

Herkimer County Country Editor

September 27,
2019

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Delivered Weekly by the U.S. Postal Service

Volume 9
Number 15

FINALLY, ALL OF YOU BE OF ONE MIND, HAVING COMPASSION FOR ONE ANOTHER;
LOVE AS BROTHERS, BE TENDERHEARTED, BE COURTEOUS; 1 PETER 3:8

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195/65-15	\$44 ⁹⁹	205/60-16	\$50 ⁹⁹	235/65-16	\$66 ⁹⁹
205/65-15	\$46 ⁹⁹	205/50-17	\$50 ⁹⁹	225/65-17	\$68 ⁹⁹
205/70-15	\$51 ⁹⁹	215/60-16	\$51 ⁹⁹	235/70-16	\$73 ⁹⁹
215/70-15	\$53 ⁹⁹	215/45-17	\$52 ⁹⁹	235/60-18	\$74 ⁹⁹
185/70-14	\$53 ⁹⁹	215/55-17	\$53 ⁹⁹	235/55-18	\$76 ⁹⁹
175/70-14	\$55 ⁹⁹	225/60-16	\$54 ⁹⁹	235/65-17	\$78 ⁹⁹
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DUNLOP

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GENERAL TIRE

VALID 09/01/19 - 10/31/19

GOODYEAR

Assurance® All-Season

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PRICE AFTER REBATE \$75⁹⁹**
205/55-16

225/65-17 \$119⁹⁹ \$109⁹⁹
225/55-17 \$127⁹⁹ \$117⁹⁹
235/65-17 \$131⁹⁹ \$121⁹⁹

65K MILEAGE WARRANTY

GENERAL TIRE

Grabber HTS60

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PRICE AFTER REBATE \$102⁴⁹**
235/70-16

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PRICE AFTER REBATE \$107⁹⁹**
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205/50-18 \$138⁹⁹ \$118⁹⁹
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235/65-16

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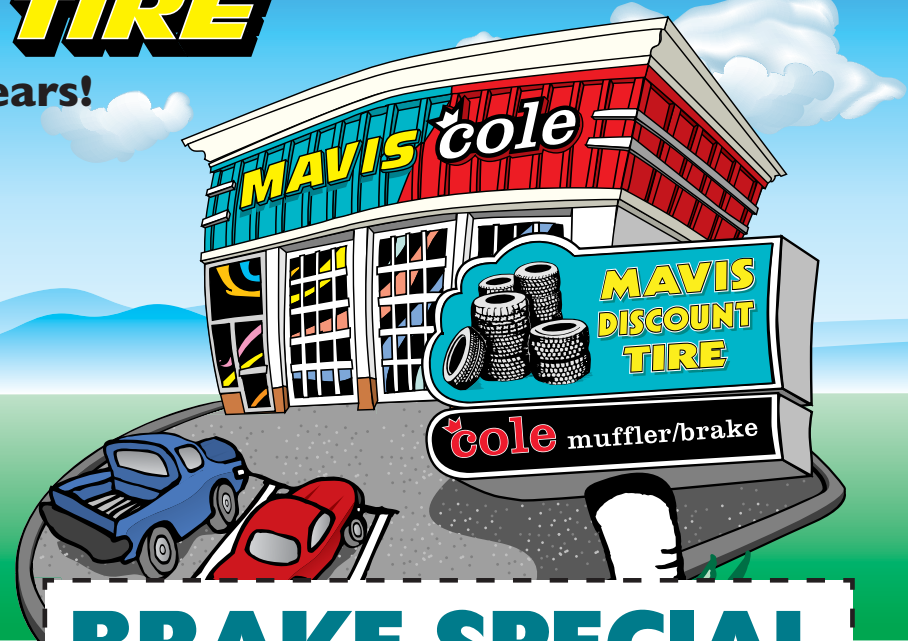
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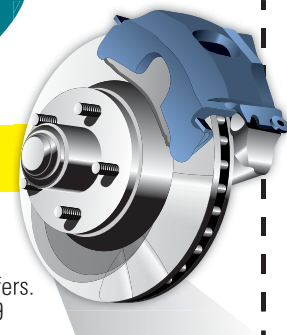
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AWD

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8 LEFT

2019 Nissan Rogue S AWD

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& Services

2019 Nissan
Pathfinder SV

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MILEAGE

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2019 TITANS



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2019 MURANOS



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'14-'17 **ROGUES**
AWD's, S & SV & SL
30k-75k mi., some w/leather & roof.

FROM **\$12995***

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



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2 LEFT

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

FROM **\$21595***



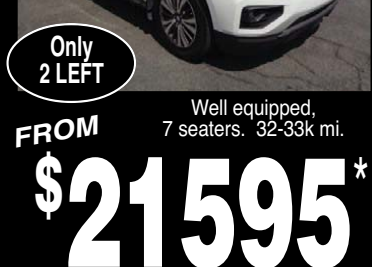
'15-'19 **SENTRAS**
SV - SR - S
2K-46K mi. Great gas miles, very roomy.

FROM **\$12995***



'16-'19 **ALTIMAS**
S/SV/SL/AWDS
One nicer than the next. 6k-39k mi.

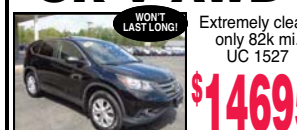
FROM **\$14995***



'16-'18 **FRONTIER
CREW 4X4**
Ready to work or play.
22k-53k.

FROM **\$19995***

'14 HONDA CR-V AWD



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only 82k mi.
UC 1527

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'14 FORD ESCAPE SE



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'14 BMW X1 AWD



Really clean,
46k mi.
UC1512

\$15595*

'17 MURANO SL AWD



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Only 9500 miles.
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\$27995*

'16 NISSAN MAXIMA 3.5 SL



UC1379
24K mi.

\$21995*

'17 ROGUE SPORT AWD



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

\$17895*

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To Your Good Health

by Keith Roach, M.D.

CBD oil can interfere with other medications

Dear Dr. Roach: I am a 49-year-old woman who had a massive heart attack in April. My father died of a massive heart attack at 49. I have four stents in three arteries and am on Brilinta, low-dose aspirin, blood pressure medication, etc.

I have essential tremor, first noticing the tremors in middle school. The tremor is in my hands, making writing nearly impossible, and I have head bobs. I have an internal tremor that never stops. A previous practitioner prescribed a month's trial of beta blockers several years ago. I noticed no relief with the tremor but was physically ill for the first 30 minutes of the morning in the first two weeks. Recently, I found an online blog regarding essential tremor and CBD oil. Nearly all of the bloggers found some level of relief using this treatment.

If I choose to try CBD oil to assist with my tremor, is there a risk of it interfering with my heart and blood pressure medications? – M.M.

ANSWER: Cannabidiol, or CBD, is a nonpsychoactive substance found in cannabis, as opposed to tetrahydrocannabinol, or THC, the best-known psychoactive component.

CBD is typically sold as an oil and has been receiving press as a potential treatment for a wide variety of medical issues. Many or most of these claims have no data to support them. Anecdotal reports, such as

most blogs, are neither reliable nor scientific (and may or may not be true). There also is an issue with proving the dosage and purity of products said to contain CBD.

However, in the case of essential tremor, there is some evidence: Studies in mice have shown benefit with CBD, although a single case report showed effectiveness of THC but not CBD in essential tremor. The issue of drug interactions is a significant one. CBD inhibits two powerful pathways the body uses to detoxify drugs, the CYP3A4 and CYP2D6 systems. This is a serious issue for you. Ticagrelor (Brilinta), an anticoagulant, is metabolized by CYP3A4, as are some of the statin drugs usually prescribed to people with heart blockages. The effect of the anticoagulant could be much higher than expected, leading to bleeding risk. Other commonly used heart medications are metabolized by CYP2D6, and the effect on these medications is unpredictable.

I can't recommend CBD products given the medications you are taking, but would suggest you consider alternative treatments. You may have read about deep brain stimulation and ultrasound, two powerful and effective treatments for people whose symptoms have not responded to standard treatments.

Dear Dr. Roach: This question is for my husband. How safe is drinking tea while on warfarin? He has his INR checked monthly, and for the most part it stays between 2 and 3. He watches his vitamin K intake reg-

ularly. He has read conflicting stories of how tea interacts with warfarin by making the INR levels high. – S.J.

ANSWER: Tea comes in two major types: black tea, which is fermented, and green tea, which is not. Black tea has no known interactions with warfarin (Coumadin). Green tea contains small amounts of vitamin K, which could make the INR lower and the warfarin less effective. However, the effect is likely to be small. Further, if he drinks a consistent amount per day, his dose can be adjusted to reflect his vitamin K intake.

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Herkimer County Country Editor

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Arc Herkimer to hold free autism workshops

• **Life Skills for Transitioning Adults Workshop** – Saturday, Oct. 26 from 9 a.m. - noon at Herkimer BOCES, 352 Gros Blvd., Herkimer

• **Personal Technology Supports Workshops** – Wednesday, Nov. 13 from 7 - 8:30 p.m. at Arc Herkimer, 350 S. Washington St., Herkimer; and Thursday, Nov. 14 from 10 - 11:30 a.m. at Arc Herkimer, 350 S. Washington St., Herkimer

Arc Herkimer is hosting three free workshops this autumn for people with autism, their families and their educators.

The workshops are a product of Arc Herkimer's com-

mitment to focus on families and provide education throughout the area about autism and other disabilities. Each workshop features a unique presentation. Author and advocate Patricia Weaver will be presenting on life skills, while cognitive supports advocate and father of a daughter with autism, Jordan Jankus, will be highlighting personal technology supports.

Light refreshments will be served at each workshop. Register ahead so we can get a count for seating and supplies. Learn more at archerkimer.org.

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King Crossword

ACROSS

1 Salary

4 Homer's out-cry

7 Duck

12 Position

13 Exist

14 Eye surgery device

15 Grecian vessel

16 Syrian capital-ist?

18 Encountered

19 Step

20 Boast

22 Compass pt.

23 Distort

27 Paul Newman movie

29 Crooner Vic

31 Dope

34 Steer

35 Maiden

37 Needlefish

38 Bat a gnat

39 Praise in verse

41 Young horse

45 Good, in Guadalajara

47 To and —

48 Sinner's fate

52 Vat

53 Hunter in the sky

54 Prime meridi-an hrs.

55 Recede

56 Madrid mother

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DOWN

1 Downright

2 Drying rack

3 Busybody

4 Root beer brand

5 Gave a talk

6 Macho type

7 Otherwise

8 Fond du —

9 Work with

10 Lair

11 Preceding

17 On in years

21 Specter

23 Blue cartoon character

24 Japanese pond carp

25 Conclude

26 Teensy

28 Multipurpose truck

30 Khan title

31 Egos' coun-terparts

32 Margery of rhyme

33 "— Little Teapot"

36 Lummock

37 Human — Project

40 Condescend

42 Frequently

43 Caribbean resort island

44 Theater vesti-bule

45 Poison

46 Aware of

48 Comical DeLuise

49 Coach Parseghian

50 Central

51 Neither mate

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Eight ball is black. 2. Boy's shirt stripe is black. 3. Boy's cue stick is shorter. 4. Balls #2 and #7 have moved. 5. Window is missing. 6. Boy standing has moved.

Mega Maze

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Americanisms

"If you want a guarantee,
buy a toaster."
— Clint Eastwood

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This Week's Holidays

- Sept. 28 – National Good Neighbor Day
- Oct. 1 – National Homemade Cookies Day
- Oct. 2 – Name Your Car Day
- Oct. 4 – National Golf Day & World Smile Day

Home Country

by Slim Randles

When Bob Garcia removed that old mossyhorn mount from its place over the fireplace, we were a bit confused. That huge buck had been his pride and joy for more than 30 years. But Bob put it back in his office, behind the kitchen. The spot of honor over the fireplace now belongs to a young forked-horn buck, the one he took last year on the other side of the hayfield. It's the kind of buck you expect to get for your first buck, and not really the kind you honor like that after a lifetime spent hunting in the autumn woods.

When he was asked, Bob just said it was a special buck, and he smiled.

But you know there's always more to a story than that.

On that special day a year earlier, Bob heard the deer before he saw him, and he got ready. He looked

to the sound of the deer and checked what was on the other side of the animal. A large dirt bank. Good. That's safe enough. Can't have that old .45-70 slug sailing around the country.

Bob felt the breeze coming right to his face, slightly chilling his nose, and carrying with it the promise of a crisp fall later on. These days still held some late summer heat. The wind was right, and he wore dull clothing, he had a clear shot with a safe backdrop. There was nothing to do now but wait.

Then the little forked-horn buck stepped out. It would never replace the huge buck Bob took years back, but it was a good eating deer and the situation was right, so he aimed carefully and shot.

The sound of the massive cartridge going off started the snake at Bob's feet rattling. Bob jumped back out of danger and finished the snake. Another step forward ... just one more step and life would've changed forever.

The taxidermist was surprised when Bob told him he wanted a really nice mount of what was, to all other eyes, a fairly routine meat deer. But he promised to give the mount the full treatment.

It hangs over the fireplace now.

When other outdoorsmen ask him about that deer, Bob just says it is a special buck, and he smiles.

Brought to you by "Dogsled: A True Tale of the North," available in an updated version at Amazon.com.



HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY

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

Mon. Sept. 16th - Sold 209 head Cull ave. \$.45 top cow \$.60, Beef Breed Cull Ave. none, Organic cull dairy None, Grassfed Organic Cull Ave. \$.54 top cow \$.99, Bulls/Steers \$.80 - \$.9250, Organic Bulls/Steers None, heifer calves top \$.15 beef calves \$1.75, bull calves top \$.60 top beef calf \$1.75.

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. Dairy will sell at 1:00. Owners: Mike & Wilma Gorrell.

Mon. Oct. 14th - Normal Monday Sale & Monthly Heifer Sale.

Friday, Oct. 18th - sale held on the farm Gouverneur, NY. 11:00 AM. Complete Certified Organic Dairy Herd Dispersal. Pro-Cert Certified - Horizon Market. 80 cows mostly Holsteins and a few Crosses. This is a year around herd ave. right at 50#/cow now. 30 head due to calve in Nov. & Dec. Capitalize on the Fall & Winter Organic Premiums. SCC last six months 95 - 140,000!! Freestall housed & parlor milked.

GPS address to farm: 1751 US Highway 11, Gouverneur, NY. Owners: Dave & Sue Parent 315-287-3680

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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Dan Hosking: 607-972-8773

Calendar of events

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

Sept 28

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

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

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

New Marker celebrates Everett Holmes, one of New York's first Mayors of African-American Descent. 12:30 p.m. At the Bridgewater Historical Society / Union Station on Route 20.

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.

Sept 30 and Oct 1

Six-hour Defensive Driving Course. 6-9 p.m. Students need to attend both nights. At 911 Building, 71 Reservoir Road, near the HCCC Campus, Herkimer. \$35. Payment and enrollment is made at the Department of Motor Vehicles, 109 Mary Street, Suite 1111, Herkimer, NY 13350. For further information, call 315.867.1130.

Oct 3

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

Booksigning and Talk by Herkimer County historian James Greiner. 7 p.m. At Herkimer College, 100 Reservoir Road, Herkimer, in RMCC288 (Small Auditorium) in the Robert McLaughlin College Center. Co-sponsored by the College's History Club and the Herkimer County Historical Society.

ety. For more information, contact the Herkimer County Historical Society at 315.866.6413 www.herkimercountyhistory.org.

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 or call 1-800-RED CROSS (1.800.733.2767). Visit 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

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. Golarbki - 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

Oct 26, Nov 13 and Nov 14

Arc Herkimer Autism Workshops. Life Skills for Transitioning Adults Workshop Oct. 26 9 a.m. - noon at Herkimer BOCES, 352 Gros Blvd. Herkimer. Personal Technology Supports Workshops Nov. 13 7 - 8:30 p.m. at Arc Herkimer, 350 S. Washington St., Herkimer, Nov. 14 10 - 11:30 a.m. Arc Herkimer, 350 S. Washington St., Herkimer. Learn more at: <http://www.archerkimer.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

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.

Nov 9-10

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

Kovels: Antiques and collecting

by Terry and Kim Kovel

Figural doorstop

How do you keep a heavy door from slamming shut? That was a problem by the mid-18th century when huge brass hinges held the doors. It was solved with wedges, heavy rocks or doorstops of many sizes and shapes. Cast-iron figural doorstops were made in the early 1900s but did not become popular until the 1910s, when many American companies began making figural examples.

One of the most interesting is called "Huckleberry

Finn," a figure of a farm boy in blue overalls and a yellow shirt carrying a fishing pole and bait bucket. It's 12 3/8 inches high and has a wedge back. The doorstop is marked Littco and was made by the Littlestown Hardware & Foundry Company that started in 1916. It made doorstops, bookends, hammers and fireplace accessories until 1940 and the war. After the war, the company started making cast aluminum products. In the 1990s, it stopped iron casting. One of Littco's most famous doorstops, "Halloween Girl," a costumed girl with a pumpkin in excellent condition, sold for \$29,500 in 2016.

"Huckleberry Finn" is an important book written in 1884 by Mark Twain. It was the first "bookstore"

book written in vernacular English, and it included swear words and descriptions of good and bad parts of life at the time. An excellent example of the "Huckleberry Finn" doorstop with almost perfect paint sold for \$325 in 2016 at an important Bertoia auction of just doorstops.

Q: My daughter was given two Norman Rockwell collector plates 25 or 30 years ago and never displayed them. One plate is titled "Balcony Seat" and the other is "Quiet Reflections." They still are in the original boxes. What are they worth?

A: Collector plates made in "limited editions" were popular in the 1970s and '80s. Some collectors specialized in Norman Rockwell plates, and tried to get all the plates in the series. Interest began to wane in the 1990s, and collector plates don't sell well today. Most Norman Rockwell collector plates sell for less than \$25 in spite of the fact that Rockwell original paintings now sell for up to a million dollars.

Q: I have a small soft-sided Coca-Cola cooler that has two zippered compartments. The top compartment holds six 16-ounce glasses. The glasses are decorated with umbrella tables and chairs and are marked with an anchor on the bottom. What is this worth?

A: The anchor mark was used by Anchor Hocking of Lancaster, Ohio. The cooler with six glasses sells online for about \$10 - \$15.

Current prices

- Nodder, policeman, writing summons, gray uniform, head and body both nod, 9 inches, \$90.

- Lunchbox, "Hogan's Heroes," dome top, barracks, barbershop scene, yellow, gray, 1966, \$410.

- Magnifying glass, mother-of-pearl, rectangular, case, velvet lined, 5 1/4 inches, \$690.

- Doorstop, wine merchant, green jacket, red pants, red and yellow bottles, cast iron, 1920, 10 inches, \$2,830.

Tip: Use a Depression glass or plastic knife to cut lettuce. The lettuce won't turn brown.

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

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Huckleberry Finn is the name of this doorstop marked Littco. The 12 3/8-inch-high figure sold for \$325 a several years ago.

PUBLIC AUCTION

Antique Trucks, Farm Machinery, Tools,
Household Misc., Tractors

Sat., Oct. 5th • 10:00 AM

2393 Co. Hwy. 39, Worcester, NY 12197

Antique Trucks: 2 Chevy Custom 10's; Chevrolet 6400, very original

Tractors: Farmall 656, 1 older Farmall, 1 Farmall M

Misc.: Garden tractors, 4 wheeler, tractor buckets and loader

Farm Equipment: 2 John Deere 24T square balers, 2 hay rack wagons, wood racks; older style pull behind combine; New Idea manure spreader; 2 firewood wagons; NH 55 hay rake; McCormick 1 row cultivators; misc. drags and disks; 2 way horse drawn plow; 2 trailer plows; 1 homemade horse drawn logging cart; Minneapolis Moline haybine; Hesston 110 self-propelled haybine; 2-NH 489 haybine; 2 NH 460 haybines; parts machines; grain drill; Nomad camper.

Misc: Very large amount of shop tools, hand tools, power tools, ladders, wood splitter, 3/4" Snap-On socket set; torch set; welders. Everything you would find in a farm shop; corners have not been cleaned out yet.

Household Items: Table and chairs, beds, dressers, misc. box lots, antlers.

Auctioneers Note: this is an estate that all must go so property can sell. Lots of treasures still in corners.



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Whatchamacallits

For the next few weeks, our whatchamacallits will feature a series of tools that were used in the leather working trade – from the long and recent past. Our first item was called a "sizing stick," used in the making and selling of shoes, boots and clogs. Some of us may remember a metal version that was used to size our foot before the shoe store owner actually went into a stockroom to find the size and style for us that we wanted to try on – but I digress.

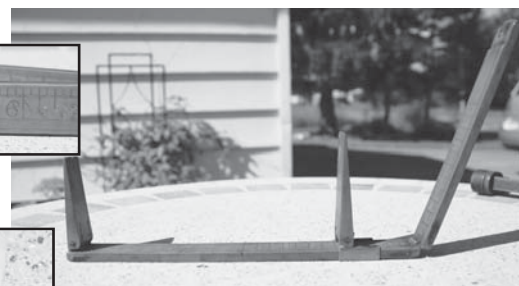
This antique sizing stick is marked "Belcher Bros. & Co. New York." It is made of boxwood – which was apparently the wood of choice for measuring sticks (or rules, as they were also called) – and has brass accents and hinges. Thomas Belcher began making assorted measurers in 1822, and by 1831, three Belcher brothers were working together. The official "brothers" business name changed three times and by 1853, it was

what we see on our size stick.

This is a beautifully crafted foot/shoe sizer. It has foot/shoe measurements on the inside, with the outside being marked as a standard 12-inch ruler. The shoe sizer is pretty accurate to today's sizes, as I used it on one of my shoes and it gave the size 7.5 correctly.

Other measuring sticks produced by the Belchers included Gunter's scales (precursors to the modern slide-rule), tailor's rules and squares and wantage rods, which were used for measuring the empty part of a barrel or cask.

The company was at one time the largest American manufacturer of rules, but by the second half of the 19th century, Stanley overtook their sales market. Belcher stopped manufacturing rules circa 1877.



Do you have your own Whatchamacallit?

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

Rabid skunk found in Town of Stark

Herkimer County Public Health received word on Sept. 13 from Wadsworth Labs that a skunk that was sent in to be tested for rabies on Sept. 12 from the Town of Stark has tested positive for rabies.

The skunk was found in the yard of a residence and fought with a dog; the dog owner killed the skunk.

The public can protect themselves or their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies.
2. Make sure animal enclosures are secure so small animals cannot get in.

3. Spay or neuter all animals to reduce the number of strays.

4. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). Due to the high percentage of bats that can carry the rabies virus, if there was any possibility a bat found in a house had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with your vet as soon as possible to have them vaccinated against rabies. Herkimer County Public Health's next rabies clinic will be held on Oct. 3 at the Town of Little Falls Garage, 478 Flint Ave Ext., from 5:30 - 7 p.m.

Call Public Health at 315.867.1176 if you have any questions or concerns, or visit www.herkimercounty.org.

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

End of Summer Chili

A filling soup is a welcome change from the same old sandwiches, wouldn't you agree? Well then, spice up your day by savoring a bowl of this at lunchtime!

8 ounces extra-lean ground turkey or beef
1/2 cup chopped green bell pepper
1/2 cup chopped onion
10 ounces (one 16-ounce can) red kidney beans, rinsed and drained

1 cup (one 8-ounce can) tomato sauce
2 cups peeled and chopped fresh tomatoes
2 cups water
2 tablespoons chili seasoning
1. In a large saucepan sprayed with olive oil-flavored cooking spray, brown meat, green pepper and onion.

Stir in kidney beans, tomato sauce, tomatoes and water. Add chili seasoning. Mix well to combine.

2. Bring mixture to a boil. Lower heat and simmer for 15 to 20 minutes, stirring occasionally. Freezes well. Makes 4 (1-1/2 cup) servings.

* Each serving equals: 189 calories, 5g fat, 15g protein, 21g carb., 464mg sodium, 7g fiber; Diabetic Exchanges: 2 Vegetables, 1/2 Meat, 1 Starch.

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Little Falls YMCA Outsiders

The LFYMCA Outsiders started in 2016 as a Facebook page that was designed to highlight outside activities and fitness for kids. When the Outsiders first started they would periodically get together outside activities in order to inspire outside play. Past activities include a group bike ride in the park and on the bike path, hiking the fitness trail at Moreland Park, group runs, kickball, hide and seek in the woods, hikes to Nine Corner Lake, Kane Mountain fire tower, Moss Island and Buttermilk Falls, rock climbing, sledding, snowman building and snow shoeing. They also started the Walk to School initiative for students at Benton Hall Academy to participate in.

New this past August is the Outsiders gear swap locker. The Outsiders have hosted gear swaps in the past and now have made one that is ongoing. It's completely free and available to anyone. Thank you to Tony Deluca, as he has made it possible to have this be a permanent gear swap in the Little Falls Community Center. Bring any outside or sporting gear you no longer use and put it in the gear swap locker. The community center is open seven days a week – just walk in. Check periodically and see if there's anything you can use.

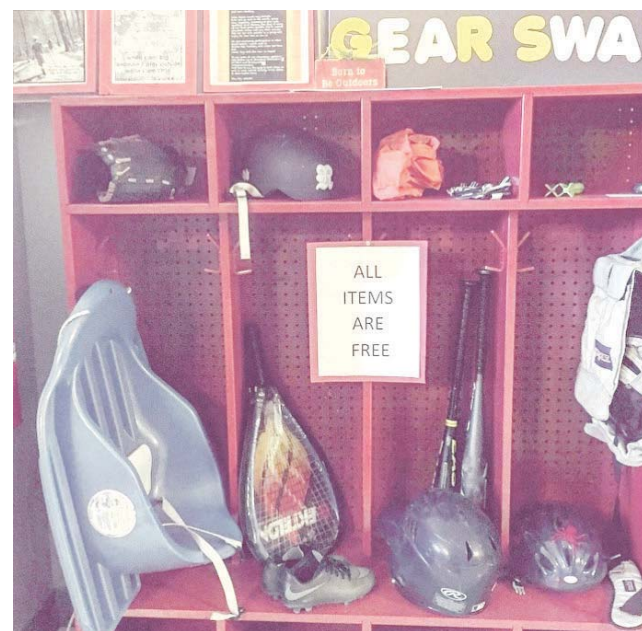
Also more big Outsiders news: The Outsiders challenge! Following in the steps of other communities and the nearby Adirondack Mountains, we have the LFYMCA Outsiders challenge!

Explore our city and earn your sticker. Maps and stickers will be available at the LFYMCA, the visitor center at Rotary Park and the Little Falls Community Center.

Complete the challenge first and then collect your sticker. Put it on your car or wherever you'd prefer and spread the word. Let others see that Little Falls is a great place to explore. This will also be ongoing and a winter version may be available in the coming months.

The Outsiders will still periodically organize some outside activities that can get kids outside in a group and enjoy the area that we live in. They will continue to share on their Facebook page any articles, links or information that helps support outside activity and free play. They would also like to use this group to encourage others to share or organize their own adventures.

Share your photos and ideas on their Facebook page when you can. It's always great to see people enjoying outside adventures.



New this past August is the Outsiders gear swap locker. The Outsiders have hosted gear swaps in the past and now have made one that is ongoing. It's completely free and available to anyone. The permanent gear swap in the Little Falls Community Center is open seven days a week. Check periodically and see if there's anything you can use.

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Poland fourth graders learn about 9/11

POLAND – Poland Central School District fourth graders in teacher Tracy Graulich's class created a display remembering the terrorist attacks on Sept. 11, 2001, read a story about 9/11 in Scholastic News, watched a video and had classrooms discussions.

Graulich, who has relatives in the military, said she wants students to be aware of the sacrifices made by first responders on 9/11 and by members of the military afterward.

"It's important to me to have the kids learn about these events," she said. "They're our future."

Graulich's students colored American flags

and wrote messages on them about 9/11. The artwork is displayed on a large classroom window facing the hallway with the message "We will always remember" in the center and a lit-up display at the bottom stating "9/11/01 always remember."

The students also read a Scholastic News story written by 10-year-old Zechariah Cartledge, who ran in the Tunnel to Towers race, which was started in honor of firefighter Stephen Siller, who wanted to help so badly on 9/11 that he ran through the tunnel to Manhattan

Poland 11



Poland Central School fourth graders pose for a photo after watching a video about the terrorist attacks on Sept. 11, 2001. The class learned about the attacks, shared their feelings and made a display about re-memorizing what happened.

Photos courtesy of Herkimer BOCES

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Poland from 10 — even though it was closed to traffic and carried 60 pounds of equipment with him. Siller was one

of more than 400 first responders who died when the towers collapsed, and his family started the Tunnel to Towers Foundation in his memory.

Cartledge was motivated by the experience to start his own group called Running for Heroes to raise money for Tunnel to Towers.

When students were asked why it's important to remember what happened on 9/11, fourth grader Molly Dutcher recalled the story about Zechariah Cartledge and Stephen Siller in detail. Julia Metzger added that many people died who were just doing their jobs.

Students also watched a video about 9/11, and afterward expressed how they felt.

Ryan Malta and Benjamin Grimshaw said they felt emotional, Mark Guarascio said he felt mad and sad, Dharma Martin said she felt disappointed due to bad people committing the attacks, Tyler Boyce said he felt heartbroken and Xander Hart said he felt frustrated "because they were hurting people that they weren't supposed to be hurting."

Graulich also spoke to students about a direct connection between Poland Central School District and 9/11. Poland graduate Margare



Students in Poland Central School District fourth grader teacher Tracy Graulich's classroom made this display about remembering what happened with the terrorist attacks on Sept. 11, 2001.

ret Echtermann worked in the South Tower and died on 9/11 at the age of 33. Echtermann's family started the Margaret Ech

termann 9/11 Memorial Award, which is presented each year to Poland graduates.

"I want us to remember

Margaret Echtermann," Graulich said. "I don't want us to ever forget."

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Paw's Corner

by Sam Mazzotta

Returning a pet to a shelter

Dear Paw's Corner: I am a disabled senior citizen with two beautiful dogs. Recently I was told that I need to move from my apartment to an assisted living facility that doesn't allow pets. There is no one to take my dogs. Will a shelter take them in? What will happen to them? — Michael G., via email

Dear Michael: The first thing to do is reach out for help. You're making a huge life transition and should find out what options you have. Contact your city's se-

nior services department, the United Way or the AARP for assistance. Tell them your dilemma. Ask if there are assisted living facilities available that will allow your pets to stay with you.

If you cannot take your dogs with you, contact the shelters in your city or region. Explain your situation, and that you must surrender your pets. Not all shelters are able to accept surrenders, but all of them can give you information on other places to call for help. When you find a shelter that will accept your dogs, the shelter will probably schedule a day and time for you

to come in.

You'll bring your dogs, in carry-cages if possible, and will fill out a surrender form. There will probably be a fee for surrendering them. If you need assistance filling out the form, or if you cannot afford the fee, tell the shelter as soon as possible. Once surrendered, the shelter will do its best to find a new home for your dogs.

Thank you for thinking of your dogs during this stressful time and making sure they're cared for no matter what happens. I wish you the best.

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Little Falls Hospital's annual golf tournament a great success

LITTLE FALLS – Hosted by Little Falls Hospital, part of the Bassett Healthcare Network, the 17th annual golf tournament took place on Thursday, Aug. 15 at the Cedar Lake Golf Club in Clayville, a scenic and challenging par 72 course. The commitment and generosity of the tournament sponsors, golfers and guests enabled Little Falls Hospital to raise \$50,000. New proceeds will support the development fund, which strengthens Little Falls Hospital's programs and services.

"I am so pleased with the generous support that Little Falls Hospital receives from our community and sponsors, which makes this one of the premier golf tournaments in the region every year," says Michael Ogden, president of Little Falls Hospital. "The funds raised are critical to our ability to grow and better serve our community."

Little Falls Hospital thanks its many corporate sponsors, new and returning, for their commitment to accessible, high

quality healthcare.

"We are very thankful for our sponsors who have shown continuous dedication to Little Falls Hospital. This year's tournament was a tremendous success due to the diligent work from the Cedar Lake Golf Club and the Little Falls Hospital staff," said Cassandra Metke, fund development

manager. "We look forward to seeing you on the greens again next year."

Next year's Golf Classic will take place Aug. 20, 2020 at the Cedar Lake Golf Club in Clayville. Potential sponsors and golfers are encouraged to contact the fund development office at 315.823.5290 or cassandra.daley@lfhny.org.



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Defensive driving course starts Sept. 30

Herkimer County Clerk Sylvia M. Rowan is offering the six-hour Defensive Driving Course to Herkimer County residents and non-residents alike through the Herkimer County Clerk's Office.

The course will be offered on Monday, Sept. 30 and Tuesday, Oct. 1. The class will be from 6 - 9 p.m. Students need to attend both nights. It will be held at the 911 Building, 71 Reservoir Rd., near the HCCC campus.

Payment is \$35 and includes all books and materials. Once you make your payment you will be enrolled in the class. Upon completion of the classroom training, participants are eligible for a reduction in New York State points and insurance.

Payment and enrollment is made at the Department of Motor Vehicles, 109 Mary St., Suite 1111, Herkimer.

For further information, call 315.867.1130.

Rabies clinic set for Oct. 3 in Little Falls

A rabies clinic will be held on Thursday, Oct. 3 from 5:30 - 7 p.m. at the Little Falls Town Garage, 478 Flint Ave. Ext.

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 his-

tory 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 to view a complete listing of county rabies clinics and to pre-register by calling 315.867.1176.

Good Housekeeping

Cod and Vegetable Sauté

This colorful fish sauté is tasty and low-carb. Serve with brown rice to round out the meal.

- 1 pound cod fillets
- 2 small (about 6 ounces each) zucchini
- 2 medium red peppers
- 1 large onion
- 1/2 pound large mushrooms
- Salad oil
- Salt

1. Cut cod, zucchini and red peppers into 1 1/2-inch chunks. Slice onion; cut each mushroom in half.
2. In nonstick 12-inch skillet over medium-high heat, in 2 tablespoons hot salad oil, cook cod fillets with 1/4 tea-

spoon salt until browned on both sides and fish flakes easily when tested with a fork. Remove from skillet; keep warm.

3. In same skillet, in 2 more tablespoons hot salad oil, cook vegetables and 1/2 teaspoon salt until vegetables are tender-crisp and lightly browned. Stir in 1/4 cup water; heat through. Spoon vegetable mixture onto platter; carefully tuck in cod. Garnish with parsley sprigs if you like. Serves 4.

* Each serving: About 265 calories, 15g total fat, 49mg cholesterol, 465mg sodium.

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

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

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

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METHODIST CHURCH**
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21 N. Helmer Ave.
Church Phone 429-7381
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Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
Pastor Marvin Isum
3 Elm St. Phone 429-8390
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Mid-week Service Tuesday 7 PM

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Worship 11 AM

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Morning Service 11 AM

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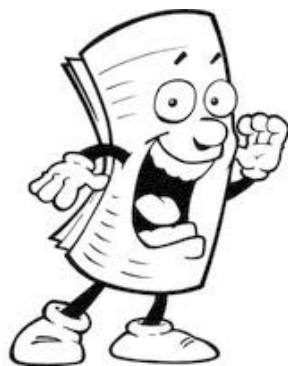
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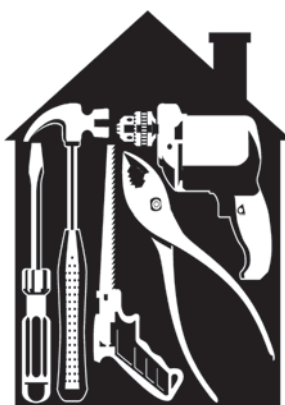
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Sept 27&28, 10-3. 332 Dewey Ave-Herkimer. Household items, clothes, crafts, Holiday items, records and tapes, lamps, tv's.



The Kitchen Diva

by Angela Shelf Medearis

One meal, two ways

I've prepared lunches for my family for several years, and one thing I know for sure, you've got to have a plan! Eating out every day is not only too expensive, the meal choices are typically unhealthy. And if your child is a picky eater like mine, buying school lunches is a waste of money.

A nutritious lunch prepared at home does not have to be boring or cost you a fortune. Making small changes can save you money, like planning a lunch with ingredients that also work well for dinner meals. Remember that well-nourished adults and children have a greater chance of success at work or at school.

Proper nutrition also is a key ingredient for back-to-school success because it fuels brain cells and gives your child the energy and nutrients needed for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating.

Follow these tips, and not only will you save money, you'll also pack a nutritious lunch that your child will enjoy!

- Practice good nutrition yourself. Children learn by association – you need to be a role model. Discuss with them the benefits of healthy eating.
- Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.
- Use foods from each of the five food groups: Carbohydrates, protein, dairy, fruits and vegetables. Choose whole-

grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

- Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick a new fruit or vegetable to try each week.
- Buy what's on sale each week, then work it into a menu. Use fruits and vegetables that are in season.
- Make your own ingredients. Look beyond lunch meat. Slice your own meat or grill a chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, since they are high priced.
- Let your children help prepare dinner and use the leftovers to pack their lunch. Invest in a good insulated food container to keep food warm.

You can use my recipe for Mediterranean Chicken Two Ways as a delicious dinner and a nutritious lunch. It makes eight servings (four for lunch and four for dinner). One meal with two ways to save money!

Mediterranean Chicken Two Ways

2 cups plain fat-free Greek yogurt
1 tablespoon packed fresh mint or basil
1 tablespoon fresh dill, chopped, or 1/2 tablespoon dried dill
1 1/2 teaspoons ground cumin
3 cloves garlic, finely minced
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper

4 tablespoons fresh lemon juice
1/2 cup olive oil
2 tablespoons poultry seasoning
1 teaspoon dried oregano
2 pounds chicken breast tenders
1 English (seedless) cucumber
2 large ripe tomatoes
4 whole-wheat pitas

1. In small bowl, combine yogurt, mint, dill, 1/2 teaspoon cumin, 1/3 of the garlic and 1/2 teaspoon each salt and pepper. Let stand for 15 minutes. Place half of mixture in a covered container and refrigerate to use for lunch.

2. Using a shallow container or pie plate, combine 2 tablespoons of the lemon juice, 1 1/2 tablespoons oil, poultry seasoning, oregano, 1/2 teaspoon each salt and pepper, 1 teaspoon cumin and 1/3 of the garlic. Add chicken, turning to coat. Let stand.

3. Heat a grill pan or heavy skillet on medium-high. Grill chicken 10 to 12 minutes or until no longer pink in center, turning once.

4. Meanwhile, cut cucumber and tomato into chunks; toss, in large bowl, with the remaining 1/2 teaspoon salt and pepper, and remaining lemon juice, oil and garlic.

For Dinner: Divide the chicken, yogurt sauce and the cucumber and tomato mixture evenly. Place half of the ingredients in sealed contain-



A nutritious lunch prepared at home does not have to be boring or cost you a fortune. Photo by Depositphoto

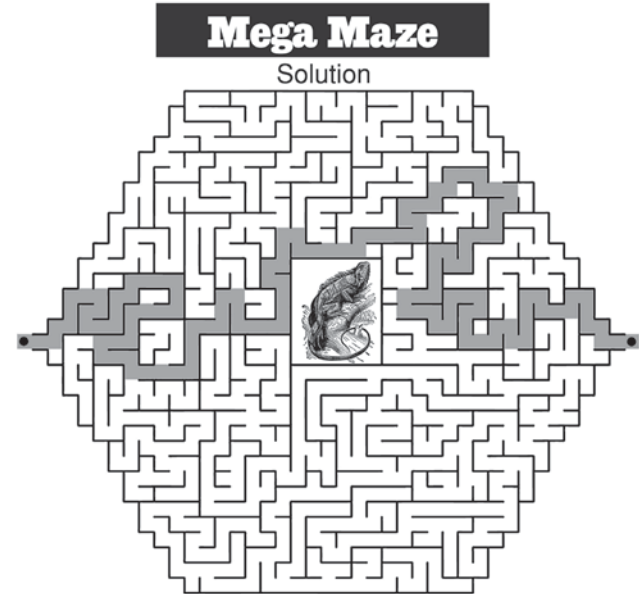
Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 27 mins.

PAY	DOH	ELUDE
LIE	ARE	LASER
URN	DAMAS	CENE
MET	STAGE	
BRAG	ENE	SKEW
	HUD	DAMONE
IDIOT		GUIDE
DAMSEL	GAR	
SWAT	ODE	FOAL
	BUENO	FRO
DAMNATION		TUB
ORION	GMT	EBB
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Chow line: Fall vegetable options plentiful

I love to eat seasonal produce such as strawberries in the spring and sweet corn in the summer, but besides apples, I'm not sure what's in season now. Can you tell me which fruits and vegetables are seasonal in the fall?

Your question is very similar to another that was asked in a "Chow Line" column from September 2017, so it's best answered by reissuing that column here.

Autumn is a good time to start looking to buy pears, apples and hard squash, among many other seasonal fruits and vegetables. In fact, those are some of the items that many grocery stores typically start to promote heavily at discounted prices in their grocery aisles, according to the National Retail Report, a weekly roundup of advertised retail pricing information compiled by the USDA.

While improved technology and agricultural innovations mean that consumers can access fresh fruits and vegetables year-round, fruits and vegetables naturally grow in cycles and ripen during specific seasons. When ripe, produce is fresher and typically has

its best taste. Seasonal fruits and vegetables are also typically cheaper to purchase because they are easier to produce than fruits and vegetables that are grown out of season.

How do you know which fruits and vegetables are in season?

To find seasonal foods near you, try using the app and website developed by Grace Communications Foundation, a nonprofit organization that advocates for sustainable foods. The app compiles data from the USDA and the Natural Resources Defense Council on over 140 varieties of produce to show users which fruits, vegetables, herbs and nuts are in season on a state-by-state basis.

Called the Seasonal Food Guide, the app and website allow users to check which produce is in season in half-month increments in each state. Other sources to check for what's in season include the USDA Seasonal Produce Guide, among others.

Chow Line is a service of Ohio State University College of Food, Agricultural and Environmental Sciences

and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.



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Moments in Time The History Channel

• On Oct. 2, 1780, British Major John Andre is hanged as a spy by U.S. military forces in New York.

Andre, an accomplice of Benedict Arnold, was captured with incriminating papers in his boot. The papers revealed Arnold's offer to surrender West Point to the British for a bribe of 20,000 pounds.

• On Oct. 3, 1863, expressing gratitude for a Union Army victory at Gettysburg, President Abraham Lincoln announces that the nation will celebrate an official Thanksgiving holiday on Nov. 26, and on the fourth Thursday of every November thereafter.

• On Oct. 1, 1890, an act of Congress creates Yosemite National Park, paving the way for generations of nature lovers. Yosemite's natural beauty is immortalized in the stark black-and-white landscape photographs of Ansel Adams (1902-1984).

• On Oct. 4, 1918, German Chancellor Max von Baden sends a telegraph message to President Wood-

row Wilson requesting an armistice between Germany and the Allied powers in World War I. After a difficult month of negotiations, World War I came to an end on Nov. 11, 1918.

• On Sept. 30, 1954, the USS Nautilus, the world's first nuclear-powered submarine, is commissioned by the U.S. Navy. In August 1958, the Nautilus accomplished the first voyage under the geographic North Pole.

• On Oct. 6, 1961, President John F. Kennedy advises American families to build bomb shelters to protect themselves from atomic fallout in the event of a nuclear exchange with the Soviet Union. One year later, the world hovered on the brink of nuclear war after the USSR placed nuclear missiles in Cuba.

• On Oct. 5, 1978, Isaac Bashevis Singer wins the Nobel Prize for literature. Singer wrote about Jewish life in Poland and the United States. One of his stories, "Yentl," was made into a movie directed by and starring Barbra Streisand in 1983.

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Donations Gladly Accepted