

Mohawk Valley
Country Editor

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October 27
2018

Delivered Weekly
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\$21,999

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Mohawk Valley Country Editor

Published weekly on Saturday by Lee Newspapers
 6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President **Frederick W. Lee**
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Accounting/Billing - Pauline Tripp
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Commercial Printing
 518-673-0101, commercialprint@leepub.com

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Be Our Guests For Family Night

Sunday, November 4th 5PM to 7PM

Cornerstone Baptist Church
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Our Family Night themes for November will focus around thanksgiving. From 5 to 5:30 a light supper of soup and biscuits with sheet cake for dessert will be served.

After supper there will be the following workshops for the adults:

- Small engine maintenance and repair with Roger Winnie
- Soap making with Deb Crosby
- Wood Lathing with a skilled woodworker

Program for the younger children and teens will involve Bible lessons and lots of fun games.

Watch for news on our exciting and fun filled Family Night coming on November 18th.
 You won't want to miss the fun and the food.

Horror films keep moviegoers screaming

Halloween is an exciting time of the year, particularly for horror fans who embrace the ghoulish and ghastly. Halloween hijinks and costumes may be one way to keep things scary. The array of horror films slated for release also can raise hackles and ensure

1905 to rescue his sister. The cult's charismatic leader suspects a traitor, and dark and evil secrets are revealed.

- "Halloween" – This movie serves as the direct sequel to the original movie made 40 years ago. Michael



Horror films can raise hackles and ensure sleepless nights to come.

sleepless nights to come. Here are a few sneak peeks at some of the latest entries into the horror film genre.

- "Along Came the Devil" – The soul of a girl named Sweeney provides easy access for the Devil when she accidentally invites demonic forces into her life. Her loved ones are called upon to help save her soul.
- "Elizabeth Harvest" – Elizabeth moves into the home of her wealthy new husband Henry. She has freedom to move throughout the entire house, with the exception of one locked room. Elizabeth snoops around when Henry is away on business and enters the forbidden room, with notable consequences.
- "The Little Stranger" – A country doctor is called to a dilapidated home to help one of the children living there. But the doctor's own secrets and past are soon revealed, and the haunting begins.
- "Mandy" – A happy couple living in a remote location finds their situation turned on its head when the wife is abducted by a crazy cult. Nicolas Cage stars and must rage to get his kidnapped wife home safely.
- "Apostle" – A man infiltrates a religious cult in

Myers has been in jail since his killing spree, and adversary Laurie Strode is still coping with the trauma Michael caused. Michael returns to Haddonfield and new horrors ensue.

- "The Clovehitch Killer" – A teenage boy suspects that his own father is a serial killer terrorizing their small town. What will become of his discovery?

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A BAG OF TRICKS FOR HALLOWEEN SAFETY

Play it safe this Halloween with these simple trick-or-treating tips.

- **Never trick-or-treat alone, and always stay in familiar neighborhoods.**
- **Carry a flashlight, and wear a watch you can read in the dark to obey your curfew.**
- **Make sure your shoes fit properly, and that your costume doesn't drag on the ground.**
- **Make sure swords and other props are flexible, and avoid wearing a mask while walking.**
- **Wear bright or reflective clothing, adding reflective tape if necessary.**
- **Approach only houses that are lit, and don't cut across yards or driveways.**
- **Stay away from pets. Even pets you know may not recognize you in costume.**

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BOTTLE & CAN DRIVE: Saturday, October 27, 2018. Drop off at the Fort Plain Bus Garage Between 9am - 12pm. Please help Support the Fort Plain Boys Basketball Program

We want to hear from you!
Send your comments & suggestions to the
Mohawk Valley Country Editor
PO Box 121,
Palatine Bridge, NY 13428
OR email
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NYS History Month Tuesday Talks Series At Schoharie Crossing State Historic Site

FORT HUNTER – Schoharie Crossing State Historic Site will conduct its fourth annual Tuesday Talk series to recognize New York State History Month this November. Each week a speaker will present on regional or New York State history. All presentations are free of charge and will begin at 6:30 p.m. in the Enders House adjacent to the Schoharie Crossing Visitor Center, 129 Schoharie St., Fort Hunter. Refreshments will be provided and donations are always appreciated.

Michael Diana, the Education and Programs Manager for the Schenectady County Historical Society, will present "The Mabee Farm: New Stories from Old Schenectady" to kick off the 2018 NYS History Month Tuesday Talks series on the evening of Nov. 6. Sitting above the picturesque Mohawk River, the Mabee Farm tells the story of many generations of farmers, traders and travelers who made their lives in and around Schenectady. While many have heard the story of Jan Mabee, the founder of the farm, this presentation introduces some lesser known but equally fascinating characters whose stories were crucial to the family's success.

On Nov. 13, Terry McMaster will present on "Scots-Irish Immigration Patterns, the Old New York Frontier and the Cherry Valley Massacre." McMaster has conducted research that centers on the settlement of the western frontier of colonial New York beginning about 1740 by Scots-Irish settlers and examines the development of that and other communities in the upper Susquehanna River watershed. Looking at the immigration of these

"northern dissenters" who left the Province of Ulster in the north of Ireland for religious and economic liberty in America, we look at their settlement patterns as they left New England and migrated into the eastern Mohawk Valley, into an area west of Schenectady which would become a hotbed of rebellion.

Fulton County Historian Samantha Hall-Saladino will discuss "Fulton County in Hollywood" on Nov. 20. This program will explore Fulton County's links to MGM Studios, the Schine theater empire and its connection to McCarthyism, local celebrities and more in this presentation about the area's silver screen history. As the historian, Hall-Saladino works to share and preserve the county's extensive history through various avenues, including writing, educational programming and advocacy. Hall-Saladino is also the executive director at the Albany County Historical Association.

We wrap up the series on Nov. 27 with historic interpreter Paul Supley, who will be presenting on colonial medicine. Supley will provide an explanation of colonial era medical practices and occupations, phases of medicine and theory of the day and comparisons of medical practices then and now as well as an authentic display of equipment and medicines.

New York State History Month:

November was designated New York State History Month by the New York State Legislature in 1997 with the addition of Section 57.02 to the state's Arts and Cultural Affairs Law. "The purpose of this month shall be to celebrate the history of New York State and recognize the contri-

butions of the state and local historians." New York State History Month represents an opportunity for historians, cultural institutions and the public to assert the vital importance of preserving and learning about our state's history.

For information about

this program, call the Visitor Center at 518.829.7516, email SchoharieCrossing@park.s.ny.gov or visit our Facebook page.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks,

historic sites, golf courses, boat launches and recreational trails, which are visited by 71 million people annually. For more information on any of these recreation areas, call 518.474.0456 or visit www.nysparks.com, connect on Facebook or follow on Twitter.

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Have astronomers found 1st moon outside our solar system?

by Marcia Dunn, AP Aerospace Writer

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

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

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

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

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

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

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

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

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

If indeed a moon, it would be about 2 million miles from its planet and appear twice as big in its sky, as the moon does in ours. The astronomers are uncertain how this potential moon might have formed, given its size.

“If confirmed, this finding could completely shake up our understanding of how moons are formed and what

they can be made of,” NASA's science mission chief Thomas Zurbuchen said in a statement.

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

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

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

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

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

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

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

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

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

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

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

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



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Whatchamacallits



For those who don't like to dress up like the woods and sit out in the cold waiting for a deer to wander by, a powder flask is a small container for gunpowder — an essential part of shooting equipment with muzzle-loading guns before pre-made paper cartridges became standard in the 1800s.

As can be seen from these examples, the powder flasks range from very elaborately decorated works of art to early forms of consumer packaging, and are widely collected. During times of conflict, many were standardized military issue, but the most decorative were generally used for sporting shooting.

Although the term “powder horn” is sometimes used for any kind of powder flask, it is a sub-category of flask usually made from a hollowed bovine horn. Powder flasks were made in a wide variety of materials and shapes, though ferrous metals — ones containing iron — that were prone to give off sparks when hit were usually avoided.

Stag antler, which could be carved or engraved, was an especially common material, but wood and copper were common. In India, ivory was often used for powder flasks as well.



Apart from the horns, common shapes included a flattened pear shape with a straight spout like the examples pictured. *Poire-poudre* or “powder pear” is a French term for these. Other shapes included a round, flattened shape, and larger flasks were sometimes triangular

with concave rounded sides, which, unlike the smaller flasks, could be stood upright on a surface.

Many flask designs, such as horn and antler types, have a wide sealed opening for filling and a thin spout for dispensing. Various devices were used to load a precise amount of powder to dispense, as it was important not to load too much or too little powder.

The wealthy sportsman or soldier could have decoration of the highest quality on their flasks and many artisan-made horns have folk art engravings. Stamped metal flasks with a central design in low relief were more common than hand-carved designs by the 19th century. The pear shape has become dominant for smaller flasks, which were mostly kept in pockets.

Believe it or not, there are still retail stores that sell gunpowder flasks today. For the most part, though, they are more collectors' items than tools used in the field.

Do you have your own Whatchamacallit?

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This recipe can be your side salad or your dessert. It's just like a Snicker salad, but without all of the transgression.

1 (4-serving) package sugar-free instant vanilla pudding mix
2/3 cup nonfat dry milk powder
1 1/3 cups water
1 cup fat-free whipped topping
1/4 cup reduced-fat peanut butter
4 cups (4 medium) cored, unpeeled and diced Red Delicious apples
1/2 cup miniature marshmallows
2 tablespoons (1/2 ounce) chopped dry-roasted

peanuts

2 tablespoons mini chocolate chips
1. In a large bowl, combine dry pudding mix, dry milk powder and water. Mix well using a wire whisk.
2. Blend in whipped topping and peanut butter. Add apples, marshmallows, peanuts and chocolate chips. Mix gently to combine.

3. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (2/3 cup) servings.

* Each serving equals: 152 calories, 4g fat, 4g protein, 25g carbs, 223mg sodium, 81mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat; Carb Choices: 1 1/2.

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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

Oct 27

Chicken and Biscuit Benefit Dinner. 4 - 7 p.m. Fonda Reformed Church, Rt. 30A, Fonda, NY. \$8. \$5 for children under 10. Take-out available. \$8. The menu will be corn chowder, tossed salad, chicken and biscuits, coffee, tea, milk. Haven of Hope Farm baked goods as dessert available for purchase.

Oct 27-28

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

Nov 1

Community Forum Meeting (AKA: Reuel's Well). 1 p.m. Church of the Good Shepherd, 26 Moyer St. Canajoharie. For more information, contact Rev. Ginny Ogden 518.673.3440.

2018 Fall Lecture Series. Nov 1, 8 and 15 18. Fort Plain Museum, 389 Canal Street, Fort Plain. Nov. 1 — Scots-Irish Immigration and Defense of the Colonial New York Frontier. Nov. 8 — Beyond the Battles of Saratoga: The Fate of General Burgoyne's Army by Larry Arnold. Nov. 15 — The American Way of War from the Revolution to World War I by Edward G. Lengel. \$5 suggested donation.

Nov 3

Schuyler Sisters: Picturing Women in Their Early American Landscape. Canajoharie Library and Arkell Museum. The Broadway show Hamilton: An American Musical introduced the world to three of the five daughters of Philip and Catharine Van Rensselaer Schuyler. Join PhD student and New York

State Museum Fellow Danielle Funicello as she reintroduces and reconsiders all five women and the world in which they lived through image. Admission to this program is free, and donations are welcome. For more information, call 518.673.2314 or email jriley@arkellmuseum.org.

Free Clothing Giveaway. 9 - 11 a.m. Valley Alliance Church, on State Highway 5 just one mile east of the Nelliston traffic light. Doors open at 8:45 a.m. Refreshments will be provided.

The Village of Ames Museum will be open to visitors from 9 a.m. to 3 p.m. Check Visit www.amesmuseum.weebly.com or at f@amesmuseum

Nov 4

Gun Show. 9 a.m. - 3 p.m. Quality Inn Oneonta, Route 23 Southside, Oneonta. Buy. Sell. Trade. \$2 admission. Sponsored by Midstates Arms Collectors, Inc. 60 dealers showing arms and military relics from before the Revolutionary War to the present.

Nov 6, 13, 20

Fort Plain Free Library will host November workshop series: 'The Act of Revision — Improve Your Creative Writing' at the library on three consecutive Tuesdays in November — Nov. 6, 13, and 20 — from 5 to 7 p.m. each night. For more information, call 518.993.4646. The Fort Plain Free Library is located at 19 Willett St., Fort Plain.

Nov 6, 13, 20, 27

NYS History Month Tuesday Talks Series. Schoharie Crossing State Historic Site, Fort Hunter. "The Mabee Farm: New Stories from Old Schenectady" Nov. 6. "Scots-Irish Immigration Patterns, the Old New York Frontier and the Cherry Valley Massacre" Nov. 13. "Fulton County in Hollywood" Nov. 20. "Colonial Medicine" Nov. 27. For information, call the Visitor Center at

518.829.7516 or email SchoharieCrossing@parks.ny.gov, or visit our Facebook page.

Nov 15

Senior Citizen Dinner. 4 - 6 p.m. Cherry Valley-Springfield Central School Cafeteria. The Student Council is hosting a Senior Citizen Dinner. Please call Laura Carson at 607.264.9332 ext. 501 if you plan to attend.

Nov 17

Arkell Museum and Canajoharie Library's 2018 Holiday Art & Craft Fair. This year our Holiday Art & Craft Fair will feature artisan craft vendors, the Library's used book sale, the Palatine Literary Society luncheon to benefit their award to a graduating senior, a bake sale by our local Girl Scouts, free family activities, and a children's toy and winter clothing drive to benefit the Salvation Army Toys for Tots program. Admission to the Holiday Art & Craft Fair will be free, and admission to the Arkell Museum will be discounted to \$5. For more information, call 518.673.2314 or email jriley@arkellmuseum.org.

Canajoharie Library and Arkell Museum's Holiday Art and Craft Fair. 10 a.m - 4 p.m. Artisan craft vendors, used book sale, the Palatine Literary Society luncheon, Girl Scouts bake sale, free family activities, toy and clothing drive to benefit the Salvation Army Toys for Tots program, and a basket raffle to support "Haven of Hope Farm & Residence". For more information, call 518.673.2314.

Dec 5

The Village of Ames Christmas Tree lighting will take place at the museum at 6 p.m. Refreshments will follow at the fire station. Visit www.amesmuseum.weebly.com or at f@amesmuseum

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CFP volleyball honors players during Senior Night

FT. PLAIN – For the 2018-19 academic year, the girls varsity volleyball squads from Ft. Plain and Canajoharie have united to compete as one team, under the banner of CFP. They first started training together in August, and their teamwork was on display the evening of Tuesday, Oct. 16.

"The teams are working well together. We have a wonderful mix of talented players from each school," said varsity coach Lisa Trembley.

The match, hosted by Ft. Plain High School, was against Hadley-Luzerne Central School. Before play began on the court, teammates, parents and coaches honored the four seniors who will be graduating this spring.

The united team featured two seniors from Canajoharie – Kayla Mastin and Jocelyn Mussmacher – and two from Ft. Plain – Autumn Dodson and Cara Porter. The varsity team rallied behind their seniors, winning the back-and-forth match in five games.



(L - R) #22 Jocelyn Mussmacher (Canajoharie), #17 Autumn Dodson (Ft. Plain), #20 Kayla Mastin (Canajoharie) and #13 Cara Porter (Ft. Plain) were honored during Senior Night on Oct. 16.

Photo by Donna LaComb

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2018 Fall Lecture Series

The Fort Plain Museum is proud to announce the return of its Fall Lecture Series. All programs will be held at the museum located at 389 Canal St., Fort Plain. Start time is 7 p.m. This year's line-up includes:

- Nov. 1 – “Scots-Irish Immigration and Defense of the Colonial New York Frontier including the Cherry Valley Massacre, 1740 to 1778” by Terry McMaster. The presenter will discuss his research on the Cherry Valley Massacre, 1778 and the families affected by the massacre.

- Nov. 8 – “Beyond the Battles of Saratoga: The Fate of General Burgoyne's Army” by Larry Arnold. This presentation will focus on the British Army who surrendered at the Battles of Saratoga, including where they were held prisoner and what happened to them. Arnold will have information on the efforts underway to create a park at the site of the surrender.

- Nov. 15 – “The American Way of War from the Revolution to World War I” by Edward G. Lengel. This talk will focus on the American armies from the American Revolution to World War I. Lengel will be signing copies of his new book, “Never in Finer Company: The Men of the Great War's Lost Battalion.”

There is a \$5 suggested donation to attend. Speakers with books will be signing after their talks. The museum, bookstore and gift shop will be open. Light refreshments will be served.

Literature and Hollywood have done much to villainize bats, which many people perceive to be dangerous, blood-sucking creatures that prey on unsuspecting victims. However, bats are far less menacing than that.

While there are bats that feed on blood (vampire bats), they tend to stick to cows, pigs, horses and birds for their meals. It is uncommon for vampire bats to bite humans for food. Vampire bats make a small cut with their teeth and then lap up the blood with their tongues, rather than “suck” the blood like they do in movies. These bats are native to Central and South America.

Most other bats feed on fruit, fish or insects, particularly those that reside in North America. A single bat can eat up to 1,200 mosquito-sized insects every hour, and a bat will usually eat around 8,000 insects a night. In fact, it is beneficial to have bats around since they might serve as all-natural pesticides.

Bats are nocturnal mammals that “see” in the dark


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clear of obstacles in their path. There are more than 1,000 different bat species. Some are solitary animals, while others thrive with

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Now Here's a Tip

by JoAnn Derson

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

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

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

I.B. in South Carolina

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

- Use the news! Fold a section of newspaper to fit in your crisper drawer. It soaks up ambient

moisture, keeping veggies crisp and fresh!

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

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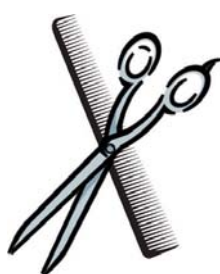
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How to talk to kids about Halloween safety

Come Halloween, youngsters' attentions are understandably focused on costumes and candy. Their parents, however, are likely more concerned with their kids' safety.

Trick-or-treating kids might not pay much mind to safety. As a result, it can be hard for parents to get kids to grasp the importance of being safe on Halloween. The following strategies might make that task easier.

- Discuss costumes well in advance of Halloween. Many kids are so enthusiastic about Halloween that they know which costumes they hope to wear long before Oct. 31. Parents can discuss potential costumes well in advance of Halloween before kids even know what they want to wear. Doing so gives parents a chance to encourage kids to choose bright costumes that will make them more visible to drivers on Halloween night. Waiting to discuss costumes in-

creases the likelihood that kids will already have an outfit in mind, making it harder for parents to convince them to choose something safe.

- Explain that some tailoring might be necessary to make gathering all that candy a lot easier. Superman doesn't trip on his cape in the movies, and youngsters dressed up as the Man of Steel shouldn't trip on their capes, either. When kids pick costumes, explain to them that you might need to do some tailoring before they go trick-or-treating. Explain to kids that costumes should be trip-proof so they can seamlessly go from house to house in search of their favorite goodies.

- Create a bag or bucket design day. Depending on what kids will use to carry the candy they accumulate this Halloween, parents can plan a bag or bucket design day a few days in advance. Kids will enjoy this chance to get in the Halloween spirit, and parents can encourage youngsters to decorate their bags and buckets with reflective tape that will make them more visible to drivers.

- Talk up trick-or-treating with friends. As Halloween approaches, parents can discuss how much fun kids will have going door-to-door with many of their friends. This is a good way to ensure kids trick-or-treat in large groups, making them more visible to drivers. In addition, kids trick-or-treating in large groups might be too busy joking with their friends to notice when one or two parents tag along as chaperones.



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

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

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

Horse Drawn Wagon Rides from 5-8:30PM

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

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

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

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

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

Elves will take over the town!
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For information contact
Chamber President,
Janet Stanley
M-F 10-5
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To Your Good Health

by Keith Roach, M.D.
After Hep C is treated, what about cirrhosis?
Dear Dr. Roach: I am a 59-year-old woman who was recently diagnosed with hepatitis C and cirrhosis. I have never been a drinker. I was treated with Harvoni for three months. I understand the medication is intended to cure the hepatitis C. What about the cirrhosis? My doctor hasn't ex-

plained any of my long-term effects from taking this. – C.J.
Answer: Hepatitis C is a common infection of the liver. It is caused by a virus, which can be transmitted by blood and blood products, as well as through sharing needles for injection drugs. It is rarely transmitted sexually.
Anyone with a history of injection drug use, who received blood transfu-

sions or organ transplants before 1992 or who received clotting factors before 1987 should be tested, as should anyone with a known blood or sexual exposure to someone with hepatitis C. The Centers for Disease Control and Prevention also recommends testing all adults born in the United States between 1945 and 1965, anyone who is HIV-infected, who received hemodialysis or

was incarcerated.
The treatment you have taken (Harvoni) is a combination of ledipasvir and sofosbuvir, and has an excellent cure rate. The cure rate is 99 percent in people who had never been treated before and who did not have cirrhosis. Even people like you, with cirrhosis, had a cure rate of 94 percent with 12 weeks of therapy in the trial that got the medication approved.
Cirrhosis is liver damage and scarring as a result of liver disease. Once it has developed, it is not reversible; however, a successful cure of the hepatitis C virus greatly reduces the risk of further damage, specifically reducing the need for liver transplant and the rates of death, liver cancer and other liver-related complications.
These medications are so new that I can't estimate how much lower

your risk of further damage to your liver is post-treatment; however, there is little doubt that your likely successful treatment will substantially improve your expected length and quality of life.
But, since you still have cirrhosis, you will need to take some important precautions. These include continued abstinence from alcohol, careful monitoring of prescription and non-prescription medications, avoiding raw shellfish and making sure your immunizations are up-to-date. You should keep asking your gastroenterologist questions until you are satisfied. I recommend you make a list of questions to ask and bring a friend to help make sure you understand the answers you get.
Dear Dr. Roach: Should your blood pressure go higher as you age? Is the top number or

the bottom more important? I don't like medicine, and my blood pressure was 145/82, but the top number sometimes goes to 150 - 158. – J.S.
Answer: Both the systolic (top number) and diastolic blood pressures are important, and the difference between them is occasionally important (for example, a blood pressure of 160/60 is more worrisome than 160/85). Blood pressure does go up with age, but even in people over 60, the recommendation is still to get the BP down below 150, and I try to aim for 140 if there aren't too many side effects. It often takes several tries to find a regimen that gets the blood pressure where it should be without affecting quality of life.
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052: 111 State Highway 80, FORT PLAIN: Don't judge the size of this home from the outside. There is plenty of space in this solid built home. This home is built on solid concrete piers in a full basement. There are three bedrooms on the first floor and the second is finished, but is wide open. It makes a nice family/game room or can be converted to one or two additional bedrooms. THIS HOME IS CERTIFIED NOT TO BE IN A FLOOD ZONE. There is a full bathroom on the first floor and a half bath in the basement. The attached garage with access to the basement provides space for an open deck off the back porch. Asking \$75,000



055: 154 Otsego Street, CANAJOHARIE: This home has been well cared for, new wood/laminate floors, new windows, new stove, many extras included. Great starter home for new family, easy to heat. Cozy screened in back porch overlooking small, but very nice backyard. Family room was used as a second bedroom, making it a possible three bedroom, one full bath home. Asking \$79,000



217: 0 Otsquago Club Road, FORT PLAIN: Perfect for anyone who needs land and or a building for storage. The warehouse alone is 2,160 square feet. Platform dock 1,896 square feet. One cement block building for electric/heat and the 3rd metal shed for tools, storage, etc. Recently was used by a propane company and also used by a snow mobile club. Asking \$49,999



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Recycled Halloween costumes

Nothing says Halloween like the perfect costume. Children may spend months thinking about what they will wear and how they can bring their favorite characters from movies, comics and books to life.

Billions of dollars are spent each year on Halloween costumes, advises the National Retail Federation. Many of these costumes are worn just once. The environmental

costumes

Another way to get more mileage out of costumes is to swap them with other people. This way another family can benefit and the costume will not end up in the garbage after a single use.

Consider turning the idea into a fundraiser for a school or sports organization. People can donate their costumes to the cause, and then others

Theater groups perhaps can use pieces of old costumes to create wardrobes for their productions. Or children can use items for pretend play. Crafters with a creative eye may take apart pieces of costumes and turn them into artwork or home decor.

Sell older costumes

Try selling a costume through an online site like Craigslist. Many people are happy to get a dis-



Clever costumes can be made from items already on hand.

group Recycle Nation states that Halloween costumes are often made with low-value materials like petroleum-based polyester and a mix of other materials. Financially savvy environmentalists may lament that Halloween costumes can be wasteful and potentially harmful to the environment. Recycling and reusing these garments can quell such concerns.

Use recycled materials

Pinterest is awash with ideas for turning different materials into homemade Halloween costumes. With a little creativity, boxes, paper bags, plastic water bottles and more can be upcycled into costumes at little or no cost. Afterwards, costumes can be broken down and individual parts can be recycled.

Parents also can look for items around the house that potentially can be used to make costumes. An apron and a whisk is the perfect representation of a pastry chef. Wearing a pair of overalls and holding a hammer can signify a construction worker.

Swap and share

can shop the selection and pay a \$5 donation for a costume. The school or organization keeps the proceeds, and kids get gently used costumes.

Recycle where applicable

Petroleum-based Halloween costumes that go into landfills will sit there a long time. Choosing costumes made from natural materials can help prevent this problem.

Clothing and textiles are notoriously hard to recycle, but some items on costumes may be recycled into new things.

count on costumes that are in good shape. Otherwise, work with a thrift shop or consignment store. Costumes may bring in foot traffic for these retailers, and they'll be happy to take costumes in good condition prior to the Halloween season. Accessories like tiaras, swords, hats and cloaks also can be sold or swapped.

Halloween costumes are easy to enjoy, and those who want to think a little greener can find new ways to get more use out of costumes.

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Good Housekeeping

Pork Chops with Apple Pan Chutney

A crisp autumn evening is the perfect time to enjoy these sweet-and-sour apple pork chops. Accompanied by roasted potatoes, this dish becomes a comforting cool-weather meal.

- 2 teaspoons olive oil
 - 4 (about 5 ounces each) 3/4-inch-thick boneless pork loin chops, trimmed
 - Salt and ground black pepper
 - 2 large (about 1 pound) Golden Delicious apples, cored, each cut into 12 wedges
 - 1 medium yellow onion, sliced
 - 1/4 cup dried cranberries
 - 2 teaspoons peeled, grated fresh ginger
 - 3/4 cups apple cider or apple juice
 - 1 tablespoon cider vinegar
1. In a nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add pork; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook pork about 8 minutes or until browned on the outside and still slightly pink on the inside, turning over once. Transfer pork to platter; cover with foil to keep warm.
 2. Reduce heat to medium-low. To same skillet, add apples, onion, dried cranberries, ginger, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover skillet and cook mixture about 8 minutes or until apples and onion are tender and lightly browned, stirring occasionally.
 3. Remove cover and add apple cider and vinegar; heat to boiling over medium-high heat and cook until juice reduces slightly, about 2 minutes. To serve, spoon apple chutney over pork.

* Each serving: About 320 calories, 10g total fat (3g saturated), 85mg cholesterol, 380mg sodium, 29g total carbohydrate, 4g dietary fiber, 30g protein.

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

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King Crossword

ACROSS

1 Cleo's slayer

4 — de deux

7 Ornamental loop

12 Neither mate

13 Performance

14 Wahine's greeting

15 Excessively

16 Intercom speaker

18 "— impossible"

19 African capital

20 At the home of (Fr.)

22 "— be an honor"

23 Maja painter

27 Table scrap

29 Luxury stadium seating

31 Italian isle

34 Put one's two cents in

35 Fridge

37 Insult (Sl.)

38 Ten (Pref.)

39 Anger

41 Vacillate

45 Foolish

47 Chaps

48 Chest for money

52 Type measures

53 Minimum

54 Corroded

55 "Gosh!"

DOWN

1 Caper

2 Start for "sayer"

3 Regular writing

4 History

5 Find not guilty

6 Action-film sequence

7 Fido's feet

8 Sort

9 Corn castoff

10 "So that's it,

11 Earner's burden

17 Helps

21 1964 Anthony Quinn role

23 "Everything's Coming Up Roses" musical

24 Sapporo sash

25 Thither

26 Lumberjack's prop

28 Carnival site

30 Pond carp

31 Spanish literary hero

32 Expert

33 Chest muscle, for short

36 Intersection, on signs

37 Indicate

40 Moroccan city

42 Last letter

43 Mideastern land

44 Beginning

45 Division word

46 CEO, e.g.

48 Crafty

49 Earl Grey, e.g.

50 "Go, team!"

51 Bear, in Barcelona

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Weekly SUDOKU

by Linda Thistle

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

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. Fence opening is wider. 2. Hair is different. 3. Neckline is different. 4. Arm is moved. 5. Window shade is missing. 6. Shrub is missing. 7. Nibs is missing. 8. Mason. 9. Nibs. 10. Oil.

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RIDDLE CARD

TAKE ME TO YOUR OPTOMETRIST!

1. Do you know anything that has four eyes?

2. What did one wall say to the other wall?

3. Why has the giraffe such a long neck?

4. Why is the letter "B" like fire?

5. Why is a nobleman like a book?



Answers: 1. Yes, Mississippi! 2. "I'll meet you at the corner." 3. Because his head is so far from his body. 4. Because it makes oil boil. 5. Because he has a title.

HOW MANY PICKLED PEPPERS did Peter Piper pick when he picked a peck of pickled peppers?

Answer: None. A pepper has to first be picked and then pickled, before it can become a "pickled pepper."



CHAIN REACTION!

Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Diva, dive, dine, done, dons, dots, date.

Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE!



Illustrated by David Coulson

The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. A fashion craze.
2. Open-mouth stare.
3. Overeagerness to act.
4. A summer treat.
5. To chat or talk (slang).
6. A unit of power (abbr.).
7. Type of helpful bug.
8. Worker who uses bricks or stones.
9. Found in fountain pens.
10. A source of energy.

Answers: 1. Fad. 2. Gape. 3. Haste. 4. Ices. 5. Jaw. 6. KWH (kilowatt-hour). 7. Lady(bug). 8. Mason. 9. Nibs. 10. Oil.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Monday, Oct. 15th – Sold 273 head. Cull Ave. \$.40 Top Cow \$.62, Bulls/Steers \$.62-.80, Bull calves top \$.80, heifer calf top \$.70, beef heifer calf \$2.00, Goats top \$190, Lambs 60#-85# \$.70 - \$1.30, Cull Sheep \$.90, Dairy milking age top \$1350, bred heifers top \$1100.

Friday, Oct. 26th – 11:30 AM Sale is held at the salebarn. Fall Premier All Breed Sale – accepting 100 Registered Dairy Cattle All breeds. Call today with your quality consignments. Watch for consignments from Sco-Li, T-Farm, Oakfield Corners, Fantasy-Found, Gaige Farm, Woodmansee, Weissmann, Roseland, Locust-Vale, Mac-Mara, Grocott, Sunny-Acres, Cedar Ridge, Cie-Le-Denn, Osborne Farm, Ceder-Lane, Bur-Le-Acres, Hope-Hill Marshman Farms, Billy Gray. The pedigrees run deep this year with a lot of fancy young fresh cows, springing heifers and calves. Always a great sale to attend to purchase great replacements!

Monday, Oct. 29th – Normal Monday Sale and Also due to all the sales we have booked we are having our Fall Round up Beef Sale on this day. Call to advertise your group it makes a difference. We will be selling Cow/calf pairs, dairy & beef feeders. A small Angus & Angus Cross herd Cow/calf pairs, bred cows and feeder cattle. A really nice group of 15 Herefords consisting of Cows, Heifers and 2 young bulls. Many more calls have been coming in we expect a good run.

Monday, Nov. 5th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

Friday, Nov. 9th – Sale held at the sale barn 11:00AM. Wisbee Farm Complete Registered Holstein Milking Herd & Bred Heifer Dispersal. 100 Head sell. Having bred over 50 EX cows! One of New Yorks best kept secret!

Monday, Nov. 12th – Normal Monday Sale & Monthly Heifer Sale. Special: Johnson Farm, Greene Cty, NY. Complete Milking Herd Dispersal consisting of 40 Head the majority are AI sired Holsteins, 1 Brown Swiss, 3 Brown Swiss Crosses. This is a Seasonal Fall Freshening Herd from Sept. 15th – Nov. 15th. Freestall housed and milked in a tiestall. DHI Herd Ave. 22,454 SCC 150,000 -200,000. Having sold his herd 3 ½ years ago these are the heifers that are freshening in this time – a young fancy herd!

Monday, Nov. 19th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

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Factors to consider before including Fido in your wedding

Pets are full-fledged members of many families and even, apparently, families-to-be.

In its 2016 American Wedding Study, Brides magazine found that 8 percent of wedding ceremonies included pets. While the couples of yesterday might have left Fido at home, many of today's couples want their four-legged friends to be there on their big day. Though no studies to date have examined which animals are most likely to make an appearance at couples' nuptials, it's fair to assume that dogs, which tend to get out of the house more than most other types of pets, are the most common furry bridesmaids, groomsmen or ring bearers.

Before including dogs in their wedding plans, couples may want to consid-

er a few factors to ensure asking Fido to be there come the big day is what's best for couples, their guests and, of course, their beloved pooches.

Eligibility

Some venues do not allow pets that are not documented assistance animals on the premises. Confirm a venue's pet policy before purchasing any wedding day attire for your dog. Couples who are intent on including their pets in their wedding ceremonies should only consider pet-friendly facilities, which may be hard to find. Couples who plan to take a limousine to and from their wedding also should confirm that the cars allow pets before booking.

Personality

No two dogs are the same. Some dogs might



love people and attention, while others might prefer one-on-one time with their owners. Dogs that are sociable and unaggressive may make perfect additions to wedding ceremonies, while animals that exhibit anxiety around strangers or seem uncomfortable in noisy

settings should be kept out of the ceremony.

Health

Dog owners also must consider their pets' health when deciding whether or not to include them in the wedding ceremony. Couples who bonded over a love of their dog may really hope to include their furry friend in the festivities, but should not do so at the expense of the animal's health. Outdoor wedding ceremonies under sunny skies may produce potentially unhealthy conditions for certain breeds or older dogs. Dogs that have difficulty getting around may need a red wagon (and attendant) to make the rounds at the wedding.

Assistance

Couples will be busy on their wedding days, so they may need to arrange for a caretaker to look after their dog during and after the ceremony. Asking a guest or guests to play this role may be asking too much, as guests will no doubt want to celebrate without having to take care of a dog. A professional pet sitter might work, but that can be costly, as couples must pay for the sitter and will likely need to pay for the sitter to have a seat and a meal during the reception.



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Sat., October 27th Consignment Auction ~ 6:33PM

Sun., October 28th Breeder Sale ~ 11:33AM

Thurs., November 1st Food Auction ~ 6:33PM

Sat., November 3rd Consignment Auction ~ 6:33PM

Fri., November 4th Christmas Auction ~ 6:33PM

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Compost, don't burn

by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

You may like the smell of burning leaves, but did you know you were sending an excellent soil conditioner up in smoke? Instead of burning leaves or stuffing them in garbage bags for the trash haulers to take away, compost them.

Compost improves garden soil by increasing its organic matter. This, in turn, improves soil drainage. Organic matter is especially beneficial in heavy clay or light, sandy soils. Organic matter reduces soil crusting and helps soil hold water and nutrients. Decomposing leaves in your compost or garden feed earthworms and beneficial microbes. Leaves also supply a small amount of nutrients, including those trace elements and minerals that trees have mined from deep within the soil. Between 50 and 80 percent of the nutrients that trees extract from the soil end up in leaves, ready to be recycled when the leaves fall (IF left on the ground or put into compost).

Microorganisms are what decompose materials to make compost. To do their work they need carbon sources for food, and nitrogen for proteins. They are most effective when the ratio of carbon to nitrogen (C:N) is an av-

erage of 30 to one, by weight. You don't need to weigh what you add to the compost pile, just be aware of approximate amounts that you're adding. Generally, two to three parts (by volume) of brown to one part green materials works well. Some gardeners add an "activator" to help the microorganisms, which provide a source of protein and nitrogen. You can buy these commercially, or use alfalfa meal from garden or feed stores.

In general, coarse woody material (sawdust, leaves) is high in carbon. Moist, dense material (manure, grass clippings, non-meat kitchen scraps) is high in nitrogen. Too much carbon materials and the compost pile will decompose slowly. Too much nitrogen and you may smell ammonia gas.

To compost leaves, alternate leaves with layers of soil or manure. Make layers of leaves six to 12 inches thick, layers of soil or manure about one inch thick. To hasten decomposition, shred leaves first with a rotary lawn mower or shredder. Moisten each layer. Finish the compost pile by slightly rounding the top to help the pile hold water. Cover with an inch of soil. Some also alternate layers with a sprinkling of lime and fertilizer. Some leaves such as sugar maple may be more acidic with a pH

of 4.3 and so need lime added, while other leaves such as of ash have a more neutral pH of around 6.8.

Next, cover the compost pile with plastic. Hold the sides in place with wire, concrete blocks, or boards. Turn the pile every few weeks throughout the fall, adding moisture during prolonged dry periods. Both the plastic (heat) and turning (aeration) will help speed decomposition and make the final product more uniform. Unless the pile is already moist, uncover when rain is predicted.

Compost piles are simple to make, but it does take time for the process to work. If you start a compost pile this fall, don't expect to use it in the spring. However, it should be ready to spread next fall.

Keep in mind that you are not limited to leaves for composting. You can use any plant material that's not diseased, doesn't contain mature weed seeds, and hasn't been treated with pesticides. In addition, non-meat kitchen scraps can be composted.

Plant materials and products that are easy to compost, and which generally decompose most rapidly, include egg shells, coffee grounds, pine needles, fruit peels and rinds, paper, sawdust, straw (not hay, as

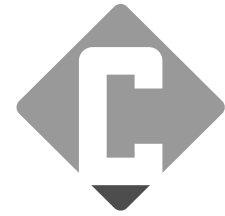
hay often contains weed seeds), vegetables, tea bags, wood ash, and wood shavings. Materials that are slow to decompose and may take two years to break down include coarse wood chips, branches, corncobs and corn stalks, and nut shells. Breaking these materials into smaller pieces, and adding high nitrogen materials will speed up their composting.

If you don't have room or time to compost all those fall leaves, you can put a pile aside to add to a compost pile when you need brown carbon material this coming season. Or simply rake the shredded leaves to use to mulch around perennials and shrubs. Mulch helps conserve moisture in summer, keeps soils warmer in fall and spring, and reduces frost heaving in winter. Just don't use too much of this organic mulch (a couple inches a year is good) or you'll smother your perennials, and provide a habitat for mice during winter which can chew bark off of trees and shrubs.

For vegetable gardens and flower beds, once they're cleaned out in fall, you can cover the soil with a couple inches of shredded leaves. Then sprinkle on some organic fertilizer, top with a half-inch or so layer of compost, and roughly mix all

this into the soil. A shovel or spading fork works well. Your beds will then

be rich with this simple compost, and ready for spring planting.



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The most haunted places in North America

Mysteries and the macabre take center stage come Halloween. Many people feel that lingering spirits may cling to hotel rooms, hospitals and old buildings. The following are some sites, courtesy of Conde Nast, Reader's Digest and Na-



Haunted places dot the globe and can make interesting travel locations for those who wish to discover what goes bump in the night.

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tional Geographic, that may prove pleasing to those who like a taste of the paranormal each October.

- Howard Street Cemetery, Salem, MA: The Salem Witch Trials were a shocking part of American history. Many different people were accused of witchcraft and sorcery and executed for their alleged crimes. Howard Street Cemetery, where Giles Corey, a convicted offender is buried, is said to host the paranormal.
- Eastern State Penitentiary, Philadelphia, PA: This once strict enforcer of solitary confinement was built in 1829 and housed prisoners until 1970. Peals of disembodied laughter, pacing footsteps and shadowy figures have been reported on the premises.
- Keg Mansion, Toronto, ON: The Keg Mansion was once the private residence of industrialist Hart Massey and his family. Legend states that, after the death of Massey's daughter Lillian, her maid was so overcome with grief that she took her own life. A ghostly image of a maid hanging by her neck has frequently been reported at the property.
- LaLaurie Mansion, New Orleans, LA: Marie Delphine LaLaurie was a Louisiana socialite who threw lavish parties. But she also had a dark and grisly side. When a fire broke out in the residence, police responded and discovered mutilated slaves in the attic. LaLaurie fled New Orleans, but it is believed the phantom screams of her victims can still be heard at night.
- Hotel Monte Vista, Flagstaff, AZ: This hotel is purportedly home to various specters and paranormal guests. Room 210 was plagued by someone who hung raw meat from the chandelier. An infant's wretched cries have sent people scurrying. And two women who were thrown from the third floor now haunt and try to smother male guests in their sleep.
- Fairmont Banff Springs Hotel, Banff, AB: This is the site of a number of terrifying ghost sightings, including an entire murdered family. Many believe a retired head bellman in uniform continues to haunt the hotel.
- San Fernando Cathedral, San Antonio, Texas: This is the oldest church in Texas and is stunning to behold. But during the nighttime, visitors may feel the hair on their necks stand on end. During renovations, workers unearthed bones, nails and military uniforms. Visitors report orbs and shadowy figures in photographs, as well as figures in hooded clothing.
- RMS Queen Mary, Long Beach, CA: This luxury ship carried Hollywood celebrities before being repurposed into a World War II ship that transported troops. Eventually, the ship was permanently docked in California, and is reportedly haunted by those who died aboard, such as a young sailor crushed in the engine room.

Weekly SUDOKU Answer

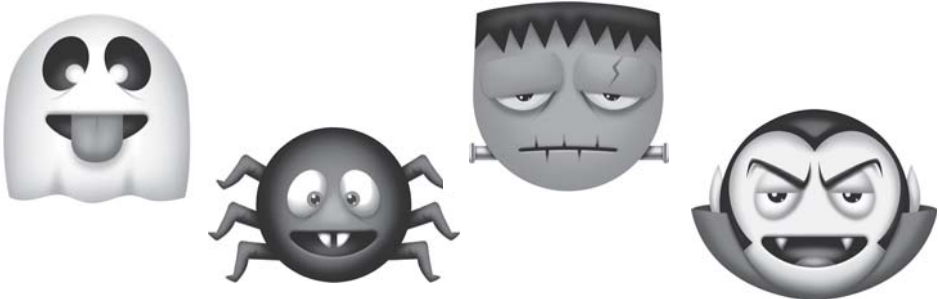
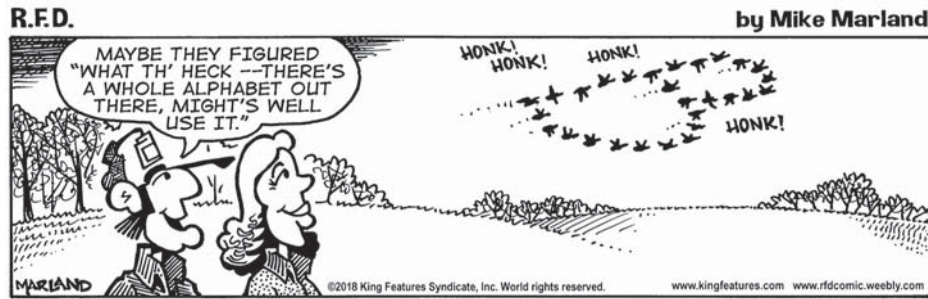
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King Crossword Answers

Solution time: 27 mins.

A	S	P		P	A	S		P	I	C	O	T	
N	O	R		A	C	T		A	L	O	H	A	
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Y	A	H	O	O		T	E	C		A	N	T	

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The trick to getting velvety pumpkin soup is canned pumpkin

by America's Test Kitchen

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

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

A combination of vegetable broth and water gave the soup a subtle savory backbone, and just a half cup of half-and-half gave us an ideal creamy texture. Briefly simmering the pumpkin in the flavorful liquid allowed the flavors to meld and cooked off the tinny flavor of the canned pumpkin; we then pureed the soup to a silky consistency.

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

11th-Hour Harvest Pumpkin Soup

Servings: 4-6

Start to finish: 45 minutes

2 tablespoons unsalted butter

1 onion, minced

2 garlic cloves, minced

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/4 teaspoon ground nutmeg

3 cups vegetable broth, plus extra as needed

2 cups water

1 (15-ounce) can unsweetened pumpkin puree

1/4 cup maple syrup

1/2 cup half-and-half

Salt and pepper

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

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

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

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

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

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The Kitchen Diva

by Angela Shelf Medearis

Autumn's superstar fruits and vegetables

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

Sweet potatoes

Loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6, sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

Apples

This traditional fall favorite is readily available in the supermarket, or you can pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber.

Broccoli

A versatile vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease and boost the immune system. Nutrients in broccoli include vitamins C, A and B-6, iron, calcium, magnesium and vitamin E.

Green beans

This vegetable is high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium.

Spinach

Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.

Winter squash and pumpkin

Winter squash includes acorn, butternut, Hubbard, spaghetti and turban and have hard, thick skins and seeds. Pumpkin is a great source of beta carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.

Try this wonderful recipe for Crispy Pork Chops with Pumpkin Apple Butter. It's the perfect showcase for autumn fruits and vegetables.

Crispy Pork Chops with Pumpkin Apple Butter

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

- 1 (14-ounce) can pumpkin puree
 - 1/2 cup apple juice
 - 1/4 cup water
 - 1/2 cup packed light brown sugar, stevia or agave syrup
 - 1/8 teaspoon ground nutmeg or cloves
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
 - 8 (1/4-inch thick) boneless pork chops
 - 2 tablespoons poultry seasoning
 - 1 1/2 teaspoon salt
 - 1 1/2 teaspoons freshly ground black pepper
 - 1/2 teaspoon cayenne pepper
 - 1/2 cup Panko white or whole-wheat bread crumbs
 - 1/2 cup all-purpose or whole-wheat flour
 - 1 egg, beaten with 3 tablespoons of water
 - 1/4 cup oil for frying
1. Whisk together pumpkin puree, apple juice, water, brown sugar, nutmeg, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low and simmer until the mixture has

reached the consistency of applesauce, about 10 minutes.

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

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

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

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



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

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Don't get ticked, New York!

by Elizabeth A. Tomlin

Hunting this autumn? If you're a hunter, regardless of whether the prey are deer, turkey, rabbits or quail, you should know that you're being hunted as well.

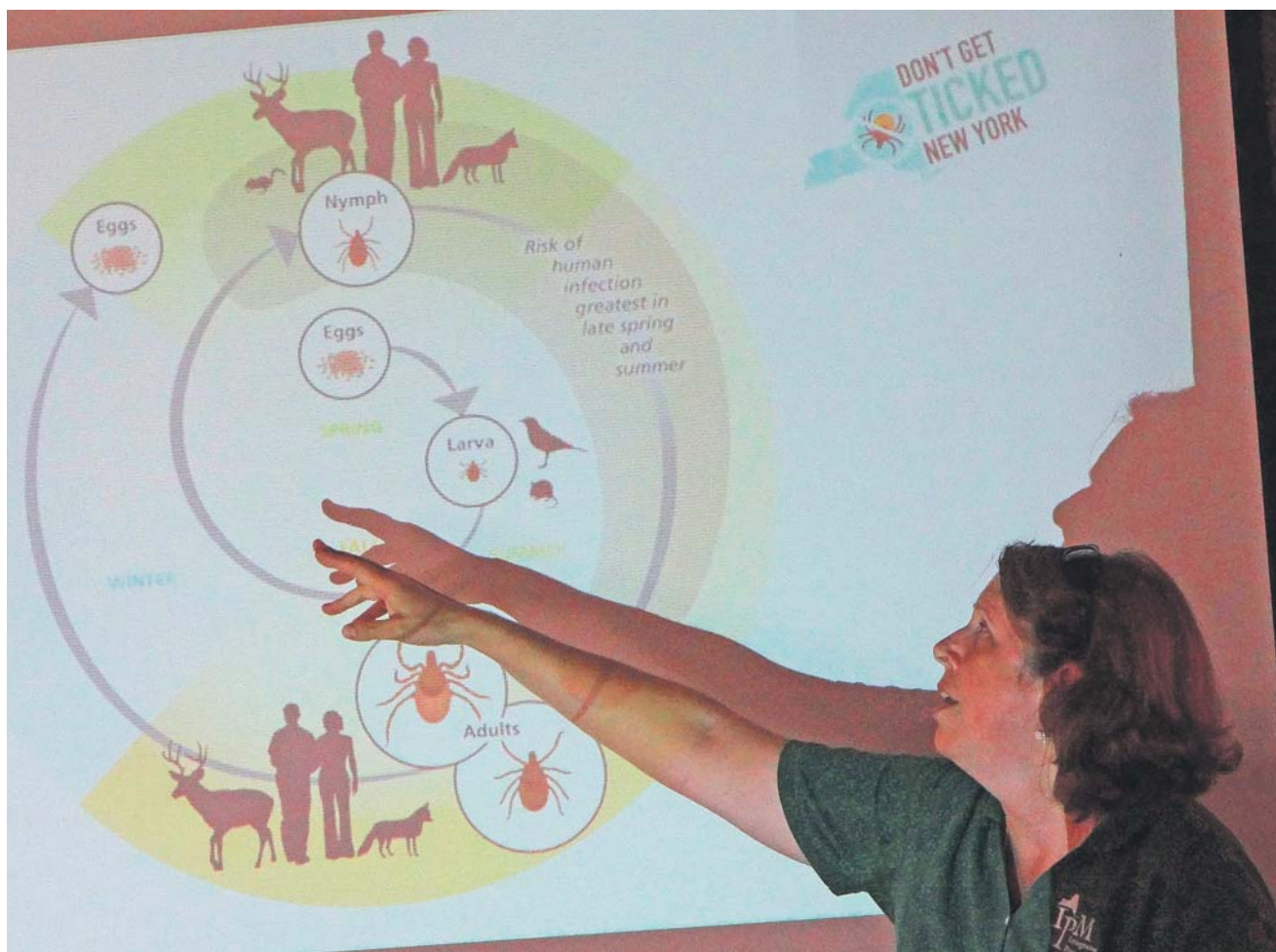
Think ticks are gone now that summer has passed? If you live in the northeast, you are wrong.

"Don't Get Ticked New York" has become a keyphrase in agricultural and rural communities. In various Cornell-sponsored meetings around the state, NYS IPM personnel have been advocating the use of extra caution due to widespread tick activity and a new tick presence in New York State.

During one meeting, NYS IPM Specialist Joellen Lampman spoke to attendees about the seasonal significance in studies of tick activity.

"Many New Yorkers still equate tick activity with summertime," said Lampman, "but blacklegged ticks, the ones that carry Lyme disease, anaplasmosis, babesiosis, Powassan virus and Borrelia miyamotoi, are most active in the spring and fall."

Lampman said to "be aware of flu-like symptoms occurring a week or more after activity that might have put you in contact with ticks. This is true all year round, but especially after the peak of nymphal blacklegged tick



NYS IPM Specialist Joellen Lampman leads a presentation describing tick cycles and activity. Three tick species are being specifically observed and studied in NYS, including the blacklegged/deer tick, the lone star tick and the American dog tick. Photo by Elizabeth A. Tomlin

activity in the spring – and adult activity in the fall."

Blacklegged ticks are frequently known as "deer ticks," due to the part that deer play as primary hosts to reproducing adult ticks and because of their role in transmission of ticks to humans. Documented studies show that regions populated by deer correspond to higher populations of ticks and more reported cases of Lyme disease.

Deer are often found with infestations of blacklegged ticks around their heads, ears and necks. White-tailed deer infested with blacklegged ticks travel great distances, spreading them as they go.

Small mammals also play host to blacklegged ticks. Field mice are reservoir hosts, passing on other diseases through their blood to the ticks, which ticks may then spread to other hosts, including humans.

"Ticks can transmit more than one type of disease-causing pathogen at a time, and the list of pathogens continues to grow," Lampman said.

Blacklegged ticks are typically found in wooded areas, at forest edges and in dense vegetation. However, they can also be

found in your yard, vegetable gardens or bushy, weedy areas.

Even our trusted companion dogs play host to blacklegged ticks and not only can become afflicted with Lyme disease, but they pick up and carry ticks along from a romp through the field – or even just around the backyard hedges – and pass them off to us.

You may become a host to a tick or two just from raking leaves, as leaf litter provides the moist environment ticks survive best in.

Ticks don't fly or jump and would not normally drop from trees, although they can be carried by birds.

Lampman explained that ticks are very small – until they become engorged on blood, which causes them to expand – and they may be missed on your body without a thorough, whole body check after possible exposure to them. You probably won't even feel them bite, as they release an anesthetic along with a secretion that cements them to their host with the insertion of their feeding/sucking mouth parts.

They may feed on their host for several days.

"Do a tick check at least once a day," Lampman emphasized. "Get to know the spots and bumps on your skin so you can recognize new ones."

More than once a day checks are advised if you are working or playing outside.

If you do find a tick on your body, grasp it as close to your skin as possible with needle-nose tweezers and gently but firmly pull it straight up until it releases. This is the only recommended method of removal – no matches allowed. Once removed, submerge the tick in rubbing alcohol or freeze it, in case you need it for identification down the road.

Tick-repellent clothing is available through various outlets. As always, follow label instructions closely to ensure the garment is used and laundered correctly. Garments may also be sent to professionals that will apply a treatment for this purpose.

Lampman said that due to expense and limited availability of such clothing, do-it-yourself methods have also become popular.

Permethrin is a pesticide that is used for at-home treatments, but Lampman cautions to never apply Permethrin

(or any pesticide) to clothing that is being worn. It should be applied outside, but away from the wind to avoid skin contact or the possibility of inhalation. Follow directions carefully!

As ticks are adapted to the Northeast climate, the cold does not kill them. Any day where temperatures rise above freezing they become active (and hungry).

Ongoing studies point toward changes in tick life cycles as the climate changes, notably in the Northeast. As blacklegged ticks require high moisture and thrive in high humidity, weather changes bringing more rain add to their habitat.

"The blacklegged tick, also known as the deer tick, requires high humidity or moisture to survive," Lampman explained.

The Centers for Disease Control and Prevention currently estimate that between 300,000 and 400,000 people are infected with the bacteria that cause Lyme disease each year. Don't be a statistic.

For more information go to nysipm.cornell.edu/whats-bugging-you/ticks/ or www.health.ny.gov/diseases/communicable/lyme/.



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Elementary School to Hold Parent-Teacher Conferences:

The Harry Hoag School will host Parent-Teacher Conferences on Thursday, November 15th and Friday, November 16th. K-6 students will be dismissed early both days. The dismissal time will be announced. Jr/Sr High School students will remain in school for a full day.

Help Wanted: The district needs to fill the following positions:
Substitute Bus Drivers
Substitute Cleaners
Substitute Food Service Workers
An application, letter of interest, and three letters of recommendation are required. Please visit our website at www.fortplain.org to download and print the application, or stop in the school during regular school hours. Completed packets can be dropped off or mailed to: Fort Plain CSD, Attn: Rebecca Smith, 25 High Street, Fort Plain, NY 13339. Please call 993-4000 #1000 with any questions.

Junior Class Officers: The Class of 2020 announces the following officers for the 2018-2019 school year....
President - Brady Fureno
Vice President - Gabby Jenks
Secretary - Jenna Reese
Treasurer - Michaela Stockwell
Student Council Representatives - Jasmine Livingston, Willow McGinnis, Selyna DuMond-Halse, Cassy Herron

College Visits: The high school guidance office will host the following colleges in the coming weeks:
10/31 Alfred State
11/2 SUNY Oneonta & US Army
11/13 Schenectady County CC
12/2 Fulton-Montgomery CC

Students of the Month:

Congratulations to the Jr/Sr High School Students of the Month for September:	
Mariah Aney	Grade 7
Sunni Horton	Grade 8
Robert Jordan	Grade 9
Zavia Allen	Grade 10
Jasmine Livingston	Grade 11
Kevin Staples	Grade 12



Elementary Halloween Parade:
Wednesday, October 31st at 1:30

Upcoming Events:

Nov. 12	School Closed
Nov. 14	Board of Education Mtg 7:00
Nov. 15	K-6 Early Dimissal 12:45
Nov. 16	K-6 Early Dismissal 12:45
Nov. 20	Emergency Release Day
Nov. 21-23	School Closed

Drama Club Workshop/Auditions to be Held:

The Fort Plain-Canajoharie High School Drama Club has announced that the spring musical will be “The Sound of Music.” Auditions will be held on Wednesday, November 28th and Thursday, November 29th at 6:30 p.m. both days, at the Canajoharie High School. Students should choose just one night to attend. “The Sound of Music” auditions are open to all students in grades 7-12, from both districts. Rehearsals are held on weekday evenings, at Canajoharie. To help prepare for auditions, the directors will present a pre-audition workshop on Tuesday, November 6th at 6:30 p.m. at the Canajoharie High School. The workshop is not mandatory to be able to audition, but is definitely encouraged. For more information, contact Will Ryan at the high school or Lauri Broady at 315-867-5234.

Elementary Student Council: The Elementary Student Council conducted its annual campaign for officers and representatives, throughout the month of September. To run for the student council, students had to complete an application, make signs and posters for campaign week, make a short speech in front of their peers, and be interviewed for the student newspaper. The vote was conducted electronically for the first time, with students completing ballots in Mr. Heiser’s computer classes. The 2018-2019 Elementary Student Council Officers and Representatives are: President-Payton Landry, Vice President-Jed Douglas, Secretary-Jordynn Gomez, Treasurer-Grace McFee.....6th grade representatives-Andan Gomez, Jordan Brown, Conner Dillenbeck, and Vienna Jackson....5th grade representatives-Owen Castellano, McKenna Karker, Josephia Carcasole....4th grade representatives-Molly Kwasny, Tatyanna Washington, Hailey Hayes, and Cheyanne Wall. The group has already met and they have started a Buddy Bench campaign, as well as making plans for a Halloween Dance. The Elementary Student Council is advised by Mrs. Michelle Hext.

Elementary Buddy Bench Campaign:

October is Bullying Awareness month. In honor of this, the Elementary Student Council is working to raise money to purchase a “Buddy Bench”, which will be customized for our school. A buddy bench is placed on the playground and kids who are feeling left out and need a “buddy” to play with can sit there. This will be a universal sign to all students that someone is feeling left out. The students will recognize this and know they should show kindness and compassion the student on the bench. They could ask them to play or go sit and talk with them. The approximate cost of the bench is \$1300. This may seem like a lot of money for a bench but it has to meet specifications to be on our playground. Student Council has a fund but cannot cover the entire cost without your help. For the month of October we will be asking our school community for help with this endeavor. Students will be starting a “loose change” drive. Containers will be in each classroom for students to bring in any loose change to help with the cost. Student Council members have made presentations to each grade level, to inform their fellow classmates about the purpose and spirit of the bench, and about their fundraising effort. Student Council members will be collecting donations each week from the various classrooms. Anyone in the community who would like to make a donation, please contact Mrs. Hext at (518) 993-4000 ext. #3055.

7th Grade Field Trip: The district’s 7th graders visited the New York State Museum on October 19th. They were there to learn about the Dutch influence in New York State history, asking the question “Why do we care that the Dutch were in New York State?” Students worked with staff from the NYS Archives and the NYS Museum to investigate artifacts, resources and documents to help them answer the question. They learned that the Dutch influence in the state began with Henry Hudson in 1609. Under contract to the Dutch East India Company, his exploration of the Hudson

River Valley provided access to the entire state and surrounding areas, providing land for settlement and resources for trade. Focusing on the Patroon system, Fort Orange, and the Dutch relationships with Native Americans, their research provided much information about the strong Dutch influence throughout the state. The students also met with Dr. Charly Gerhing, Director of the New Netherlands Institute, and a Fort Plain graduate. He talked with the group about the Dutch presence and influence right here in the Mohawk Valley, sharing stories with the students and helping them to relate what they had worked on to their very own hometown community.

Merged Volleyball Team Wraps Season:

Canajoharie and Fort Plain schools have finished their first year of a combined varsity volleyball program on a high note, with a positive record and a sectional placement. The two former teams spent some time in the early season getting to know one another, learning each player’s strengths and weaknesses, and forming one cohesive unit. They travelled to a local ropes course, to learn to overcome obstacles as a group, and to encourage each member to step forward as a leader and a driving force.

Elementary Drama Club Begins Rehearsals: 5th and 6th grade members of the Elementary Drama Club are beginning rehearsals for the one-act comedy “Santa’s Big Trouble.” Students will rehearse twice a week after school, using the acting skills and techniques that they learned last year to transform the written script into an all-around stage production. Cast members include: Chad Rogers, Jed Douglas, Andan Gomez, Grace McFee, Jasmine Lapi, Josephia Carcasole, Chloe St. Louis, Vienna Jackson, Kyera Murray, Hailey Davis, Jordynn Gomez, Rachel Kamp, Natashia Hammond, Jacob Herringshaw, Alissa Boettcher, Emma Cook, and Country Hammond. The play is directed by Mrs. Lauri Broady. Crew members include McKenna Karker and Taylor Potter. “Santa’s Big Trouble” will be performed on Friday, December 14th at 7:00 p.m. in the auditorium at the Fort Plain Jr/Sr High School.

High School Students Enjoy Guest Speaker:

Wali Shah, a spoken word poet and public speaker, recently visited with students at the high school. Mr. Shah encourages students to use poetry as a tool for self-expression. He shares story-telling as an empowering art form, inspiring students to share their own stories and express themselves in an artistic and creative way. Mr. Shah’s messages focus on good mental health, resiliency, positive peer relationships, and becoming a better leader through peace and understanding. Principal Deborah Larrabee spoke recently about the positive feedback from Mr. Shah’s presentation. “I heard several students say he was the best speaker they’ve ever heard. He was positive, upbeat and engaging, using his words to connect with our students,” she said. “They saw themselves in his stories.”

Health & Wellness Fair Planning Committee: The Canajoharie-Fort Plain annual Community Health & Wellness Fair will be held in April. Plans for this year’s fair are underway now. Each year, the ever-expanding fair offers healthy foods, medical screenings, massages, children’s activities, and a variety of informational booths highlighting many of the health and wellness services that are available throughout the Fulton and Montgomery county areas. The event is completely free of charge and open to family members of all ages. This year’s fair will be held at the East Hill Elementary School in Canajoharie, on Saturday April 13th. The Health Fair Planning Committee is made of up of administrators, teachers, staff members, students and community members from both schools. The first planning committee meeting will be held on Monday, October 29th at 3:15 in the library at East Hill Elementary. Meetings are monthly and alternate between Canjo and Fort Plain. Anyone who would like to join the committee should contact Lauri Broady at 993-4000 #1003 or at lbroady@hfmbores.org.

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