

Herkimer County
Country Editor
November 2, 2018

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Delivered Weekly by the U.S. Postal Service

Volume 8
Number 23

ALMIGHTY AND EVERLASTING GOD, INCREASE IN US THE GIFTS OF FAITH, HOPE, AND CHARITY; AND, THAT WE MAY OBTAIN WHAT YOU PROMISE, MAKE US LOVE WHAT YOU COMMAND; THROUGH JESUS CHRIST OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

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Ladies Night
Ladies Join us for our 2nd Annual Ladies Night
Wednesday, Nov. 28th 6-9pm
Wine, Food, Free Door Prizes, Demos & Gift Bags to the 1st 50 Ladies!

November Specials

Purina Pro-Plan \$10 OFF (30lbs or Larger) 	LED Bulbs 4/pk \$4.99 	240pc Craftsman Mechanics Set \$114.99 (reg \$249.99) 	Asst Suet Cakes 79¢ (Reg \$1.49) 
Sunflower Seed 40lbs \$15.99 (Sale till 11/10) 	Turkey Fryer Kit 30qt \$49.99 w/Ace Card (Reg 79.99)	Pro Pac Chicken & Rice Dog 28lbs \$29.99 MADE IN NY! 	Nutrina Layer Crumbles or Pellets 50lbs \$11.99 (Reg. 12.99) 

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Saturday, November 10 • 10-6

Sunday, November 11 • 10-5

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THURS 10-8; FRI 10-6; SAT 10-5; SUN 11-4

Americu to sponsor the Herkimer County Arts & Crafts Fair

HERKIMER – The Herkimer County Arts & Crafts Fair serves as a major fundraiser for the Herkimer County College Foundation. This year’s fair is sponsored by Americu and will take place on Saturday, Nov. 10, and Sunday, Nov. 11 on the Herkimer College campus. Hours are 10 a.m. - 5 p.m. on Saturday and 10 a.m. - 4 p.m. on Sunday.

This long-established fine arts and crafts fair is one of the largest and well-respected in New York State. With more than 120 vendors expected, the juried show features top artisans showcasing their works in-

cluding pottery, gourmet foods, wood working, textiles, weaving, oil painting, soaps, jewelry and more.

“We’re so pleased to welcome Americu to the event this year as a major sponsor. Their support of the college and foundation has a positive impact on the students of Herkimer College,” said Rob Fowler, executive director of the Herkimer County College Foundation. The foundation has developed and supports over 80 scholarships and scholarship programs that award more than \$130,000 annually to eligible students.

The Herkimer County Arts & Crafts Fair will be sponsored by Americu and will take place on Saturday, Nov. 10 and Sunday, Nov. 11. (L - R) Tab Rightmyre, member relations and marketing manager, Americu; Paula Ford, business partner advisor, Americu; Rob Fowler, executive director, Herkimer County College Foundation; and Mike Cook, financial center manager, Americu.

Photo courtesy of Herkimer College



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HERKIMER COUNTY arts & crafts fair

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NOVEMBER 10-11, 2018

ADMISSION \$4, CHILDREN UNDER 5 ARE FREE

Poland community rallies around soccer players' aunt who battled breast cancer

POLAND – The Poland Central School District boys and girls soccer teams are undefeated

thus far this school year, but that's not why they wore "Refuse to Lose" on their shirts during the

annual Columbus Day Soccer Tournament hosted by Poland.

Boys varsity soccer

players Hunter and Connor Broadbent's aunt Donna Pedersen from downstate brought the

"Refuse to Lose" slogan to the family during her multiple-year battle with breast cancer, before she passed away on Dec. 4, 2017, at the age of 46.

Both Poland soccer teams wore the pink "Refuse to Lose" shirts during the Columbus Day Soccer Tournament, and shirts were sold to

other parents, family, friends, community members and even visitors from other schools – with proceeds being donated to fight breast cancer.

The way the teams, the coaches and the whole school community

POLAND 10



The Poland Central School District boys and girls soccer teams stand together in the shape of a ribbon while wearing pink "Refuse to Lose" shirts during the Columbus Day Soccer Tournament at Poland in honor of boys soccer players Hunter and Connor Broadbent's aunt, Donna Pedersen, who passed away last year from breast cancer.

Photo courtesy of Herkimer BOCES

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Herkimer County *Country Editor*

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Pipe organ concert with local organist Dominic Fiacco set Nov. 4

On Sunday, Nov. 4, at 3 p.m. the First Presbyterian Church at 90 Morgan St., Ilion, NY is pleased to present local organist Dominic Fiacco in an organ recital on the church's Casavant Freres pipe organ that was dedicated in 2006.

Dominic, a 13-year-old resident of Poland, NY, began studying music at the age of 4.

His curiosity about the organ began after attending an organ recital at age 8 at First Presbyterian Church in Utica, immediately after which he was invited to try the organ and then began lessons. Although he could not at the time reach the pedals, his inherent musical sensitivity and remarkable determination resulted in rarely

seen progress and during the following years of lessons with First Church organist Stephen Best, Dominic progressed to the point where he is eagerly seeking the most difficult challenges, choosing pieces of exceptional complexity and interpreting them with maturity of a musician years older than he. He recently performed at the

Cathedral of St. John the Divine in New York City and has been invited for a return visit. In the 2018-2019 season, his programs include recitals at the Cadet Chapel at West Point, location of the third largest organ in the world, Saratoga Springs United Methodist Church, site of one of just four organs in the United States by

the Danish builder Frobenius, and the Cathedral of the Immaculate Conception in Syracuse. He is also assistant organist at St. Joseph and St. Patrick Roman Catholic Church in Utica. He and his five younger siblings are home schooled.

The concert is free to the public with a reception following.

Career Connections offers new services

HERKIMER – Career Connections, a division of Arc Herkimer, is offering a new service to engage, empower and employ people with mental health or substance abuse disorders.

Adult Behavioral Health Home & Community Based Services (HCBS) help to improve an individual's quality of life by assisting in getting and keeping a job, getting into school and graduating, managing stress and living independently.

HCBS services can also help individuals to meet their recovery goals, and are only available to individuals in a HARP plan or an HIV SNP, who are HARP-eligible. Participants must be 21 or older, be insured only by Medicaid and be eligible for Medicaid Managed Care.

HCBS Services include education support that assists individuals who want to start or return to school or formal training with a goal of achieving skills necessary to find employment. This service is available in Herkimer, Oneida and Otsego counties.

Pre-vocational services prepare individuals for paid or unpaid employment and specifically provide learning and work experiences for individuals. Intensive Supported Employment assists recovering individuals obtain and keep competitive employment. Ongoing Supported Employment is provided after individuals successfully obtain and become oriented to competitive employment. These services are available in Herkimer and Otsego counties.

Family Support and Training is provided at the request of an individual. This is person-centered, recovery-oriented, trauma-informed approach to partnering with families and other supporters to give emotional and informational support. This service is available in Herkimer and Otsego counties.

Career Connections also offers family support and training with recovery goals to include individual and group training, support groups, family mediation, conflict resolution assistance and family-specific problem solving. Staff will also work to create a wellness action plan.

Career Connections, located at 257 N. Main St. in Herkimer, is the employment division of Arc Herkimer that assists individuals to obtain meaningful employment, based on each person's interests, skills and needs. For more information on HCBS Services, contact Miranda Meinzer, assistant program director, at 315.574.7885 or mmeinzer@archerkimer.org.

TAKE NOTE OF DATE CHANGE!!! Food and Grocery Auction

**FRIDAY NIGHT NOVEMBER 9TH
INSTEAD OF WED NIGHT NOV 7TH AT 6:00PM**
*We Have a 3 Skids of Utz Chips and Cheese Balls.
Large Selection of Meats and Cheese
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December Bus Trip

A One Day Bus Trip to Vermont will be held on Saturday, Dec. 15, departing from Clinton and Herkimer. The bus will visit Weston in the morning, home of the Vermont Country Store, where you will find unique gifts for family and friends. In the afternoon, you will have the option to stop at Manchester for the best outlet shopping in Vermont or visit Hildene, the home of Robert Todd Lincoln, decorated as the family might have done when they stayed there for the holidays in 1912. The cost is \$50 per person and if you wish to visit Hildene, it is \$65. The trip is a fundraiser for the Dolgeville Forward C.A.T. Project. To sign up or for more information, call Caryl Hopson at 315.429.8660.



PUBLIC AUCTION

Sat., Nov. 10th, 2018 • 10:00AM

4858 St. Rte. 145, Cobleskill, NY 12043

**Motorcycle - Ferris Lawnmower
Shop Equip. - Household**

Yamaha Star motorcycle; Ferris self propelled lawnmower, like new, 185 hrs., model IS1599 big block; 2 sm. trailers, landscapers; **Wenonah** 16' canoe, like new; **Louisville** extension ladder; **Stihl** rototiller; **Husky** rototiller; 30' electric start snowblower; **Stihl** weed eater.

Antiques & Furniture: **Singer** 4 drawer sewing machine, like new; end tables; coffee table; chairs; table chair set; flat screen TV, like new; 3 **Harvard** backs; approx. 75 pcs **Harvard** Civil War black & white art work; 2 dressers; chest of drawers; antique rocker; wooden antique pullys; lamps, stackable quarter sawn bookcase.

Shop Tools: Sm. vise, sawhorses, misc. hand tools, **Craftsman** cut-off saw; misc. gas cans; misc. toolboxes; **Husky** tool chest; hand planes; approx. 20 pcs. 4 quarter cherry lumber; **Dewalt** radial arm saw with stand, like new.



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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. 80 Head sell -55 Milking age in all stages of lactation, balance bred heifers. 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 4.0 841 3.3 684, ave. 55#/day. SCC 150,000 -200,000. Having sold his herd 3 1/2 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.

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

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Farm Toy Show



Held at the Cherry Valley
Springfield Central School
County Highway 54, Cherry Valley

**Sat., Nov. 10, 2018
9:00 AM to 2:00 PM**

Early Admission (Before 9AM) - \$5.00

Regular Admission - \$2.00

Under 12 - Free

Food Available

Dealer Tables and Show Exhibits By Invitation Only!

For More Information:

Contact Dave Cornelia 607-264-3318

Proceeds Benefit the Cherry Valley Fire Department
11 Railroad Ave., Cherry Valley, NY 13320

In conjunction with the Farm Toy Show, the Fireman's Auxiliary will hold a Penny Raffle/Chinese Auction and provide food.

Many area businesses have donated items to choose from.

You will not want to miss this annual event!

Please stop by on Saturday, November 10th!!

Arc Herkimer Premier Wine Auction reaches new record of raising over \$320,000

HERKIMER, NY — Arc Herkimer President/CEO Kevin Crosley announced that the New York International Wine Auction (NYIWA), one of the northeast's premier wine

and food events held Oct. 6 at the Turning Stone Resort Casino, raised a record \$320,000.

Crosley said, "NYIWA and the generosity of the sponsors, wineries, and

individuals associated with the event never cease to amaze me. This year was magical with a \$100,000 donor. The family challenged those who attended to match support for our need for upgrades in our residences to enhance home life for the individuals we support. We have come to realize that people equate

the top-notch events we host with the excellence of the supports and services we provide in our community."

Proceeds from NYIWA help Arc Herkimer to empower people with disabilities and enrich lives throughout the community.

Top sponsors for 2018 included: Event Sponsor:

WUTR - Eyewitness News. Tasting Sponsor: Scalzo, Zogby & Wittig, Inc. Toasting Sponsor: The Bonadio Group. Chateau Sponsor: Bonacci Architects. Dinner Wine Sponsors: John and Jackie Romano and Robert O. Morris. Vineyard Sponsors: Adonis-Avanti Transportation Services, and Jill Rae Signs.

For more information about becoming involved with NYIWA 2019 as a sponsor, wine or fine lifestyle items donor, guest or volunteer, contact Auction Director Kristen Smith at 315.574.7353 or ksmith@nyiwa.com. For updates regarding the 2019 event, visit www.nyiwa.com.



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HEAP VENDOR

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

Now - Nov 9

Kateri's Thrift Store Bag Sale. 10 a.m. - 3 p.m. Tuesday-Friday. Kateri's Thrift Store is a program of Catholic Charities of Herkimer County, which is located on the lower level of the Little Falls Community Center, 45 Furnace Street, Little Falls. Bag Sale began Tuesday, Oct. 30 and runs through Friday, Nov. 9. The store is open Tuesday through Friday from 10 a.m. to 3 p.m. If you would like to become a part of the Kateri's Team, please contact Sue at 315.823.1793 or Rae at 315.894.9917.

Nov 1

Now Let's Put It All Together with Meal Planning. Herkimer College, 100 Reservoir Rd, Herkimer RM: 295. This class will include a live food demonstration and recipes. For more information or to register please call HCHN at 315.867.1552 or email Elyse Enea at cenea@herkimercounty.org.

Nov 2

Chicken and Biscuit Dinner. 4-6:30 p.m. Stratford United Methodist Church, Route 29 A, Stratford. \$8 adults. \$4 children. For more information, call the Church Office at 315.429.7058.

November dates

Pierogi Sale. Fridays, Nov. 2, 9, 16 and 30 from 11 a.m. to 1 p.m. Saturdays - Nov. 3, 10, 17 and Dec. 1 from 9:30 a.m. to 2 p.m. St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$8 dozen.

Nov 3

Rabies Clinic. 10 a.m. -12 noon. East Herkimer Fire House, 193 Main Road, East Herkimer. A \$5 donation per pet is suggested to defray costs. Please pre-register by calling 315.867.1176.

An Evening with Chris Botti. The Stanley Theater. Botti, award-winning master trumpeter and composer, has

mesmerized audiences for over two decades with his creative jazz expression that expands beyond the limits of any single genre. Concert tickets range in price from \$35 - \$55 - \$75 - \$95. To purchase tickets to the pre-concert dinner and/or the concert, please contact The Stanley's box office at 315.724-4000, Monday through Friday, 10 a.m. to 4 p.m.

Annual Roast Beef Dinner. 4-6 p.m. Ilion First Baptist Church, 8 Second St., Ilion. Adults \$10. Children (5-12) \$ 5. Take outs are available. Tickets may be Purchase at the door. Tickets are also available form any church member. Tickets are also available by calling the Church Office at 315.894.9041.

H.A.L.O. (Helping Animals Live Organization) will be holding their annual "Fall Trash & Treasure Sale". 9 a.m.-4 p.m. Herkimer Polish Club, 319 S. Washington Street, Herkimer. There's always a wide assortment of items for sale including holiday decorations, books, jewelry, furniture and housewares, and so much more. The proceeds will go to support the care of the group's cat shelter H.A.L.O. House in Little Falls. For more information or if you would like to donate items for the Sale, please call Debbie at 315.219.0384.

Nov 4

Historian to speak about 1834 jail. 2 p.m. Stratford Community Center, Stratford. James Greiner, Historian will speak about the 1834 jail and its famous inmates. Sponsored by the Stratford Historical Society. Free admission.

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 5

Information for Property Owners Age 65 and Over. 10 a.m. - 12 p.m. The Travelodge, 20 Albany Street, Little Falls. Free parking. Handicapped

accessible. No sales. Just information. To reserve a seat call 315.867.1121.

Nov 6

Election Day Chicken and Biscuit Dinner. 11:30 a.m. - sold out. Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. Adults \$9. Children \$6. Under 5 free. Eat in or take outs available. Call 315.429.5121.

Nov 9

Fifth annual Veterans Day Breakfast. 8:15 a.m. Cherry Valley-Springfield Central School District the school gymnasium. Please RSVP to Laura Carson at the school at 607.264.9332 ext. 501. Please RSVP to Laura Carson at the school at 607.264.9332 ext. 501.

Nov 10-11

42nd Herkimer County Arts and Crafts Fair. 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday. Admissions is \$4. Children under 5 are free.

Nov 10

National Traffic Safety Institute's six hour Traffic Survival Workshop. Nov 10 18. 9 a.m. - 4 p.m. Training Center at 350 S. Washington St., Herkimer. The course is open to the public and the fee is \$38. Payment and registration can be made by calling Kelly Bunce at 315.574.7982. Or visit www.archerkimer.org.

Nov 13

New York State Educational Rights and Protections for Parents of Students with Disabilities Training. 10 a.m. to 12 p.m. Arc Herkimer's Training Center at 350 S. Washington Street, Herkimer. Please visit www.archerkimer.org under upcoming events to register, and to learn more about upcoming workshops. Additionally, registrants can call Janet LaRock at 315.574.7780 or email: jlrock@archerkimer.org.

Country Preacher

by Pastor Dan West

James 4:13-16 steps on all our toes a little bit. It is about presuming who is in control of our circumstances. How many times have we made plans or prepared for some event, only to have something completely unexpected happen that totally ruins our

well-made plans? Are we in control of the wind? Can we start or stop the rain? Can we control the outdoor temperature or the sunrise or sunset or the length of our life? We can't even control another person's thoughts or actions.

In **James 4:13**, James might have said in today's vernacular

"Come on now, you say that you are going to another city to start a business and strike it rich? You don't know what's going to happen to you. You could die before you even get there," and he would have been right. So often our plans center around ourselves and our own selfish wants, disre-

garding important input from others.

His point is made in **verse 15**: "we ought to say if God wants it, it will take place." I believe the lesson here is not so much to say this phrase every time we tell about our plans but to have this attitude in mind about our plans

and our lives. To acknowledge that God is sovereign and He can and does control our circumstances is to honor and revere Him. The word "worship" is often equated with the idea of "worthship." How much is the Lord, the Creator and Sustainer of the universe, worth to you?

Nov. 3 rabies clinic

A rabies clinic is scheduled for Saturday, Nov. 3 at the East Herkimer Fire House, 193 Main Rd., East Herkimer, from 10 a.m. - noon.

All cats, dogs and ferrets three months or older must be vaccinated, even if they stay indoors. Every dog and cat needs two rabies vaccinations one year a part and then one every three years thereafter. Ferrets must be vaccinated every year.

Bring the pet's rabies vaccination history to receive a three-year certificate.

Dogs should be on a leash and cats and ferrets should be in a carrier or pillowcase. No exams will be given. A \$5 donation per pet is suggested to defray costs.

Feel free to visit the Herkimer County Public Health website to view a complete listing of its rabies clinics. Pre-register by calling 315.867.1176.

Kateri's Thrift Store bag sale

Kateri's Thrift Store, a program of Catholic Charities of Herkimer County, located on the lower level of the Little Falls Community Center, 45 Furnace St. in Little Falls, is fea-

turing its bag sale that began Tuesday, Oct. 30 and runs through Friday, Nov. 9. Customers can carry off all the clothing items they can fit into a large brown bag with just a

small donation. Come and browse through our gently used clothing, houseware department, children's section and novelty items.

The store is open Tuesday

through Friday from 10 a.m. - 3 p.m. Donations of gently used clothing and household items can be dropped off at the store during regular business hours, Tuesday through Friday.

Volunteers are always welcome. If you would like to become a part of the Kateri's Team, contact Sue at 315.823.1793 or Rae at 315.894.9917.

Wreath sale to support scholarships for local students

The Herkimer Region College & Career Scholarship Foundation has started its annual wreath sale to support scholarships the foundation awards each year to local students.

Each wreath is 16 to 20 inches and is professionally made with natural evergreen boughs decorated with pinecones, red berries and a large bow.

The wreaths cost \$20 each. Wreaths must be ordered by Tuesday, Nov. 13. They will be available for pickup on Tuesday, Nov. 20.

If you are interested in purchasing a wreath in support of the foundation's college scholarships, contact Herkimer-Fulton-Hamilton-Otsego BOCES District Clerk Shawn Maxson at

315.867.2023.

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

To date, the foundation has provided more than 300 scholarships totaling \$168,500 to students in technical programs at Herkimer BOCES and its 10 component school districts: Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.

Arc Herkimer to host NYS disabilities training workshop

Area families, individuals with disabilities and professionals are invited to attend an "NYSED BLUEPRINT: Improving Educational Results for Students with Disabilities" training sponsored by the Arc Herkimer and presented by the Syracuse University Parent Assistance Center (SUPAC) on Tuesday, Nov. 13.

The training, free and open to the public, will be held at Arc Herkimer's Training Center at 350 S. Washington St., Herkimer, from 10 a.m. - noon.

Kristine O'Brien, SUPAC training specialist, will present the mission of the New York State Education Department (NYSED) Office of Special Education, which is to ensure that students with disabilities have opportunities to benefit from high-quality instruction, to reach the same standards as all students and to leave school prepared to transition to post-school learning, living and working successfully. Through this process, there are essential and fundamental pro-

cedural rights and protections afforded by federal and state law to both parents and students with disabilities. This SUPAC training will walk participants through the seven core principles to help them develop a better understanding of each.

Visit www.archerkimer.org under upcoming events to register and to learn more about upcoming workshops. Additionally, registrants can call Janet LaRock at 315.574.7780 or email jlarock@archerkimer.org.

Whatchamacallits

It's been an issue for as long as people have been eating corn – which is a really, really long time. The cereal crop was first domesticated by the indigenous people of southern Mexico about 10,000 years ago. Since then, it has become a staple food with production surpassing that of rice and wheat. But that issue has remained the same: what is the easiest, quickest way to remove that golden cob of goodness from its husk?

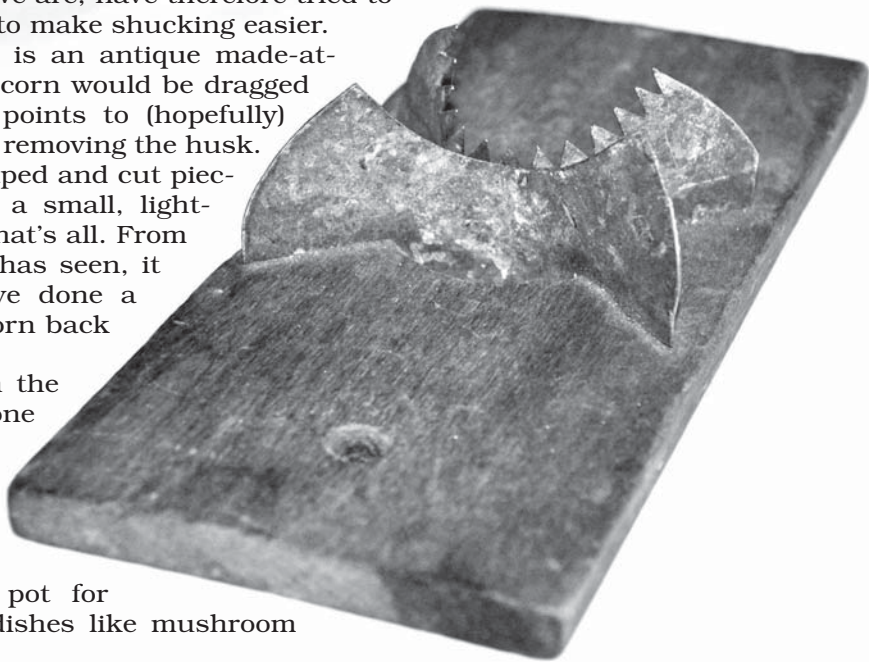
Before World War II, most corn in North America was harvested by hand. That meant there were large numbers of workers and associated social events (husking or shucking bees). Advances in mechanical harvesting made gathering the ripened cobs a simpler task, but today, corn is still sold encased in its leafy green husks at the grocery store and farm stands.

In the world of botany, a husk is just the outer shell or coating of a seed. To the person trying to prepare dinner, a husk is an annoying, clingy, sticky bit of plant keeping them from deliciousness inside. The most basic way to remove the husk is pulling at it by hand, which can be tedious (and that's probably the nicest way to describe the process). Humans, the

ingenious species that we are, have therefore tried to invent numerous ways to make shucking easier.

This whatchamacallit is an antique made-at-home model. An ear of corn would be dragged across the sharpened points to (hopefully) speed up the process of removing the husk. It is made from two shaped and cut pieces of sheet metal and a small, lightweight piece of wood. That's all. From the amount of wear it has seen, it seems like it may have done a good job at shucking corn back in the day.

What do you do with the husks when you're done with them, though? They do make for some excellent compost fodder, but you could always add washed corn husks to your stock pot for extra-woody flavor in dishes like mushroom soup or corn chowder.



Do you have your own Whatchamacallit?

Send a photo and short description to cllewellyn@leepub.com or call Courtney at 518.673.0144

Area Church Services

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

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

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

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

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

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

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

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

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

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

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

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
Sunday School (All Ages) 9:30-10:20 AM
Worship Service 8:30-10:30 AM
with iPraise for the children (K-5th grade)
Phone 866-0575

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

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

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

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

FIRST UNITED
METCHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship 8:30 & 10am
Sunday School 10am during school year

HERKIMER
CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)
Branch President Blake Francisco
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
315-866-7189

HERKIMER REFORMED CHURCH
102 Church St.
Phone 866-1523
Worship 9:30 AM
Sunday School 11 AM
Shepherd's Table:
Tuesday 11-12:30 PM
Thursday 11:30-12:30 PM
Shepherd's Table Dinner:
First & Third Tuesday 6 PM

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

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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
Sunday Worship 11 AM

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Reverend Bob Wallaber
Sunday Worship 10 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

ILION
ANNUNCIATION CHURCH
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 pm; Sunday
11:00 am; Monday & Wednesday 9:00 am

LITTLE FALLS
FIRST BAPTIST CHURCH
555 Albany St.
Morning Worship will begin at 10:15 AM
Rev. Chris J. Wintermute will be speaking
this morning.
Nursery (infants through age 4)
Junior Church (K-4) during Morning

FIRST BAPTIST CHURCH CONTINUED
Worship Service
Sunday School Classes 9 AM
(nursery through adult)
Morning Worship Service 11 AM and is
broadcast live over radio station WIZR,
930 on the AM dial with a one week delay.
Monday School Board Meeting 6:30 PM
Tuesday Trustee Meeting 7 PM
Wednesday Final Bible Study & Prayer
Time at homes 7 PM
Thursday Choir Practice 7 PM

HOLY SPIRIT POLISH NATIONAL
CATHOLIC CHURCH
Father Rafael Dadello
615 E. Gansevoort St.
Phone 823-0793
Sunday Mass 11 AM

ST. PAUL'S UNITARIAN
UNIVERSALIST CHURCH
Minister Jeffrey J. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

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

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

FIRST ASSEMBLY OF GOD
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

LITTLE FALLS
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.presbylfr.org
Sunday Worship 10 AM
Sunday School 10 AM

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

MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST
Rev. Robert Lindsay
24 Rte. 29
Phone 845-8730
Sunday School 9:30 AM
Worship Service 9:30 AM

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

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

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

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

MOHAWK
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SACRAMENT
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

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

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

NEWPORT
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45am

UNITED METHODIST
Rev. Robert Lindsay • Phone 845-8730
Sunday School 11 AM
Morning Service 11 AM

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

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

PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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To Your Good Health

by Keith Roach, M.D.

SAME can be effective for arthritis relief

Dear Dr. Roach: Please tell me about the supplement SAME. I am a woman, 58, who suffers pain from osteoarthritis from my exercise routine, which is three days of heavy lifting with free weights and 15 miles of jogging each week. I love the workouts but not the pain it causes in my hands, knees and lower back.

I get relief from ibuprofen and the like, but these can cause problems with long-term use. I have checked with several doctors and pharmacists concerning this supplement, but they know nothing about it. Doctors in Europe have been prescribing it since the 1970s. Can you give me your opinion of this supplement? – K.Z.

Answer: S-adenosyl methionine, usually referred to as SAME, is a naturally occurring substance found in

the body, and it has been used as a supplement in people with depression and those with osteoarthritis. It appears to have effectiveness in both cases. Regular readers of this column know that I seldom recommend supplements, but SAME is one of the few that has good data backing it up.

In a meta-analysis of 11 trials, SAME was found to be about as effective at improving function and pain as ibuprofen-like drugs but with fewer adverse effects. It may take two full months to reach peak effectiveness, based on a 2004 study.

As always, I have to warn that supplements are not FDA-regulated. SAME is also relatively expensive. Very inexpensive products are a warning that the product may not be of high quality or even contain what it is supposed to. This supplement is generally considered

safe, but it is always best to speak with your doctor before taking any supplement.

Dear Dr. Roach: I have noticed that my 22-year-old granddaughter's eyes are bulging more than in the past. She has not had a recent thyroid test. Can you help me understand the cause of this? She is addicted to table salt, using an extreme amount with every meal. What problems will this overuse of salt cause her? Are the two conditions linked in any way? – L.M.

Answer: Exophthalmos, the bulging appearance of the eye, is a classic sign of Grave's disease, an autoimmune stimulation of the thyroid gland, where antibodies binds to receptors in the thyroid, stimulating it to produce more hormone. The bulging is not a result of thyroid excess, but rather a cross-reaction of the antibody to fat cells behind the eye, causing the eye to bulge out. Treatment for excess thyroid hormone doesn't reverse this, because the antibodies are still present. Your granddaughter needs to be tested for Grave's disease.

I have seen people whose eyes just appear to bulge. They have sometimes had dozens of thyroid tests, as every doctor they see checks their levels. Other conditions that can simulate exophthalmos include obesity, Cushing's syndrome, inflammation of the eye muscles and other inflammatory diseases.

Excess salt may increase blood pressure, and may even increase stroke risk in people with normal blood pressure, but I can't think how it could be related to the appearance of her eyes.

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POLAND from 4

backed the "Refuse to Lose" idea felt incredible, said Deidra Broadbent, who is Hunter and Connor's mother and Pedersen's sister.

"It's amazing," Deidra Broadbent said, as she became emotional. "They don't know her, but they love the boys so much that they supported this. You can't put that into words. You can't. It's a feeling you can only get

from a town like we live in."

The Poland boys and girls soccer teams each won both of their games and won the tournament during the Poland Booster Club Fall Festival and Columbus Day Soccer Tournament at the Kuyahoor Valley Town Park on Oct. 6 and 7 and remain unbeaten thus far as they play in sectionals.

Deidra Broadbent said she didn't grow up in Poland, but has lived

there for more than 20 years, as her children have gone to school there. In addition to Hunter, 17, a senior, and Connor, 15, a sophomore, her other sons are Ethan, 14, a freshman, and Cody, 23, who graduated from Poland in 2013.

The fact that the Poland community has supported the "Refuse to Lose" efforts means a lot to the entire family, she said.

"They do it for her, for us" she said. "It's amaz-

ing what a small town can do. It blows my mind. You can't get that anywhere else."

Refuse to Lose

When Pedersen was diagnosed with breast cancer, she talked with her family – including her three children – about refusing to lose.

"It's all right. I'm going to beat this," Pedersen said, according to her sister. "I'm going to fight as hard as I can. We will refuse to lose."

Pedersen fought cancer into remission, but it later struck back hard. That's when Deidra Broadbent helped convince her sister to be more public about what she was going through and accept help with the cost of her immunization therapy.

Pedersen was a school nurse at the Beacon City School District, so she knew many people there and was a "safe place" for many students who were

going through struggles, Deidra Broadbent said.

The "Refuse to Lose" tagline then started to spread around the Beacon City School District, and there were many "pink out" fundraisers for her with everyone wearing pink – such as at a soccer game. People from Poland heard about it and contributed to the cause as well. In total, more than \$140,000 was raised for Pedersen.

The Poland boys and girls soccer teams had been supporting different causes during the Columbus Day Soccer Tournament for the past several years, and the Broadbent boys proposed the idea of choosing "Refuse to Lose" for the boys team for the 2016 tournament.

Poland boys varsity soccer coach Greg Haver, who also is a Poland PK-12 dean of students and the athletic director, then asked the Broadbents if they wanted to focus on "Refuse to Lose" again for the 2017 tournament, and they did.

"It's for a good cause," Haver said. "Anytime we can help with something like that, we support it."

Something I have to do

As Pedersen continued to battle cancer in 2017, the Poland boys soccer

POLAND 11

The Poland Central School District boys varsity soccer team poses together while wearing pink "Refuse to Lose" shirts.

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team signed a big canvas sign that was given to her. She managed to celebrate her birthday and Thanksgiving with her family and go on a cruise with a group of 48 people.

A week after the cruise, she passed away.

The cruise was a struggle for her at times, but as she watched the shows, enjoyed the beach and looked on as the kids played, it was clear she hadn't let cancer defeat her or take away her joy.

"I know that she passed away, but she fought it to the end," Deidra Broadbent said. "It didn't beat her."

In Beacon, NY, a road through a whole section of the city had to be shut down for Pedersen's wake.

"It was crazy," Hunter Broadbent said.

The family greeted visi-



The Poland Central School District girls varsity soccer team poses together while wearing pink "Refuse to Lose" shirts.

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tors at the wake for six hours, Deidra Broadbent said.

"It was emotional," she said.

Hunter Broadbent later proposed focusing on "Refuse to Lose" again for the 2018 tournament.

"Where she lived, it was huge," he said. "We wanted to bring it back to the community."

After his aunt died, Hunter Broadbent felt it was even more important to get the "Refuse to Lose" message out there and let other people who are struggling with cancer know they're not alone.

"It made me feel like there's something I have to do," he said. "It was tough. She and I were really close."

Hunter Broadbent said he wasn't surprised by the large response in the Poland community.

"Everybody supported it the way I thought it would be," he said. "The thing is: None of them even knew her. They just knew she was my aunt, and she lived three hours away. That was it."

How it's grown

The 2018 Columbus Day Soccer Tournament was the first time the boys and girls teams wore shirts for the same cause.

Selling the "Refuse to Lose" shirts during the event raised about \$200 that the Broadbent family donated through the American Cancer Society Making Strides Against Breast Cancer Walk on

Oct. 21 at the Masonic Care Community. Members of the family have been participating in the walk each year since Pedersen was diagnosed.

"The biggest thing is keeping everyone aware, and you don't want to forget," Deidra Broadbent said.

A photo taken during this year's tournament using a drone shows the Poland soccer players wearing the shirts and standing in the shape of a pink ribbon. A copy of it is now hanging in an area at Beacon City School District dedicated to Pedersen.

The boys and girls teams are both a "good group of kids," Deidra Broadbent said.

"That's a testament to the school too," she said. "We're not raising them

alone. The community raises the kids."

Hunter Broadbent said his aunt appreciated seeing the idea of "Refuse to Lose" spread to Poland. That message has continued on through the soccer teams, the community and the funds raised.

"There's so much support for not just her, but for fighting the disease in general and finding a cure," he said. "From how it's grown, I think she would be very happy with what it is."



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Forever young

by Terry Berkson

For several years my wife Alice and I have been attending an August square dance on the sprawling Young Farm just outside of the village of Van Hornesville, NY. It's a family affair but by way of a close friend we were invited to participate.

The dance is held in one of the original barns that has been cleared out in order to accommodate about a hundred people including a live "quick step band" led by John Kirk on the fiddle and his wife Trish Miller on banjo. Both take turns at calling dances. Other musicians, Greg Anderson on bass and guitar and Sara Milonovich on fiddle, lend their skills to produce a very lively barn-rocking sound. The callers first prepare the dancers with instruction as to the order in which the do-si-dos, allemandes, parades, promenades and sashays will take place. Then the band begins to play and as the night goes on and the dances become more and more intricate, the crowd often becomes more and more confused but covers the mistakes with hearty laughter so that in the end there is order – or there appears to be some degree of order to the dance.

The first time we attended, on a break to cool off, I asked a woman standing next to me who the matriarch of the family was. "I am," was her answer, followed by a playful, "but I'm not going to tell you my age."

She said her name was Shirley and that she was Owen D. Young's granddaughter. She pointed out her patriarch husband Walter Adams, who I later learned was a long-time retired army brigadier general. The distinguished couple who no longer participate in the dance preside over the celebration which amounts to a family reunion – one centered on a square dance that was first conceived by Shirley's father Phillip and has been going on for the past 82 years.

Another senior member who attends but no longer participates in the dance is Shirley's older cousin John Peter Young, age 94 (known by the family as JP), who, among other achievements, is a devoted violinist currently playing with a string quartet in Oakland, CA. Several other family members also make the trip from the West Coast to attend the festivities. There are children, grandchildren, great-grandchildren and great-great-grandchildren – including Owen's past participation, at least five generations in all.

The affair helps to preserve the memory and grand spirit of Owen D. Young and to foster and keep alive strong family ties. Everyone seems to be enjoying the party. (No doubt there's a "time out" on daily cares and concerns that are put aside for the night.)

Owen D. Young left the family farm to pursue an education that eventually



Shirley and Walter are the matriarch and patriarch of the dance.

Photo by Terry Berkson

made him eligible to attend Saint Lawrence University and later Boston University, where he earned a law degree in 1896. Ironically, following a legal battle against General Electric, he eventually wound up president of the company and coaxed GE into producing home electrical appliances. He also encouraged the electrification of farms, factories and various modes of transportation. At the request of the government he created RCA, which eventually became the largest radio station in the world. During

his lifetime he served as counsel to five presidents. In 1929 he was Time Magazine's "Man of the Year," and in 1932 he was a candidate for the Democratic nomination for president of the United States. When he retired from his illustrious career, Young returned to his hometown and once again became active in dairy farming. He

later founded a public school in Van Hornesville which eventually took his name.

And so the dance goes on each year, attracting and revealing new Young faces that will eventually learn to do the steps. No doubt there are and will be among them a host of skilled, talented and educated individuals making

their contributions to society. This time, while driving home at the end of the night, still elevated by the energy of the contagious celebration, I thought of the award-winning motion picture "Moonstruck" and the memorable toast in the final scene: "A la famiglia!"



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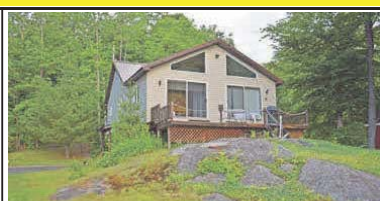
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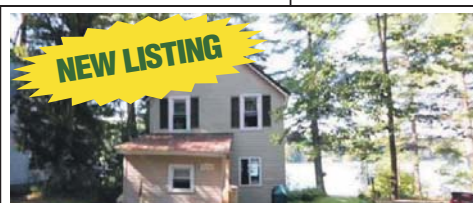
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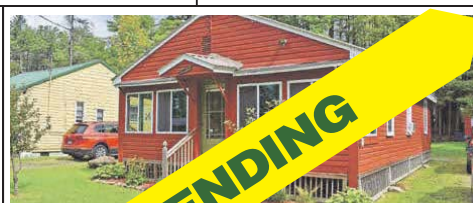
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Don't get ticked New York

by Elizabeth A. Tomlin

Hunting this fall? 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? Well, if that's what you are thinking, and you live in the northeast, you are wrong.

"Don't Get Ticked New York" has become a key-phrase 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 wide spread tick activity and a new tick presence in NYS.

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 miamyoti*, are most active in the spring and fall."

Lampman said, "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 black-legged tick activity in the spring — and adult activity in the fall."



NYS IPM Specialist Joellen Lampman, lead a presentation describing tick cycles and activity. Three tick species are being specifically observed and studied in New York State, including the black legged/ deer tick, the lone star tick, and the American dog tick.

Photo by Elizabeth A. Tomlin

Black-legged 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 black legged ticks around their heads, ears, and neck.

White tail deer infested with black-legged ticks travel great distances, spreading them as they go.

Small mammals also play host to black legged 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."

Black-legged 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 black-legged ticks and not only can become afflicted with Lyme disease, but 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. Probably you 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 is 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 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 black-legged 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 Center for Disease Control and Prevention (CDC) currently estimates 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 <https://nysipm.cornell.edu/whats-bugging-you/ticks/> or www.health.ny.gov/diseases/communicable/lyme/.



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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/Arnell Museum.

Horse Drawn Wagon Rides from 5-8:30PM

Basket Raffle - New This Year! Hosted by Canajoharie Reformed Curch 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!

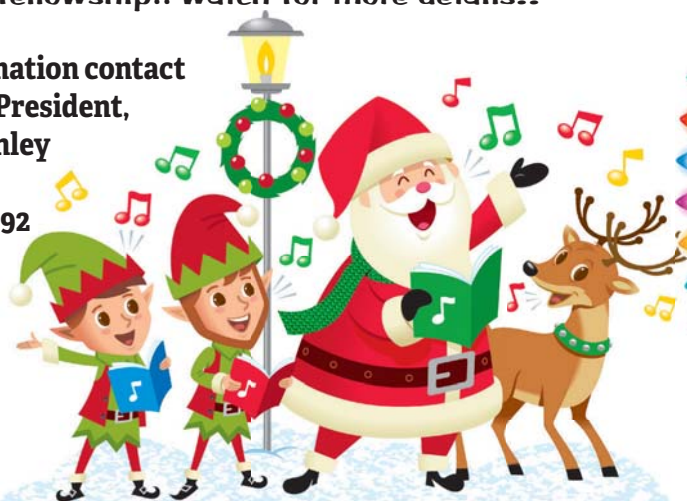
Canajoharie Youth Center will once again be hosting vendor tables in their gym - Interested vendors should contact Amanda Sweet 518-673-5117.

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

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How to build a holiday giving budget



Spending time with loved ones and reflecting on all of the blessings the previous year has bestowed is a great way to celebrate the holiday season. But giving, entertaining and traveling are part of the season as well, and that can leave many people wondering how to finance their holiday season.

Many people admit to spending more than they initially intended to spend during the holiday season, leaving them with sizable bills to pay come January. This trend is dubbed the "holiday hangover," and MagnifyMoney found that Americans racked up an average of \$1,054 of debt during the 2017 holiday season, a 5 percent increase over 2016.

Recent data from the Federal Reserve Bank of New York says consumer credit card debt stands at \$808 billion. A portion of that ongoing debt is accumulated during the holidays - but it doesn't have to be. By establishing a

budget and a plan to pay down their debt, consumers can gift without grief.

The first step to establishing a holiday shopping budget is to make a list of all the people with whom you intend to exchange gifts. Jot down charitable gifts and entertaining/social expenses as well. With paper in hand, it can be easier to visualize just how many people are on the gift list, making it easier to allot a certain amount to each person. Friends and coworkers may receive less than family members.

Next think about a total dollar amount to earmark for the holidays. This amount is something that you should be able to comfortably pay off in full at the end of the holiday season - no more than a month or two after New Year's Day.

Do not feel obligated to purchase more than one gift for each person on your list. Parents who want to have a few extra items under the tree for

their children or who have to finance presents from Santa Claus can set aside more money to make such purchases. However, these gifts should also be factored into the overall budget.

It's important to keep track of spending even after the budget has been created. This way you can see if you are adhering to your budget. Record gifts as you would checks in a register. Take home receipts and tally your spending to see if it aligns. Make adjustments as necessary if you are on track to go over your budget.

When budgeting, keep in mind the potentially inflated costs of hot items for the year. It can be tempting to splurge on the latest video game console, but will it be obsolete in a few months? Budgeting and frugal buying go hand-in-hand.

Budgets do not need to remain fixed from year to year. If this year was a banner year in terms of finances, you may be able to afford more. If it wasn't, you may have to cut back. True friends and close family members should understand that the value of the gift is not based on its price tag.

Budgeting is important for holiday spending. With a budget in hand, consumers can avoid holiday hangover and potential financial ruin for months to come.

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Halloween Cat

"Halloweeniana" is now one of the major holiday

collecting categories, second only to Christmas. Jack-o'-lanterns, figural candy containers of papi-

Kovels: Antiques and Collecting

er-mache and crepe paper black cats and skeletons are the oldest. Scarecrows, witches, bats, spiders, spider webs, trick-or-treat bags and zombies are more recent and easier to find. An old orange paper dress with black cats and political symbols from a 1980s presidential election year is one of the more unusual collectibles. Another is a 15-year-old dangling rhinestone skeleton pin to wear to parties.

A rare vintage Halloween clockwork figure sold for \$4,575 at a 2016 Morphy auction. The 16-inch-high black cat made of cloth-covered papier-mache is holding a jack-o'-lantern. Its head nods and its eyes move from side to side.

Look for bargain Halloween decorations at house sales and flea markets, and vintage rarities at auctions and shops. Save some of this year's unusual items.

Q: I have a vintage toilet tissue roll, Waldorf brand, in its original

wrapping paper, in excellent condition. It was put in storage along with the whole household in 1943 when the family moved out of state. I purchased the estate many years ago. I gave one to our local historical society to be displayed in the museum. Does it have much value?

A: Toilet tissue was first made in China for the Emperor's use in the 1391. It was first made in the United States in 1857 and sold in packs of single sheets. The first toilet paper rolls were made by Scott Paper Co. in 1890. Waldorf toilet tissue was made in 1902 for the Waldorf Hotel. It was the world's best-selling brand in the early 1900s. Scott continued to produce Waldorf toilet paper for several years. We found it pictured in a 1930s ad. Scott Paper Co. was bought by Kimberly-Clark in 1995. The value of a vintage roll of Waldorf toilet tissue is about \$35 - \$40.

Current Prices

• Mop wringer, janitorial tool, iron and wood,

Reliance junior model, Lee Chair company, handle, 1906, 25 x 10 inches, \$65.

• Candy container, Jack-o'-lantern, clear glass pumpkin with orange metal lid, c. 1905, 4x4 inches, \$205.

• Platter, Wedgwood, Peace pattern with dove and olive branch, flaming torch and quiver of feathers, garland border, c. 1880, 17x14 inches, \$495.

• Popcorn cornsheller, cast-iron tool, Right Speedy, flywheel with heart cutouts, crank, wood handle, Curtis Goddard, 1877, 9 inches, \$995.

Tip: Bidders must carefully read the description

in an auction catalog and check the size of the item and other details. There may be extra unexpected value features, like a picture by a famous artist, which will add to the price. The size of the piece usually is not obvious in a catalog picture. A grandfather clock or an antique bed with a large headboard that is too tall to fit in an average room, or a teapot that holds only two cups of breakfast coffee and is not a full-sized six- to eight-cup pot can be a disappointment you can avoid.

For more collecting news, tips and resources, visit www.Kovels.com

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Black cats are symbols of Halloween, and this cat even holds a jack-o'-lantern. The rare vintage nodding cat sold for over \$4,500.

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Popular trends in the restaurant industry

Dining out is no longer reserved for celebrating milestones or other special occasions. Many people dine out regularly for meals. A 2016 Gallup poll found that 61 percent of Americans eat dinner out at least once a week, and 16 percent are frequent diners, eating out three or more times per week.

People who regularly dine out may have noticed some of the growing trends that have emerged in recent years that are helping to shape dining experiences.

• **Picked-on-property offerings:** Many restaurants now serve foods grown, picked and processed on the premises. Rooftop or small courtyard gardens enable

restauranters to pass the freshness on to customers. Chefs grind their own spice blends, harvest their own eggs, cure their own bacon, and embrace other hyper-local fare.

• **Gut-friendly foods:** Some restaurants are experimenting with preparing and offering foods that are friendly to the digestive tract. These establishments emphasize prebiotic and probiotic ingredients and focus some of their efforts on producing menus with foods that boast anti-inflammatory properties.

• **Streamlined menus:** Food waste is a problem across the globe. Operating a sustainable restaurant requires careful decisions about the foods that make it onto the

menu. Instead of offering five different chicken dishes, a restaurant may focus on two or three popular standards to cut back on waste.

• **Fast casual:** Fast casual restaurants do not offer full table service, but offer a higher quality of food than traditional fast-food restaurants. These establishments also may be headed by trained and experienced chefs who add unique twists to popular menu items.

• **Extended delivery options:** Dining out doesn't have to mean eating away from home. A growing number of restaurants are emphasizing their curbside takeaway, drive-throughs and delivery services. Travel-friendly

fare and heat-and-eat meals are competing with convenient options available at grocery stores.

• **Back to basics:** More

and more customers are looking for classic dishes they equate with home cooking. As a result, many restaurants are

stripping away the pretense and extra ingredients and turning to traditional recipes.



Restaurant trends continue to evolve as a greater number of diners are going out to eat.



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Strange but True

by Samantha Weaver

• It was early 20th-century Irish author Robert Wilson Lynd who made the following sage observation: "The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions."

• If you're concerned about the rising cost of groceries, be grateful that you're not a starfish par-

ent. A young starfish eats 10 times its own weight in food every day.

• The first car to offer seat belts – the Nash Rambler – rolled off the assembly line in 1950.

• You might be surprised to learn that the British are not the greatest tea drinkers in the world. That honor belongs to the Irish, who consume 1,200 cups per capita every year.

• The final battle of the Napoleonic Wars took place in June 1815 in the United Kingdom of the Netherlands, a site now in present-day Belgium. The Battle of Waterloo, where Napoleon met his final defeat, was delayed because the French emperor – and battle commander – couldn't mount his horse. According to historians, Napoleon was suffering from hemorrhoids and couldn't bear to sit in a saddle.

• Sandpaper can sharpen a dull pair of scissors. Fold a piece of sandpaper in half, rough side out, and make repeated cuts until the blades are sharp again.

• Fried lotus leaves are a popular snack in China.

• You're probably aware that hot air is lighter than cold air, but did you know that hot water is heavier than cold water?

• Those who study such things say that Spain has more wildlife than any other European nation.

Thought for the Day: "The true measure of a man is how he treats someone who can do him absolutely no good." – Samuel Johnson

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The Kitchen Diva

by **Angela Shelf Medearis**
Sweet potatoes
or yams?

Sweet potatoes mirror the colors of autumn leaves. The beautiful bright-orange to orange-red hues of the skin are lovely to look at, and the interior flesh of the sweet potato, ranging from white to orange to purple, is even better to eat! Sweet potatoes can be incorporated into every meal, from sweet potato biscuits for breakfast, a side of sweet potato fries at lunch or a roasted

sweet potato for dinner with a smooth sweet potato custard for dessert.

Some people refer to sweet potatoes as “yams,” but this is a misnomer as a yam is an entirely different vegetable. A yam is a tuber cultivated in Africa that can grow up to seven feet long and weigh as much as 150 pounds.

When the African captives came to America, they were used to eating yams as a major staple of their diet. When they didn't find any yams here, they used sweet potatoes

as a substitute. Some Africans called sweet potatoes “nyamis,” the Fula word for yam, and that is how American sweet potatoes became known in many areas as yams.

As the sweet potato became more popular in America, growers started labeling them “yams,” which we now know is incorrect. The U.S. Department of Agriculture now requires the word “yam” to be followed by the words “sweet potato” when labeling a sweet po-

tato product.

Some specialty markets carry yams imported from Asia or Africa. China is the world's largest producer of sweet potatoes, along with India and the United States. Sweet potatoes can be stored unrefrigerated for up to three months.

Sweet potatoes are high in dietary fiber, vitamins A, C and B-6, and serve as a great lower-carb alternative to regular potatoes. Sweet potatoes contain a wealth of orange-hued carotenoid pigments. In countries throughout Africa and in India and the Caribbean, sweet potatoes have been shown to be a highly effective way of providing school-age children with sizable amounts of their daily vitamin A.

In some studies, sweet potatoes were found to be a better source of bioavailable beta-carotene than green leafy vegetables. Because sweet potatoes are available in many countries on a nearly year-round basis, their ability to provide us with a key antioxidant like beta-carotene makes them a standout antioxidant food.

This slow-cooker recipe for chicken stew deliciously combines sweet potatoes, chicken and

wild rice in a flavorful, creamy sauce to create the perfect make-ahead side dish for a busy weekday or any day!

Slow-Cooker Chicken Stew with Sweet Potatoes

6 boneless, skinless chicken thighs (about 1 3/4 pounds)

2 tablespoons poultry seasoning

1 1/2 teaspoon salt

2 teaspoons ground black pepper

1 tablespoon vegetable oil

2 tablespoons butter

1 cup chopped celery

1 cup chopped yellow onion

2 tablespoons chopped garlic (about 5 garlic cloves)

1/3 cup all-purpose flour

4 cups chicken broth

4 cups (3 medium) sweet potatoes cut into 1-inch cubes

1/2 cup uncooked wild rice

1 teaspoon lemon pepper

1 cup half-and-half

1/4 cup coarsely chopped fresh flat-leaf parsley

3 green onions, roots removed and discarded, white and green parts chopped

1. Season the chicken

on both sides with 1 tablespoon poultry seasoning, 1 teaspoon salt, 1 teaspoon pepper. Heat oil and butter in a large skillet over medium-high. Add chicken and cook until well-browned, about 5 minutes. Turn chicken over and cook 2 minutes.

2. Transfer chicken to a 5- to 6-quart slow cooker. Add celery, onion and garlic to skillet. Cook, stirring often, until starting to soften, about 4 minutes. Add flour, 1/2 teaspoon salt, 1 teaspoon black pepper to the skillet, and cook, stirring constantly, 1 minute. Add broth; bring to a boil, and cook, stirring constantly, until thickened, about 1 minute.

3. Transfer mixture to slow cooker. Add sweet potatoes, rice and the lemon pepper. Cover and cook on low until rice, chicken and vegetables are tender, about 3 hours. Stir in half-and-half. Turn heat to high and cook for 5 to 10 minutes. Place stew in individual serving bowls and sprinkle with the parsley and green onions, if desired. Serves 6.

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Some people refer to sweet potatoes as “yams,” but this is a misnomer as a yam is an entirely different vegetable.

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Herkimer HealthNet supports RIDE Program

HERKIMER – Herkimer HealthNet Executive Director Dr. Thomas Curnow presented a \$4,000 check to the RIDE Program of Herkimer County Catholic Charities in support of health-care transportation in rural communities.

Dr. Curnow stated, "Herkimer HealthNet is pleased to donate \$4,000 to the Catholic Charities RIDE Program. One of the primary barriers in access to healthcare in rural communities is transportation. The RIDE program is a critical service for older individuals who may not have other alternatives for transportation. RIDE supports transportation for seniors to their medical appointments. The financial support provided by Herkimer HealthNet will assist in maintaining this important service to the community."

The RIDE program of Catholic Charities of Herkimer County provides medical transportation both in and out of the county to Herkimer Coun-

ty residents 55 and over.

Rae Raffle-Maxson stated, "The program is essential in helping our seniors maintain and improve their overall health. We are very grateful for the support from Herkimer HealthNet for our program."

The RIDE program is operated by RSVP volunteers that serve as dispatchers and drivers. Last year volunteer drivers transported seniors for over 60,000 miles. The donation from Herkimer HealthNet will assist the RIDE Program in reimbursing volunteer drivers so that seniors can continue to age in place. Currently, the RIDE program is in desperate need of volunteer drivers. If anyone is interested, contact Rae Raffle-Maxson at Catholic Charities of Herkimer County at 315.894.9917.

The mission of Herkimer County HealthNet is to improve the health and wellbeing of individuals who live, work, play and learn in Herkimer County.

(L - R) HCHN Program Coordinator Elyse Enea Bel-lows, Dr. Thomas C. Curnow, executive director of Herkimer HealthNet, Program Director Rae Raffle-Maxson at Catholic Charities of Herkimer County and RIDE Program volunteer Joan VanSlyke.

Photo courtesy of Herkimer County HealthNet



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How dog owners can curb barking

Though it might try the patience of dog owners and their neighbors, barking is a perfectly normal behavior for dogs. Dog owners dealing with excessive barking can learn about why dogs bark and how to treat barking problems.

Why do dogs bark?

Barking is a natural way for dogs to communicate. Some dogs may bark to alert their owners that someone is approaching the house or if they hear unexpected noises outside. The American Kennel Club notes that some dogs may bark as a way of expressing their desire to exercise or receive some mental stimulation. Some dogs bark when they are bored or lonely, and some bark when they are alarmed or scared.

Why do dogs' barks differ?

According to the online pet resource PetEducation.com, barks can differ depending on what dogs want. Dog owners who learn to distinguish between the types of barks may have an easier time curtailing barking sessions and comforting their pets.

- **Attention-seeking barks:** PetEducation.com notes that attention-seeking barks are insistent and can be difficult to ignore. These types of barks are often used by puppies.
- **Alert barks:** It typically doesn't take long for dog owners to recognize alert barks, as they become more rapid as strangers draw closer to a home.
- **Play barks:** These barks are short and sharp, and are often a byproduct of dogs growing overexcited during play time.
- **Lonely barks:** These barks reach a higher pitch as dogs grow more anxious, which could

be a byproduct of separation anxiety.

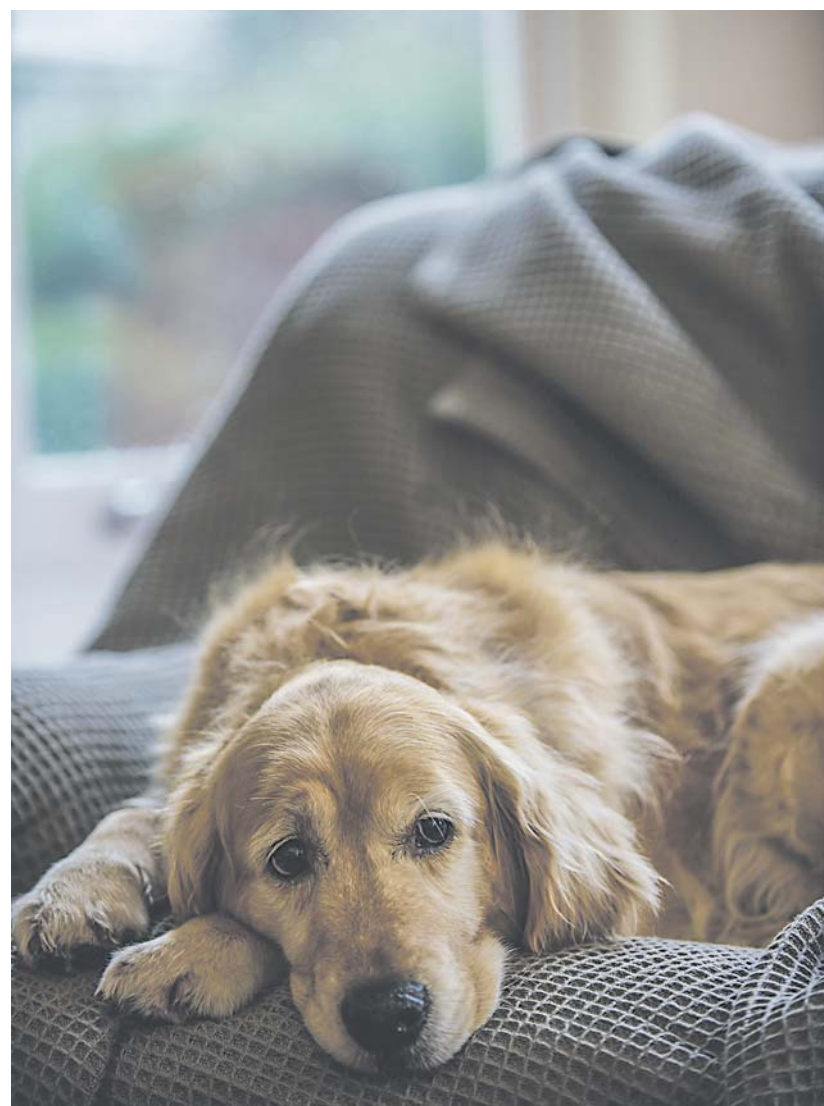
How to treat excessive barking

Behavioral training of dogs requires time and may require considerable patience on the part of dog owners whose dogs are barking excessively. Dog owners must recognize that curing excessive barking won't happen overnight.

- Do not shout at the dog. Shouting at a barking dog will only encourage more barking, so frustrated dog owners must resist the temptation to shout as they attempt to correct barking. Maintain a calm, firm voice when working with a dog to curb its barking.
- Be consistent. PetEducation.com recommends that dog owners pick a one-word command and use it whenever they are attempting to correct excessive barking. Maintain the same calm tone of voice each time the command word is spoken.
- Rely on positive reinforcement. The AKC advises dog owners keep some high-value treats at the ready as they attempt to curb their dogs' barking. When dogs begin to bark, owners can wait patiently for them stop. Once dogs stop, dog owners can wait a moment before praising the dog and then supplying a treat. As the process progresses, dog owners can increase the intervals between dogs ceasing to bark and the presentation of the treat.

Excessive barking can try the patience of even the most devoted dog owners. But with time and effort, dog owners can curb their dogs' excessive barking.

Some dogs bark to express that they are bored.



How to cook for people with various dietary needs

Breaking bread with friends and family is the perfect recipe for a fun day or evening. However, even the most experienced party hosts may struggle with ways to cater to their guests' various dietary restrictions.

According to Food Allergy Research & Education organization, as many as 15 million Americans have food allergies. Research by a team of allergists at the McGill University Health Centre found that 7.5 percent of Canadians report having at least one food allergy.

In addition to food allergies, hosts also must consider diets, food sensitivities, religious preferences and lifestyle choices (i.e., vegetarianism or veganism) when planning dinner party menus. So what is the accommodating host or hostess to do? Etiquette experts say that while it is important to keep guests' preferences in mind, it is impossible to accommodate everyone. But hosts can take certain steps when planning a menu that might make it easier to cater to an array of eaters.

• **Host a buffet or family-style meal.** Buffets and family-style services provide plenty of options for guests to enjoy. Think about offering at least one item from all of the food groups, including vegetables that will fit the bill for vegetarians, vegans and those who may be

avoiding grains.

• **Keep some trendy foods on hand.** Consider current dietary trends and how likely your guests are to follow them. For example, investigate a few gluten-free options and some foods that are low in carbohydrates. Opt for quinoa or couscous as an alternative to white rice. A hummus dip is a nice change from a dairy-based dressing for those who may need to avoid dairy products. Replace iceberg or romaine lettuce with baby spinach and arugula.

- Stick to simple recipes. The more ingredients in each dish, the more explaining you will have to do to guests who might be watching what they eat. Herb-crusted grilled chicken, roasted colorful vegetables in a ratatouille, a bean salad, and a three-cheese gourmet mac-and-cheese are some simple crowd-pleasers.
- Offer a signature dish. In addition to "safe" menu

items, showcase something you enjoy and like to prepare. After all, you should be able to enjoy the foods you love as well.

Some guests may come with food in hand. Graciously accept their additions and give credit where credit is due. You can even encourage those with especially strict diets to bring their own foods to ensure they don't go hungry.

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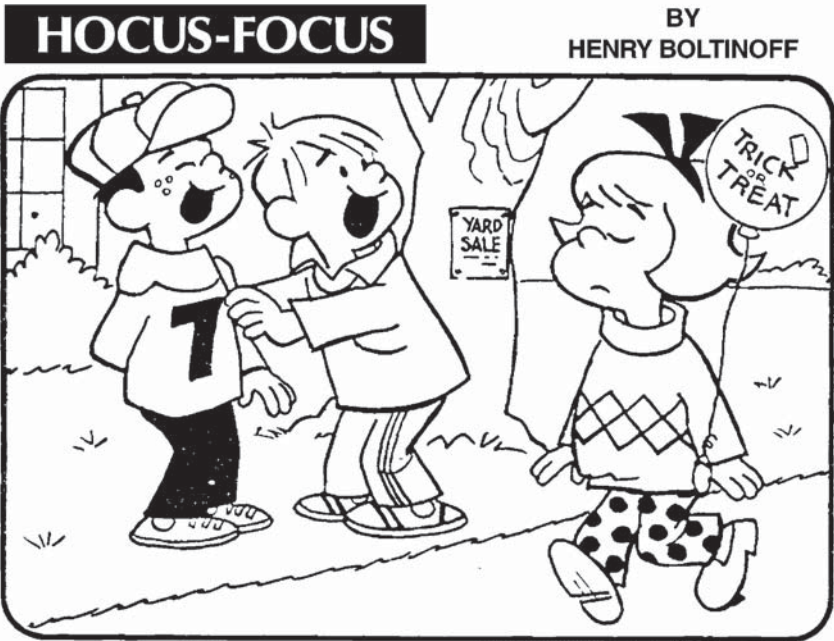
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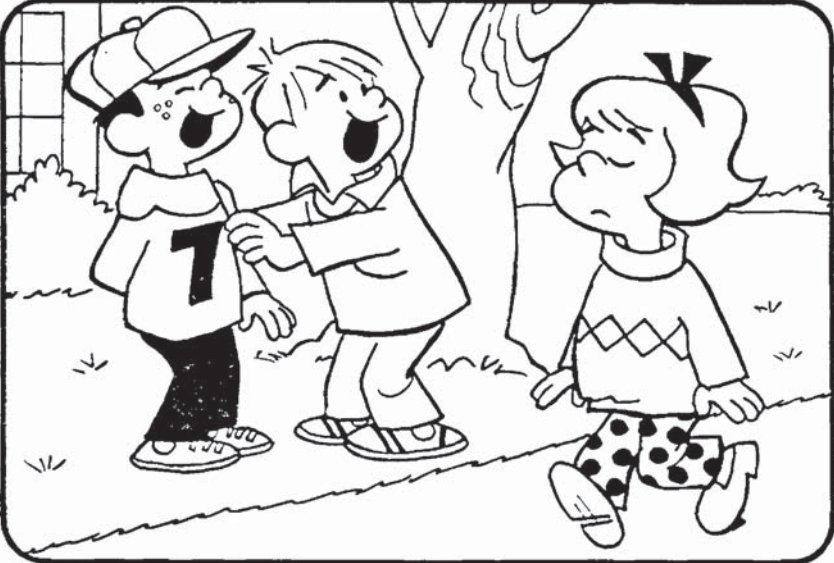
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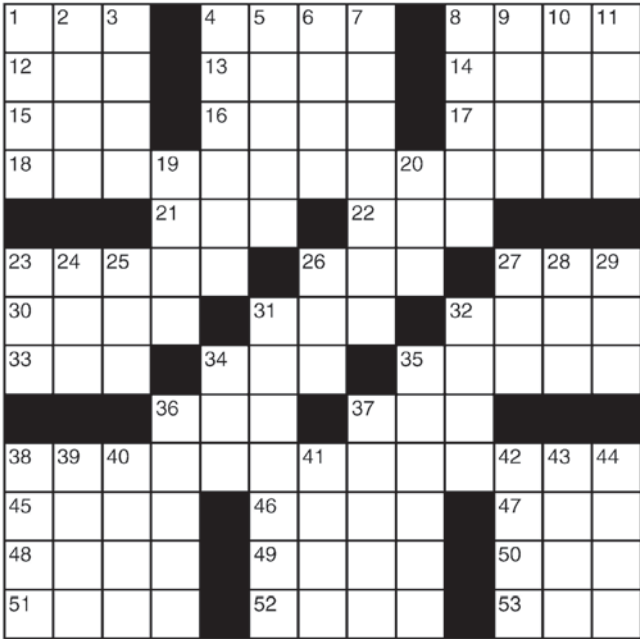
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32 Siamese, today
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36 Polecat
37 Malice
38 Criterion
39 Largest of the seven
40 Trails the pack
41 Merriment
42 Almost black
43 Small combo
44 Read bar codes



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Weekly SUDOKU

by Linda Thistle

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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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November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

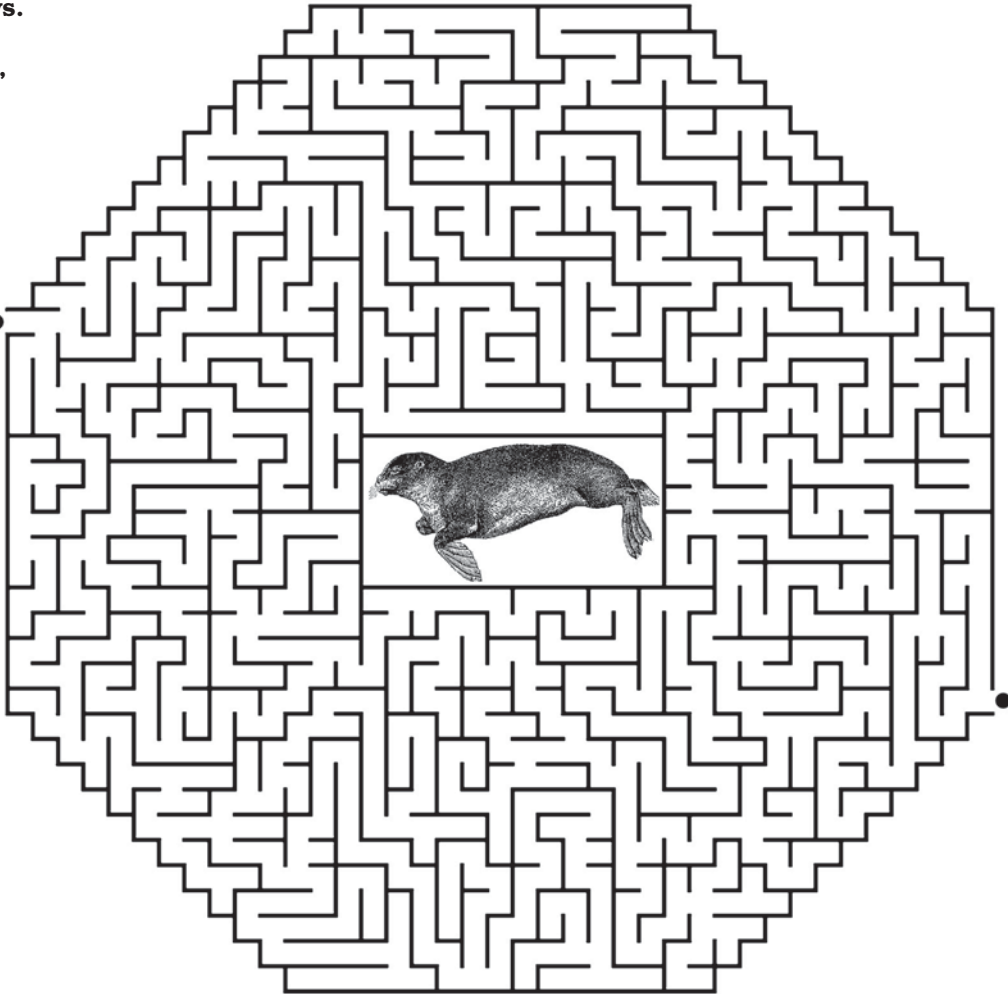
The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.

- Clyde Watson



Mega Maze

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Announcements

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MOVING OUT OF STATE: 3 bedroom mobile home for sale w/furniture and appliances. 315-894-8352

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COUNTRY SIZE BUILDING LOTS. Herkimer County. Great location, great schools, great views, great taxes, great prices, seller financing, \$18,900 and up. Interested, Koehler Real Estate: 315-891-3254

LITTLE FALLS: 4 bedroom 2 bath, oversized garage with workshop, being renovated. Make it yours, \$79,500. 518-577-1070

Real Estate For Sale

MOBILE HOME: 2002 Commodore, size 28x64 (double wide). Three bedrooms-2 full baths, situated on cement slab in pet friendly Park. Included are detached utility building, ample deck, working fireplace, central air. One owner home with excellent maintenance, \$65,900. Take a visual tour www.crossettres.com Crossett R.E. Services 315-894-8557

COMMERCIAL PROPERTY FOR SALE ILION: Property surveyed. **Asking price \$165,000.00.** Take a visual tour www.crossettres.com All Broker inquiries welcome. Email louise@crossettres.com OR Crossett Real Estate Services 315-894-8557

VILLAGE OF ILION: Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossett Real Estate services. Take a visual tour www.crossettres.com **Asking \$112,000.00.** All Broker inquiries welcome. 315-894-8557

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Symptoms of dyslexia

Learning disabilities can make it difficult for kids to reach their full potential. Such disabilities can sometimes be hard to spot, and youngsters might be hesitant to self-report symptoms or problems they're experiencing out of shame or a fear of being seen as different from their classmates.

Dyslexia, which the Child Mind® Institute notes is now part of the diagnosis "specific learning disorder," an umbrella term that groups together reading, writing and math disorders, is one type of learning disability that can compromise students' abilities to perform in the classroom.

The Yale Center for Dyslexia & Creativity notes that the signs of dyslexia can appear as early as preschool. Such signs may differ depending on the age of the child, but parents can look for the following ones that might indicate the presence of dyslexia.

Preschool

Preschool-aged children may exhibit various symptoms that may be indicative of dyslexia. Difficulty learning and remembering the names of letters in the alphabet and an inability to recognize letters in their own names are such symptoms. Children who mispronounce familiar words, continue to speak in "baby talk" and experience trouble learning common nursery rhymes also may be experiencing dyslexia. The Yale Center for Dyslexia & Creativity also notes that dyslexia tends to run in families, so parents who had their own difficulties reading and/or spelling words should pay special attention to how their children handle these tasks.

Kindergarten and first grade

Children in this age group who disappear when it is time to read and/or complain about the difficulty of reading may do so because they are dealing with dyslexia. Another potential indicator is reading errors that show no connection to the sounds of the letters on the page. For example, children who say "puppy" when an illustration on a page is a dog. Difficulty sounding out simple words like "cat" also may indicate dyslexia.

Second grade through high school

Symptoms that appear during these years of a child's life may include slow, awkward reading; trouble reading familiar words and often compensating by making wild guesses because the child cannot sound out the word; and an unwillingness to read out loud. Kids in this age group who are dealing with dyslexia also may not have a strategy for reading new words.

Children in this age group also may exhibit signs of dyslexia through their speech. For example, the Yale Center for Dyslexia & Creativity says some may search for a specific word only to end up using a vague term, such as "stuff." Hesitation when speaking and language peppered with "ums" is another potential indicator that a child might be dyslexic.

Dyslexia cannot be cured, but it can be overcome. Early screening, diagnosis and intervention can help young people become successful adults. More information is available at www.dyslexia.yale.edu.

Dyslexia cannot be cured, but it can be overcome.



Comfort Foods Made Fast and Healthy

by Healthy Exchanges
Golden Harvest
Cobbler

A crisp apple baked up into a warm-from-the-oven cobbler is just the dessert you'll want to share with your family on a cool, crisp autumn day.

- 2 cups (2 medium) cored, unpeeled and thinly sliced cooking apples
- 1/4 cup seedless raisins
- 1/4 cup (1 1/2 ounces) diced dried apricots
- 1/2 cup Splenda Granular, divided
- 1 teaspoon apple pie spice
- 1/4 cup water
- 1 1/2 cups Bisquick Heart Smart Baking Mix
- 2 tablespoons I Can't Believe It's Not Butter! Light Margarine
- 2 tablespoons (1/2 ounce) chopped pecans
- 1/2 cup fat-free milk

- Heat oven to 350 F. Spray a 9x9-inch cake pan with butter-flavored cooking spray. In a large bowl, combine apples, raisins and apricots. Add 1/4 cup Splenda and apple pie spice. Mix well to combine. Spread mixture evenly in prepared cake pan. Pour water over apples.
- In same large bowl, combine baking mix and remaining 1/4 cup Splenda. Cut in margarine until mixture is crumbly. Stir in pecans.

Add milk. Mix gently to combine. Spread mixture evenly over fruit.

- Bake for 20 to 25 minutes or until bubbly and lightly browned.

Place cake pan on a wire rack and let set for at least 5 minutes. Divide into 8 servings.

* Each serving equals: 156 calories, 4g fat, 2g

protein, 28g carbs, 303mg sodium, 49mg calcium, 2g fiber; Diabet-

ic Exchanges: 1 Starch, 1/2 fruit, 1/2 fat; Carb Choices: 2.

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King Crossword

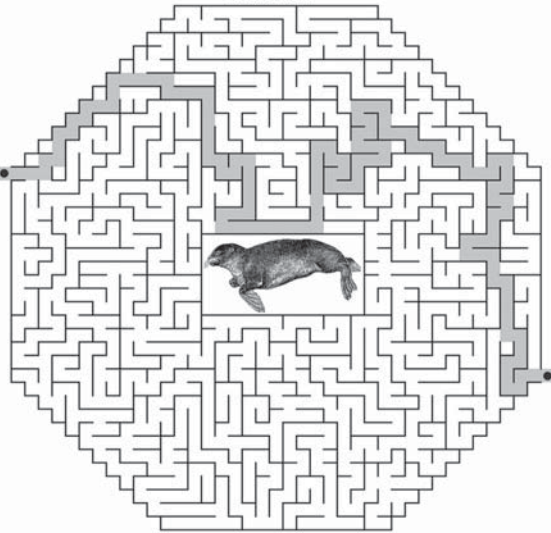
Answers

Solution time: 24 mins.

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

Mega Maze

Solution



Weekly SUDOKU

Answer

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

Americanisms



"If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world."

—Claude Pepper

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How puzzles promote health and wellness

Puzzles are fun and entertaining, but their benefits go beyond simple recreation. In fact, playing and solving puzzles on a regular basis can benefit adults and children in various ways.

Puzzles often stimulate problem-solving centers in the brain and can improve brain health. Researchers have found that, by completing crossword puzzles, playing challenging games or doing other puzzle-related activities, individuals may be less likely to develop brain plaques that have been tied to Alzheimer's disease. Data published in the Archives of Neurology found a distinct connection between people who exercised their minds with stimulating activities in their early and middle years and brain health. This group had less Beta-amyloid protein uptake in their brains, which is linked to the onset of Alzheimer's, than those who didn't engage in puzzles during the same time frame.

Beyond their health benefits, puzzles offer some additional perks.

- Puzzles boost vocabulary. Puzzles such as crosswords or code-words/cryptograms introduce people to new words. This helps people expand their vocabulary and can help them improve their spelling.

- Puzzles teach patience. Puzzles can be challenging, and such challenges can promote patience in regard to approaching and realizing goals.

- Puzzles can reinforce lessons. Teaching through puzzle play is an effective way to tap into memory retention while making lessons fun.

- Puzzles may improve intelligence. Engaging in puzzles can force players to think and reason using general knowledge, memory, spatial imagery, and logic. These skills help to sharpen intellect over time. Researchers at the

University of Michigan even found that adults could boost their IQs by four points after spending 25 minutes a day doing puzzles.

- Puzzles reinforce concentration. Concentration is required to find words hidden in a word search puzzle or to solve a brain-teaser. According to data on SelfGrowth.com, puzzles naturally induce a state of creative, focused meditation.

- Puzzles improve visual-spatial reasoning. When solving a jigsaw puzzle or working one's way through a maze, players have to look at different shapes and figure out where they fit within the larger picture. Better visual-spatial skills can help with packing, driving and using a map and can be valuable career tools in fields such as architecture.

Puzzles are a fun recreational activity that also can boost brain health.



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The benefits of electric vehicles

Electric vehicles remain a curiosity for many motorists. While many industry experts predict all cars on the road will be electric models at some point in the future, gas-powered vehicles still outnumber electric cars by a wide margin.

Some drivers may be hesitant to purchase electric cars out of a fear of the unknown. That's understandable considering the cost of new vehicles, electric or gas-powered. According to analysts at Kelley Blue Book, the average transaction price for light vehicles in the United States was more than \$36,000 in early 2018. That makes vehicles a significant investment and perhaps explains why consumers have thus far been hesitant to embrace electric cars en masse. But the benefits of electric cars are many, and understanding just what those benefits are might compel more drivers to make the leap.

Effects on local economies

Many countries, including the United States, import a substantial percentage of the petroleum they consume. For example, the U.S. Department of Energy notes that the United States imports 19 percent of the petroleum it consumes, three-quarters of which is

used for transportation. All-electric vehicles can be powered solely by domestically produced electricity, which can benefit local economies in countries such as the United States and Canada.

Cost savings

There's no denying that purchase prices for electric



Many industry experts predict all cars on the road will be electric models at some point in the future.

cars and even hybrid vehicles are higher than those for more conventional, gas-powered vehicles. However, many countries offer sizable tax credits to buyers of hybrid and electric vehicles. In addition, fuel costs for hybrid and plug-in electric vehicles are low, which can help offset the high purchase price of such automobiles.

Environmental impact

The DOE notes that electric vehicles produce zero tailpipe emissions. The same goes for plug-in hybrid electric vehicles when they're operating in all-electric mode. That's a substantial benefit, as tailpipe emissions pose a significant threat to the environment as well as human health. Common tailpipe emissions include carbon monoxide, nitrogen oxides, sulfur oxides, benzene, and carbon dioxide. Such pollutants can lead to further depletion of the ozone and some, such as benzene, are known carcinogens.

Electric vehicles have yet to catch on a wide scale. However, the overwhelming benefits of such cars and trucks makes it extremely likely that they are the future of driving for those motorists who have thus far been hesitant to ditch their gas-powered automobiles.

Rotary Club recognizes World Polio Day

HERKIMER – In honor of World Polio Day, which is widely recognized on Oct. 24, the Rotary Club of the Mohawk Valley has accepted a proclamation from the chairman of the Herkimer County Legisla-

ture, Bernard Peplinski, as part of Rotary's 27-year mission to eradicate the crippling childhood disease polio.

Chariman Peplinski and his wife Carol attended the weekly meeting

and presented the club members with the proclamation. Peplinski read the proclamation stating "That I, Bernard Peplinski Sr., chairman of the Herkimer County Legislature, do hereby proclaim

Oct. 24, 2018 as 'World Polio Day' in Herkimer County."

For more information on the Mohawk Valley Rotary club see www.facebook.com/MohawkValleyRotaryDistrict7150.

Countless Thanks to
Our Veterans



The Rotary Club of the Mohawk Valley recognized World Polio Day. (L - R) Denise Snyder, Elyse Enea Bellows, Michele Hummel, Roger Skinner, Bonny Brownrigg, Carol Peplinski and Bernard Peplinski.

Photo courtesy of Rotary Club of the Mohawk Valley



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How seniors can safely stay behind the wheel

A greater sense of independence is often cited as the reason so many young people anxiously await the day they earn their drivers' licenses. But the connection between driving and independence is not lost on seniors, either.

Aging can take its toll on drivers, prompting such drivers' families to feel as if their loved ones'

ability to safely operate motor vehicles has been compromised. However, many seniors can still safely operate motor vehicles, and those who do can take steps to ensure they're as safe as possible behind the wheel.

- Avoid driving on days when aches and pains are strong. Aches and pains are common side effects of aging, and seniors know that some days are better than others. Seniors' ability to control their vehicles may be compromised on days when stiffness, aches or pains seem particularly strong, so it's best to avoid driving during these times. Fatigue may set in on days when aches and pains require extra effort to perform relatively simple tasks, and drivers of all ages should avoid driving while tired.

- Don't skip medical checkups. Few seniors may look forward to their medical checkups, but visits to the doctor can reveal issues that can help seniors be safer on the road. Schedule routine vision exams so eyeglass prescriptions are always up-to-date. In addition, seniors should discuss hearing screenings with their physicians so they can ensure they can always hear sirens and other motorists while on the road. Great strides have been made in regard to helping people with fading hearing hear better, and seniors would be wise to take advantage of such advancements, which include hearing

aids that can be connected to smartphones.

- Familiarize yourself with medication side effects. Whether they do so temporarily or permanently, many seniors take medications, and every medication comes with side effects. When filling a new prescription, carefully read the dosage and description label to ensure that it's safe to drive while taking the medicine. Make note of how you feel when taking a new prescription, avoiding driving if the medication makes you feel fatigued or drowsy or affects your motor functions. If the side effects of a new prescription are making it difficult to safely operate a vehicle, discuss potential alternatives with your physician.

- Avoid driving in certain conditions. Driving in inclement weather, during rush hour and at night makes many drivers uncomfortable, regardless of their age. But such conditions can be especially dangerous for aging drivers whose vision and reaction times might be fading. Seniors who avoid driving in harsh conditions and heavy traffic may be more comfortable behind the wheel, thereby reducing their risk of accident or injury.

Seniors need not give up their drivers' licenses at the first signs of aging. But adjusting certain behaviors and exercising extra caution can help these men and women stay safe behind the wheel.

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