

# Herkimer County *Country Editor* September 13, 2019

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Volume 9  
Number 13

THEY ARE LIKE TREES PLANTED BY STREAMS OF WATER, BEARING FRUIT IN DUE SEASON,  
WITH LEAVES THAT DO NOT WITHER; EVERYTHING THEY DO SHALL PROSPER. PSALM 1:3

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225/45-17

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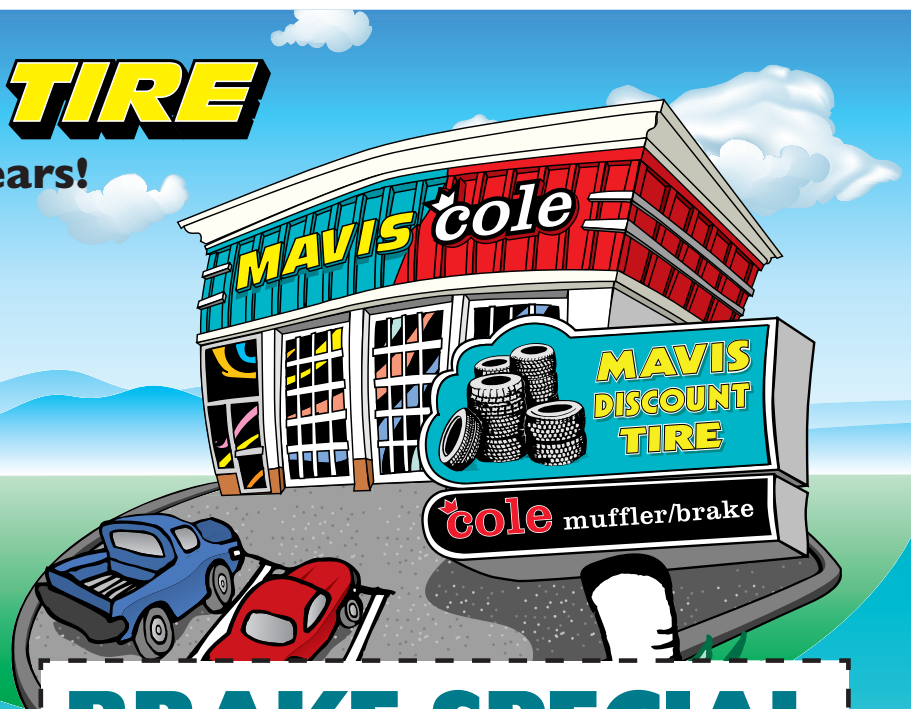
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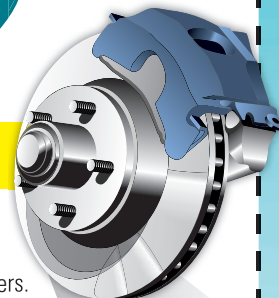
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2019 Nissan  
Pathfinder SV

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lease for **\$169** 36 mos.

Model #12019, VIN#N1AB7AP3KY252911 & 2N1AB7AP4KY2529248. MSRP \$19,580. Total due at inception: \$2,000 down payment + \$0 security deposit + bank fee included in payment + \$169 1st payment + \$2,161. Price includes \$2,700 NMAC Lease Cash. Negotiated value of vehicle \$29,995. Lessee responsible for Insurance, Maintenance, excess wear & mileage, 12k mi/year. Plus tax title & mv fees. Well qualified credit. Offer expires 9/30/19.

## 2019 FRONTIERS

Only 5 LEFT



## 2019 ALTIMAS

Only 4 LEFT



## 2019 TITANS

Only 2 LEFT



## 2019 MURANOS

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AWD's, S & SV & SL  
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## '16 NISSAN VERSA NOTE

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UC1356

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## '15-'19 SENTRAS

SV - SR - S  
2K-46K mi. Great gas miles, very roomy.

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## '16-'19 ALTIMAS

S/SV/SL/AWDS  
One nicer than the next. 6k-39k mi.

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## '17 ROGUE SPORT AWD

Great SUV, super  
gas mileage,  
46k mi. UC1497

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## '16-'18 FRONTIER CREW 4X4

Ready to work or play.  
22k-53k.

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## '14 HONDA CR-V AWD

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Extremely clean,  
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UC 1527

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## '14 FORD ESCAPE SE

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## '14 BMW X1 AWD

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46k mi.  
UC1512

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## '17 MURANO SL AWD

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UC1376

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## '16 NISSAN MAXIMA 3.5 SL

UC1379  
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## '18 NISSAN PATHFINDER SL ALL WHEEL DRIVE

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## 44th Antiques in Schoharie

A true sign of autumn is the antique show held at the Schoharie Valley Railroad Complex on Depot Lane in Schoharie Village on Sept. 21 from 10 a.m. - 5 p.m. and Sept. 22 from 11 a.m. - 4 p.m. The Schoharie Colonial Heritage Show Committee has made their final plans for the delicious homemade food, dealer spaces, gate people, the final setup for parking, etc. It takes a cast of many members, but after 44 years, it comes off without a hitch.

The dealers bring all kinds of treasures from the past. You'll find stoneware, furniture, quilts, homespun blankets, jewelry, Indian artifacts, Oriental rugs, toys and every-

thing in between. Dealers from Pennsylvania, Vermont, Massachusetts and New York make this show each and every year. The quality of merchandise is always topnotch, and buyers can be assured of buying the best of the best.

A special event this year is an exhibit and sale of quilters and weavers from Schoharie County, the Stony Creek Quilts and Wovens. They are a very talented group of artisans and you'll find them on the second floor of the Creamery Building. Mark your calendar today for the show. It's a beautiful time of year to visit Schoharie Valley.

Show admissions go toward SCHA's ongoing activities: the Railroad Museum and the complex of buildings that make up the museum, the 1743 Palatine House Museum (both are open to show-goers for the weekend), the programs for the children's theatre, the craft show in November and other theatre productions in the works. Come to 143 Depot Lane, Schoharie, on Sept. 21 and 22, enjoy a picnic lunch under the tent, walk the complex and treat yourself to a treasure from the past. For further information, call 518.295.7505 or 518.231.7241.

## Moments In Time

### *The History Channel*

- On Sept. 16, 1620, the *Mayflower* sails from Plymouth, England, bound for the New World with 102 passengers. Although headed for Virginia, stormy weather and navigational errors forced the *Mayflower* off course. On Nov. 21, the Pilgrims reached Cape Cod at what is now Provincetown, MA.

- On Sept. 21, 1780, during the American Revolution, American Gen. Benedict Arnold meets with British Major John Andre to discuss handing over West Point to the British, in return for

money and a position in the British army. The plot was foiled and Arnold became synonymous with the word "traitor."

- On Sept. 20, 1946, the inaugural Cannes Film Festival opens at the resort city of Cannes on the French Riviera. It was to make its debut in 1939, but the outbreak of World War II forced its cancellation.

- On Sept. 19, 1957, the United States detonates a 1.7 kiloton nuclear weapon in an underground tunnel at the Nevada Test Site, 65 miles north of Las Vegas. It was

the first fully contained underground detonation and produced no radioactive fallout.

- On Sept. 18, 1973, future president Jimmy Carter files a report with the National Investigations Committee on Aerial Phenomena, claiming he had seen an UFO in October 1969. Carter and other witnesses described the object as "very bright [with] changing colors."

- On Sept. 22, 1985, the first Farm Aid concert is held in Champaign, IL, started with an offhand remark made by Bob Dy-

lan. The Farm Aid organization has since raised more than \$33 million to support small-farm owners.

- On Sept. 17, 1996, talk show host Oprah Winfrey launches a television book club and announces "The Deep End of the Ocean" by Jacquelyn Mitchard as her first selection. Since then, Oprah's Book Club has catapulted dozens of little-known books onto best-seller lists.

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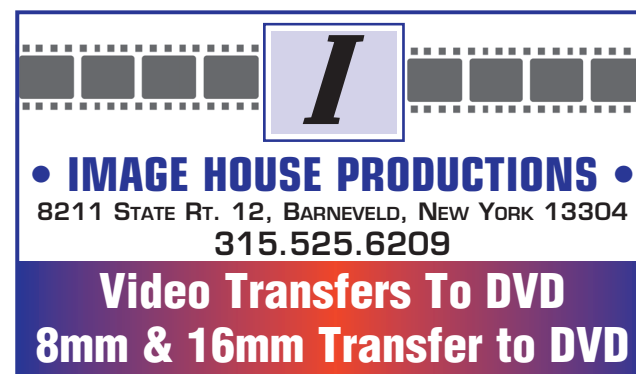
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## Donna's Day: Creative Family Fun

by Donna Erickson  
**Cooperative activities  
for kids and families**

I was in charge of taking meal tickets and handing out plates for an outdoor burger buffet lunch after a family fun run event. Greeting all ages coming through the line, I was caught off guard when two girls looked like "one" (from the waist up, anyway).

Full of kidlike chatter and smiles, the cousins said they were so cold after running, they grabbed an adult-size long-sleeve T-shirt from one of the moms, stretched it over

their heads and shim-mied into it.

Jane's right hand came through the right sleeve, while Elouise's left hand came through the other. Snug, warm and famished, they held a plate on each outstretched hand and tried to focus on serving each other burgers, buns, pickles, beans and fries.

As they headed for a picnic table, they were giggling so hard, they soon became a crowd attraction trying to focus on walking in sync while balancing their heaping plates of food. Coopera-

tion was the key.

Engaging in simple family play, just for the fun of it, can happen anytime and almost anywhere. You might want to try the girls' cozy and challenging T-shirt idea in your home by slipping one over two young kids and encouraging them to walk around from room to room. For older kids, go outside and challenge them to do an activity together, like bouncing a ball or raking leaves.

Looking for more cooperative fun? Make dinner-time pizza prep a game. Here's how:

1. Set bowls of pizza toppings side by side on your counter. The fun begins when the person responsible for assembling the pizza covers his eyes completely with a scarf or headband. The other person gives directions. (Kids like to play this role.)

2. Instruct the pizza maker to roll out the dough, then hand him the ingredients, beginning with the tomato sauce.

3. Ask him to brush on the sauce, then continue by arranging and sprinkling toppings one by one. Since this is a cooperative effort, the person giving the instructions should guide the pizza maker verbally as he works. Don't get the anchovies mixed up with the cheese!

4. Remove the eye covering before placing the pizza in the oven to see the creation.



Sharing one T-shirt, 8-year-old cousins Jane Humphreys and Elouise Clark serve up lunch cooperatively.

Enjoy doing this at a party, and let teams of chefs enjoy creating pizzas cooperatively. Remember, it's all about having fun and being silly.

(c) 2019 Donna Erickson

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# IF TOMBSTONES COULD TALK Canajoharie-Palatine Bridge Cemetery Tour

## SATURDAY SEPTEMBER 28<sup>TH</sup> 2019 10AM - 2PM

Come take a walk,  
stop for some stories of prominent  
residents, piece together the historical  
connections between characters then  
& their impact on our villages now!

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The average age of vehicles on the road is rising, and as cars get older, they need more service and repair. The non-profit Car Care Council recommends that motorists who own an older car, truck or SUV become more diligent about preventative maintenance.

executive director, Car Care Council. "The Car Care Council urges drivers of older vehicles to implement a preventative maintenance plan for their vehicle to minimize the chances of a roadside breakdown and to also help their vehicle run more efficiently and economically."

years in 2019. The most common maintenance procedures to keep a car operating safely and reliably, while maintaining its long-term value, involve checking the oil, filters and fluids, the belts and hoses, brakes, tires and air conditioning. An annual tune-up and wheel alignment are also recommended.

source can be personalized to help busy car owners prioritize auto care while making it more convenient and economical.

In addition, the council's popular Car Care Guide for motorists is available electronically or printed copy in English and Spanish. The guide covers major services, component groups within the vehicle, service interval recommendations and much more.

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](http://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](http://www.carcare.org) .

**Source: Car Care Council**

**Sup and Sandwich Luncheon and Bake Sale.** 11 a.m.-2 p.m. Grace Church Parish Hall, 9 E. Main St., Mohawk.



# September meeting planned

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, Sept. 13 at the Zion Lutheran Church on the corners of French and Burrstone roads in New Hartford at 7 p.m. There will be a business portion conducted by President Harry Lenz with reports on the Adirondack Scenic Railroad, the ongoing repair of New York Central 6721, the exhibit at the Children's Museum, possible bus and Amtrak trips, plus many more activities and projects planned for the coming weeks and months.

After the break, Jason Wolczanski will have a DVD on what it's like now in Roanoke, VA, just after O. Winton Link went out and photographed the last days of steam operations on the Western Railway before the diesel locomotives took over day-to-day operations of this great railroad.

This meeting is open to anyone who enjoys railroads, the railroads of the Commonwealth of Virginia, railroads of the Mid-Atlantic section of the U.S., railroads of the southeastern U.S. and railroad history. We invite guests attending our meeting the opportunity to join the Utica and Mohawk Valley Chapter of the National Railway Historical Society as regular members. We would also like to invite any active or retired railroad personnel to our meeting as well.

For more information, contact Bradford Paulson at 315.327.8653 or 315.853.5400 or Bpaulson909@msn.com .

# Now Here's A Tip

by JoAnn Derson

- Mirrors make a room feel larger, because they reflect space, essentially doubling the visual area. But for

maximum impact, experts say to hang your mirror on the wall adjacent to your window, not across from it.

- Lunchbox season is here, finally. If you have an issue with odors remaining in your plastic food containers, here's a fix from B.P. in Alabama: "Fill container with hot water, and add a teaspoon of baking soda. This should remove smells. Let sit overnight if necessary."
- Here's a way to remove stickers, especially ones that don't tear off. Rub labels with straight white vinegar or soak a paper napkin with vinegar and lay it over the label. Let it sit for 10 minutes, then remove. You should be able to rub the adhesive right off. Reapply if necessary.
- Whether you recycle because of global warming, landfill overload or environmental issues, the planet thanks you. But remember that recycling is only one part of going green. "Reduce" and "re-use" are just as important. Choose products with less packaging. Have

small appliances fixed instead of automatically replacing them. And keep recycling.

- Clean your coffemaker this way: Fill your coffepot with equal parts water and vinegar. Add to machine and run as normal. Halfway through the cycle, turn the pot off and let the heated mixture sit for an hour or more. Complete the cycle, and run another pot or two of plain water through to rinse.
- If your kids have gone wild with new school supplies, here's a tip from A.M. in Indiana to erase crayon marks from painted walls: "Make a paste of equal parts baking soda and water, and apply to the area. Then let it dry and wipe away." This works best on a white or very light wall, as dark colors may lose some color. Also, wipe gently, as baking soda is a mild abrasive.

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# Whatchamacallits

Although this isn't a bonafide whatchamacallit (as hopefully everyone knows these are railroad spikes), the silver-plated one has a special story behind it.


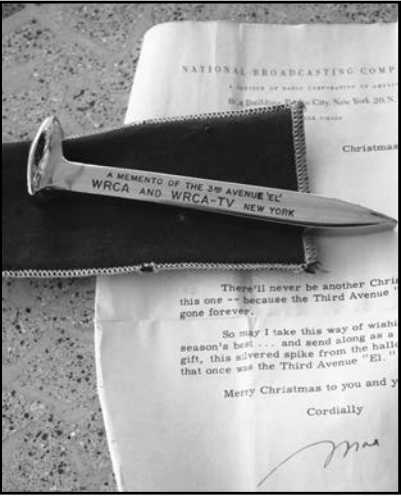


I photographed both of them for comparison purposes and I hope you've noticed that the rough one is longer than the other. That is because it was spiked into regular roadbed, on the ground. The silver one was once spiked into elevated trackage and the ties were not as thick.

The Third Avenue Elevated Line, affectionately called the "EL" (pronounced

like the letter L), ran in New York City from 1878 to 1955. Eventually totally replaced by the subway system, the Manhattan portion of the EL was closed in sections from 1950 - 1955.

This spike was a presentation gift commemorating the final Manhattan section closure on May 12, 1955 and was given at Christmas of that year to an extended family member. The giver was Max E. Buck, director of merchandising of National Broadcasting Company Inc. (NBC), which was located in the RCA building at Radio City.

The spike is engraved "A memento of the 3rd Avenue 'EL' WRCA and WRCA-TV New York." Part of the personal note reads "There'll never be another Christmas like this one - because the Third Avenue 'EL' will be gone forever."





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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

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

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Worship 11 AM

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Deacon: Micheal Carbone  
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Sunday 9:00 am; Tuesday & Thursday 9:00 am

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Saturday Evening Vespers 5 PM  
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Holy Day Liturgy 9:30 AM

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327 N. Prospect St.  
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Friday 7 PM

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219 N. Bellinger St.  
Phone 866-4282  
Saturday Vigil Mass 4 PM  
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS  
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229 S. Main St.  
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Saturday Vigil Mass 4 PM  
Sunday Mass 10 AM

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Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

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www.christchurchherkimer.org  
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Bible Study: Fridays 7:00 PM (Parish Hall)  
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Sunday Mass 10:30 AM

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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

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Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

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

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Sunday Mass 9:30 AM

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel  
"Blue John" Stone

Prices for antiques and collectibles are determined by many things that change with time - age, availability, condition, decorative value, fame of maker, artist or past owner, and even who is bidding and if there is a bidding war. Most of these things change with time, so rare Beanie Babies that cost hundreds of dollars for the few years they were in demand are sold today in a dump display for a few dollars.

In the early 18th century, an attractive new stone was found in Treack Cliff Cavern near Derbyshire, England. It was a rare form of the mineral fluorite with bands of purplish-blue or yellow. It came to be called "Blue John." Matthew Boulton, a famous manufacturer in the 1700s, made many urns and other decorative objects using Blue John. The stone became a symbol of British art and was wanted by the elite. Recently, a new vein of Blue John was found, the 15th known, and new jewelry and objects are being made. A pair of antique Blue John and rock crystal obelisks recently auctioned for \$2,176.

**Q:** At an antiques show in Pennsylvania, I saw a small quilt that was labeled a "privy bag." Of course I know what a privy is, but I've never heard of a fancy bag used to hold toilet paper in an outhouse. I have a bet with my husband that it is dealer's joke term.

**A:** You lose. There are references online dating back to 2010 for books and exhibits in Pennsylvania that feature quilted privy bags made to hold toilet paper. Some exam-

ples were at a recent show and one was priced \$995. There are other kinds, some embroidered, some from fancy fabric and some just reusable cloth food sacks. The quilted ones have almost all been reported from the Lancaster, PA, area.

Privy toilet paper often was pages of the old Sears and Roebuck catalog, or squares of newsprint that were stored on a large nail. A decorative holder was crocheted in the 1920s-'30s from directions in some sewing magazines. A full, round, colorful crocheted skirt was made to fit a small doll. The legs of the doll were stuffed into the cardboard center and the skirt covered the paper. It was kept near the seating area. A few outhouses left in the United States today are in camping and hiking areas. The parks furnish a portable biodegradable kit that is carried out of the park at the end of the hike.

### Current prices

- Roseville bean pot, Raymor pattern, lid, elongated handles, 7 1/2 x 16 1/2 inches, \$25.
- Venetian glass, goblet, double swan stem, cobalt blue, Salviati, 9 1/4 inches, \$125.
- Candelabrum, bronze, 6-light, geometric swirls, patinated, art nouveau, continental, 24 x 2 x 7 inches, \$180.
- Fountain pen, Parker, marbleized white resin, 18-karat gold nib, 5 1/2 inches, \$240.

Tip: Toothpaste and a toothbrush can be used to quickly clean a piece of silver jewelry.

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

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This pair of 15-inch high obelisks made of rare Blue John stone and rock crystal sold at a Neal Auction in New Orleans for \$2,176.

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## Rabies clinic set in Cedarville Sept. 19

A rabies clinic will be held on Thursday, Sept. 19 from 5:30 - 7 p.m. at the Cedarville Fire Department, 960 State Route 51, Cedarville.

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 apart then one every three years. 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.

Visit [www.herkimercounty.org](http://www.herkimercounty.org) to view a complete listing of rabies clinics and pre-register by calling 315.867.1176.

## Little Falls introduces its September Sampler

On Thursday, Sept. 19 from 5 - 8 p.m. there will be a new food event in Little Falls – the September Sampler. Tickets will be for sale outside of Meeples Mug House beginning at 4:30 p.m. that day. Advance sale tickets are available at participating merchants (Ed & Bud's, That Little Place on Main, Italian Feast, Travelodge, Il Caffe, Ed's Pizza, Rug-giero's Trattoria and Meeples Mug House) until the day before the event. The \$9 ticket gets you four samples of pasta

dishes, three dessert bites and a drink. Ticket sales will be limited to the first 250 people.

This event is brought to you by Think Local Little Falls, a standing committee of Main Street First in the city of Little Falls that supports the growth and vitality of the greater Little Falls community.

Pasta dishes for the September Sampler include mushroom stew over pasta from Ed & Bud's, Feast's spaghetti sauce over penne from Italian Feast, chicken and

broccoli alfredo from Rug-giero's and chicken rig-gies from Travelodge. Desserts include Nutella pizza from Ed's Pizza, a chocolate chip cookie

from Il Caffe, pumpkin spice slivers from That Little Place on Main, and Meeples Mug House will provide butterbeer (a non-alcoholic cream soda).

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**DEAD SILENT: Florence of Moravia**

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**Saturday, September 28, 2019 - 6:30PM**  
(Doors open at 6:00PM)

**Ilion-Frankfort VFW • 4274 Acme Rd., Frankfort, NY**  
**Tickets - \$35 per person**  
(Price includes: dinner, dessert, tax and murder play)

**Tickets available at:**  
The Mohawk Homestead, 62 East Main St., Mohawk, NY • 315-866-1841  
Ilion-Frankfort VFW, 4274 Acme Rd., Frankfort, NY (in Person)

It's 1927 and local radio personality Nevelle Haspin invites you to the broadcast of a gala reception for silent film diva Lorraine Bowes who is making a film portraying hometown hero and notorious WWI spy Florence Goode a.k.a. Hata Mahma.

Joining Lorraine will be her leading man, if he's sober, Roland Delray, and Lorraine's agent, Harold "Hawk" Toohey. Arriving without an invitation is nationally syndicated gossip columnist Helena Handbasquet. Be careful. These celebrities autograph with poisoned pens.

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## Understanding and living with sciatica

The largest nerve in the human body is the sciatic nerve, which originates in the lower back and travels through the back of each leg. Injury or pressure on this nerve can lead to a type of pain known as sciatica.

Sciatica can have an adverse effect on everyday life, causing pain that can radiate from the lower back through the hips and buttocks and down the legs. People experiencing pain in these areas should consult a physician immediately, as the American Academy of Orthopaedic Surgeons notes that between 80 and 90 percent of people diagnosed with sciatica get better over time without surgery. Many typically feel better within several weeks of beginning treatment.

The first step toward diagnosing sciatica begins at home. People who learn to recognize poten-

tial symptoms of sciatica may be more likely to seek immediate treatment than those who might mistake their pain for something else.

### What are the symptoms of sciatica?

The AAOS notes that sciatica may feel like a bad leg cramp that lasts for weeks before it goes away. According to Spine-health.com, a property of the health publisher Veritas Health, sciatica pain is often described as burning, tingling or searing as opposed to a dull ache. In addition, pain resulting from sciatica may be worse when sitting, even though sharp pain associated with sciatica can make it difficult to stand up or walk. Numbness characterized by a "pins and needles" feeling, weakness or a burning or tingling sensation down the leg are some additional symptoms of sciatica.



Sciatica can have an adverse effect on everyday life, causing pain that can radiate from the lower back through the hips and buttocks and down the legs.

### Does sciatica affect both legs?

WebMD notes that sciatica usually affects only one leg, though the buttock or leg on the affected side may feel like it is in constant pain.

### What causes sciatica?

Spine-health.com notes that the following five lower back problems are among the most common causes of sciatica:

- Lumber herniated disc: This occurs when the soft inner material of the disc herniates, or leaks out, through the fibrous outer core, irritating or pinching the nerve root.

- Degenerative disc disease: Discs in the back can degenerate naturally with age and never contribute to a problem like sciatica. However, degeneration in one or more discs in the lower back can sometimes irritate a nerve root and lead to sciatica.

- Isthmic spondylolisthesis: This occurs when a small stress fracture allows one vertebral body to slip forward on another. The combination of collapsing disc space, a fracture and the slipping forward of the vertebral

body can pinch the nerve and cause sciatica.

- Lumbar spinal stenosis: In this condition, which is relatively common among people older than 60, a narrowing of the spinal canal can contribute to sciatica.

- Piriformis syndrome: A muscle found deep within the buttocks, the piriformis connects the lower spine to the upper thighbone, running directly over the sciatic nerve. Spasms in the piriformis can put pressure on the sciatic nerve, triggering sciatica.

### Treating sciatica

Sciatica often can be treated successfully without surgery. Doctors may recommend applying heat and/or ice packs for acute sciatic pain. In addition, over-the-counter and prescription pain medications can effectively reduce or relieve sciatic pain. Doctors also may explore other treatments, including chiropractic manipulation, acupuncture, massage therapy, and surgery.

More information about sciatica can be found at [www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org).

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Bare Arms Guns Shop - Bare Arms merchandise, hats, shirts, shotgun simulator

Brother's Bandanas with handmade reversible bandanas for your furry family

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Cornerstone Baptist Church

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Show off your vehicle by driving it in the Parade (staging behind the Moose Lodge on Mohawk Street starting at noon. Parade at 1:30 Then Enter your Car, Truck, Motorcycle, Fire Truck, Tow Truck, Tractor, for a \$10 entry fee. Cash prizes in many categories. Moose will be open to the public and offering Steamed clams \$6/doz, Also Burgers and Hot Dogs and they will be entering wings in the KING OF THE WING CONTEST!! Also featuring their Frozen Margaritas (Strawberry too!!) For details on Car Show and Moose activity call 518-673-3993.

Lawn area for displaying your antique tractors and vehicles that are not being entered in the show behind Richardson Brands.



The fireworks will be shot from the old Beechnut property (Exit 29).

#### *Some prime spots to view...*

the Riverfront Park, the bridge, the east end bike path, the Dutchtown Plaza parking lot, McKinley Road, Front Street, Montgomery Street Extension just to name a few!



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## Paw's Corner

by Sam Mazzotta

### Can toxin affect dogs like it does people?

Dear Paw's Corner: My dog Percy loves to jump into the lake nearby for a swim every day, especially on a hot afternoon. But the last time we were at the shore, a neighbor said there was an algae warning and that dogs and people should stay out of the water. Percy has been in that lake all summer and hasn't been affected. Would that algae really do anything to him? – Pet Dad in Texas

Dear Pet Dad: If you doubt your neighbor's warning, check with the city or municipality that manages

the lake to see if an algae advisory has been issued. Signs are often posted at boat ramps and swimming areas.

There is at least one type of algae that is particularly harmful to pets. Blue-green algae, also known as cyanobacteria, can build up around the shores of lakes and ponds where water does not flow quickly – especially during the hottest months of summer. It's not always visible, but when large amounts are present it may clump together and appear as a blue-green or "pea-soup" – like scum or foam.

Cyanobacteria can be fatal to dogs because it can cause liver fail-

ure, and lifelong health problems if a dog survives the initial exposure. Dogs that ingest the bacteria can show symptoms within a few minutes – vomiting, diarrhea, excessive drooling, breathing difficulties, confusion, seizures or collapse. Immediate treatment by a veterinarian is essential when symptoms appear.

So, if you hear a warning about letting your dog go into a specific lake or pond, whether from a neighbor or an official, take it seriously. Keep Percy out of the water until the all-clear is given.

Send your tips, questions or comments to ask@pawscorner.com.

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## Senior News Line

by Matilda Charles

### Staying at home as you get older

Aging in place means that we remain in our home as we get older. Many of us want that – to stay where we're comfortable and things are familiar. With enough advance planning and a few changes, it's possible, but it means anticipating what our needs will be as we face the challenges of age.

For example, if you know you'll be staying in your home, there are some things you'll need to do in advance, basics like moving the master bedroom to the first floor, making the outside safe with better lighting and adding grab bars in the shower.

What about all the daily tasks you'll no longer be able to handle – driving and mowing, meals and shopping? You'll need to hire others to do those.

But what if you want to move first because your current environment isn't what you'll need? Many of us are moving to aging-in-place communities. They're loaded with amenities to keep us happy and healthy: libraries, grocery stores, buses and rides, lawn services and maintenance, meals in a dining room if desired, medical facilities, clubs, churches, classes – and the ability to upgrade to an assisted-living situation should it become necessary.

If you're just now at the thinking stage, consider signing up for AARP's free e-newsletter, Livable Communities (www.aarp.org). While it's aimed toward community leaders and residents, it will give you some ideas about things you might want or need.

Look at the National Association of Area Agencies on Aging website (www.n4a.org) and put in your ZIP code to find aging resources near you. Call one or two to get more information. Ask for any to-do lists they have for aging in place.

Aging in place can work, but you need to plan for it.

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by Angela Shelf Medearis

**Open in Case of Emergency**

The past few years have produced some unusual weather. Whether you live in an area that has been hit with storm-related power outages or you just want to stock up for the times you're unable to shop, creating an emergency pantry using canned goods as staples is a wise choice.

First, start with a good quality product. Choose canned goods that aren't rusted, dented, scratched or bulging. Home-canned foods should only be made using research-tested procedures, equipment and recipes from sources such as the USDA website.

Here are some tips for creating, stocking and using an emergency pantry:

**Canned goods and water:**

- Choose foods your family enjoys. Good options include canned beans, vegetables, fruit, breakfast cereal, peanut butter, pouches of fully cooked whole grains, nuts, whole-wheat crackers and shelf-stable milk or plant milk (the kind sold in aseptic boxes in the grocery aisle).

- When buying canned foods, choose low-sodium or no-salt-added products, and choose fruits packed in water or their own juice instead of syrup.

- Store canned goods in a cool, dark, dry area away from furnaces, pipes and other places where temperature changes occur. Keep metal cans off the floor, because moisture may lead to rust.

- Always use the FIFO (first-in, first-out) method when using foods from storage so that you use your oldest cans first. If you see that a can or jar has a broken seal or is rusting, bulging or denting, it should be discarded. If any food does not look or smell right, throw it out.

- Keep at least six gallons of water per family member to be prepared for one week. Store water in airtight, food-grade storage containers. Replace water every six months.

**Refrigerated and frozen foods:**

If electrical power is off, eat foods from the refrigerator first. These foods are not safe to eat if they've

# The Kitchen Diva



been at room temperature for more than two hours. Foods in the freezer will stay cold depending on the size of the freezer and the amount and kind of food in it. A large freezer full of meat will stay the coldest longest. Keeping frozen jugs of water in the freezer will help maintain the cold temperature.

**Alternative cooking methods:**

Many foods can be skewered, grilled or wrapped in foil and cooked. Disposable covered catering pans with Sterno holders, wood-burning fireplaces, candle warmers or fondue pots may be used to heat foods. Outdoor grills, camp stoves or charcoal burners should only be used outside – the fumes can be deadly.

Here are a few recipes using ingredients that should be in every emergency pantry – grains and beans! They are nutrient dense, packed with protein, versatile and are very filling. These No-Cook Emergency Pantry Recipes (courtesy of Trisha Calvo, a writer for Consumer Reports) are simple and easy to prepare no matter what the weather may be.

**No-cook emergency pantry recipes**

**Overnight Oats:** Mix rolled oats with water and let sit overnight on a counter. In the morning, add peanut butter, raisins or other dried fruit and a little cinnamon.

**Chunky Gazpacho:** To a can of

diced tomatoes with juice, add chopped onion, chopped cucumber, a little Tabasco sauce or cayenne pepper and a dash of salt and pepper. You also can add chopped red or green peppers if you have them. Drizzle with olive oil and top with fresh parsley or cilantro if you have it. To make this a heartier dish, add a can of chickpeas (drained).

**Corn Salad:** Combine drained canned corn with vegetables you have on hand (tomatoes, peppers and onions, for example), chopped. Add a drained canned black beans if you like. Toss with a dressing made of one part apple-cider vinegar and one part olive oil, with fresh or dried basil and a little salt and pepper.

**Power Bean-and-Grain Salad:** Combine drained canned beans with a pouch of precooked grains, olive oil and any herbs and spices you like. You also can add chopped veggies and nuts, if available.

**Salmon or Tuna Stuffed Avocados:** Combine chunks of canned salmon, tuna or smoked trout with chopped tomato and cucumber. Toss with a dressing of lemon juice or white vinegar, olive oil, paprika, and salt and pepper. Stuff into avocado halves; use to top lettuce greens or as a sandwich filling.

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## New Video from Car Care Council explains TPMS

The Car Care Council has released a new informative video that explains the Tire Pressure Monitoring System (TPMS) found on newer vehicles and why motorists should not ignore the TPMS warning light when it illuminates.

"The Car Care Council's new video about the TPMS system explains the meaning of the symbol on your dashboard and its importance to vehicle safety," said Rich White, executive director, Car Care Council. "Driving on underinflated tires can damage a vehicle and po-

tentially cause an accident. Low tire pressure also leads to lower gas mileage."

Produced in conjunction with AutoNetTV Media (ANTV), the new video discusses the importance of monitoring the vehicle's tire pressure and explains that when the TPMS warning light goes on, tire pressure has fallen by at least 25 percent of what is recommended for that specific vehicle. The Car Care Council recommends that tire pressure be checked at least once a month and more often during cold

weather months.

The new TPMS video can be viewed at [www.youtube.com/watch?v=prix-fvstKw](http://www.youtube.com/watch?v=prix-fvstKw) and is also available in the ANTV digital management system for repair shops to share with their customers. For more information about AutoNetTV, visit [www.AutoNetTV.com](http://www.AutoNetTV.com). To learn more about how to keep your vehicle operating safely and dependably, visit the Car Care Council website at [www.car-care.org](http://www.car-care.org).

Source: Car Care Council

## Strange But True

by Samantha Weaver

- It was British politician John Sweeney who made the following sage observation: "How can a society that exists on instant mashed potatoes, packaged cake mixes, frozen dinners and instant cameras teach patience to its young?"

- Golfers beware: Don't chew on the tees. One golfer who was in the habit of gnawing while he played overdosed on pesticides after playing 36 holes in one day.

- The longest word in the English language that can be typed using only one hand is "stewardesses."

- It's been reported that the last words of 19th century American author, essayist, biographer and historian Washington Irving were "Well, I must arrange my pillows for another night. When will this end?"

- Famed actor Gary Cooper was offered the role of Rhett Butler in the film adaptation of Margaret Mitchell's novel "Gone With the Wind," but he turned down the part. He said he believed the movie would be "the biggest flop in Hollywood history." The film went on to win 10 Academy Awards, including one for Best Actor, which was taken home by Clark Gable, who took the part that Cooper refused.

- If you know you have coronary issues, beware of

extreme temperatures. Those who study such things say that you're more likely to have a heart attack on a particularly hot or a particularly cold day.

- Records show that in England in 1552, William Shakespeare's father had to pay a fine for littering.

Thought for the Day: "You will die. You will not live forever. Nor will any man nor any thing. Nothing is immortal. But only to us is it given to know that we must die. And that is a great gift: the gift of selfhood." – Ursula K. LeGuin

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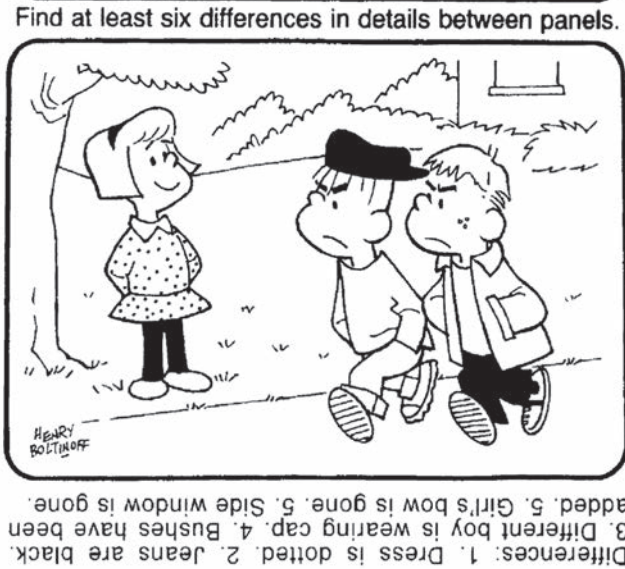
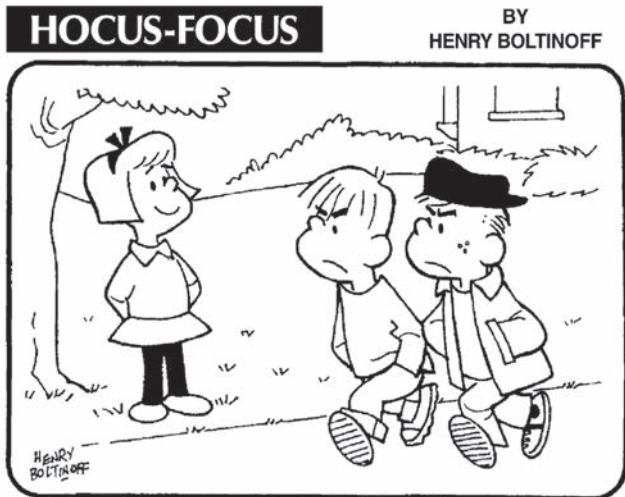
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**King Crossword**

**ACROSS**

1 Old love boat  
4 Cattle comments  
8 Dispatch  
12 Luau side dish  
13 Reed instrument  
14 Inlet  
15 Small  
17 Enthusiastic  
18 Eviscerate  
19 Soon  
21 Rook  
24 Potential syrup  
25 Roman 52  
26 Thanksgiving veggie  
28 Pass along  
32 Ricelike pasta  
34 — Mahal  
36 Cannonball, maybe  
37 Color workers  
39 High-pitched bark  
41 A mere handful  
42 Mimic  
44 Bets  
46 Poetic feet  
50 Existed  
51 Tangelo trademark  
52 Do some firing  
56 Sandwich cookie

**DOWN**

1 Smartphone download  
2 Marseilles monarch  
3 Huge  
4 Pretty much  
5 Japanese sash  
6 Leak slowly  
7 Prophets  
8 Resold for big profits  
9 Corporate symbol  
10 Shakespeare's river  
11 Safecracker  
16 Historic boy king  
20 Listener  
21 LummoX  
22 Ethereal  
23 Dine on  
27 Has permission  
29 Of natural dimensions  
30 State with certainty  
31 Some evergreens  
33 Speech  
35 Mandible  
38 Agent  
40 Hocked  
43 Church leader  
45 Petrol  
46 Twosomes  
47 City in India  
48 Ball of yarn  
49 Angry  
53 Triumph  
54 Buddhist sect  
55 Wood and Wynn

**Weekly SUDOKU**

by Linda Thistle

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

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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**Just Like Cats & Dogs** by Dave T. Phipps



**STICKELERS** (sic).  
by Terry Stickels

What number comes next?

2 5 14 41 122 365 ?

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"He said he enjoyed the bachelor party so much last night that he decided to remain a bachelor!"



# Country Editor

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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  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

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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](mailto:fortklock@gmail.com) for more information.

## Antiques

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## Announcements

## Antiques

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5/8" Reject Plywood .....\$14.00

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.....\$399

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.....\$499

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3000-5500 watt.....\$279.00-\$329.00

### Prime Frigidaire Freezers

24.8 cu.ft. chest freezer...\$769

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.....\$558

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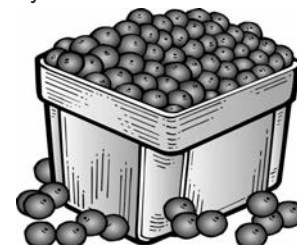
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# Country Editor

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21 words - \$4.70	22 words - \$4.80	23 words - \$4.90	24th word - \$5.00	25 words - \$5.10
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## Comfort Foods Made Fast and Healthy

by Healthy Exchanges

### Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let's gather family and friends together for one last chance to have fun in the sun. We'll provide a tasty salad dish!

2 3/4 cups chopped fresh broccoli  
1/4 cup raisins  
1 cup unpeeled, cored and chopped Red Delicious apples

1/4 cup finely chopped red onion  
1/4 cup bacon bits  
1/3 cup shredded reduced-fat cheddar cheese  
1/2 cup fat-free mayonnaise  
1 tablespoon white vinegar  
Sugar substitute to equal 2 teaspoons sugar

1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and cheddar cheese.

2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to

broccoli mixture. Mix well to combine.

3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.

\* Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

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## Mohawk Valley Produce Auction SPECIAL PUMPKIN SALE Wednesday, September 18<sup>th</sup> 10:00 AM

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**Terms By: Mohawk Valley Produce Auction  
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**Produce auctions every Tuesday & Friday  
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**Sat. Sept. 21, 2019 • 9:30 AM**

1300 State Hwy 163, Fort Plain, NY

Go to [#35160](http://Auctionzip.com) for Consignments  
Several New and Used Items Selling

**Refreshments Available**

**Terms: Cash or Check**

**Armitstead Auctions  
518-993-2290**

## King Crossword — Answers

**Solution time: 25 mins.**

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

### Stickelers Answer

The answer is **1094**.

2 5 14 41 122 365 ?  
3 9 27 81 243

Notice that each successive number is three times larger than the number preceding it.

### Upcoming Holidays

Sept. 14 – National Cream-Filled Donut Day

Sept. 15 – Wife Appreciation Day

Sept. 16 – American Legion Day

Sept. 18 – National Cheeseburger Day

Sept. 19 – International Talk

Like a Pirate Day

Sept. 20 – Storm Area 51

## Weekly SUDOKU — Answer

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

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

**Mon. Sept. 2nd** – Sold 144 head, Cull ave. \$.50 top cow \$.64, Beef Breed Cull Ave. \$.73 top cow \$.78, Organic cull dairy ave. None Grass-fed Organic Cull Ave. None, Bulls/Steers \$.69 – \$.99, Grassfed Organic Bulls/Steers None, heifer calves top \$.35 beef calves \$1.60, bull calves top \$.85 top beef calf \$2.30.

**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 & Clem-El Holsteins Complete Dispersal. Selling 120 Head of Registered Holsteins- 60 Milking age – 60 Heifers on the farm. There are 20 R&W selling with many RC. DHI RHA 21757 3.6 793 3.1 692. SCC 200,000. 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** sale held on the farm- Earlville, NY. Bolinger Farm Milking herd Dispersal. Selling 80 head of milking age – Mostly Holsteins & a few Crosses. DHI Tested & AI sired Grade Holsteins from a well managed Family Farm. DHI RHA 21718 3.9 846 3.1 668 SCC 220,000

**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.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

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## Which is more important to recognize, emojis or road signs?

(BPT) — If you were to take a quiz to test your ability to identify common emojis and road signs, how do you think you'd fare?

According to the results from a recent survey by Mercury Insurance, 1,890 respondents did not do so well. The meaning of the "yawning" emoji was correctly identified by 85% of the respondents, but only 31% of quiz-takers correctly identified the meaning of the "lane reduction" road sign. Additionally, 71% knew the "in love" emoji, but the "keep right" road sign was correctly identified by only 51% of quiz-takers.

Emojis are continually being added to

our texting and messaging vocabulary, and for the most part, we're able to keep up with this ever-changing landscape. Fortunately for the more than 200 million licensed U.S. drivers, road signs are highly regulated and consistent, and are designed to help keep drivers safe and easily guide them to their destinations. The bad news, however, is that far more people are able to identify emojis than road signs. And what's worse is that many times they're looking at these cute little icons while they're driving.

"Sure, emojis are a fun, modern-day form of shorthand, and may be more intuitive, but there's a time and place to



If you were to take a quiz to test your ability to identify common emojis and road signs, how do you think you'd fare?

use them, and behind the wheel of a car isn't one of them," said Kevin Quinn, vice president of claims and customer experience at Mercury Insurance. "A picture may be worth a thousand words in some cases, but it certainly isn't worth getting into a collision and risking someone's life. Most collisions are avoidable if drivers focus on their main task of safely operating a vehicle."

Distracted driving — anything that takes a driver's attention away from the road, including texting and talking on a phone — accounted for 3,166 fatalities in 2017, according to the National Highway Traffic Safety Administration. Texting while driving is extremely dangerous, as it takes your eyes off the road for five seconds on average - whether you're reading or sending the message.

The results of the quiz also highlight the importance of knowing what each road sign means, so you and those around you are safe. "These signs are instantly communicating to drivers what actions to take, much like emojis instantly communicate what friends or family members might be trying to convey in a text," said Quinn. "It's OK to only somewhat understand an emoji, but it's imperative to know exactly what a road sign is telling you; otherwise it could lead to disastrous results on the road where no one can afford a misunderstanding. And being an attentive driver who knows the rules of the road and safely gets where they're going might earn you a smiley face from your auto insurance company, just don't read it while you're operating a vehicle."

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### Italian Sausage and Potatoes

The dynamic duo of pork sausage and peppers gets even heartier when earthy red potatoes are added. To cut out some of the fat, try this dish with turkey sausage instead.

1 pound sweet and/or hot Italian sausage, cut crosswise into thirds

1 pound small red potatoes, each cut in half

1 large (about 1 pound) onion, cut into 12 wedges

2 red and/or yellow peppers, cut lengthwise into 8 pieces

1 tablespoon olive oil

1. Heat oven to 450 F.

2. In 15 1/2-by-10 1/2-inch jelly-roll

pan, combine sausages, potatoes, onion, peppers, olive oil, 1/2 teaspoon salt and 1/4 teaspoon black pepper; toss to coat.

3. Roast sausage mixture 30 to 35 minutes or until potatoes are fork-tender and sausages are lightly browned, stirring once halfway through roasting.

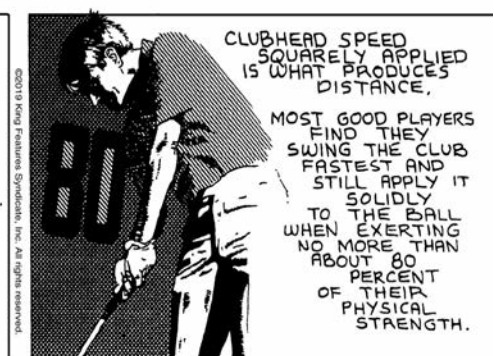
• Each serving: About 545 calories, 32g total fat (12g saturated), 80mg cholesterol, 925mg sodium, 37g total carbohydrate, 5g dietary fiber, 20g protein.

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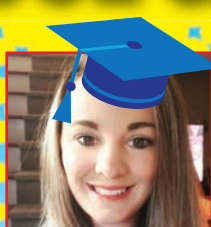
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