

Herkimer County  
**Country Editor**

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Van Meter & Van Meter, LLC  
 YOUR FULL-SERVICE FINANCIAL PROFESSIONALS

Mark Davidson, CRC®

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"WHICH ONE OF YOU, HAVING A HUNDRED SHEEP AND LOSING ONE OF THEM, DOES NOT LEAVE THE NINETY-NINE IN THE WILDERNESS AND GO AFTER THE ONE THAT IS LOST UNTIL HE FINDS IT? WHEN HE HAS FOUND IT, HE LAYS IT ON HIS SHOULDERS AND REJOICES. AND WHEN HE COMES HOME, HE CALLS TOGETHER HIS FRIENDS AND NEIGHBORS, SAYING TO THEM, 'REJOICE WITH ME, FOR I HAVE FOUND MY SHEEP THAT WAS LOST.' JUST SO, I TELL YOU, THERE WILL BE MORE JOY IN HEAVEN OVER ONE SINNER WHO REPENTS THAN OVER NINETY-NINE RIGHTEOUS PERSONS WHO NEED NO REPENTANCE. LUKE: 4-7

**Get Fall Ready with Wendy's Beauty Connection**

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 Mon - Sat 11:00AM to 10:00PM  
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Buffet available until 9PM

Menu Orders available until 10PM

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**EVERYDAY Lunch Buffet**  
 Adults starting at: \$7.99  
 Children starting at: \$4.69

**EVERYDAY Dinner Buffet**  
 Adults starting at: \$10.15  
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**Lowest Price All-You-Can-Eat Chinese Buffet in the Valley!**





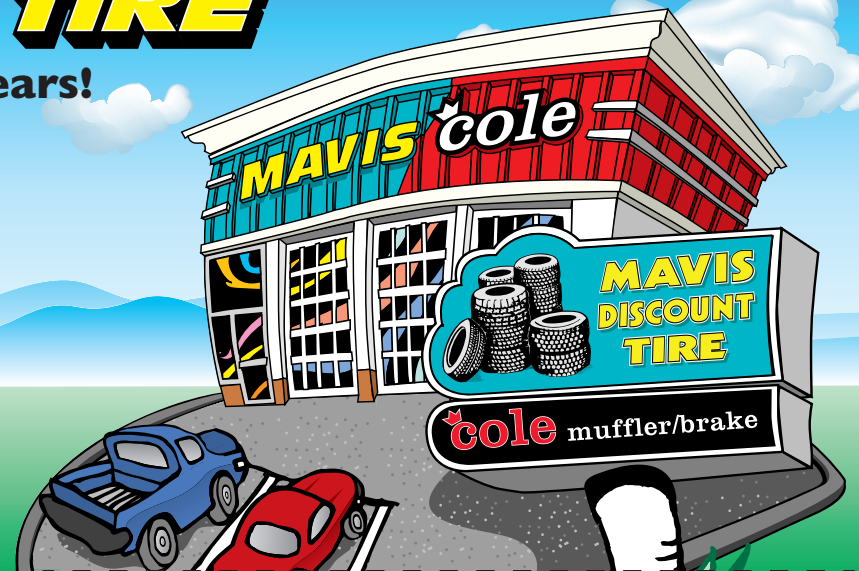
# MAVIS DISCOUNT TIRE

Saving People Money for Over 50 Years!

## LOW TIRE PRICES

PASSENGER		PERFORMANCE		SUV & LT	
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	185/65-14		195/60-15		215/70-16
185/65-15	\$44 <sup>99</sup>	205/55-16	\$48 <sup>99</sup>	235/75-15	\$60 <sup>99</sup>
195/65-15	\$44 <sup>99</sup>	205/60-16	\$50 <sup>99</sup>	235/65-16	\$66 <sup>99</sup>
205/65-15	\$46 <sup>99</sup>	205/50-17	\$50 <sup>99</sup>	225/65-17	\$68 <sup>99</sup>
205/70-15	\$51 <sup>99</sup>	215/60-16	\$51 <sup>99</sup>	235/70-16	\$73 <sup>99</sup>
215/70-15	\$53 <sup>99</sup>	215/45-17	\$52 <sup>99</sup>	235/60-18	\$74 <sup>99</sup>
185/70-14	\$53 <sup>99</sup>	215/55-17	\$53 <sup>99</sup>	235/55-18	\$76 <sup>99</sup>
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\$153.99, Now ...

SAVE BIG!

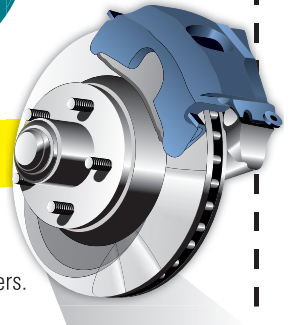
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SUV's, Minivans, Pickups Add \$10

### INCREDIBLE DEAL!

Premium Brake Pads  
Lifetime Warranty on Pads

Front or Rear pads or shoes. Not Combinable with other offers.  
Most cars. Other fees may apply. w/AD. Ends 12/31/19



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After Mail-In Rebate\*\*  
Rebate varies by Brand

**GOODYEAR**  
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**GENERAL TIRE**  
VALID 09/01/19 - 10/31/19

**DUNLOP**  
VALID 05/01/19 - 09/30/19



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Assurance® All-Season

REG. PRICE \$85<sup>99</sup>  
PRICE AFTER REBATE **\$75<sup>99</sup>\*\***  
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225/65-17 ..... \$119<sup>99</sup> ..... \$109<sup>99</sup>  
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265/70-16 ..... \$130<sup>99</sup> ..... \$113<sup>49</sup>  
265/70-17 ..... \$142<sup>99</sup> ..... \$125<sup>49</sup>

**75K MILEAGE WARRANTY**

**DUNLOP**

Signature HP

REG. PRICE \$127<sup>99</sup>  
PRICE AFTER REBATE **\$107<sup>99</sup>\*\***  
225/45-17

215/45-17 ..... \$129<sup>99</sup> ..... \$109<sup>99</sup>  
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H/L Alenza™

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275/55-20 ..... \$158<sup>99</sup>  
275/60-20 ..... \$182<sup>99</sup>  
285/45-22 ..... \$224<sup>99</sup>

**65K MILEAGE WARRANTY**

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**6 MONTHS SPECIAL FINANCING AVAILABLE**  
on purchases of \$199 or more with your Mavis Discount Tire Credit Card  
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- ONEIDA** 241 Genesee St ..... **315-363-5400**

- ROME** 1723 Black River Blvd ..... **315-339-3460**
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IT DOESN'T GET BETTER THAN THIS!  
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**AWD**

2019 Nissan Rogue S AWD

lease for **\$249** 36 mos.

Model #22019. VIN# 5N1AT2MV5KC829804 & 5N1AT2MV2KC808926. MSRP \$28,040. Total due at inception: \$2,000 down payment + \$0 security deposit + bank fee included in payment + \$249 1st payment = \$2,249. Price includes \$3,100 NMAC Lease Cash. Negotiated value of vehicle \$27,578. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax title & mv fees. Well qualified credit. Offer expires 9/30/19.

ROCK CREEK EDITION WITH TECH PACKAGE

**2019 NISSAN PATHFINDER SV**

**AWD**



Rock Creek Edition Package  
NissanConnect w/Navigation & Services

2019 Nissan Pathfinder SV

lease for **\$365** 36 mos.

Model#22218. VIN#5N1DR2MM5KC029699 & 5N1DR2MM5KC051250. MSRP \$38,080. Total due at inception: \$2,000 down payment + \$0 security deposit + bank fee included in payment + \$365 1st payment = \$2,365. Price includes \$3,275 NMAC Lease Cash. Negotiated value of vehicle \$37,688. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 9/30/19.

ELEVATE YOUR EVERY DAY  
**2019 NISSAN SENTRA S**



2019 Nissan Sentra S

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

Model #12019. VIN#5N1AB7AP5KY262011 & 5N1AB7AP4KY262048. MSRP \$18,560. Total due at inception: \$2,000 down payment + \$0 security deposit + bank fee included in payment + \$169 1st payment = \$2,169. Price includes \$2,700 NMAC Lease Cash. Negotiated value of vehicle \$23,995. 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**

Only 4 LEFT



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AWD's, S & SV & SL  
30k-75k mi., some w/leather & roof.

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**'17-'18 PATHFINDERS**  
SV - SL



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Well equipped,  
7 seaters. 32-33k mi.

FROM **\$21595\***



**'15-'19 SENTRAS**  
SV - SR - S

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

FROM **\$12995\***



**'16-'19 ALTIMAS**  
S/SV/SL/AWDS

One nicer than the next. 6k-39k mi.

FROM **\$14995\***



**'16-'18 FRONTIER CREW 4X4**

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

FROM **\$19995\***

**'14 HONDA CR-V AWD**



WON'T LAST LONG!  
Extremely clean,  
only 82k mi.  
UC 1527

**\$14695\***

**'14 FORD ESCAPE SE**



Great SUV value!  
60k mi. #UC1414

**\$12395\***

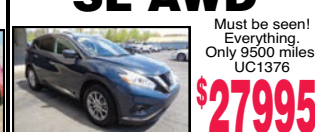
**'14 BMW X1 AWD**



Really clean,  
46k mi.  
UC1512

**\$15595\***

**'17 MURANO SL AWD**



Must be seen!  
Everything.  
Only 9500 miles.  
UC1376

**\$27995\***

**'16 NISSAN MAXIMA 3.5 SL**



UC1379  
24K mi.

**\$22495\***

**'17 ROGUE SPORT AWD**



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

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## Moments in Time The History Channel

• On Sept. 27, 1540, in Rome, the Society of Jesus - a Roman Catholic missionary organization - receives its charter from Pope Paul III. The Jesuit order succeeded in converting millions around the world to Catholicism.

• On Sept. 28, 1066, claiming his right to the English throne, William, duke of Normandy, invades England. On Christmas Day, William the Conqueror was crowned the first Norman king of England. William I also is known for his "Domesday Book," a great census of the lands and people of England.

• On Sept. 24, 1941, the Japanese consul in Hawaii is instructed to divide Pearl Harbor into five zones and calculate the number of battleships in each zone. The United States had intercepted the message, but it was dismissed a month later as being of no great consequence.

• On Sept. 26, 1957, "West Side Story," composed by Leonard Bernstein, opens on Broadway. The show went on to an impressive maiden run of 732 performances. In 1961, a film version was an enormous hit and took home 10 Academy Awards.

• On Sept. 23, 1969, the trial for eight antiwar activists charged with sparking violent demonstrations at the August 1968 Democratic National Convention opens in Chicago. Most were convicted on criminal charges or contempt of court, but none served time after convictions eventually were overturned on appeal or charges dropped.

• On Sept. 25, 1970, ABC premieres "The Partridge Family," which would become a smash hit. The group's songs were not actually recorded by the five siblings and their mom in a garage, but were mostly the work of professional musicians in Los Angeles.

• On Sept. 29, 1982, seven people die in Chicago after ingesting over-the-counter painkiller laced with cyanide. No other contaminated capsules were found in a nationwide recall, but the

mass murder led to new tamper-proof medicine containers.

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SOMETHING FOR EVERYONE & EVERY BUDGET!



# Three tips to establishing a successful homework area

High school students have a lot on their plates. Today's parents often lament that kids' schedules are far more hectic than their own schedules were when they were teenagers. But for many high school students, a familiar foe their parents have no doubt encountered is proving a considerable source of stress.

Homework has long been the bane of high schoolers' existence. Studies regarding just how much homework is being assigned to teenagers are somewhat outdated, which makes it difficult to determine just how much work kids are being asked to do after school lets out. A 2014 survey from the University of Phoenix found that high school teachers assign, on average, 3.5 hours of homework per week. Multiply that figure by five, which is the number of different teachers many high school students have in a typical school day, and the survey concluded that high school students may be expected to complete as much as 17.5 hours of homework per week.

Though the study, which is the only one of its kind to be conducted in recent years, is older, there's little reason to suspect today's high school students are being asked to do any less than their predecessors were in 2014.

While parents might not be able to do much to lessen their children's homework workload, they can take steps to ensure their homes are as homework-friendly as possible. The following are three ways to do just that.

### 1. Create a communal homework table.

The Harvard Graduate School of Education notes that youngsters who seem reluctant to do their homework may benefit from doing their afterschool work at a communal table. With parents nearby, such students may feel less lonely and may be less likely to procrastinate if they know Mom or Dad is nearby. Students who are not reluctant to do their homework may benefit from working quietly in their bedrooms.

### 2. Clear the area of distractions.

Distractions like televisions, devices that are not necessary to complete assignments and even younger siblings can make it hard for teenagers to concentrate on their work. Designate a time each day for homework, ensuring that the television is off and that devices have been placed on "Do Not Disturb." In



A good work environment at home can help kids live up to their academic potential.

addition, high school students with younger siblings can expect their brothers and sisters to be finished with their homework first. Make sure youngsters recognize the importance of staying quiet until everyone has finished their homework. Encourage younger siblings to leave the homework area and play quietly or read elsewhere in the home.

### 3. Include a break between school and homework time.

Much like parents may like a few minutes to unwind when getting home from work at night, kids likely won't want to dive right into their homework after getting home from school. A break between the school day and homework time can help kids clear their heads so they're more capable of concentrating when they sit down to do their work.

\*\*\*\*\*  
**Raffle Winners**  
 of The Sons of American Legion Post 1118  
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 from **Moody's Polaris - Dennis Goggin**  
**2nd Prize \$100 - Glen Minor**  
**3rd Prize \$50 - Barb Gauthier**  
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COLD BROOK  
UNITED METHODIST CHURCH**  
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Sunday Worship 10:30 AM

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

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

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

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

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

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

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

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

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

**TEMPLE BETH JOSEPH**  
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Phone 866-4270  
Friday 7 PM

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

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

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

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Pastor Chris Schumske  
838 W. German St.  
Worship Service for adults & children  
8:30, 10:00 & 11:30 AM  
with iPraise for the children (K-5th grade)  
Phone 866-0575

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

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

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

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

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

**CHURCH OF JESUS CHRIST  
OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
Family History Center hours by  
appointment; please leave a message at  
315-866-7189

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

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

**ILION  
ILION COMMUNITY CHURCH**  
Pastor Dean Mabry  
44 Central Plaza  
Sunday Worship 10am  
Child Care/Kids Church Available  
ilionchurch.com

**SAINT AUGUSTINE'S  
EPISCOPAL CHURCH**  
Bishop - Dan Herzog  
78 2nd Street  
Phone: (315) 894-3775  
Sunday School at 8:45 AM  
Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

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

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

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

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

**LITTLE FALLS  
FIRST BAPTIST CHURCH**  
555 Albany St.  
315-823-3392  
Morning Worship 10:15 AM  
Rev. Chris J. Wintermute, Lead Pastor  
Rev William Whalen, Associate Pastor  
Nursery (infants through age 4)  
Meet and Greet Sunday at 8:30 am  
Sunday School Classes 9:00 am (nursery  
through adult)  
\*\*Our Service is aired on 100.3 FM,  
91.1 FM & 88.7 FM on Sundays from 11-12  
with a 1 week delay.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**UNITED METHODIST**  
Pastor Wayne Getman • Phone 845-8730  
Sunday School 11 AM  
Morning Service 11 AM

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

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

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

**SALISBURY CENTER  
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## Tips for making braces more comfortable

Many children and adults wear orthodontic braces. Braces can straighten teeth and improve bite health. While adults who wore braces years ago as youngsters likely recall being apprehensive about their appearance back then, thanks to advancements in braces technology, today's orthodontic braces are less noticeable than braces of yesteryear. In addition, modern braces even feature more effective wires and brackets that can reduce the duration of treatment.

According to Harvard University Health, the science of orthodontics and braces involves placing constant pressure on teeth. The root then presses against the underlying alveolar bone, forcing a portion of the bone next to the root to dissolve, allowing

the tooth to incrementally move into the direction it is pushed. After the tooth migrates, new bone will replace the spot where the tooth vacated.

Due to the pressure braces exert, it is common for people who wear braces to experience discomfort. Soreness and discomfort typically occurs when braces are initially put on the teeth and then after various appointments if adjustments are made. The brackets and wires of the braces also may rub the gums or irritate other areas inside the mouth.

Thankfully, there are ways to make wearing braces more comfortable.

- Check for comfort before leaving. During each orthodontist visit, use a finger or your tongue to

check for any areas that are poking cheeks or rubbing gums. Bring this to the orthodontist's attention so that wires can be clipped very short.

- Invest in orthodontic wax. Use the wax to cover up brackets or wires that are causing irritation. Over time, the mouth will get used to the braces and sore spots will not be as prominent.

- Use OTC pain relievers. Over-the-counter pain relief products can alleviate soreness for a few hours until the mouth adjusts to the braces being placed or tightened.

- Enjoy soft foods. When teeth are sore, stick to soft foods. Smoothies, soups, stews, mashed potatoes and yogurt are soft foods that won't increase your pain.

- Follow the rules. Your orthodontist will recommend that you avoid certain foods that can damage or get caught in the braces. Eating these foods can make it even more uncomfortable to have braces on.

- Practice good hygiene. Braces create more crevices and spots where bacteria can accumulate, which could lead to dental caries. Be sure to floss and brush thoroughly to keep the teeth clean to avoid painful cavities.

Having braces means experiencing some discomfort along the way. However, pain and soreness can often be alleviated using a few simple strategies.

## Calendar of events

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

### 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 21 and Oct 19

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

### Sept 21 and 22

**44th Antiques In Schoharie.** At Schoharie Valley Railroad Complex, 143 Depot Lane, Schoharie Village, on Sept. 21 from 10 a.m. - 5 p.m. and Sept. 22 from 11 a.m. - 4 p.m. For further information, call 518.295.7505, or 518.231.7241.

### 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](http://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](http://www.herkimer.edu/fallfest). Car show, horse drawn wagon rides, novelties... Herkimercounty-chamber.com

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

### Sept 29

**Fall in Love with Basket Bingo.** Preview 1 p.m. Event 2 p.m. Annunciation Parish Center, West St., Ilion. \$10. Extra packets \$2 each. Bring non-perishable food for food pantry and get one free playing card while they last. Snacks.

### Oct 3

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

### Oct 4

**Black and White Hero Sale.** Pick-up 11 a.m.-1 p.m. and 3-6 p.m. Ilion Masonic Temple, 118 Morgan St. Pick-up at Third Street (side door) Pre-orders requested. \$7. Sponsored by Evening State Valley Chapter, #82, OES. Call 315.269.6493.

### Oct 7

**Little Falls Community Blood Drive.** Noon to 5 p.m. At Little Falls Elks Lodge. To schedule an appointment download the free Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1.800.733.2767). Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) to get started.

### Oct 9

Attention Stratford Cemetery Lot Owners. **Stratford Cemetery, Inc. Annual Meeting and Election of Officers and Board Members.** 6:30 p.m. At Salisbury Town Hall. Lot Owners and those interested should attend.

### Oct 11-12

**Rummage and bake sale.** Mohawk

Reformed Church, 20 South Otsego Street, Mohawk, NY. Friday and Saturday, Oct. 11, 9 a.m.-5 p.m. and Oct. 12 9 a.m.-11 a.m. Bag day sale Saturday, \$1 a bag. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net)

### Oct 18

**"Fabulous and Fatal" Murder Mystery Dinner.** Doors open 5:30 p.m. Dinner 6:30 p.m. At the Little Falls Travelodge. Benefit the Herkimer County Historical Society. \$30. Tickets can be purchased in advance at the Historical Society, located at 406 N. Main St., Herkimer, NY, open Monday-Friday, 10 a.m. - 4 p.m., or call 315.866.6413 for more information.

### Oct 19

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

**Homemade Polish Food Sale.** Holy Spirit Polish National Catholic Church, 618 Gansevoort Street, Little Falls. 10 a.m. until sold out. Goulabki - ready to heat and eat. Pierogi - frozen by the dozen. Pre-orders appreciated. Call John and Janice Rogers at 315.429.9314. Visit [www.HolySpiritPNCC.org](http://www.HolySpiritPNCC.org)

### 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.

**The Third Annual Harvest Basket Raffle** 12-7 p.m. Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY, in the Jarvis Room. Many themed baskets and gift cards. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net)

**Annual Harvest Dinner.** Held in the Benes Hall. Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY. Serving 4 to 7 p.m. Adults \$12, Children (6-12) \$6. Children 5 and under free. Tickets available. Come early and check out our Gift Baskets. Contact 315.866.4292 or [mrcoffice@verizon.net](mailto:mrcoffice@verizon.net).

**top ten**

**Soft Drink Consumption**

1. Argentina
2. United States
3. Chile
4. Mexico
5. Uruguay
6. Belgium
7. Germany
8. Norway
9. Saudi Arabia
10. Bolivia

Source: World Atlas \*per capita



**HOCUS-FOCUS**

BY HENRY BOLTHOFF



Find at least six differences in details between panels.



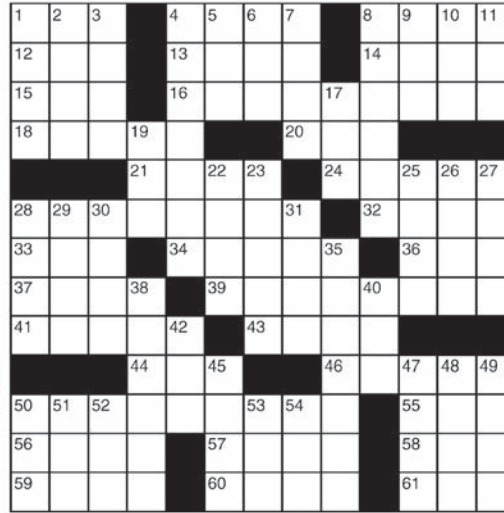
Differences: 1. Book title is different. 2. Woman's hairdo has changed. 3. Picture is added to wall. 4. Man's fork is gone. 5. Woman's apron is missing. 6. Woman's right hand is hidden.

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**King Crossword**

**ACROSS**

- 1 "30 Rock" role
- 4 Dressed
- 8 Wrinkly fruit
- 12 Raw rock
- 13 Bigfoot's cousin
- 14 Bellow
- 15 Slight touch
- 16 Ski resort in the Poconos
- 18 Same
- 20 Vast expanse
- 21 Comfy footwear, for short
- 24 Make into law
- 28 Group of submarines
- 32 Continental coin
- 33 Alias abbr.
- 34 Decelerates
- 36 Kanga's kid
- 37 Deposited
- 39 Pancake
- 41 Hammerstein's contribution
- 43 God, in Grenoble
- 44 Upper limit
- 46 Getting on
- 50 Type of shoulder bag
- 55 Anti
- 56 "American —"
- 57 Pivot
- 58 Greek H
- 59 Roly- —
- 60 Layer

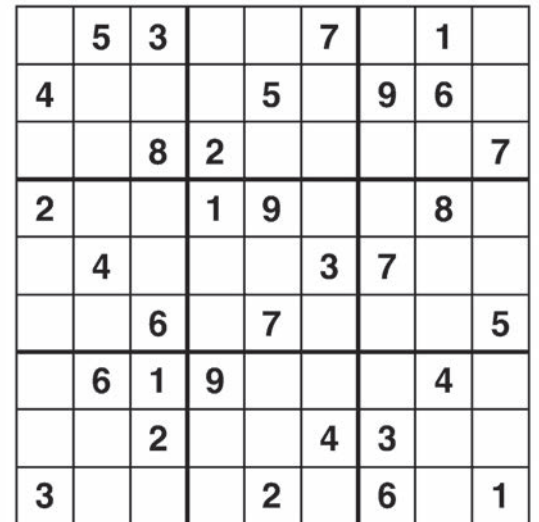


- 10 Varnish ingredient
- 11 Annoy
- 17 Appomattox loser
- 19 Bowling alley inits.
- 22 A little lower?
- 23 Berate
- 25 Emanation
- 26 Gator's cousin
- 27 Snatched
- 28 Partition
- 29 Fine
- 30 Hideaway
- 31 "The Bridge on the River
- 35 House VIP
- 38 In a pleasant way
- 40 Moonshine container
- 42 Automobile
- 45 "Hey, you!"
- 47 On the rocks
- 48 Memorandum
- 49 Eat away (at)
- 50 With it
- 51 Big bother
- 52 Encyc. portion
- 53 Foreman foe
- 54 Prompt

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**Weekly SUDOKU**

by Linda Thistle

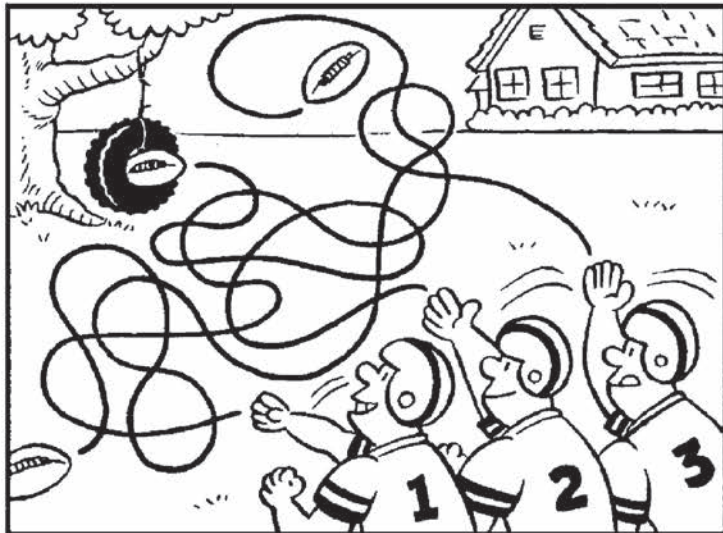


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ♦**

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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**THE STARTING QUARTERBACK** was decided by the player who first threw a pass through the practice tire. Who was it?

Answer: Player number 2.

**Junior Whirl**  
by Charles Barry Townsend



**SOME 'QUICK CHANGE' WORD PUZZLES!**

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed CAPE to HERO in four moves. See if you can change the following five words in four moves.

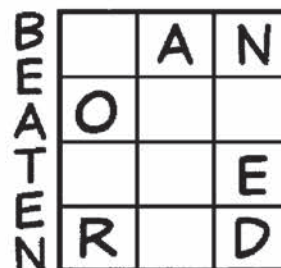
1. BIRD to HAWK
2. GOAT to BELL
3. PAIN to WELL
4. NOSH to DINE
5. FADE to OUTS

**A SINGULAR WORD!** Can you help Professor Flunkum find the only four-letter word in the English language that, when printed in capital letters, reads the same when turned upside down as it does right side up?



Answer: The word is NOON.

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



Answers: (Across): Ban, one, ate, red. (Down): Boar, ante, need.

- 1. BIRD, BARD, HARD, HARK, HAWK.
- 2. GOAT, BOAT, BEAT, BELL.
- 3. PAIN, PAIL, PALL, WALL, WELL.
- 4. NOSH, NOSE, NONE, DONE, DINE.
- 5. FADE, FATE, FATS, OATS, OUTS.



# Pause before you pass: Accidents involving tractors & farm equipment found to be deadliest rural road accidents

No one likes being caught behind a slow-moving farm vehicle on the road – especially when there’s a manure spreader being pulled in front of you – but waiting a couple of minutes to be sure you can safely pass can make a lifetime’s difference.

Roadway crashes involving agricultural vehicles were found to be five times more fatal than that of non-ag crashes, according to a recent study published by the New York Center for Agricultural Medicine and Health (NYCAMH).

Interestingly, accidents involving tractors and other ag-related equipment on rural roads occurred most often on straightaways with a grade, according to the data analyzed. Crashes on straight roads with a grade were twice as common in ag-related crashes than in non-ag crashes. Researchers speculate that this was due to non-agriculture vehicles attempting to pass slower-moving agricultural machinery on straightaways.

For the study, NYCAMH researchers analyzed electronic records from the NYS Department of Motor Vehicle (DMV) Accident Reports (MV-104) for 2010-12. Ag cases were identified using variables for the vehicle body type and vehicle registration. Though only 19 out of every 100 Americans live in rural areas, more than half of fatal

roadway accidents take place in rural areas, according to the U.S. Department of Transportation.

During the three-year timeframe analyzed, NYCAMH researchers identified 203 ag-related accidents involving 381 vehicles and 482 people. They found that incidents involving farm vehicles or equipment tended to be more severe than non-ag crashes in terms of the number of vehicles involved, the extent of the injuries and the number of resulting deaths.

Of the agriculture-related incidents, the most common event was a collision with another vehicle (80.8%). The second most common was a collision with a fixed object such as a ditch or embankment (10.3%), followed by an overturn/non-collision event (3.4%). Poor weather conditions were rarely a factor in these events.

The Centers for Disease Control and Prevention data have shown that agriculture, forestry and fishing as an occupational group has the third highest rate of work-related roadway crashes.

NYCAMH has worked with the New York State Governor’s Traffic Safety Committee on issues surrounding slow-moving vehicle use. These initiatives have brought together the farming community, safety professionals and emergency services to raise awareness of slow-moving vehicles on the

roadway.

If you’d like more information on this research, contact the NYCAMH in-

formation specialist at [info@nycamh.org](mailto:info@nycamh.org). The abstract for this article can be found at [tinyurl.com/yy2ubvpy](http://tinyurl.com/yy2ubvpy).



A speed identification symbol (SIS) is newly required by New York State law for equipment that moves between 25 and 40 mph.



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## Donna's Day: Creative family fun

by Donna Erickson

### Tasty and Healthy Vegetable Ribbon Salad

Wrap up the last of summer's harvest with colorful ribbons of orange, green, yellow and red. Abundant zucchini, summer squash and carrots can be woven together with fettuccine pasta for a tasty supper your family will enjoy from preparation to the last bite.

Hand each of your preteen kids their own vegetable peeler, give them a few tips for honing ribbon-making skills, and they'll keep busy and feel useful cutting vegetables while you cook up the pasta. A healthy supper will be ready in minutes.

8 ounces fettuccine pasta, cooked, drained and rinsed in cool water.

1 to 2 small-size green zucchini

1 yellow summer squash

2 medium-size carrots

1 scallion

1/2 fresh red pepper (optional)

1/2 cup of your favorite vinaigrette-style salad dressing or traditional vinaigrette (see recipe below)

1/2 cup freshly grated Parmesan cheese

Chopped parsley or basil

1. Trim off the ends of the zucchini, squash and carrots. Use a vegetable peeler to cut the vegetables lengthwise into long, thin, ribbonlike strips. When you reach the inner seeds of the zucchini and summer squash, stop and continue slicing the other side. Discard the centers. Place all the vegetable ribbons into a large bowl.

2. Trim off the green ends of the scallion. Tear them into thin long strips with your fingers. Add to the vegetables.

3. Add pasta and toss lightly with your favorite vinaigrette dressing or prepare the basic recipe below. Cut thin slices of the red pepper and arrange on top, if you wish. Top with grated Parmesan and parsley or basil. Serve with French bread. Serves 4 to 6.

Tip: If your kids love apples, add one to the salad for sweetness. Peel, core and cut an apple into 4 slices. Peel strips from each slice and add to the vegetable ribbons.

#### Basic Vinaigrette

1/2 teaspoon salt

1 teaspoon Dijon mustard

1/4 cup white wine or sherry vinegar

3/4 cup extra-virgin olive oil

In a small bowl, let one child whisk the salt, mustard and vinegar together. While whisking, another child may slowly add the oil in a stream until the mixture is well-combined. Makes 1

cup. Store covered at room temperature for a week or in the refrigerator for a month.

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## Whatchamacallits

This week's whatchamacallits were a bit tricky to gather information on, although they look pretty self-explanatory. That's usually the way it works out – the more common-looking the item, the more difficult it is to find information on it. Also, the name I was given was “faustino knife,” but after much leap-frogging from page to page online, I found it is called a fascine knife.

According to “The American Revolution: Documents Decoded” by Neil Gould, fascine knives were used by colonial militia as both a personal weapon and to cut fascines – hence the name.

A fascine is a rough bundle of brushwood or other material used in the strengthening of an earthen structure or for making a path over uneven or wet ground.

In the UK, they are similar to the billhook, which gets its name due to the

shape of the blade.

Believe it or not, there is a website (billhooks.co.uk) on which I found a wealth of information regarding the use of these tools. Use of the billhook goes way back in British history, with some examples being found in very rural/agrarian regions dating back to the Roman occupation period.

Our examples seem to be homemade or at least forged in a local blacksmith shop. The more square-bladed example is stamped “WHS.” The more round-bladed fascine was so well used, the handle had to be repaired several times.



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



## Exercise caution around brake dust

As cars age, certain wear and tear is to be expected. One of the realities of frequent driving, particularly for drivers who routinely drive in stop-and-go traffic, is the gradual deterioration of brake pads. Do-it-yourselfers can replace brake pads on their own, but those that do should be aware of a potential hazard when doing so.

The Mesothelioma Center says that brakes sometimes contain asbestos due to that material's heat-resistant qualities. As brakes start to wear down over time, the asbestos can escape. The Occupational Safety and Health Administration (OSHA) says that while many new automotive components are asbestos-free, asbestos hasn't been eliminated entirely from the industry. That is why mechanics and do-it-yourselfers need to exercise caution when repairing or replacing brakes.

Brake dust may inadvertently expose individuals to cancer-causing asbestos through inhalation or in-

gestion. OSHA says that exposure to asbestos, if not properly controlled, can cause mesothelioma, lung cancer and asbestosis. Symptoms may not appear for years or even decades after contact with asbestos fibers.

The Mesothelioma Center estimates that asbestos is present in 30 - 80% of brakes and other components. The routine task of "blowing out" brake surfaces, which involves using an air hose to clean the surfaces of brakes and rotors, is one of the most common ways people are exposed to asbestos through brake dust.

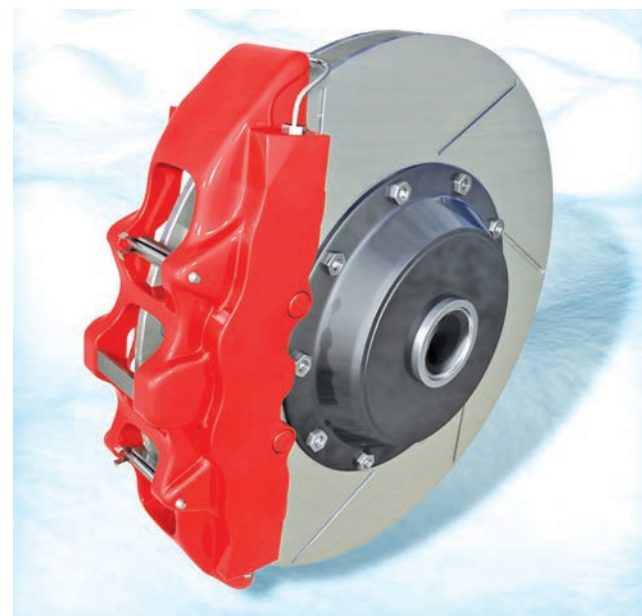
Gray-black brake dust is made up of iron particles formed by the grinding of the brake rotor by the brake pads. However, brake dust also can contain some metallic elements and other components housed in the brake pad - including asbestos.

The automotive resource YourMechanic says that while brake dust is not indicative of a poor braking

system, over time brake dust can corrode the clear coat on a car and may eat into the aluminum alloy surface of the wheel. That is why so many drivers try to clean away brake dust, potentially exposing them to dangerous materials.

DIYers may be better off visiting professional service centers to have brakes addressed rather than doing the job on their own. OSHA says all automotive brake and clutch repair facilities in the United States must comply with the OSHA asbestos standard. These include using negative pressure enclosure/HEPA vacuum systems and low pressure/wet cleaning methods.

While asbestos is being phased out of many automotive components, it is always best to treat brakes, clutches and more with extra caution in the event that asbestos is present.



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# Retro Car Show at the Herkimer College Fall Fest

HERKIMER – Registration is now open for the annual car show at the Herkimer County Community College Fall Fest & Alumni Weekend. The festival will be held on Saturday, Sept. 28 from noon - 4 p.m.

Area motorheads are invited to show off their retro rides in the main campus parking lot. All variety of

antique and classic cars, trucks and motorcycles are eligible to participate, with a contest and awards ceremony to follow at 3 p.m.

The show is free to join, but pre-registration is required. Interested vehicle owners can sign up at [herkimer.edu/fallfest](http://herkimer.edu/fallfest).

In addition to the car show, Fall Fest will also feature horse-drawn wagon rides, pumpkin painting, magical entertainment by Shaun Robison, chainsaw mastery by Mark Tyoe, music by DJ "Red Hot 'n Wild," presentations from the Utica ZooMobile and much more. The evening will pick up again at 8 p.m. in the college's lower parking lot with a bonfire, cider, doughnuts and live music.

The annual Fall Fest & Alumni Weekend is made possible by the Herkimer County College Foundation Inc. A full schedule of events can be found at the Fall Fest website. All events are open to the public and free, unless otherwise indicated.



Antique and classic cars on display at the Herkimer College Fall Fest & Alumni Weekend. Those wishing to participate in the car show this year can register at [herkimer.edu/fallfest](http://herkimer.edu/fallfest).

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## Fabulous and Fatal Murder Mystery Dinner

Come out for a "Fabulous and Fatal" evening at a murder mystery dinner at the Little Falls Travelodge on Friday, Oct. 18 to benefit the Herkimer County Historical Society. Doors open at 5:30 p.m. and

dinner is at 6:30 p.m. A glamorous group called "The Drama Queens" is planning to put on a show. You will meet characters like Roxanne Rolls, who wants to do a musical version of the Roxalana Druse case,

and Princess Dragamiroff, who claims to be an A-1 fundraiser. She claims she has a wad of cash to finance the show, but she is late to the performance. Has something happened to her?

Have fun guessing who did it and win prizes, take a chance in the Chinese auction and enjoy a dinner featuring chicken cordon bleu, roast pork, red potatoes, green beans, tossed salad and dessert. The cost is

\$30. Tickets can be purchased in advance at the Historical Society, located at 406 N. Main St., Herkimer, open Monday - Friday, 10 a.m. - 4 p.m., or call 315.866.6413 for more information.

## Senior News Line

by Matilda Charles

*Online Lotharios' only love is money*  
Think you're immune from getting scammed in an online romance? Think

again.

Authorities recently charged 80 people with running scams around the world designed to defraud women of

money. Only 17 of those crooks have actually been arrested as authorities try to hunt down the rest - no easy feat when it comes to dealing with other countries.

In one scam, a Japanese woman fell for a man she believed was a U.S. soldier in Syria. She hooked up with him through an online pen pal site. In reality, he was in Los Angeles and was part of a whole crew of thieves. In less than a year she sent him \$200,000 - money she had to borrow.

There were quite a few warning signs she didn't acknowledge. She and her new love never talked on the phone, and he wanted her to do some business for him. In this case, it was to manage a shipment of diamonds he claimed to have found. Meanwhile, as the scam progressed, he kept asking

her for more and more money.

One problem is that these investigations take so long. The one above started in 2016. You can't start an online relationship and two weeks later decide to check the news to see if there is a current investigation or string of arrests. It might take years, and meanwhile you're in danger of losing your money.

Some things to think about: These online scammers are experts at what they do. They follow cleverly written scripts when they woo women. They look for your weak points. If you send someone money, understand that you'll never see it again.

If anyone asks you to send money, make a report to the authorities. Yours might be the clues the police need.

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## Did you know?

In 2012, the U.S. Department of the Treasury studied the effect that getting stuck in traffic has on fuel consumption. Researchers discov-

ered that Americans were wasting 1.9 billion gallons of gas each year due to congested roads and inadequate transportation infrastructure. Although

that study was conducted in 2012, it's reasonable to conclude that wasted fuel remains a big and potentially dangerous issue.

One way to cut down on the environmental and financial toll of traffic is to find different routes that help drivers avoid traffic jams. Even if such routes are more circuitous, they may end up helping commuters save time and money in the long run. Popular GPS-based traffic apps can guide drivers to less congested roadways by allowing users to set filters to avoid traffic.



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# Kovels: Antiques and Collecting

by Terry and Kim Kovel  
**Handel lamp**

The first Tiffany lamps with dome-shaped stained-glass shades were made in 1895. They became very popular and very expensive. Other lamp and glass companies adapted the idea and made less expensive reverse-painted glass shades, colored glass and metal-trimmed shades, and copies of the originals. None are as expensive as the originals today, but some are considered important and sell for thousands of dollars.

Philip Julius Handel made lamps in Meriden, CT, from 1893 to 1933, and his reverse-painted shade lamps are now selling for up to \$8,000. Almost all of his lamps are signed on the inside of the shade and on the metal lamp base. Price is determined by the design on the shade and the shape of the bronze base. A recent Morphy Auctions of Pennsylvania sold a signed Handel "Elephantine Island" table lamp with a bronze base held by three winged griffins. The shade is a painting of the ancient Egyptian ruins on Elephantine, a small island on the

Nile. The lamp sold for \$5,248. **Q:** My wife was a collector of mustache cups and she accumulated about 50 of them before she died. I'm not sure what to do with them and would like to know if they have any value.

**A:** Mustache cups were popular from 1850 to 1900 when large, flowing mustaches were popular. A mustache cup had a ledge of china or silver that kept the hair out of the liquid in the cup and kept the mustache wax from melting. Mustache cups have sold at auctions in the past year for about \$30 to over \$100. Left-handed mustache cups are rare and have sold for over \$400, but have been reproduced. You can consign your collection to an auction house or contact an antiques store in your area to see what they will offer you for them.

**Q:** I'd like some information about the maker of a bronze statue of a fox marked "Chemin." The letter "N" is backward. Does this increase the value?

**A:** Your bronze fox was made by French sculptor Joseph Victor Chemin (1825-

1901). He was known for his animal sculptures. The backward "N" is part of his mark. It isn't a mistake and does not add value. An eight-inch-long bronze animal by Chemin was estimated at \$300 in a Midwest auction.

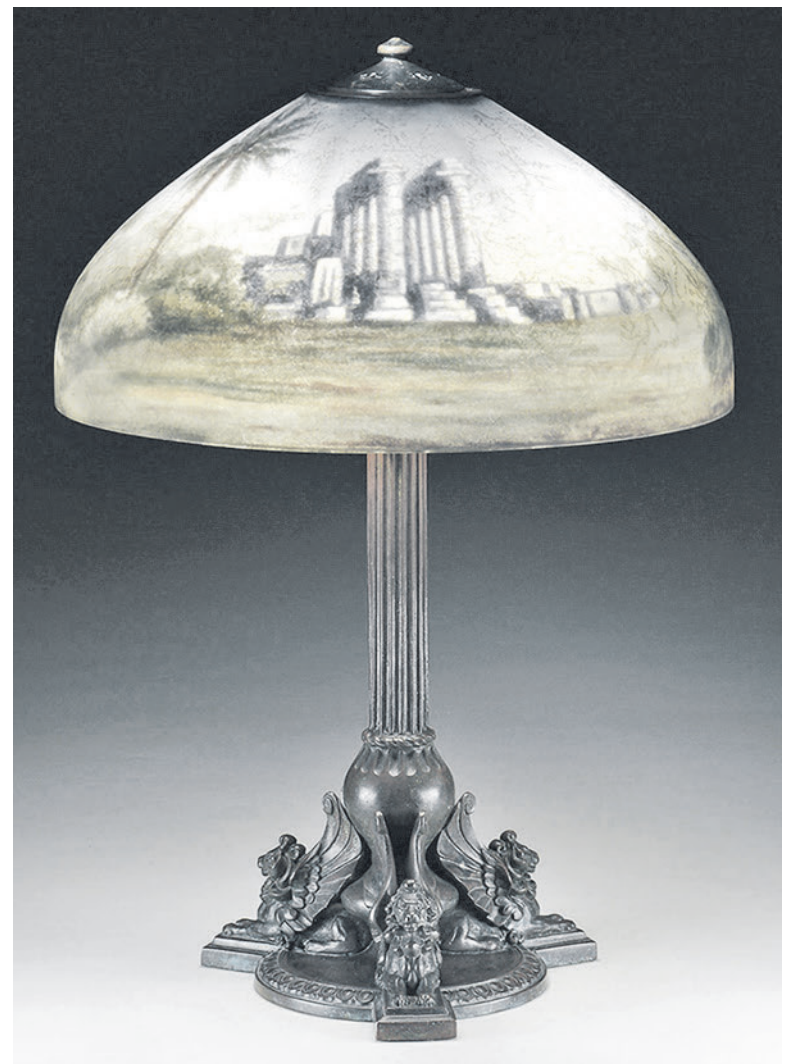
**Current prices**

- Photography, carte de viste, amputees, Civil War veterans, trumpet, American flag, S. Roden, \$85.
- Sewing machine, new home, quarter sawn, oak, cabinet, hinged top, 30 1/2 inches, \$120.
- Salad serving set, Les Six Fleurs, sterling silver, fork, spoon, 9 3/4 inches, \$190.
- Sampler, alphabet, potted plants, animals, filigree, French text, Elizabeth Tibat, 1723, 18 1/2 x 8 1/4 inches, \$240.

Tip: Ultrasonic cleaners are best for gold jewelry without stones. They should not be used with porous gems, including coral, lapis, pearls or any dyed stones.

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

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This table lamp with a bronze base and painted glass shade was made by Handel in the early 1900s. The shade is 18 inches in diameter, and the lamp is 25 inches high. Price: over \$5,000.

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# The Kitchen Diva

by Angela Shelf Medearis

## Add more seafood to your menu

At our house, we're always searching for ways to eat healthier ... on a budget. One way to do just that is to add healthy seafood to your menu at least twice a week. This includes both fish and shellfish as the main protein on your plate. Seafood is available in a variety of price points, so it doesn't have to be expensive.

Seafood contains an abundance of nutrients, including healthy omega-3 fats. According to Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease. Here are some tips:

- Choose wisely: Include the types of seafood that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring and sardines.
- Keep it lean and flavorful: Try grilling, broiling, roasting or baking — methods that don't add extra fat. Spices or herbs such as dill, chili powder, paprika or cumin, and lemon or lime juice, can add flavor without adding salt.
- Shellfish counts, too! : Oysters, mussels, clams and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams or pasta with calamari.
- Get creative with seafood: Think beyond fish fillets. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad or oven-baked pollock.
- Use in a salad or sandwich: Top a salad with grilled scallops, shrimp or crab in place of steak or chicken.
- Shop smart: Whiting, tilapia, sardines, canned tuna and some frozen seafood are usually lower-cost options. Check the local newspaper, online and at

the store for sales, coupons and specials on seafood.

- Grow up healthy with seafood: Omega-3 fats from seafood can help improve nervous-system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury also should also be part of a healthy diet for women who are pregnant or breastfeeding.
- Know your portions: To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces and a small trout is about 3 ounces.
- Keep seafood handy: Canned seafood (think canned salmon, tuna or sardines) is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.

My delicious recipe for Pasta Puttanesca With Sardines uses inexpensive jarred sardines packed in olive oil. Sardines are sustainable and are full of healthy omega-3 fatty acids. They are a nutritious replacement for anchovies in most recipes.

### Pasta Puttanesca with Sardines

- 1 pound linguine
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 (4.25 ounce) canned or jarred sardines packed in oil, reserve the oil
- 3 cloves garlic, finely minced
- 2 tablespoons Italian seasoning blend
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon stevia, honey or sugar
- 1/8 teaspoon ground cloves
- 1/8 teaspoon red pepper flakes or cayenne pepper
- 1 medium tomato (approximately 1/2 pound), seeded and chopped into 1/2-inch pieces, or 14.5-ounce can diced tomatoes
- 1 (6-ounce) can pitted black olives, olives halved crosswise; or sliced, canned pitted black olives, drained
- 1 tablespoon capers, drained, rinsed and finely chopped
- 1/4 cup shredded or shaved Pecorino Romano or Parmesan cheese

1. In a large pot of boiling, salted water (approximately 6 quarts boiling water and 3 tablespoons kosher salt), cook the linguine according to label directions until it is al dente. Reserve 1 1/2 cups of the pasta cooking water for adding to the Pasta Puttanesca at the end of the cooking time.

2. In a large saute pan or skillet, heat the olive oil over medium heat, then add the onion and cook until translucent, about 3 minutes. Add sardines and their oil, then the garlic and Italian seasoning, 1/2 teaspoon each salt and pepper, the honey, stevia or sugar, cloves, the red pepper flakes or cayenne pepper, tomatoes, olives, and capers.

3. Turn heat to low and cook until the tomatoes are softened and the sardines are breaking apart, about 15 minutes, stirring occasionally.

4. Add the linguine to the pan, then pour in 1 cup of the reserved pasta cooking water, stirring well to combine all the ingredients. If the pasta still looks dry, add the remaining pasta cooking water, 1/2 cup at a time. Season with the remaining 1/2 teaspoon of salt and pepper, and the Pecorino Romano or Parmesan.

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## To Your Good Health

by Keith Roach, M.D.

### Heart attack symptoms not always painful

**Dear Dr. Roach:** My very healthy husband collapsed and died on the way to the hospital. They worked on him for a long time but could not revive him. They didn't do an autopsy, and they declared his death as "atherosclerotic vascular disease." He was 79 years old and had no health problems. He came into the house and said that something was in his throat and he couldn't swallow. He tried to cough it up, but nothing came up. He then collapsed. He had no pain. I am still puzzled by that symptom of a heart attack. Have you ever heard of that? I am really curious and still in shock. I hope you can explain. — T.S.

**Answer:** I am very sorry to hear about your husband. I think he likely did have a heart attack, which is the leading cause of death in the industrialized world.

Although many people have symptoms of heart disease that they ignore, some people have no symptoms until sudden death. Atherosclerosis, hardening of the arteries due to cholesterol plaque and calcium in the blood vessels of the heart, almost always is present in people with a heart attack.

The initial symptom of a heart attack varies widely. Throat discomfort is not rare. Cough is a common symptom, as the heart becomes damaged and the pressure in the lungs increases. The classic symptom of chest pain certainly does happen, but there are many variations. Both men and women can have atypical presentations.

**Dear Dr. Roach:** My husband has Parkinson's disease. He also has a stent in his heart. We have been to many doctors to address a breathing problem: fast breathing. He experiences this daily, and we are told that it is anxiety. It is difficult to watch him go through this. It sometimes happens before he is due for his Sinemet, but other times right after taking it.

He has been prescribed Xanax, clonidine, cannabidiol-infused gummies and a few others. One doctor says it is from Parkinson's, but the rest say it is anxiety. — E.W.

**Answer:** Shortness of breath can have many causes, but someone with Parkinson's disease has an unusual possibility, called "respiratory dyskinesia" (which just means "abnormal movement of the muscles of breathing"). This is an involuntary rapid

breathing that causes distress, and it usually happens an hour after taking a medication like Sinemet. Changing the dose can help with diagnosis, and working with a neurologist to adjust the dose of the Sinemet (which comes in fast-acting and slow-release formulations) can solve the problem. I would start with an expert on Parkinson's. Keeping a diary of when he takes his medication and when the breathing trouble starts and stops will be helpful, as would a video of what it looks like when happening.

Having Parkinson's doesn't make someone less likely to have other causes of shortness of breath, and anyone with a stent in the heart (meaning a history of blockages of at least one heart artery) is at risk of developing further blockages. Poor blood flow to the heart is another potential cause. Get the Parkinson's evaluation first.

I would not recommend anti-anxiety medications unless there is clear evidence of benefit. Ascribing a physical symptom like shortness of breath to anxiety without a thorough workup is unwise.

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## Extracurricular activities for non-athletes

Sports are a popular activity for adults and children alike. While adults may not have the time to hit the hardwoods or toss the ball around as much as they used to, sports continue to be as popular as ever among young people. According to the State of Play: 2018 report from the Aspen Institute, 69% of children between the ages of six and 12 participated in a team or individual sport at least once in 2017.

As popular as sports are, some students are not inclined to lace up a pair of cleats or compete with

their peers on the athletic playing fields. In fact, the State of Play: 2018 report found that just 37% of kids between the ages of six and 12 participated in a team sport on a regular basis in 2017. Lack of interest in sports is nothing for parents to worry about, though it is important that parents encourage their kids to participate in extracurricular activities, which can pay a host of dividends.

### Why participate in extracurricular activities?

Extracurricular activities do more than just provide something for kids to do once they're dismissed from school. Certain activities may help kids perform better academically. In analyzing data on more than 25,000 second school students, the U.S. Department of Education found that those who reported consistent involvement in instrumental music during middle school and high school performed significantly better in mathematics by grade 12 than kids who did not participate in music programs.

Participation in extracurricular activities as a youngster also may pay dividends well into the future. A 2017 study from researchers at Rutgers University found that people who were involved in extracurricular activities in high school were likely to stay involved in their communities throughout their lives.

### Extracurricular activities for non-athletes

Sports might be a popular extracurricular activity, but there are still plenty of additional activities for kids who have no interest in sports.

- **Music:** School bands or community music programs provide opportunities for kids to learn an instrument and connect with fellow music lovers.

- **Volunteering:** Many organizations welcome teenager volunteers, recognizing that kids who volunteer as teens are more likely to continue doing so as adults, which can help charities and other organizations meet their missions. Volunteering even allows kids to further indulge an existing passion. For example, kids who love the beach can volunteer with a local environmental organization that works to clean up local beaches and waterways.

- **Writing:** Youngsters with an interest in writing can participate in local creative writing groups. Such groups can be great places to brainstorm story ideas and learn about the creative writing process.



Participating in extracurricular activities can enrich young peoples' lives and lay the foundation for a rich, fulfilling life.





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## Interesting facts about autumn

Weather is often the first indicator that the seasons are changing. For many people across the globe, the hot days of summer will soon be giving way to the more crisp days of autumn.

For those who live in regions where summer only subtly gives way to autumn or is seemingly gone before the end of August, the 2019 autumnal equinox occurs on Sept. 23. That marks the official beginning of autumn.

• A season by any other name... "Fall" is the term most often used to reference the season succeeding summer in the United States. But the season is referred to as "autumn" in other parts of the world, including Great Britain. Autumn was once even known as "harvest" because of the harvest moon, which appears close to

the autumnal equinox.

• The colors of fall foliage are actually present year-round. Autumn is known for its colorful foliage. But the pigments responsible for those colors are actually present year-round. According to the SUNY College of Environmental Science and Forestry, green, yellow and orange pigments are present year-round. However, during spring and summer, the leaves serve as factories where many foods necessary to help the tree grow are manufactured. That process takes place in the leaf in cells containing chlorophyll, which gives the leaves their green color. This process ceases as hours of daylight decrease and temperatures drop. As a result, chlorophyll breaks down, the green color disappears and the vivid colors of fall

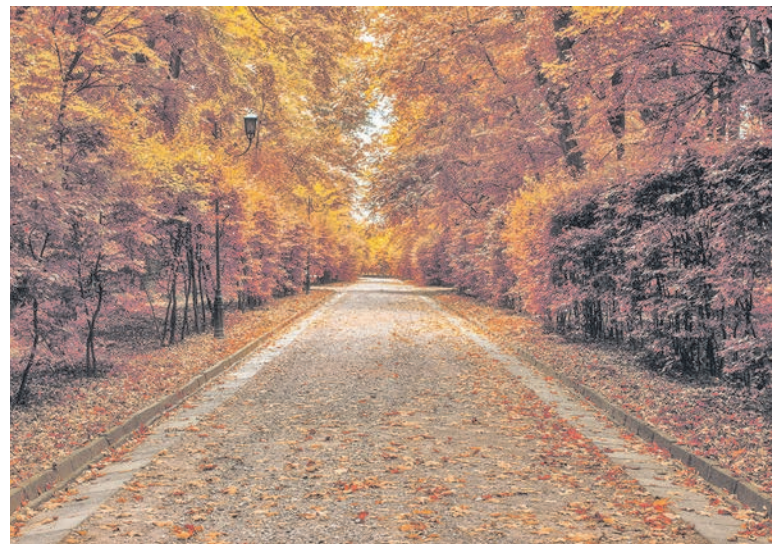
foliage begin to appear.

• Squirrels have a (sophisticated) plan out there. Squirrels hiding food in autumn for the upcoming winter is a familiar sight. And squirrels are more organized than many people may know. Groundbreaking research released in 1991 found that, even when squirrels bury that stash of nuts closely to one another, they will each return to the precise location of their personal cache. Recent research also has shown that squirrels bury their stash based on certain traits, such as the type of nut being buried.

• Babies born in autumn are more likely to see the century mark. Researchers at the University of Chicago studied more than 1,500 centenarians born in the United States between 1880 and 1895. They

then compared birth and death information with those centenarians' siblings and spouses so they could compare their early environment and genet-

ic background and their adult environment. Their research found that most centenarians were born between September and November.



*That the season the follows summer seemingly goes by two different names is just one of many interesting facts about fall.*

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## Chiropractors can help with various ailments

Anyone who has experienced pain understands that it can be debilitating. Pain can make it challenging to manage everyday tasks and can affect relationships and physical and mental health in many ways. Pain medications were once the norm, but with the rise of the opioid epidemic, it may be wise to take a different approach to pain treatment.

Statistics from the Centers for Disease Control and Prevention, the Agency for Healthcare Research and Quality and the U.S. Department of Health and Human Services reveal that as many as one in five people received prescription opioids long-term for non-cancer pain in primary care settings in 2016. While opioid use for pain does not always lead to abuse of these medications, opioid addiction has become a widespread problem across North America. These same agencies report that approximately 1,000 people are treated in emergency departments in the U.S. each day for misuse of prescription opioids. Between 2016 and 2017, opioid poisoning hospitalization rates went up by 8% in Canada, resulting in an average of 17 hospitalizations each day.

Chiropractic care may be one avenue to pursue as a viable alternative to pain medications. While chiropractic manipulations are most often associated with back and neck pain, there are many different benefits – some of which may surprise those unfamiliar with chiro-

practic care – for this type of care.

- **Migraines and headaches:** Research shows that spinal manipulation can be an effective way to treat migraines, tension headaches and headaches that begin in the neck. In clinical trials conducted at Macquarie University, 72% of migraine sufferers had noticeable or substantial improvement after a period of chiropractic treatment.

- **Accident injuries:** Chiropractors can assess musculoskeletal anomalies caused by motor vehicle accidents as well as slips and falls. Whiplash is a common issue in car crashes, and this may be addressed by a chiropractor.

- **Anxiety and stress:** The fight or flight mechanism that is activated when a person experiences stress and anxiety can take its toll on various parts of the body. Because stress involves nerve impulses, chiropractors may be able to work primarily with the spine where



these impulses originate to help release tension and nerve irritation. In addition, adjustments can improve blood circulation, which may help signal the brain to turn off its “rally to action” response to stressful situations.

- **Fibromyalgia:** Fibromyalgia is marked by widespread musculoskeletal pain in the joints, muscles, tendons and other soft tissues. It can be combined with temporomandibular joint

syndrome (TMJ) as well as irritable bowel syndrome, among other illnesses. Chiropractors can remove subluxations, which are misalignments of the vertebrae in the spine and joints that lead to pain responses. A Florida State University study found that those with fibromyalgia who combined resistance training with chiropractic treatment two times a week saw improvements in their symptoms.

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P2162	2017	Toyota	Tundra TRO OFF ROAD	26K	\$33,990	<b>\$515</b>	P2150	2014	Toyota	4 Runner LTD	60K	\$29,990	<b>\$450</b>
19545A	2017	Toyota	Tundra DBL Cab	41K	\$30,990	<b>\$466</b>	19550A	2014	Toyota	Camry	67K	\$13,990	<b>\$193</b>
P2163	2017	Toyota	Tacoma TRD Sport	43K	\$31,990	<b>\$482</b>	R117A	2014	Ford	Fusion SE ECO	58K	\$12,990	<b>\$176</b>
20006A	2016	Toyota	Prius III Touring	32K	\$22,490	<b>\$329</b>	P2141	2013	Toyota	Highlander Ltd	99K	\$18,990	<b>\$273</b>
P2089	2016	Toyota	Camry LE	24K	\$15,930	<b>\$224</b>	19709A	2013	Honda	Accord EX-L	75K	\$13,990	<b>\$193</b>
19113A	2016	Chrysler	Town & Country	54K	\$21,490	<b>\$313</b>	19655A	2013	Honda	CRV	58K	\$16,990	<b>\$241</b>
P2110	2016	Toyota	Camry Hybrid XLE	39K	\$18,960	<b>\$273</b>	19709A	2013	Honda	Accord EX-L	75K	\$13,990	<b>\$193</b>
P2116	2016	Toyota	Highlander LE Plus	40K	\$26,990	<b>\$402</b>	19543A	2012	Chevrolet	Silverado 1500 Ext.	82K	\$19,990	<b>\$289</b>
P2159	2016	Toyota	RAV4 LE	22K	\$19,990	<b>\$289</b>	P2167	2012	Toyota	Ravy LTD	41K	\$16,490	<b>\$233</b>
19683A	2016	Honda	HRV	68K	\$16,490	<b>\$233</b>	19755A	2012	Subaru	Impreza Wgn	71K	\$11,490	<b>\$152</b>

\*Model Year 2010 and Newer - 72 mos. @ 4.99%, 2009 and Older 60 mos. @ 6.99%. \$1999 Down. Must be Credit Qualified. Taxes & Fees Extra.

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## Now Here's a Tip

by JoAnn Derson

• Y.L. in North Carolina writes: "I was sorting out tools in the shed and didn't realize that rust had gotten all over my T-shirt and shorts. Any tips?"

You can try this, Y.L., and remember never to machine dry an item until the stain is gone, as it may set the stain. For rust, apply lemon juice to the stain, and then sprinkle with cream of tartar from your kitchen and rub it into the

fabric. Allow the clothing to sit until the stain is gone, and then launder as usual. Good luck!

• "Oh, that grease buildup on top of the cabinets is terrible. But you can make cleaning up a snap with this tip: All you need to do to keep the tops of your cabinets clean is line them with waxed paper. Some people use newspaper, but I like waxed paper." — W.T. in Kentucky

• "When you shop for shoes, go in the evening. Feet swell and expand throughout the day, so if you buy shoes in the morning, the fit might not feel too good later in the day." — A.T. in Louisiana

• Can't seem to get organized in the kitchen? Start with baby steps. For instance, every time you put away groceries, check your fridge and freezer to see if there are any expired items that

are ready for the refuse bin. Also, pull items from the freezer that have been in there for a while, and defrost them. Now, that's what's for dinner!

• "To give rooms the illusion of extra height, hang curtains from a spot very near the ceiling. The long vertical lines of the fabric draw the eye up. It can be enough to make a very small room look and feel a little more spacious." — R.

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### Walnut-Crusted Chicken Cutlets

This quick and easy chicken recipe is ready in less than 30 minutes.

- Olive oil nonstick cooking spray
- 1/2 cup panko (Japanese-style breadcrumbs)
- 1/8 teaspoon ground red pepper (cayenne)
- Salt and pepper
- 1/2 cup walnuts, toasted and cooled
- 1/4 cup fresh parsley leaves, loosely packed
- 1 large egg white
- 1 teaspoon Dijon mustard

1 1/2 pound chicken-breast cutlets, thinly sliced  
 1. Heat oven to 450°F. Place rack in 15 1/2-by-10 1/2-inch jelly-roll pan; spray pan and rack with cooking spray.

2. On large dinner plate, combine panko, ground red pepper, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. In food processor with knife blade attached, blend walnuts and parsley until nuts are finely chopped; toss with panko mixture until well-blended. Set aside.

3. In pie plate, whisk egg white and Dijon until well-mixed.

4. One at a time, dip 1 side of each cutlet in egg-white mixture, then into walnut mixture to coat side evenly; press firmly so mixture adheres. Arrange chicken on rack in jelly-roll pan, coated-side up; lightly spray with cooking spray.

5. Bake chicken 10 to 12 minutes or until toping is golden-brown and chicken is no longer pink throughout. Serves 6.

\* Each serving: About 215 calories, 8g total fat (1g saturated), 66mg cholesterol, 280mg sodium, 5g total

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carbohydrate, 1g dietary fiber, 29g protein. For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## Reduce the risk for sports eye injuries

Encouraging children to play sports can be good for their minds and bodies. However, players risk injury anytime they engage in sports play, and the eyes are among athletes' most vulnerable body parts.

The American Family Physician says sports cause more than 40,000 eye injuries each year, though 90% or more of them can be prevented. A 2018 study in the journal Pediatrics found that basketball caused almost 16% of eye injuries in children between 1990 and 2012. The next activities to cause the highest amounts of eye injuries included baseball/softball and nonpowder gun use, such as airsoft rifles and pellet guns.

The American Academy of Ophthalmology advises that the single best way

to protect the eyes during activities is through the use of protective eyewear. Regular glasses alone are not effective. The AAO indicates that protective eyewear should feature a type of lens made of a shatterproof plastic known as polycarbonate lenses. This eyewear should be utilized during basketball, racquet sports, soccer and field hockey. Polycarbonate lenses are impact-resistant and are the thinnest and lightest lenses available. Look for products that meet standards set forth by the American Society of Testing Materials.

Some sports may require more extensive gear, such as a face mask. It can still be advisable to wear eye protectors under the face mask. The AFP says this is particularly true for "one-eyed athletes," or those who have less than

20/40 vision in one eye, even when corrective lenses are used.

The National Eye Institute says that currently, most youth sports leagues do not require the use of eye protection. In order to safeguard young athletes, parents and coaches can insist that children wear safety glasses or goggles

during games, even if the league doesn't mandate it.

An eye doctor can examine children's eyes and make recommendations for prescription or non-prescription eye protection to be used during sports play. Learn more about eye health at [www.aaopt.org](http://www.aaopt.org).



Basketball has the highest rates of youth sports eye injuries. Wearing protective lenses can help prevent many eye injuries.

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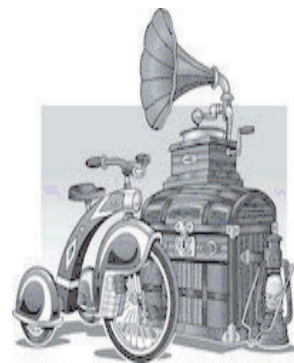


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ASHLEY solid wood coffee table, deep drawer & storage lift top both ends, \$50; Dora TV w/remote, \$10; Kids bikes: \$15 and \$20. Antiques: rolltop desk; miscellaneous chairs & more. 315-894-1335







# Strange but True

by **Samantha Weaver**

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

• It may be hard to believe, but there is an official competition to see who can sit in a sauna for the longest period of time. The World Sauna Championships have taken place in Heinola, Finland, annually since 1999. The starting temperature is 110°F, and a liter of water is poured on the stove every 30 seconds.

The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required to sign a waiver agreeing not to take legal action against the event organizers.

• The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

• Evidently, it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems

that male owls try to appear more macho and attract females by lowering the tone of their hoots.

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

• You might be surprised to learn that Jane Austen's novel "Pride and

Prejudice" was originally titled "First Impressions."

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

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## What is octane and should it affect drivers' decisions at the pump?

Anyone who has ever driven their vehicles into a filling station is no doubt familiar with the word "octane." But few drivers may know what octane refers to and how it might affect their vehicles.

According to Kelley Blue Book, octane is a colorless component that boils at high temperatures. Octane is added to fuels, including gasoline used in vehicles, to eliminate preignition in combustion engines. The higher the octane rating, which is a measure of a fuel's ability to resist "knocking" or "pinging," the less likely the fuel is going to explode unexpectedly. In fact, KBB notes that gasoline with a high octane rating can withstand more compression than gas with a low octane rating.

What does this mean for the average driver when they arrive at the pump and have to choose between 87, 89 or 93 octane gasoline? Likely very little. The U.S. Department of Energy notes that most gasoline vehicles are designed to run on 87 octane gasoline. However, some vehicles are still designed to run on higher octane fuel, so drivers should always consult their owners' manuals to determine which octane is best for their vehicles.

Using a lower octane fuel than the one mentioned by the vehicle manufacturer can damage the engine over time. The DOE even notes that using a fuel with an octane rating other than the one recommended by the vehicle manufacturer may actually void the warranty. That gives drivers even greater incentive to consult their owner's manuals before filling up

for the first time.

Drivers may wonder if using a higher octane fuel than the one recommended by their car's manufacturer will improve performance. In certain instances, it might. The DOE notes that higher octane fuel may improve performance and reduce carbon emis-

sions when towing or carrying heavy loads. However, there's typically no such benefit when driving in normal conditions.

Drivers encounter octane anytime they visit a filling station. Learning more about octane and what it does for vehicles can help drivers become more informed motorists.

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**Mon. Sept. 9th** - Sold 208 head Cull ave. \$.49 top cow \$.63, Beef Breed Cull Ave. \$.54 top cow \$.64, Organic cull dairy ave. \$.85 top cow \$1.05, Grassfed Organic Cull Ave. \$.82 top cow \$1.00, Bulls/Steers \$.50 - \$.83, Organic Bulls/Steers \$1.05, heifer calves top \$.15 beef calves \$1.75, bull calves top \$.80 top beef calf \$1.75, Dairy Milking age top \$975, Bred heifers top \$1225, open heifers top \$610.

**Friday, Sept. 20th** - sale held on the farm - Canastota, NY. 11:00 AM. Smithland Farm & Clem-EI 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

**Mon. Oct. 7th** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale.

**SPECIAL: GORRELL FAMILY FARM Complete Dispersal.** Super Milk Award 2018! 93 head of Holsteins sell consisting of 83 milking age 10 bred heifers. All freestall raised and cattle go out everyday. DHI herd ave. was consistently above 23,000 up to Dec. 2018 then with the lack of help it has dropped some. Cows are averaging 60#/day. SCC 198,000. All AI sired & bred with DHI info at sale time. Cattle will sell at 1:00. Owners: Mike & Wilma Gorrell.

**Mon. Oct. 14th** - Normal Monday Sale & Monthly Heifer Sale. Special: Certified Organic Herd - 85 cow freestall herd. SCC last 6 mths 95,000-140,000. Watch next week for more info.

**Sat. Oct. 19th** - Allegany Steuben Holstein Club Sale

**Mon. Oct. 21st** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. And we will be doing our Fall Roundup Beef Sale. Call with your group to advertise it makes a difference.

**Sat. Oct. 26th** - Fall Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell. Watch for another outstanding group from Hadlock Dairy - will all be fresh and milking well.

**Mon. Oct. 28th** - Normal Monday sale & Monthly Organic Day

**\*\*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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## Advertising Consultant

The Country Editor is looking for an advertising consultant in an established territory. Full time, outside sales experience helpful, but we would be willing to consider an outgoing person with a competitive spirit.

Guaranteed salary plus commission and mileage. You must be motivated & enjoy working with local businesses.

Send your resume by email to [jsnyder@leepub.com](mailto:jsnyder@leepub.com)

### Weekly SUDOKU

Answer

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

### King Crossword

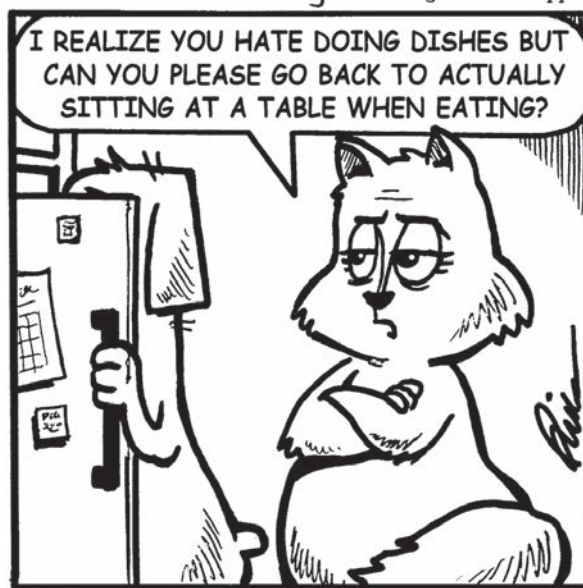
Answers

Solution time: 25 mins.

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

### Just Like Cats & Dogs

by Dave T. Phipps



### Americanisms



"Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."  
— Emily Kimbrough

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## Good Housekeeping

### Steamed Broccoli with Gremolata Crumbs

We dress steamed broccoli with a mixture of bread crumbs and gremolata, an Italian garnish of lemon, parsley and garlic that is served as a topping on anything from stews to vegetables.

- 1 lemon
- 1 bag (12-ounce) broccoli florets
- 2 tablespoons water
- 1 teaspoon olive oil
- 1 clove garlic, crushed with press
- 1 slice firm white bread, toasted and crumbled
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh parsley leaves

1. From lemon, grate 1/2 teaspoon peel and squeeze 1 tablespoon juice.

2. In microwave-safe bowl, place broccoli and water. Cover with vented plastic wrap and cook in microwave on High 4 to 5 minutes or until tender-crisp.

3. Meanwhile, in small skillet, heat oil on medium-high. Add garlic and cook 30 seconds. Stir in lemon peel, breadcrumbs and salt, and toss to combine; remove skillet from heat and stir in parsley.

4. Drain broccoli if necessary; transfer to serving bowl and toss with lemon juice. Sprinkle crumb mixture over broccoli to serve. Serves 4.

\* Each serving: About 55 calories, 2g total fat, 205mg sodium, 8g total carbohydrate, 3g dietary fiber, 3g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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## top ten

### MOST OVERPRICED ITEMS

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8. Movie tickets
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10. Car insurance

Source: Slickdeals

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## Slocum-Dickson Foundation donates to Little Falls Hospital

LITTLE FALLS – Little Falls Hospital, part of the Bassett Healthcare Network, received a grant from Slocum-Dickson Foundation Inc. for a HeartStart OnSite AED Trainer and a Zoll AED Plus Trainer2.

An Automated External Defibrillator (AED) is a small, lightweight device that allows quick-thinking

citizens and co-workers to treat sudden cardiac arrest by delivering a shock to the victim's chest, ideally re-starting his or her heart. AEDs are user-friendly and even "talk" the user through the process.

"We are most thankful to the Slocum-Dickson Foundation Inc. for the AED Trainers," said Loretta

Mosher, BSN, RN, CEN Learning and Development Manager at LFH. "AED training provides realistic training on the proper use of the AED units within the hospital. Continued education of our employees ensures that our staff, patients and visitors receive the highest quality of care."

## Three potential indicators of engine trouble

Many drivers have found themselves stranded on the side of the road at one point or another. Whether the culprit is engine trouble, a flat tire or another issue, finding oneself stranded on the side of the road in need of assistance is an often helpless feeling that no one wants to experience twice.

Even drivers whose automotive clubs or insurance companies provide roadside assistance services want to avoid using such services. One way to do just that is to learn about potential indicators of engine trouble.

### 1. Warning lights

Vehicle warning lights exist for a reason. According to the automotive retailer

Pep Boys, a check engine light typically illuminates when vehicle sensors detect there are issues stemming from a loss of power. This can be dangerous, and Pep Boys recommends drivers pull over and call for a tow the moment the light comes on. In addition to check engine lights, drivers should heed warning lights referring to oil pressure and oil levels.

### 2. Poor gas mileage

An easy way for drivers to monitor vehicle performance is to keep gas mileage in mind. If a vehicle suddenly feels like it's not getting as much mileage out of a tank of gas as it used to, this might be indicative of engine troubles. A fuel additive such as a fuel injector cleaner

might be helpful because it can clean clogged fuel injectors that can affect performance and lead to poor acceleration. However, the automotive retailer Advance Auto Parts notes that such products are not a one-size-fits-all cure. If vehicles continue to suffer from reduced gas mileage, drivers should bring them to a mechanic for a thorough examination.

### 3. Jerking

Some signs of engine trouble are not as subtle as reduced gas mileage. Vehicles that begin to jerk while they're being driven are likely suffering from some form of engine trouble. Jerking might put a scare in drivers, but it's not nec-

essarily the result of a major problem, even if it is one that should be addressed immediately. A jerking vehicle that stalls puts drivers, their passengers and other motorists at risk of accident, so bring this issue to the attention of your mechanic immediately. Poorly functioning spark plugs may be the culprit behind jerking, and that's a relatively inexpensive and quick fix. However, other issues can cause jerking as well, so don't delay in speaking with your mechanic.

Vehicles may indicate engine troubles in various ways. Drivers should contact their mechanics immediately whenever they suspect engine trouble is affecting their vehicles.



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• FACULTY LEAGUE - 3 WOMEN/TEAM - 4:30 PM  
• TURBO CLASSIC - 3 MEN/TEAM - 8:00 PM

WEDNESDAY • MERCHANTS/ELKS MIXED - 4/TEAM - 6:20 PM

THURSDAY • LEISURE LEAGUE - 4 WOMEN/TEAM - 1:00 PM  
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