

Herkimer County
Country Editor

September 6,
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Volume 9
 Number 13

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 JOHN 6:29

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LFPD, Herkimer BOCES host national training course for school resource officers

Fifteen school resource officers – including 11 working in Herkimer County – underwent training the last week

of August at Herkimer-Fulton-Hamilton-Otsego BOCES. The SROs are learning what they need to know to be

prepared for their jobs, said James Garcia, school safety advisor of the Herkimer BOCES Health and Safety Service.

“Working for a school comes with its own specific challenges – different from a cop on the street,” Garcia said. “It’s a specific assignment with specific goals and specific challenges.”

National Association of School Resource Officers instructor Ernie Whiteman conducted the 40-hour NASRO training program, which was requested by the Little Falls Police Department in coordination with the Herkimer BOCES Health and Safety Service.

Of the 15 participants, there were three from Little Falls, three from Frankfort, two from Dolgeville, three from the Herkimer County Sheriff’s Office, two from elsewhere in the state, one from Rhode Island and one from Connecticut.

It’s beneficial to host training locally because otherwise the cost of travel and hotels becomes more expensive than the training itself, LFPD Chief Ronald Petrie said. “There’s been a need for SRO training in the area,” he added.

Participants had a variety of experience, but many of them are new to their SRO jobs. They’re learning “exactly how they’re going to do the job in the schools” – such as understanding how to work with schools and students, respond to school incidents and become knowledgeable about emergency response planning, Petrie said, “so they can be prepared – more proactive



NASRO instructor Ernie Whiteman talks to a group of school resource officers – mostly from Herkimer County – on the first day of a week-long training. The training was organized by the LFPD and Herkimer-Fulton-Hamilton-Otsego BOCES Health and Safety Service.

Photo courtesy of Herkimer BOCES

LFPD 3



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Moments in Time The History Channel

• On Sept. 10, 1608, English adventurer John Smith is elected council president of Jamestown, VA, the first permanent English settlement in North America. Smith was popular because of his organizational skills and effectiveness in dealing with local Native Americans.

• On Sept. 11, 1814, during the Battle of Plattsburg on Lake Champlain, a newly built U.S. fleet under Master Comman-

dant Thomas Macdonough destroys a besieging British squadron, forcing the British retreat to Canada on foot. The American victory saved New York from possible invasion.

• On Sept. 15, 1916, during the Battle of the Somme, the British launch a major offensive against the Germans, employing tanks for the first time. Some of the 40 or so primitive tanks advanced over a mile into enemy lines, but were too slow to hold

their positions and prone to mechanical breakdown.

• On Sept. 12, 1940, a collection of prehistoric cave paintings is discovered near Montignac, France. They depict 600 painted and drawn animals and symbols and nearly 1,500 engravings from the Upper Paleolithic period some 16,000 years ago.

• On Sept. 9, 1956, Elvis Presley makes his first appearance on "The Ed Sullivan

Show." Sullivan had originally banned Presley but finally signed him to an unprecedented \$50,000 deal for three appearances.

• On Sept. 13, 1971, the four-day revolt ends at the maximum-security Attica Correctional Facility in New York when hundreds of state police storm the complex in a hail of gunfire. Thirty-nine people were killed in the disastrous assault.

• On Sept. 14, 1982, Princess Grace of Monaco (the former American movie star Grace Kelly) dies at age 52 after her car plunged off a mountain road near Monte Carlo. An Oscar winner and star of three Alfred Hitchcock films, Kelly gave up her acting career after marrying Prince Rainier III of Monaco in 1956.

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LFPD from 2

than reactive."

Whiteman, who traveled from Oregon to conduct the week-long training, said SROs take different things away from the training depending on their level of experience. With many of the SROs in this training being newcomers to their positions, it was especially valuable to them, he said.

"I'm helping prepare them for their new jobs," he said. "I'm giving them an idea of some of the things they're going to have to try and deal with and some of the big issues going on now around the country."

Experienced SROs often pick up additional tips about the job through the training, Whiteman said, adding that he learns from each training as well -

such as by seeing how different areas handle things differently. Whiteman said he takes what he learns in each class and updates his training for the next group.

Whenever any problems around the country arise with an SRO, it's usually from overstepping or using force when it isn't warranted, so that's part of the training, Whiteman said. NASRO has found that the SROs in those incidents haven't gone through the course, he said.

"The benefits are training how to react and respond to issues you're going to face," he said.

Following this basic course, Petrie would like to offer the NASRO advanced course later this school year

during a school break, he said.

"To me, having an SRO in the school is invaluable - building relationships between the students and the police department and between staff and the police department," Petrie said. "It just creates that communication that is so important. If something happens, we're right there to stop it."

Garcia also talked about the value of having a trained police officer in school if anything happens and how the importance of an SRO goes beyond that.

"They're going to build relationships with the students," Garcia said. "They're going to see them every day. The relationship building is going to benefit the students, staff and districts overall."

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To Your Good Health

by Keith Roach, M.D.

Does high potassium mean no bananas?

Dear Dr. Roach: I am a 75-year-old man in excellent overall health. Routine bloodwork recently showed an elevated potassium level of 5.6. For the most part, I follow a vegetarian diet, which includes a number of very healthy foods that also happen to be high in potassium. I exercise regularly. Two years ago, my level was 4.9. My cardiologist stopped my metoprolol, as he said that could have pushed up the potassium, and he felt that based on my routine tests it was safe to stop it. I also stopped the 500-mg turmeric supplement I was taking, as a precaution. I take no other drugs.

I'd hate to have to give up bananas and the other fruits that contain potassium, which I eat in moderation as part of my regular diet. Do you think the 5.6 level is cause for concern, and could you make a recommendation? – V.D.

Answer: A potassium level of 5.6 is still in the normal range in my hospital's laboratory. Although metoprolol can raise potassium, it's not one of the medicines that is very likely to do so, such as an ACE inhibitor or spironolactone. Some people just have a high normal potassium. Turmeric, on the other hand, has lots of potassium, so stopping that was reasonable.

Herkimer County HealthNet offers free 3-week tobacco cessation program

HERKIMER – Herkimer County HealthNet will offer a free three-week tobacco cessation program called Freshstart beginning Wednesday, Sept. 11 from 5 - 6:30 p.m. at Little Falls Hospital, fourth floor, 140 Burwell St., Little Falls. This program will meet every Wednesday for three consecutive weeks from 5 - 6:30 p.m.

Freshstart is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings and group support.

Freshstart incorporates the most current guidelines for tobacco cessation support into face-to-face group support sessions. Program participants choose a combination of techniques and cessation treatments they will use in their quit attempt.

The Freshstart evidence-based approach helps participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt through information, activities and discussion. The evidence-based components of Freshstart include motivational intervention activi-

I would recommend that you not worry too much about the potassium and keep up your diet, including fruits in moderation. In addition to avoiding turmeric, I would recommend that you avoid salt substitutes, since they have very high amounts of potassium.

Dear Dr. Roach: I am fortunate enough to be a healthy and well 81-year-old woman. I take vitamin D, and exercise daily with walking and yoga. My recent bone density test showed my T-score for the hip at -2.2 and spine at -3.2. My primary doctor insists that I take Prolia or Boniva. I am reluctant to do this, as I am aware of the side effects and don't trust the ultimate results of the medication. Nutrition centers have recommended calcium supplements. Your help would be greatly appreciated. – L.B.

Answer: Anyone can get an estimate of his or her risk for fracture using the FRAX calculation tool at www.sheffield.ac.uk/FRAX. I made a few assumptions with the information you gave me and estimated your risk of a hip fracture in the next 10 years as 6%, and any major osteoporotic fracture as 17%.

A medication like Boniva would be expected to reduce your risk to something like 4% and 14%. Prolia has been shown to reduce risk of vertebral and hip fractures, and the decreased risk of vertebral fracture might be even greater with this drug (perhaps 4% hip and 8% total), although Prolia and Boniva have not

ties, practical counseling, social support and education about medication and different approaches to quitting.

Freshstart program participants can expect a participant guide handed out at the beginning of the first session to use in the program sessions and for personal review outside of class. They can also expect group support from other program participants, the opportunity to learn from past quit attempts and new techniques to incorporate into their future quit attempt.

For more information or to register for this program contact Herkimer County HealthNet Executive Director Elyse Enea at 315.867.1552 or eenea@herkimer-county.org.

Herkimer County HealthNet is a 501(c)3 non-profit corporation, and its mission is to improve the health and well-being of individuals who live, work, play and learn in Herkimer County and the Mohawk Valley.

been directly compared. Guidelines would clearly recommend medication for you. Calcium alone is unlikely to significantly reduce your risk of fracture.

"Insist" is a strong word, but given the reduction in your relatively high fracture risk, I would suggest that you reconsider. Boniva is given once monthly and Prolia twice yearly. The side effects are mild for most people. Taking the medication for three to five years is very reasonable, after which you'd re-evaluate. I hope this information makes it easier for you to make the right decision for yourself.

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Spark plugs need to be replaced periodically

Ignite engine performance with spark plug check

That little engine part called the spark plug performs a huge job in delivering a vehicle's power, performance, dependability and fuel efficiency and, according to the non-profit Car Care Council, should be replaced periodically.

"Spark plugs are one of the hardest working parts of a vehicle. A spark plug can fire 400 times per minute per cylinder, or 1,600 times a minute on a four-cylinder engine," said Rich White, execu-

tive director, Car Care Council. "Many car owners delay spark plug repair on their vehicles, even after they have failed. This is a mistake since fouled, damaged or worn out spark plugs can lead to engine damage, reduced fuel efficiency and poor performance like misfiring, hard starting and sluggish acceleration."

If you spot any of the following symptoms, the Car Care Council recommends having your vehicle checked to

prevent more costly problems from developing.

- Rattling, pinging or knocking noises. When spark plugs begin to misfire, you may notice unusual noises from the force of the pistons and combustion not working properly. Pistons travel at high velocities; if the spark plug fires at the wrong time, this could lead to constant rattling, pinging or knocking sounds.

- Hard vehicle start. If your car is having trouble starting or just feels disjointed and jerky, your spark plugs may not be working right. This can lead to misfires and erratic performance.

- Reduced performance. Spark plugs fire when you accelerate and change gears. If the spark that the plug generates isn't functioning at 100%, your vehicle performance will be poor and you'll experience a sluggish and fuel-wasting drive.

- Poor fuel economy. Lots of things can lead to poor fuel economy. In the case of old spark plugs, fuel is wasted because your vehicle fails to receive the proper, heat-generating spark at the

right time.

The Car Care Council recommends that consumers consult their owner's manual for the vehicle manufacturer's recommended spark plug replacement intervals. The council also recommends replacing all of the plugs at the same time and with the same type of spark plug that the vehicle was originally equipped.

"Replacing spark plugs is a relatively inexpensive maintenance task and can be performed by a do-it-yourselfer or by a professional technician at any auto repair shop," said White.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at media.carcare.org. To order a free copy of the popular Car Care Guide, visit the council's consumer education website at www.carcare.org.

Source: Car Care Council

Herkimer County

Family Day at the Farm



THANKS!

Raycliff Farm, the Town of Manheim, Herkimer Co. Dairy Promotion, Herkimer Co. Farm Bureau, Herkimer Co. Soil & Water, and Cornell Cooperative Extension of Herkimer Co. would like to express our gratitude to our committee, volunteers, participants, attendees and our sponsors listed below for their support of Family Day at the Farm (Aug 24, 2019)

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Mother Nature gave us glorious weather. Everyone seemed to enjoy this event. This was the last year for Herkimer County Family Day at Raycliff Farm. We've had a good 10 year run.

- Thanks, Ray and Judy Hulten

Date set for Arc Herkimer's biggest annual fundraiser

The New York International Wine Auction (NYIWA) will be held on Saturday, Sept. 28 at 5 p.m. at Turning Stone Resort and Casino in Verona.

The NYIWA kicks off its 24th annual event in hopes to surpass last year's record total of \$320,000. All proceeds provide meaningful support for unfunded and underfunded programs like Guardianship, Self Advocacy and Spirituality.

This year's event will highlight "50 for 50" as the agency celebrates its 50th anniversary. There will be 50 silent auction lots and wine tasting at 5 p.m., followed by a five-course gourmet dinner and 50 live auction lots at 7 p.m.

First-class wines, once-in-a-lifetime trips, extraordinary experiences, dazzling jewelry and many other items will be available. Additionally, entertainment will be provided by world-famous mentalist and glitter speed painter Robert Channing. Two premier packages are available.

The wine tasting package is \$60 per person. The dinner package is \$195 per person. Register and learn more at www.nyiwa.com.

Strange but True

by **Samantha Weaver**

- It was Canadian journalist, editor and poet Mark Abley who made the following sage observation: "Modern English is the Walmart of languages: convenient, huge, hard to avoid, superficially friendly and devouring all rivals in its eagerness to expand."

- On any given day, Google conducts approximately 63,000 searches per second.

- The next time you get a chance, you might want to check the pressure of your car's tires; if they're not inflated to the correct pressure, you're contributing to the \$9 million in fuel that is wasted due to improper tire pressure, according to the Department of Energy.

- Those who study such things report that the average lifespan of a tree in the metropolis of New York City is only seven years.

- In all likelihood, you've never run across a moirologist – in fact, they probably don't even exist in the United

States today. However, professional mourners – which is what moirologists are – have a long history, dating back to ancient Greece. Even as recently as the early 1900s, there was a report of a moirologists' strike in Paris.

- The small Central American country of Costa Rica has more species of mammals and birds than are found in all of the contiguous United States and Canada combined.

- An 18-year-old Austrian named Helmut Mezer got his driver's license and a new BMW with the license plate DEAD1. One week later, with Mezer behind the wheel, the car skidded around a curve at 100 mph, hit an embankment and was thrown 200 feet, landing on its roof in a field and killing Mezer.

Thought for the Day: "I'm sick of following my dreams. I'm just going to ask them where they're going and hook up with them later." – Mitch Hedberg

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Honor America on Patriot Day



Patriot Day takes place each year on September 11 to honor those who lost their lives in the 9-11 attacks.

Sept. 11, 2001, was a tragic day in American history. On that day, nearly 3,000 innocent lives were lost due to the terrorist attacks in New York City and Washington, D.C. as well as in rural Pennsylvania, where another plane en route for more destruction crash-landed.

The indelible images of the World Trade Center collapsing in flames with crowds running for safety, as well as the ensuing visions of heroes and citizens working together, have created a lasting impression.

While buildings have been repaired and new sites erected in the wake of the attacks, there are many ways to continue to honor the fallen. Patriot Day, which takes place each year on Sept. 11 to honor those who lost their lives in the 9-11 attacks, is one such example. The following are a handful of ways that people can honor 9-11 victims and their families.

- Celebrate local heroes by visiting or making donations of food or supplies to local firehouses and police stations.

- Commemorate the events of 9-11 by observing moments of silence at key times throughout the day: 8:46 a.m., 9:03 a.m., 9:37 a.m., 9:59 a.m., 10:03 a.m., and 10:28 a.m.

- Engage in service projects that can help your community, including its underserved individuals, like veterans. National Day of Service, which is the same day as Patriot Day, asks people to do at least one good deed in honor of those who died on 9-11.

- Make a trip to New York City and visit the National September 11 Memorial & Museum.

- If you display a flag at your home or business, be sure to place it at half staff from sunrise to sunset to mourn the lives lost.

- Share stories of the heroism and bravery of first responders with young children who may not have been alive in 2001.

- Unite the country by promoting acceptance of and kindness to all people, regardless of religious or political beliefs.

- Attend a special service commemorating 9-11 at houses of worship.

- Visit memorials honoring the fallen in various communities in and around your home.

This Patriot Day, there are many ways individuals can honor those who lost their lives on 9-11.

Editor's Note: The Patriot Day celebrated on Sept. 11 is a separate holiday from Patriot's Day, which is observed on the third Monday in April in Massachusetts.

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Whatchamacallits

Anyone with a background in raising cattle will most likely recognize this instrument. Our whatchamacallit this week is a trocar – a veterinary tool for relieving bloating in cattle. Trocars consist of an obturator (the puncture maker), a cannula (tube-like part) and a seal.

Bloating can occur when cows graze pastures with a high content of clover or alfalfa (lucerne), members of the legume family. It is said if the pasture contains over 50% clover or alfalfa, there is a danger of causing bloat.

Bloating in cattle can be extremely dangerous, and if left unchecked, can cause death. The expansion of the rumen pushes on the lungs and can suffocate the animal. Because of their multiple stomachs, cows cannot “burp” the gas out. There are several

ways to prevent the disorder, but if an extreme case arises, measures will be taken to relieve the pressure from the outside to save the poor beast.

According to the Angus Beef Bulletin (Sept. 20, 2018), “If suffocation is imminent, however (the cow is down and gasping), we need to push a trocar through her distended left flank into the rumen to let off pressure.”

Naturally, the instrument is sanitized – but the idea is to push the punch and the sleeve quickly through the hide into the rumen in one swift movement. The punch is removed and the sleeve is left in order to allow the gas to escape.

Some newer trocars are plastic and screw-in. Once it is through the hide, it is screwed in, and when gets to a certain point, it is locked in place until it's removed.



Do you have your own Whatchamacallit?

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

When in doubt, take them out!

Every year, about 4,000 New York children age 19 and younger are treated at hospitals for sports-related traumatic brain injuries. A school nurse or primary care physician treats many more concussions.

"An athlete doesn't need to be knocked unconscious in order to suffer a concussion. A concussion is a type of traumatic brain injury caused by a bump or blow to the head, or a blow to the body that causes the head to move rapidly back and forth," said Diane Ward, CHN of Herkimer County Public Health.

Concussions can happen during practice or in a game. They happen to athletes of all ages in any sport, but most often occur in contact sports, such as football, rugby or ice hockey. Recognizing and responding to a concussion when it first occurs can help prevent further injury and even death. If it is suspected that your child has suffered a concussion, they must be removed from the practice of game immediately.

"If your child complains about a headache or pres-

sure in the head, is nauseous or vomiting, experiences dizziness or balance problems, has double or blurred vision, feels sluggish, hazy, foggy or groggy; has loss of concentration or memory and is more sensitive to light or noise, he or she should be taken to a doctor or health care professional to be examined for a concussion," said Ward.

After taking a fall or being hit, if your child appears dazed or stunned; has a delayed response to questions; loses the ability to remember what happened before or after the hit or fall; is confused about their game assignment, position, score or opponent; behaves differently; or their mood or personality changes, they may have suffered a concussion and they should be examined immediately by a health care provider.

Concussions are serious and can take time to heal. A doctor or healthcare professional can tell if your child has had a concussion and when they may return to play.

Under the State Education Department's policy, an athlete suspected of having a concussion must be taken out of play immediately. The athlete cannot return to play for at least 24 hours and until they have received written clearance by a licensed physician.

Should an athlete return to practice or a game before the brain has had time to heal, there is a greater risk of suffering a second concussion. Repetitive concussions can be very serious and potentially cause permanent brain damage.

To help prevent concussions, make sure that your child wears the correct protective equipment (helmets, padding, shin guards and eye and mouth guards) for the sport they are playing. Protective equipment must fit properly, be in good condition and be worn during practice and games. Ensure your child follows their coach's rules for safety and the rules of the sport. And don't forget to teach children about practicing good sportsmanship.

For more information on the prevention of concussions, visit the New York State Department of Health website at health.ny.gov/prevention/injury_prevention/concussion.htm.



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Four steps for sending your car away to college

New video highlights how to prepare your child for college-bound driving

Seeing your child off to college is an emotional transition, especially if they are going far away from home. Sending them away in the family vehicle can create even more worry and stress. A little advance planning and a well-maintained vehicle can offer peace-of-mind to parents, says the non-profit Car Care Council.

1. Get a sendoff vehicle inspection: College is a busy time for students and it is likely that car care at college will not be top of mind. Be sure to schedule a thorough vehicle inspection before packing up the car so you can rest easy knowing your child is driving a road-ready vehicle.

2. Make an emergency plan: Discuss a plan with your child in case they experience a roadside emergency. Be sure they know who to contact for roadside assistance and stock the car with an emergency kit, including jumper cables, emergency flares, a flashlight with batteries, blankets and extra clothes, water and non-perishable snacks, a first aid kit, a portable USB charger and a fully charged cell phone. To be prepared for inclement weather, include an ice scraper, a snow brush

and small shovel.

3. Hit the books: Encourage your child to learn about auto care by reviewing the Car Care Council's online Car Care Guide and becoming familiar with the owner's manual. The printed Car Care Guide fits easily in a glove compartment and covers the most common preventive maintenance occasions and procedures that should be performed to keep cars safe, dependable and efficient.

4. Stay on schedule: To stay on top of routine vehicle maintenance, sign up for the council's free Custom Service Schedule and receive email service reminders and recall notices so that you and your child are aware of any issues and can address them in a timely fashion.

The Car Care Council has introduced a new video, produced in conjunction with AutoNetTV (ANTV), with tips for parents, college-bound students and their vehicles. To learn more about keeping your vehicle in safe, dependable working condition, visit www.car-care.org or follow the Car Care Council on Facebook, Instagram, Twitter and YouTube.

Source: Car Care Council

Now Here's a Tip

by JoAnn Derson

• What's going on sale in September? Look for cookware, dishes, pool toys and pool accessories, patio furniture, plus great deals on new cars (2020 models and closeout sales on 2019 models).

• Here's a great mat-

tress de-funker recipe: Mix a cup of baking soda with 10 drops of your favorite essential oil. Sprinkle evenly over your bare mattress. Allow to penetrate for up to an hour, then vacuum up the remaining powder.

• "It's almost time for Scouts to start up again.

I have been washing uniforms and sashes, and I find this trick to be helpful when it comes time to stitch on badges: Put a bit of plain school glue on the back of your badge, place it where you want it on the sash, then let it dry. It will stay in place long enough to stitch the

edges. When you launder it, the glue will wash right out." – R.D. in Florida

• A school-success tip: Have middle and high school kids identify a friend in every class who they can turn to for questions about assignments or course material. It's

beneficial to be that friend for someone else too!

• Here's a great tip for future international travel: "Get yourself a power strip and you'll only need one plug adapter for foreign plugs. You will make friends at the airport, too, on a layover." – G.G.

in Arkansas

• When searching for airline flights, try going incognito in your browser, using a private browser or deleting your cookies between searches. It can sometimes make a price difference.

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Patriots Day/Sept. 11 Remembrance Ceremony

The Newport Volunteer Fire Department, West Canada Valley American Legion Post #1524, Adirondack American Legion Post #1118 and Kuyahoor Valley Ambulance Corps will hold their 18th annual Patriots Day/September 11th Remembrance Ceremony at the Newport Volunteer Fire Station at 7 p.m. on Wednesday, Sept. 11. Refreshments will be available for everyone after the ceremony.

The guest speaker will be junior past American Legion Department of New York Commander Gary M. Schacher.

Participating in the ceremony will be local fire departments, area veterans groups, EMS providers and law enforcement agencies, municipal officers, elected officials, school students and members of our community.

Anyone with questions contact Leslie Crossett at 315.360.2082 or magoo33LFS@msn.com or John Murphy at 315.845.8139 or jemdrm@ntcnet.com .

Good Housekeeping

Peachy Pecan Crumb Pie

Brown sugar, rolled oats and ripe peaches taste like sweet summer – especially with a scoop of vanilla ice cream. Use homemade or store-bought pie dough.

Crumb Topping

- 1/2 cup all-purpose flour
- 1/4 cup rolled oats
- 1/4 cup packed brown sugar
- 1/4 cup chopped pecans
- 1/2 teaspoon lemon zest
- 1/8 teaspoon salt
- 3 tablespoons butter, softened

Filling

2 pounds ripe peaches (about 7 to 8 large), peeled, pitted and chopped

- 1/2 cup packed brown sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon
- 1 tablespoon lemon juice
- Vanilla ice cream, for serving

1. If using homemade dough, on a lightly floured surface with lightly floured rolling pin, roll dough out into 14-inch circle. Transfer to 9-inch pie plate. Trim overhang to 1/2 inch; tuck overhang under and crimp to form raised edge. Refrigerate 30 minutes.

2. Meanwhile, make crumb topping: Place foil-lined rimmed baking sheet in oven and heat to 425 F. In medium bowl, with hands, combine flour, oats, brown sugar, pecans, lemon zest and salt. Add butter and squeeze to form small clumps. Refrigerate until ready to use.

3. Reduce oven temperature to 375 F. In large bowl, combine ingredients for filling. Add to chilled pie dough, spreading in even layer. Place pie on preheated baking sheet and bake 35 minutes. Sprinkle crumb topping over filling. Bake another 25 to 30 minutes or until filling is bubbling and crust is golden brown.

4. Cool pie on wire rack. Serve warm or at room temperature with vanilla ice cream. Serves 8.

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

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Calendar of events

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

Sept 7 and 8

Fort Klock's 46th Annual Craft Fair Saturday, 9 a.m. - 4 p.m., Sunday 10 a.m.-3 p.m. One of the biggest craft fairs in the area with over 100 crafters. Free admission and free parking. For more information visit www.fortklockhistoric.org, call 518.568.7779, email fortklock@gmail.com or find us on Facebook.

Sept 7

Bluegrass, Bikes & BBQ Festival. On Sept. 7, 2-11 p.m., at historic Canal Place, Little Falls, it will be a free, continuous music concert. A ticketed performance at Canal Side Inn on Sept. 8 from 3-5 p.m. is also on tap. It's a weekend filled with music, food and fun. For more information visit www.littlefallsbluegrassfestival.com or contact David E. Warner at dave@littlefallsbluegrassfestival.com or 315.508.5310.

Sept 10

Valley Choralaires resume rehearsals for the 2019-2020 season. 7 p.m. United Methodist Church, East Main St., Canajoharie. Rehearsals are held every Tuesday. Women interested in joining this all-female chorus are invited to attend on Sept. 10. The first concert is scheduled for Sunday, Oct. 13 at the Stone Arabia Church with the Revisions Barbershop Quartet.

Frankfort Hill Historical Society talk by author/historian Gary Ford: "The Last Week in Abraham Lincoln's Life". 6:30 p.m. At the historic District #10 School, 2241 Albany Rd, corner of Albany and Higby Roads on Frankfort Hill (adjacent to the Frankfort Hill Firehouse). Speaking on the events in the president's life from a personal perspective as well as the events facing the nation during that week.

Reservation due Sept 11

Little Falls Historical Society is sponsoring a day **bus trip to Boston for the Downton Abbey Exhibition** on Wednesday, Sept. 25, 2019. Cost \$120 pp. Departs from the Little Falls Historical Society, S. Ann St. Reservations and payment due on or before Sept. 11. For reservations call 315.866.0481.

Sept 12, 13 and 14

Rummage Sale. Salisbury Town Hall, Rt. 29A, Thursday and Friday 10 a.m. - 5 p.m.; Saturday 9 a.m. - Noon. Donations welcomed Sept. 10 and 11, 9 a.m. - Noon. Sponsored by the Salisbury Historical Society.

Sept 14

18th Annual Mohawk Valley Garlic and Herb Festival. 10 a.m. - 5 p.m. 410 Canal Place, Little Falls. Vist <https://tinyurl.com/y3coxwo6>

Fall Chicken Barbecue. 1 p.m. until sold out. At Dolgeville United Methodist Church, 21 N. Helmer Ave. \$10 for an adult dinner, \$6 for children, ages 5-12, and a half chicken for \$6. There will be take-outs only. For more information, call 315.429.7381.

Sept 19

2019 Rabies Vaccination Clinic 5:30-7 p.m. Cedarville Fire Department, 960 St. Rt. 51, Cedarville. To pre-register for a clinic please call 315.867.1176.

Golumpki dinner. 4 - 7 p.m. or sold out. At Emmanuel Episcopal Church, 594 Albany St., Little Falls. \$10 adults and kids 5 and under free. Eat in — take outs available. Free local deliveries (Little Falls only). Call day of dinner 315.823.1323.

Sept 19, 20 and 21

Rummage Sale and Bake Sale. At Middleville United Methodist Church, Route 29, Middleville. Thursday 9 a.m.-3 p.m. Friday 9 a.m.-5 p.m. Saturday 9 a.m.-12 noon. Something for everyone.

Sept 21

Ladies Day of Encouragement featuring Amy Falke. 8:30 a.m. - 2 p.m. At the Richfield Springs Bible Church, 17 Church St. Free for all Ladies. Coffee and Muffins in morning and lunch provided. RSVP to 315.858.9479 or FACEBOOK Ladies Day of Encouragement.

Summer Bake Sale. 10 a.m. - 2 p.m. Walmart Supercenter, 103 N Caroline St, Herkimer.

Sept 25

Herkimer County Business Showcase. 8 a.m. - 3 p.m. Arc Park, 420 East German Street Herkimer. Visit or <https://tinyurl.com/y5gl6pvt>.

Sept 26

Community Forum Meeting (AKA - Reuel's Well). 12 noon. Canajoharie Fire House. Lunch available. RSVP and info call 518.673.3440. Let phone ring until forwarded.

Sept 28

2019 Mohawk Valley Out of the Darkness Walk to Fight Suicide. At German Flatts Town Park. Check in 10:30 a.m. Walk begins 11:30 a.m. Register at afsp.org/mohawkvalley

Fall Fest & Alumni Weekend. Herkimer College. Noon - 3 p.m. Free and open to the public Schedule of events can be found at www.herkimer.edu/fallfest. Car show, horse drawn wagon rides, novelties... herkimercounty.com

Sept. 28 Salisbury Center Methodist Church Harvest Ham dinner. 4 p.m.-?. Adults \$10. Children \$5 under 5 free.

Oct 3

2019 Rabies Vaccination Clinic Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls. To pre-register call 315.867.1176.

Nov 2

2019 Rabies Vaccination Clinic. 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. To pre-register for a clinic please call 315.867.1176.

Nov 9-10

43rd Herkimer County Arts & Crafts Fair. Saturday 10 a.m.-5 p.m. and Sunday 10 a.m.-4 p.m. Admission is \$4. Further information at www.herkimer.edu/ac or by calling the Herkimer County College Foundation at 315.866.0300, ext. 8459.

King Crossword

ACROSS

1 Summit
 5 "— and Circumstance"
 9 Speed stat
 12 Reedy
 13 Smell
 14 Exist
 15 Kitchen shredder/slicer
 17 Pen point
 18 See 35-Down
 19 Skiers' hotel
 21 Cripples
 24 Challenge
 25 "Sad to say ..."
 26 Greek biographer
 30 Charged bit
 31 Rid of rime
 32 Whopper
 33 Big star
 35 Alpha follower

DOWN

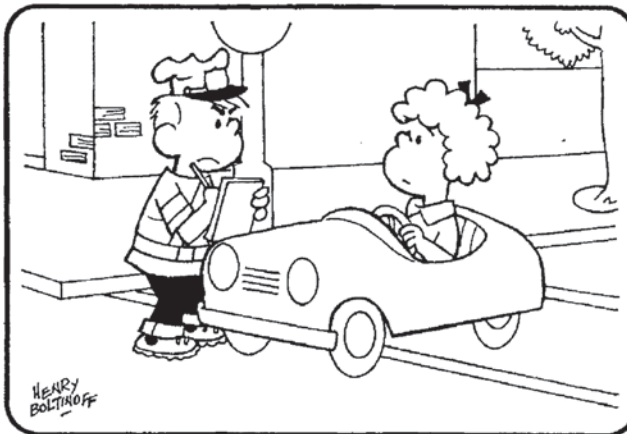
1 PIN requester
 2 Dance syllable?
 3 60 sec.
 4 Provides
 5 Horseback game
 6 Valhalla VIP
 7 Calendar abbr.
 8 Church dignitary
 9 "Rebecca" setting
 10 Bluenose

11 Cup-bearing Greek goddess
 16 Chances, for short
 20 Man-mouse link
 21 Den
 22 Lotion additive
 23 Required
 24 Channel
 26 Pod group
 27 Basketball's Jeremy
 28 Give as an example
 29 Listen to

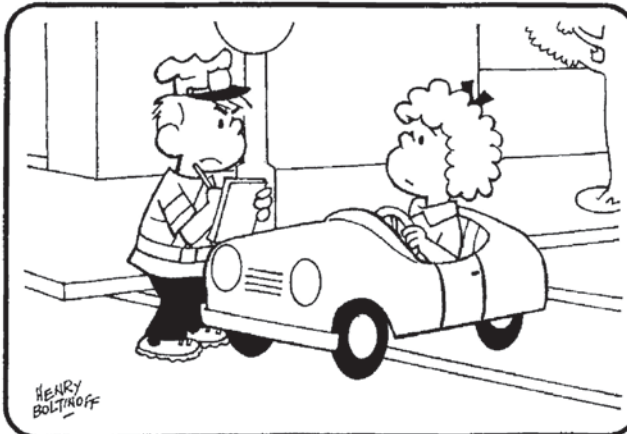
31 Predicament
 34 "Scram!"
 35 With
 18-Across, studying hard
 37 Supporting
 38 Departed
 39 Culture medium
 40 Oscar winner Hathaway
 41 Icelandic epic
 44 Melody
 45 Meadow
 46 Run from the cops
 47 James Bond, e.g.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Door added to car. 2. Tires are black. 3. Pants have no cuffs. 4. Bricks missing from wall. 5. Tree limb has been added. 6. Girl's hair is longer.

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Weekly SUDOKU

by Linda Thistle

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

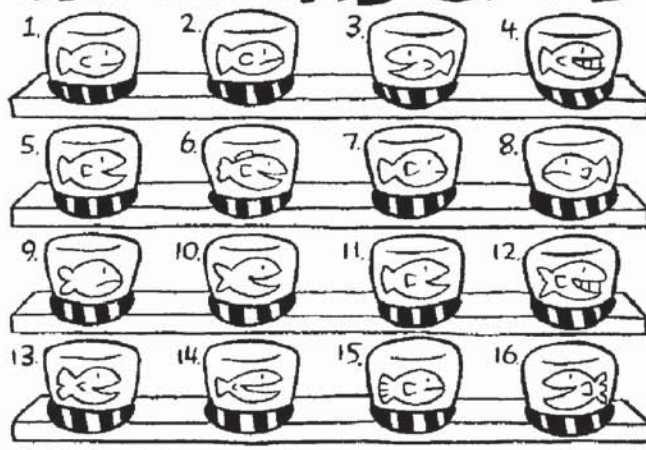
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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CAMILLA'S CAPS



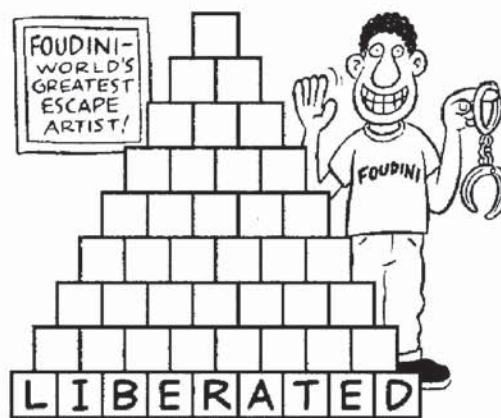
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ALL OF "CAMILLA'S CAPS" should look alike. Alas, she received a batch of "seconds" and only two of them are exactly alike. Can you find these two in one minute flat?

Answer: Caps 5 and 11.

Junior Whirl

by Charles Barry Townsend



THE PYRAMID OF WORD POWER

Starting with the given word LIBERATED at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with LIBERATED.

1. To set free (given).
2. One who decorates cars.
3. What the bloodhounds did.
4. A long, angry speech.
5. When an event is broadcast.
6. Very, very dry.
7. To free from.
8. A psychology term.
9. Me, myself and ___?

AN ALPHABET PARTY!

If all of the letters in the alphabet were invited to a luncheon party, which six letters would arrive late?



Answer: The letters U, V, W, X, Y and Z, because they only come after T (tea).

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "REGENT." See if you can replace these letters in the squares so that you will have four 3-letter words across and three 4-letter words down. The time limit is 60 seconds

R		O	T
E			
G	A	C	
E			
N	A		
T			

Answers: (Across): Got, ore, ace, tan. (Down): Goat, orca, teen.

Answers: (from the bottom up): Liberated, detaller, trailed, tirade, aired, arid, rid, id, l.

Decoding your VIN

(NAPS) — When cars are sold, recalled, stolen or involved in accidents, you may hear references to the VIN; that is, the Vehicle Identification Number. Many data registries use the VIN to record details of the vehicle's history. Before you buy a used car, do a VIN lookup to get the vehicle history report and find records of its previous owners, accidents and repairs. You can also find out if the manufacturer has ever issued a recall of the vehicle and whether those repairs were made.

What the VIN Is

It's a unique code that's assigned to every motor vehicle when it's manufactured and is a 17-character string of letters and numbers without intervening spaces or the letters Q (q), I (i) and O (o); these are omitted to avoid confusion with the numerals 0 and 1. Each section of the VIN provides a specific piece of information about the vehicle, including the year, country and factory of manufacture; the make and model; and the serial number. VINs are usually printed in a single line.

How to find the VIN number

On most passenger cars, you can find the VIN number on the front of the dashboard on the driver's side. The best

way to see it is to look through the windshield from outside the car. You can also find the VIN number on the driver's side door pillar. Open the door and look around the area where the door latches to the car. A motorcycle's VIN is usually on the steering neck below the handlebars, although sometimes it's on the motor or on the frame near the motor. A semitrailer's VIN is located on the front part of the semitrailer on the left side.

If you can't find the VIN number on the vehicle, you should be able to find it on your vehicle's title or liability insurance documents.

To decode your vehicle's VIN number or see if there are any active recalls on your car, visit the free VIN Decoder at <https://driving-tests.org/vin-decoder/>.



Knowing a car's VIN could help you save time, money and trouble.

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Kuyahoora Valley Rotary Club

On Aug. 6, the Kuyahoora Valley Rotary Club invited students to attend a senior award dinner meeting held at the Town of Russia Park. This year we had seniors from Poland Central School (PCS) and from West Canada Valley Central School (WCVCS) that won awards for academic achievement, volunteerism or outstanding effort. The award winners introduced their parents and told us briefly about their academic plans for the coming year and their eventual job goals.

The Arthur Whaley Award (\$1,000 for academic achievement) went to Chloe Lawson (PCS), who plans to attend SUNY Binghamton and major in biochemistry, and Ryan Soron (WCVCS), who will also attend SUNY Binghamton and major in engineering. The Kenneth Young



(L - R) Wesley Clark, Ryan Soron, Nathaniel Marrero, Melissa McCredie (Youth Exchange Officer), Keara Blumenstock, Chloe Lawson and Sarah DeVuyst.

Photo courtesy of Kuyahoora Valley Rotary Club

Award (\$500, recognizing outstanding effort and self-improvement during the high school years)

was presented to Keara Blumenstock (PCS), who will start school at HCCC and plans to get her M.A. majoring in speech pathology, and Dana Rubin (WCVCS), who was

not able to attend the banquet.

The Rasch Award (\$500 for community service) was presented to Sarah DeVuyst (PCS), who plans to attend MVCC for a de-

gree in business administration, and Nathaniel Marrero (WCVCS), who plans to go to Alfred for ceramic engineering.

Two other new this year awards were also presented.

The \$1,000 Coman Memorial Award, which honors a graduating student from WCVCS who excelled in both academics and athletics, was presented to Wesley Clarke, who plans to attend SUNY Oswego and major in childhood edu-

cation.

The \$500 Manfred Klutschkowski Memorial Award to a student(s) from either PCS or WCVCS who has chosen to use the Rotary Foreign Exchange program as an outbound student in the coming year goes to Ryann Dunn (PCS), who will be going to Japan for a full school year.

We are proud of our eight award winners and wish them good fortune in their chosen professions.

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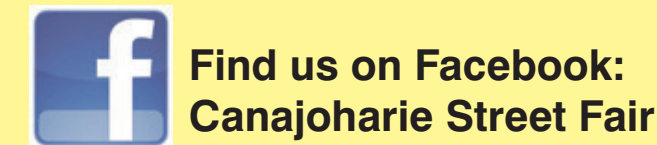
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We will be having a contest for who is going to win the first annual KING OF THE WING contest. Over all Best Wings takes the trophy! Trophy will be displayed for the year and will be competed for again next year!! See who will be the KING for 2019! Participating businesses will be displaying a sign that indicates that tickets may be purchased at their location. \$2. admission includes wrist band and ballot ticket. Wings will be 50¢ each at participating businesses. Taste as many as you want and when you have made it to 3/4 of the participating businesses, you can leave your ballot! KING of the WING will be announced at 8:30 under the tent on the NBT Bank lawn by Abby and Karen!! Details will be available where you see the King of the Wing Signs.

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Donna's Day: Creative family fun

by Donna Erickson

Go wacky, artsy with plain clay flowerpots

Flowerpots are more than just containers for fragrant herbs, summer's begonias or fall's chrysanthemums. Grab a plain clay pot the next time you and your kids are at a nursery or garden center, hold it up and think of it as an artist's canvas, waiting for your creative expression. Purchase several, or repurpose empty clay pots you have at home, and you're on your way to this fun family activity.

Once you and your kids have added the artistic embellishments to the pots, fill them with fresh potting soil, plant cuttings from your summer garden or pot new flowers for fall and watch your living "windowsill masterpieces" grow. Use extra decorated pots as catchalls for desk supplies, hair accessories, etc.

Here are three easy techniques:

Wacky junk

Slather tile grout on the outside of a clay pot like you are frosting a cake. Dig through your toy box, junk or desk drawer and choose tiny, lightweight, whimsical items such as plastic spiders or sea creatures, a pocket

mirror, leftover game piece, badge, button or coin. Embed the pieces in the grout. Let dry thoroughly.

Sand designs

Create a Southwest look, ideal for potting a cactus. Draw designs like zigzags, triangles and circles on the pot with a pencil or marker. Trace the design with white household glue on one section of the pot, then sprinkle clean, colored craft sand over the glue.

Or, cover the entire pot with tile grout (see above) and sprinkle colored sand over the grout. Embed small objects such as marbles into the sand and grout.

Simple painting

Paint a clean clay flowerpot with acrylic paints using a paintbrush or a painting sponge. Experiment with a crazy, splashy design of swirls, stripes and spots (dip the eraser end of an old pencil in the paint to dab on the dots).

For a spattered look, older children can dip the bristles of an old toothbrush in paint and run their thumb across the bristles to spray flecks on the pot.

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Grab a plain clay pot and think of it as an artist's canvas, waiting for your creative expression.

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The Kitchen Diva

by Angela Shelf Medearis

Back-to-school lunches that won't bust budget

Back-to-school shopping can blow up a household budget. Sometimes the only way a family can save money is by monitoring what it spends each week on groceries.

I've got some great ideas for starting off the new school year by shopping on a budget for your weekly work-and-school lunches. Try using some of these tips each week, and soon you should see some relief in your grocery bills while creating healthy, food-safe lunches for the whole family!

- Invest in a good lunch container: Choose an insulated bag and freezer packs to keep food at a safe temperature.
- Use washable and reusable containers: Avoid using plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunchbox needs.
- Buy in bulk: Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding, and use four-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.
- Do it yourself: Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, since they are high-priced.
- Send in leftovers: Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.
- Buy what's on sale and use coupons: Get whatever is on sale each week and work it into a menu.
- Buy store-brand food: And be sure to compare unit prices.
- Look high and low: Bargains are usually on the top

or bottom shelves, not at eye level.

- Plan ahead: Make a list when you go to the store. The more time you spend in a store, the more money you spend.

- Include the five food groups: A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

- Select protein foods wisely: Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

- Buy fruits and vegetables in season and serve them creatively: Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.

- Shelve sliced bread: When making sandwiches, use whole-grain bagels, whole-grain pita pockets or whole-wheat tortillas.

- Rethink side items:



Use favorite veggies to create a Rainbow Lunch Wrap.

Photo by Depositphotos

Instead of that bag of chips, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

- Choose low-fat or fat-free dairy: Yogurt, milk and cheese are great calcium and protein sources.

- Think beyond the cookie: For dessert, try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

- Avoid drinks with

calories and no nutrients: Pick a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D.

- Add some fun touches: The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes.

- Include the kids: Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Then let them help prepare and pack their lunch.

Try this money-saving recipe for my Rainbow Lunch Wraps. Purchase premade hummus and coleslaw mix to save time. You also can stretch your food dollars by serving any leftover hummus with the sliced vegetables as a snack, and combining any leftover coleslaw mix with a creamy low-fat dressing as a side salad.

Rainbow Lunch Wraps

- 4 tablespoons hummus
 - 2 (8 inch) whole-wheat tortillas
 - 1/2 cup shredded coleslaw veggie mix or any combination of thinly sliced crudite, like carrots, celery, zucchini or red bell pepper sticks (like those used for dipping)
 - 3 tablespoons finely chopped sweet onion
 - 6 cucumber rounds, thinly sliced
 - 2 tablespoons balsamic vinaigrette
1. Spread hummus evenly over each tortilla. Layer each tortilla with equal amounts of coleslaw mix or the sliced vegetables, onion and cucumber slices. Drizzle with vinaigrette.
 2. Roll up tightly, slice diagonally and place in a reusable container for lunch or in the refrigerator if preparing ahead of time. Makes 2 wraps.

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UCM and Arc Herkimer announce partnership

Partnership will improve access to healthcare for individuals with developmental disabilities

HERKIMER – United Concierge Medicine (UCM) and Arc Herkimer have announced a new partnership to provide unique virtual ER services to over 100 people

supported in Arc Herkimer’s residential programs.

The virtual ER services provided by UCM in this partnership offer immediate and 24/7 access to

ER providers, using modern technology to deliver face-to-face care directly in the residential setting without entering the four walls of an ER. The result of this partnership is faster and more customized care without the overhead costs and inconvenience of an ER visit.

Arc Herkimer President

and CEO Kevin Crosley said, “Since Arc Herkimer partnered with United Concierge Medicine, we have received only positive feedback from our employees and people supported. We are very pleased with this partnership and the peace of mind it brings to our employees and families.”

UCM CEO Keith Al-

gozzine said, “Our virtual ER services represent the best combination of high quality ER care and convenience of at-your-fingertips technology. We’re thrilled to help support the Arc Herkimer family

and enable even greater care.”

The new program began in May 2019 and is already positively impacting healthcare access for the individuals Arc supports.

HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. Aug. 26th – Sold 248 head, Cull ave. \$.50 top cow \$.63, Beef Breed Cull Ave. \$.56 top cow \$.58, Organic cull dairy ave. \$.90 top cow \$1.15, Grassfed Organic Cull Ave. \$.74 top cow \$1.13, Bulls/Steers \$.64, Grassfed Organic Bulls/Steers \$1.00 - \$1.10, heifer calves top \$.35 beef calves \$1.80, bull calves top \$.85 top beef calf \$1.70.

Mon. Sept. 9th – Normal Monday Sale & Monthly Heifer Sale

Mon. Sept. 16th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Friday, Sept. 20th – sale held on the farm – Canastota, NY. 11:00 AM. Smithland Farm & Klem-El Holsteins Complete Dispersal. Selling 120 Head of Registered Holsteins- 60 Milking age – 60 Heifers on the farm. DHI RHA 21757 3.6 793 3.1 692. SCC 120,000. Owners: Marva Smith & Mike Bennett. 315-697-7184

Mon. Sept. 23rd – Normal Monday Sale & Monthly Organic Day

Mon. Sept. 30th – Normal Monday Sale. Special Certified Organic Jersey Herd consisting of 23 Milking age cows – AI sired & Bred. SCC 200,000

Watch for 2019 Sales:

Friday, Oct. 18th Reserved for local Herd Dispersal- on the farm. DHI Tested & AI sired Grade Holsteins from a well managed Family Farm.

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

Sat. Oct. 26th – Fall Premier All Breed Sale – 100 head of Registered All Breed Cattle Sell

****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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Sat. Sept. 21, 2019 • 9:30 AM

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Parents drive kids’ car choices

EAST LANSING, MI – New research suggests dear old Mom and Dad could be the auto industry’s secret weapon.

The study, co-authored by Michigan State University economist Soren Anderson, found children are 39% more likely to buy a particular brand of automobile if their parents bought that brand.

This surprisingly strong correlation could have implications for automakers’ marketing efforts. In absence of this inherited brand loyalty, a sensible strategy might

be to “invest in young consumers and harvest old consumers” – that is, lower prices on entry-level vehicles to attract young people and then raise prices on higher-end vehicles once they’re hooked on the brand.

But if young buyers are coming to auto showrooms already loyal to a brand, thanks to their parents, manufacturers might consider upping prices on entry-level vehicles. Conversely, more incentives could be offered on sport utility vehicles and other high-end vehicles to snag more older customers – and, eventually, their children.

“In theory, these findings could change the way automakers price and market their cars,” Anderson said.

The researchers studied the national survey responses related to auto ownership of more than 4,300 adult children matched to nearly 2,600 parents. Survey data from the families were collected every two years.

Preferences were broken down into auto brands that include GM, Ford, Chrysler, Toyota and Honda.

Parents and children tend to share characteristics – such as making similar amounts of money and living in the same area – and this can influence what they buy. Anderson said the study took this into account by controlling for where people live, along with income, age, education, gender and family size.

“Is this really about the cars or could it be other factors, like parents and children tending to be more similar to each other than other people?” Anderson said. “We’re pretty sure it has something to do with the cars themselves.”

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

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Just Like Cats & Dogs

by Dave T. Phipps



This Week's Holidays

September 7 –
National Salami Day

September 8 –
Grandparents Day

September 9 –
Teddy Bear Day

September 10 –
Sewing Machine Day

September 11 –
Make Your Bed Day

September 12 –
Chocolate Milkshake Day

September 13 –
Fortune Cookie Day

Kovels: Antiques and Collecting

by Terry and Kim Kovel
Lawn sprinkler

Decorators and gardening columnists are reporting that the latest look for a garden includes furnishings to make it look like an indoor room. Chairs, tables, rugs, cushions, statues, urns, fountains, hanging decorations, fancy birdhouses and even gnomes and fake animals are half-hidden in the flowers. But one vintage garden piece that has not been copied is the figural sprinkler, the piece that attaches to the hose and stands on the grass to water the yard.

Companies made the first figural sprinklers in

about 1910, and by the 1920s and '30s there were many manufacturers with similar ideas. Iron sprinklers shaped like animals, birds, people and frogs were made. Firestone made flat cut-out metal figures holding hoses that turned as the lawn was watered. These were copied in wood and painted in school shop classes. By the 1940s, Bakelite and other colorful plastics were used, and shapes were modern boxes or balls. One was a huge orange sunflower. Today, there is a tall pole that turns to send a spray that looks like a flower.

Figural iron sprinklers

are now considered folk art and sell for thousands of dollars. The others still are inexpensive garden art.

Q: Are cereal boxes still a popular collectible? I remember reading about them in the 1960s and seeing a display of flattened boxes for sale at an antiques show.

A: Advertising collectors have been buying round oatmeal boxes since the 1940s. About 1910 to 1930, Kellogg put games and stories to be cut out on the back of boxes. But the rectangular boxes did not attract much attention until Wheaties began picturing athletes on boxes in 1935. It was the "Breakfast of Champions," and there was a premium that could be cut from the box. By the 1940s, small pin-back buttons picturing comic characters were included with the cereal. Soon, other toys were included and were pictured and mentioned on the box.

But it was the 1960s that pushed cereal box collecting, and soon there were books about it and boxes were sold at most antiques flea markets.

Many were destroyed when the Mickey Mouse mask or other toy was cut out. The most expensive today are the full flattened boxes of the 1950s and 1960s. Some sell for over \$100.

Current prices

- WWII photograph, V-J Day parade, soldiers in car with American and "Don't Tread On Me" flags, black and white, 1945, 3 x 4 inches, \$10.

- Beatles board game, Flip Your Wig, 4 band member playing pieces, multicolor, box, Milton Bradley, 1964, \$150.

- Lamp, electric, one-light, dancers, flutist, blue ground, Marcello Fantoni, Italy, 1900s, 27 x 5 1/2 inches, \$240.

- Easel, walnut, adjustable, wheels, hand crank, Anco, 70 x 28 inches, \$505.

Tip: If you own a wicker chair that makes small popping noises when you sit in it, dampen it with water. It is too dry, and wicker may crack if not kept moist.

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

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This iron frog sits on a ball on a curvy base while balancing a sprinkler on his nose, waiting to water the lawn. The rare figure, even though repainted, auctioned for \$780 at a Bertoia auction last summer.

Good Housekeeping

Tropical Banana Splits

The king of soda-shop desserts is even better made with sorbets and coconut.

1/4 cup shredded coconut
2 ripe medium bananas, peeled and each cut lengthwise in half, then crosswise into quarters
1 cup fat-free passionfruit sorbet
1 cup fat-free raspberry sorbet
2 medium kiwi fruit, peeled and each cut crosswise into 8 slices

1. In small nonstick skillet, toast coconut over medium heat, stirring frequently.

2. To serve, on each of 4 dessert plates (oval if possible), arrange 2 banana quarters, cut sides up, on opposite sides of plate. Place 1/4-cup scoop each of passionfruit and raspberry sorbets between banana quarters.

3. Top with 4 slices kiwifruit and sprinkle with 1 tablespoon toasted coconut. Makes 4 servings.

* Each serving: About 230 calories, 3g total fat (2g saturated), 20mg sodium, 45g total carbohydrate, 1g protein.

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

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Dolgeville Community Band 2019



The Dolgeville Community Band, under the direction of Katlin Wolford, performed at the Violet Festival in June and held concerts in July at Plowe park in Dolgeville. Dolgeville Community Band 2019: (front Row, L - R) Director Katlin Wolford, Dawna Crossman, Jessica Bladek, Haylie Lyon, Ginger Countryman, Amy Haas, Naomi Gage, Emily McGraw, Linda Roche, Nancy Schuyler, Mary Brown, Micah Handy and Rachael Pollak. (middle row) Mark Case, Dan Waltermire, Peter Holmes, Colin Comstock, Gary Busch, Erin Thayer, Gary Bush, Barry Gage, Emma Gage, Lenore Signorelli, Dana Schuyler, Sarah Busch, Jaron Case, Steven Manning and Zane Eckler. (back row) Ryan Simpson, Jade Broat, Julie Jasewicz, Katelyn Ashe, Andrew Ashe, Philip Nash, Jessica Pollak, Aaron Hall, Hannah Getman, Hollie David and Anna Bowers.

Photo courtesy of Dolgeville Community Band

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- Number / Classification**
- 20 Air Compressors
 - 25 Air Tools
 - 35 Announcements
 - 45 Antiques
 - 55 Appraisal Services
 - 75 ATV
 - 80 Auctions
 - 82 Auto Body
 - 110 Bedding Plants
 - 120 Bees-Beekeeping
 - 130 Bird Control
 - 140 Books
 - 155 Building Materials/ Supplies
 - 157 Building Repair
 - 160 Buildings For Sale
 - 161 Bulk Foods / Spices
 - 165 Business Opportunities
 - 170 Butchering Supplies
 - 173 Carpentry
 - 175 Cars, Trucks, Trailers
 - 180 Catalogs
 - 182 Catering
 - 190 Chain Saws
 - 195 Cheesemaking Supplies
 - 205 Christmas
 - 214 Clocks & Repair
 - 215 Collectibles
 - 216 Clothing
 - 235 Computers
 - 253 Consignment
 - 265 Construction Equipment For Rent
 - 275 Construction Machinery Wanted
 - 277 Construction Services
 - 280 Construction Supplies
 - 312 Crafts
 - 325 Custom Butchering
 - 330 Custom Services
 - 360 Deer-Butchering & Hides
 - 370 Dogs
 - 410 Electrical
 - 415 Employment Wanted
 - 440 Farm Machinery For Sale
 - 445 Farm Machinery Wanted
 - 447 Farm Market Items
 - 460 Fencing
 - 470 Financial Services
 - 480 Fish
 - 483 Flooring
 - 494 For Lease
 - 495 For Rent
 - 500 For Sale
 - 510 Fresh Produce, Nursery
 - 525 Fruits & Berries
 - 527 Furniture
 - 529 Garage Sales
 - 530 Garden Supplies
 - 535 Generators
 - 537 Gifts
 - 575 Greenhouse Supplies
 - 585 Guns
 - 587 Hair Styling
 - 589 Hardware
 - 600 Health Care/Products
 - 605 Heating
 - 610 Help Wanted
 - 653 Hotel / Motel
 - 683 Jewelers
 - 700 Lawn & Garden
 - 711 Lessons
 - 760 Lumber & Wood Products
 - 790 Maple Syrup Supplies
 - 805 Miscellaneous
 - 810 Mobile Homes
 - 811 Monuments
 - 812 Multi Media
 - 813 Music
 - 815 Motorcycles
 - 817 Nails
 - 820 Nurseries
 - 910 Plants
 - 950 Real Estate For Sale
 - 955 Real Estate Wanted
 - 960 RVs & Motor Homes
 - 975 Rentals
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 - 1080 Snowmobiles
 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
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Announcements

Announcements

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Announcements

Antiques

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TRIVIA NIGHT Sept. 18, 7 p.m. Join Courtney Llewellyn (Jeopardy alum) at Fort Klock for a fun night of themed trivia. \$8/per person or \$40 for a team of up to six people. Call Joan at 518-649-2531 or email fortklock@gmail.com for more information.

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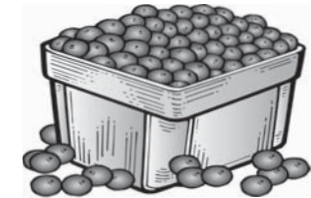
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Why homeowners should add more exterior light to their properties

Homeowners are increasingly realizing the benefits of improving the exteriors of their home, which can be just as valuable as improving the interior spaces. As individuals design picturesque garden beds and cultivate lavish lawns or revamp exteriors with architectural features, they probably want to spotlight these improvements. This is where exterior lighting can be put to great use.

Exterior illumination can cast a glow on various features, but there are many other reasons to increase lighting around the exterior of a home.

- **Safety:** Trips and falls can occur at night when trying to traverse walkways and landscapes in the dark, as it can be difficult to see rocks, stairs and uneven pavement. Outdoor lighting can illuminate pathways, entryways and other areas for safer access for homeowners and their guests.

- **Extend outdoor entertaining:** Ample lighting can increase the amount of time one can use outdoor spaces and make them the perfect gathering spot. As autumn arrives, days become shorter. However, patios, porches

and more can get extended use with lighting.

- **Safeguard security:** A well-lit home may be less likely to be targeted by burglars than one swathed in darkness and shadows. Lights can remain on all evening or be motion-triggered. Setting lights on timers also ensures that the home is illuminated whether residents are home or not.

- **Create drama:** Landscape lighting designers can establish focal points around the landscape and highlight the best features of a property. Uplighting in trees, silhouetting techniques to showcase plants and spotlights to show off architectural features are all options for homeowners to consider.

- **Add value:** The experts at Parker Home-escape, a landscape design service, say that exterior lighting can add roughly 30% to the value of a home. They also indicate that 50% of all home buyers say that outdoor lighting is important when buying a home. If current residents are thinking about selling, now may be the time to invest in exterior lighting.



Improving a home's exterior may be as simple as adding more lighting to improve functionality and beauty.

Now Here's a Tip

by JoAnn Derson

- "If you have to put a lid over something that is likely to stick to it, try giving the inside of the lid a very light coating of vegetable oil. I do this when I am transporting dip to a potluck. Vegetable oil has no flavor, really, and it's just enough to let the lid come off without taking the top layer with it." — J.A. in Florida

- "I use an ice-cube tray to freeze leftover coffee so I can use it for iced coffee. It's great because the coffee doesn't water down — it just gets richer. I save broth this way, too. Last week I pulled out a couple cubes of what I thought were broth to thin my leftover chili. Turns out they were coffee cubes, and the flavor was really good! I was surprised enough that I had to share." — R.F. in Virginia

- Here's a great way to make waterproof matches for camping. Light a can-

dle or use a wax melt in a warmer. When the wax is good and melted, get a box of matches ready (preferably strike-anywhere matches, but strike on box works, too). Dip each match head into the melted wax and set aside on a piece of parchment until dry and hardened.

- You can use a light mist of 1/4 vinegar and 3/4 water to polish chrome bath and kitchen fixtures. Spray and buff smudges away.

- "My daughter is a soft-

ball player, and here's what her coach suggested as an ice pack for when she gets home: unpopped popcorn kernels. They get cold but not uncomfortably so, they can easily mold to any body part and they don't melt into a mess. If you needed to, you can empty them out into a pan and stick your hand or foot into it. Be sure to label them so you don't try to pop them later!" — L.D. in Georgia

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Bucket of Junk winners

The Herkimer County Fair holds a competition where the objective is to use all the items from a bucket containing "junk" to create a sculpture. The only item not used is the actual bucket.

The creation can be cleaned, sanded, glued, weld, cut, bolted, fastened, bent, shaped and painted. No pieces could be added or omitted. The contestants could create anything they desire with the contents; the bucket could not be used.

Judging was based on originality, creativity and overall appearance of the finished sculpture. Judy Applegate of Iliion and Joann Chapman of Frankfort performed the judging this year.

There were six exhibitors and Team Spatto of Mohawk won Best of Show again this year. This year's creation is called "Magic in the Valley."

Jamie Brown and Joann Vescio from Mohawk won the Theme Award with "Nuts and Bolts Magic Show."

Best Design went to Libbie Mack with "Mach 10 Racer Speed."



Libbie Mack of Mohawk won Best Design with "Mach 10 Racer Speed."

Photo courtesy of Herkimer County Fair

Senior News Line

by Matilda Charles
No end to summer heat

Summer heat... Although the days are getting shorter, it's just not ending. As seniors, we need to beware the impact that heat can have on us, especially on our hearts. The Centers for Disease Control and Prevention has a list of ways to avoid heat-related illnesses, broken down into three sections: stay cool, stay hydrated, stay informed.

Staying cool means staying inside in air conditioning or going to a library or mall. Take a cool

shower. If you have to go out, take it easy and stay out of the midday sun.

Staying hydrated can be tricky if we're on certain medications, such as ACE inhibitors and diuretics. Drink water before you go out, but ask your doctor just how much is safe. Avoid cold, sugary drinks, and don't try sports drinks unless your doctor okays it.

Staying informed involves checking the weather so you'll know in advance what to expect. Investigate apps for your phone or bookmark a few weather websites.

My favorite weather website for the computer is Wunderground.com. Put in your zip code or town, and it shows you a graphic of either that day's weather or the weather for the next 10 days. The fact I check most in summer is humidity levels, because that adds to how hot the heat feels. It's also great for winter when I can check the arrival of snow and determine if I should go to the grocery store today or tomorrow.

When it comes to apps for your phone or tablet, the choices are many. Download four or five free ones and play with them for a week. See which ones you like best and delete the rest.

Eventually summer will be over and we'll be thinking about storms and snow. But for now, we need to be safe in the heat.

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