers, ultimately choosing the best rate for them.



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## Thanksgiving blahs? Break with tradition

by Lucie Winbourne

If any day of the year shouts "Tradition!" in America, it's Thanksgiving. The golden-brown turkey and buttery mashed potatoes. The crescent rolls and cranberry sauce. The requisite green bean casserole. The fights (and we don't mean pro wrestlers on TV). The post-meal, tryptophan-induced siesta.

But maybe this year's shaping up to look a little different for you. The logistics of travel might be too daunting with a new baby, or certain loved ones will be unavoidably absent. Perhaps you're single and not looking forward to the annual queries about your love life. Whatever the reason, you're ready to buck tradition this year. The good news is we've got some fun suggestions on how to do just that.

### Make it international

Is there a country whose cuisine you particularly admire or have always wanted to visit? Host an Italian

Thanksgiving where everyone brings their favorite pasta dish, or a Chinese feast with a variety of samples from your local restaurant. Looking up new recipes to share – along with the histories behind them – can be informative as well as fun, especially in a group.

### Turkey to go

For many of us, one of the best parts about the holiday is turkey sandwiches the day after. But who says you have to eat them in front of the TV? Pack some in a picnic basket along with your pumpkin pie and go exploring in a park while everyone else is out fighting the Black Friday crowds. You and your feet will thank us.

### Let someone else cook

If a long weekend is on tap, consider using it to recharge your batteries with a cruise to a tropical island or visit to an all-inclusive resort where someone else is in charge of setting the table and basting the bird (not to mention washing the dishes). Rested and refreshed,

you'll feel more prepared to tackle the pre-Christmas rush that always arrives sooner than seems humanly possible.

### Help yourself to a history lesson

Instead of just reading about what the first Thanksgiving meal looked like, experience it firsthand with the good folks at Plimoth Plantation – a living history museum in Plymouth, MA. A modern host will guide you through a meal including mussels, stewed pumpkin (pumpkin) and a pottage of cabbage, leeks and onions as interpreters share period psalms and songs. Joining in the latter is highly encouraged!

Not every holiday has to resemble a Norman Rockwell painting, although there's certainly nothing wrong with that. Whatever you choose to do, and whatever your special meal, may your day be one to look back on with warmth – and gratitude.

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## Signs game could be unsafe to eat

One of the more enjoyable aspects of hunting is enjoying the bounty at the dinner table after a successful hunting trip. However, not all game is safe to eat. Field & Stream, a retailer that caters to hunters, fishermen, campers and other outdoor enthusiasts, notes that the following are some ways hunters can determine if freshly killed game is safe to eat.

- Look for signs of previous injuries. Previously wounded animals may be infested with maggots or have abscesses, which are swollen areas of tissue that contain pus. Animals that appear to have been injured prior to being killed should not be eaten, as consuming them can leave hunters vulnerable to illness.

- Examine the animal's eyes and skin. Sunken eyes or emaciated, scabby skin also could indicate the animal was suffering from illness or injury prior to being killed.

- Look for tick infestations. Game infested with ticks should not be consumed.

- Look for fluid discharges. Game that has discharges of dark blood or

creamy or green substances should not be consumed.

- See if the animal passes the smell test. Game suffering from gangrene or had decaying flesh typically emit a strong, foul odor and such animals should not be consumed.

- Investigate the interior of the animal. Just because a game animal exhibits no outward signs of illness or injury does not necessarily make it safe to eat. Hunters are advised to wear surgical or dishwashing gloves and run their hands over the body of the animal. Signs of disease or illness include hair that comes off easily, a soft or gelatinous underside of the skin when peeled off, and/or a film of blood or fluid that is not the result of the hunter's gunshot wound.

- Examine muscle tissue. Muscle tissue should not smell bad or contain parasites or blood spots. In addition, examine the muscle tissue for blood clots, black blood or a greenish discharge, each of which are indicators of disease.

- Examine the rib cage and muscle tissue. Humans can contract tuberculosis after eating game that

was infected with the disease. Indicators of tuberculosis include tan or yellow lumps on the inside surface of the rib cage or in the tissue of the lungs.

Infected game can make hunters seriously ill if consumed. All infected animals should be reported to the appropriate local authorities.



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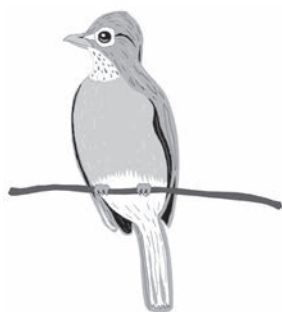
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## Why are food allergies on the rise?

Hosting a party or a special event where food will be served has become a bit more complicated over the last several years, as hosts must now contend with food allergies when planning party menus.

According to Food Allergy Research and Education, a group that works on behalf of the millions of people who have food allergies, a food allergy is a medical condition in which exposure to a food triggers a harmful immune system response. Allergies can range from mild reactions to death. Life-threatening reactions can be initiated even by small traces of the trigger foods. In August 2018, a six-year-old girl in western Australia died as a result of a dairy allergy. In 2016, Natasha Ednan-Laperouse collapsed on a flight from London to Nice after eating a baguette in which sesame seeds were not listed on the food label.

Data from the U.S. Centers for Disease Control and Prevention indicates that the prevalence of food allergies in children increased by 50 percent between 1997 and 2011, and it continues to rise. The CDC estimates that one in 13 children in the United States now has a food allergy. Food allergies also affect roughly 7 percent of children in the United Kingdom and 9 percent of children in Australia.

While no one can answer why food allergy rates are increasing, researchers have been working hard to figure that out. A number of agencies, including the U.S. Food and Drug Administration, are looking into the "hygiene hypothesis." This is a link to western society's obsession with preventing and fighting germs. Researchers surmise that a lack of exposure to infectious agents early in childhood could create a situation in which a child's immune system mistakes a food protein as an invading germ, launching an attack. According to Dr. Leigh Vinocour of the American College of Emergency Physicians, being too clean may be leading to a rise in allergic reactions.

Another theory is that the overuse of antibiotics and acid-reducing medications could change the microbiome of the stomach and digestive system, potentially resulting in health-related problems like allergies.



A food allergy is a medical condition in which exposure to a food triggers a harmful immune system response.

Some other health experts say that failure to introduce common food allergens to children early in life could set them up for a lifetime of food allergies later. Dr. Adam Fox, a consultant pediatric allergist at Guy's and St. Thomas' hospitals in Great Britain, suggests that if parents introduce something into a young child's diet, then the child is less likely to become allergic to it. For example, Dr. Fox cites a 2008 study of the prevalence of peanut allergies in Jewish children in the UK, where the advice had been to avoid peanuts, was 10 times higher

than that of children in Israel, where babies are often given peanut snacks and peanut allergy rates are low.

Many other doctors believe food allergies are still a mystery. Dr. R. Sharon Chinthrajah of the Sean N. Parker Center for Allergy and Asthma Research at Stanford University believes the cause of allergies will ultimately come down to a combination of many factors. Environmental exposure and even what mothers ate during pregnancy could have implications. Until more is learned, people must remain careful of the foods they eat and serve.

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# Save your garden for winter

by Bonnie Kirn Donahue, Extension Master Gardener, University of Vermont

It's happened again. Leaves are getting crispy, flowers are going to seed and the air is beginning to cool. As hard frosts become a reality, it is almost time to start thinking about cutting back our perennials and putting our gardens to bed.

I'd like to propose that we think about this time of year a little differently. In fact, leaving some perennials and grasses up throughout the winter can be beneficial for many reasons.

One reason not to cut back your plants for the winter is aesthetics. Although it might be hard to watch your plants dry out, turn brown and go to seed (it is for me), when we are deep into the winter season the forms and textures of your plants against the snowy backdrop will look far more appealing.

Piet Oudolf, a world-renowned garden designer from the Netherlands, designs gardens that are meant to be striking through every season including winter. Oudolf accomplishes this not by using shrubs or evergreens alone, but by using a naturalistic palette of perennials

and grasses. Oudolf selects plants that have characteristics in the winter that most of us never get the chance to experience because we cut them back so early. False indigo (*Baptisia spp.*), for example, has great winter structure and its seedpods turn a lovely grey-black in the winter, creating an attractive ornamental contrast to the stark winter landscape.

When picking plants to leave, look for stems and seed heads that are sturdy and persist such as globe thistle (*Echinops ritro*), Siberian iris (*Iris sibirica*), bee balm (*Monarda didyma*), showy stonecrop (*Sedum spectabile*) and Culver's root (*Veronicastrum spp.*).

Or choose plants with interesting textures such as feather reed grass (*Calamagrostis acutiflora*), tufted hair grass (*Deschampsia cespitosa*) and silvergrass (*Miscanthus spp.*). Experiment with your own plants and take notes so that you can remember what looks best from year to year.

However, before deciding to wait until spring to cut-back your plants, consider whether or not the plants are diseased or will reseed and become a maintenance headache. In these cases it might be better for the health

of your garden and your maintenance plan to cut back these plants in the fall. The same is true if you are concerned about voles or mice overwintering in your beds and causing damage to bulbs and other plants.

In addition to enjoying a winter garden from your window, leaving perennials like purple coneflower (*Echinacea purpurea*) or black-eyed Susan (*Rudbeckia spp.*) provide seeds for goldfinches and other winter birds. I have experimented with this in my garden, and it is so satisfying to see the lively birds perched on tiny perennial stems enthusiastically picking seeds from the spiky flower heads.

Leaving perennials and grasses through the winter also offers important protection for insects and pollinators who use the plants and leaf litter as overwintering habitat to help survive the long months of winter.

This fall I encourage you to test this theory out in your garden. Leave a patch of purple coneflowers or black-eyed Susans, and see what you think come January. When the world is blanketed in white snow, the texture from your rich black and brown landscape might be just what you need to get you through to spring. And it will definitely help birds and insects survive, too.

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## Cranberry-orange relish

*Cranberry-orange relish is a holiday essential, and this no-cook recipe takes just 15 minutes to make. It also tastes great on turkey sandwiches.*

- 1 bag (12-ounce, 3 cups) cranberries
- 1 medium orange, cut up
- 1/2 cup seedless raisins
- 1/2 cup sugar

In food processor with knife blade attached, blend all ingredients, pulsing food processor on and off until mixture is coarsely chopped. Cover and refrigerate relish until well-chilled, about 2 hours. If you like, transfer relish to an airtight container and refrigerate up to 2 days.

- Each serving: About 70 calories, 18g total carbohydrate, 1g protein.
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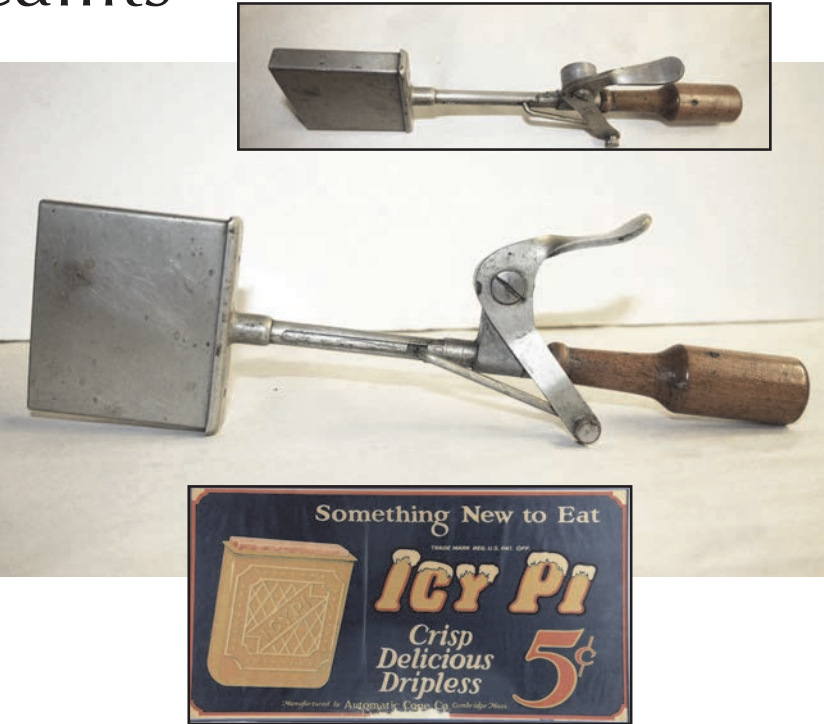
## Whatchamacallits

This week's whatchamacallit was quite the novelty item when invented in 1925 and became a national phenomenon of sorts. However, once the novelty wore off after a couple of years, it was relegated to the back of the utensil drawer. Our item this week is an Icy-Pi scoop.

James Denaro, an Italian immigrant, founded the Automatic Cone Company in 1903 in Cambridge, MA. The company manufactured an assortment of cones and scoops for ice cream. When he developed this scoop, he also developed the cone to fit around the pat of ice cream and

called it the Icy-Pi. The cone was a pocket-like wafer that surrounded the ice cream – sort of like an enclosed ice cream sandwich with one end open.

The Automatic Cone Co. became a leading distributor of ice cream cones and related products and still exists today as a subsidiary of the Por-Shun company which supplies "quality dairy products" and is located in Wilmington, MA.



Do you have your own Whatchamacallit?  
Send a photo and short description to csuo@leapub.com or call Colleen at 518-673-0145



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## DATES TO REMEMBER:

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