

HERKIMER

Country Editor

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ON-RAMP Summit will advance clean transportation in the region ANCA convenes stakeholders for virtual event, rescheduled from April

SARANAC LAKE, NY – As New York State residents and leaders observed Climate Week (Sept. 21-27) with the intention to reduce climate-altering greenhouse gas emissions statewide, the Adirondack North Country Association (ANCA) geared up for a virtual summit that will advance clean transportation – a key ingredient to the state's low-carbon future.

"Clean Transportation: The Adirondack ON-RAMP" will focus on topics including EV infrastructure, public transportation and commercial vehicles as well as strategies and policies for making clean transportation more accessible for residents and communities in northern New York.

The virtual event will include seven one- to two-hour sessions over five days: Tuesday, Sept. 29 - Friday, Oct. 2, with a closing session on Monday, Oct. 5. The summit was originally scheduled as a two-day in-person event for April, but was rescheduled due to the COVID-19 pandemic. Participants are invited to register at www.adirondack.org/onramp.

"We're thrilled with the growing momentum around clean transportation at state and local levels," said Jerrod Bley, ANCA Clean Energy Program director. "ANCA is committed to bringing stakeholder interests to the table as we transition to a low-carbon future. ON-RAMP

participants will help provide a holistic plan for our region's transportation system moving forward."

Bley cited the 2023 World University Games and the New York's Climate Leadership and Community Protection Act (CLCPA) as motivating factors for holding the summit this year.

The 11-day World University Games will be based in the Village of Lake Placid, which, along with the greater Olympic Region, was awarded a gold LEED (Leadership in Energy and Design) certification by the U.S. Green Building Council in December 2019. The multi-sport event provides an opportunity for the region to demonstrate its commitment to environmentally sustainable development, including a low-carbon transit system to serve over 2,400 athletes and their spectators during the Games – as well as the transportation needs of residents, businesses and visitors into the future.

The CLCPA, which Gov. Andrew Cuomo signed into law in June 2019, sets specific targets for reducing carbon emissions and adopting clean energy technologies statewide. The state has pledged to eliminate net GHG emissions by 2050 and to transition its electricity generation to renewable and carbon-free energy sources.

ON-RAMP will convene organizers of the 2023 Games, community stake-

holders, New York State and Quebec government policymakers, financial institutions, Canadian equipment manufacturers and energy producers and others with the goal of ensuring a low-carbon transportation system for the Games and beyond. Participants will work together to begin developing an EV implementation roadmap for the region, informed by the goals of the CLCPA and other state programs.

Two community needs sessions, led by a team from Clarkson University's Department of Civil and Environmental Engineering and Institute for a Sustainable Environment, will focus on specific transportation challenges North Coun-

try communities face and the solutions they envision. These sessions are free, open to the public and will take place virtually on Tuesday, Sept. 29 from 6 - 8 p.m. and Friday, Oct. 2 from noon - 1 p.m. Individuals who would like to attend the public sessions and are not attending ON-RAMP may register separately with a link provided on the ON-RAMP registration page at www.adirondack.org/onramp.

The cost for ON-RAMP is \$95 for general registration and \$75 for ANCA members. Contact ANCA Membership & Events Coordinator Alexis Subra at asubra@adirondack.org for information about student discounts.

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Keep Mohawk Valley Beautiful is asking the community to become a “QuaranTeam”

With approximately a month and a half remaining, Keep Mohawk Valley Beautiful (KMVB), a six-county NYS affiliate of the national Keep America Beautiful (KAB) program, is asking the community to stay near home and do a “QuaranTeam” Cleanup before the end of our scheduled effort that ends Oct. 18. KMVB is a standing committee of the Mohawk Valley Economic Development District Inc.

This year marks KMVB's 19th annual Great American Cleanup Effort where community volunteers come together to aesthetically improve our environment by creating cleaner parks, streetscapes and public spaces through litter removal and elimination. While the country begins to open back up and more people are spending time outside, KMVB's “QuaranTeam” Cleanup effort is intended to keep its commitment to bringing people together to beautify our communities, even during a global pandemic.

The KMVB “QuaranTeam” Cleanup is a project for individuals and families who are quarantined together to break up their day by taking a walk outside alone or as a family to clean up litter along their property/streets and surrounding areas. “We intend to have

adults and children in the six-county Mohawk Valley region take action to work on beautifying and cleaning areas across their communities while adhering to federal, state and local public health guidelines regarding the COVID-19 pandemic,” said Sam Russo, chair of KMVB Committee.

KMVB reminds volunteers participating in the “QuaranTeam” Cleanup to wear personal protection equipment such as masks and gloves when appropriate during litter cleanups.

By registering your “QuaranTeam” Cleanup project on the Oneida-Herkimer Solid Waste Authority's website at www.ohswa.org, you will be entered in a prize drawing that will take place following the conclusion of the Great American Cleanup on Oct. 18. “QuaranTeam” individuals and/or groups must have registered through the ohswa.org and submit the reporting form provided upon registration to be eligible to receive prizes.

Jamie Tuttle, recycling educator of the Oneida-Herkimer Solid Waste Authority and partner in the Cleanup Program, said, “While this year's cleanup effort may not involve large groups gathering together, the

actions, large or small, of individuals and families who participate will help KMVB continue its mission to remove litter and beautify the region we call ‘home’ while inspiring generations of environmental stewards. KMVB is cleaning up, yes, but we are also changing behaviors by engaging the enthusiasm of involved young people.”

To register your “QuaranTeam” Cleanup, visit www.ohswa.org (click “QuaraTeam” Cleanup). You may also contact Mohawk Valley Economic Development District with any questions related to the cleanup at 315.866.4671.



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USDA announces contracts for Round 3 of the Farmers to Families Food Box Program

Following President Donald Trump's approval to include up to an additional \$1 billion in the Farmers to Families Food Box Program, U.S. Secretary of Agriculture Sonny Perdue announced the USDA has approved up to \$1 billion in contracts to support American producers and communities in need through the USDA Farmers to Families Food Box Program. In mid-September, USDA reached a milestone of having distributed more than 90 million food boxes in support of American farmers and families affected by the COVID-19 pandemic.

“These contract awards will go to vendors who submitted the strongest proposals in support of American agriculture and the American people. The high level of interest and quality of proposals are a testament that the program is accomplishing what we intended – supporting U.S. farmers and distributors and getting food to those who need it most. It's a real trifecta, which is why we call it a win-win-win,” said Perdue. “Thanks to Presi-

dent Trump and his commitment to the program with the announcement of an additional \$1 billion in funding, more farmers will be supported, and more families will receive the nutritious food they need during these difficult times.”

These contract awards are a result of the third round of Farmers to Families Food Box program announced on July 24, and President Trump's announcement on Aug. 24 that up to an additional \$1 billion was being made available for deliveries through Oct. 31. A full list of approved suppliers was scheduled to

be posted on the Farmers to Families Food Box Program webpage at tinyurl.com/y74zxxww.

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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
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

**DOLGEVILLE UNITED
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Rev. Anthony Bradseth
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
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**
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Phone 315-823-3410
Mass 9 AM Sunday

**EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER**
Pastor Mark Sowersby
3659 Route 5, East Schuyler
Sunday Worship 10:30 AM
Wednesday Night 6:30 PM
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**FRANKFORT
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Pastor: Father Paul Catena
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No Saturday Vigil

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Wednesday Worship 6:30 PM

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Morning Worship 11 AM

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9:00 AM

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HERKIMER REFORMED CHURCH
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Shepherd's Table Dinner:
First & Third Tuesday 6 PM

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Holy Eucharist at 9:35 AM

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Reverend Richard Riggle
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

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Sunday Morning 11 AM

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Pastor Joelle Faulks
Sunday Worship 10:30 AM
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May 1 - November 1
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Father Brian Slezak, Pastor
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 • firstaglf@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 Iffirstpres@gmail.com
www.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

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

**MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST**
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Sunday School 9:30 AM
Worship Service 9:30 AM

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or 315-520-4723
Holy Eucharist 10 AM

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

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September - June

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

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Sunday Mass 9:30 AM

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Herkimer College establishes new Health Professions transfer agreement with SUNY Upstate Medical University

Herkimer County Community College has entered into a new transfer agreement with SUNY Upstate Medical University, allowing students to seamlessly transfer into the following baccalaureate degree programs from the Health Professions A.S. degree:

- Medical Imaging Radiography (X-ray), B.S.
- Medical Imaging Sciences/Ultrasound, B.S.
- Medical Technology, B.S.
- Medical Biotechnology, B.S.
- Radiation Therapy, B.S.

- Respiratory Therapy, B.S.

Herkimer College courses with grades of "C" or higher are acceptable for transfer credit, and all science courses must include laboratories. Specific courses required for transfer into each degree program are outlined in the agreement.

The partnership also includes an early admissions program for high school seniors, where students can apply to both Herkimer College and SUNY Upstate with guaranteed admission into one of the upper division

programs at SUNY Upstate Medical University, provided they maintain the GPA requirements and meet all the conditions of acceptance.

Herkimer College has more than 150 transfer agreements with four-year colleges and universities in both the private sector and SUNY. More than 60 percent of Herkimer College students transfer to continue their education after graduation.

For more information, contact the Herkimer College Advisement Center at 315.574.4029.

Comfort foods made fast and healthy

by Healthy Exchanges

Creole shrimp gumbo

Tomatoes are at their all-time peak in late summer. Don't let this "love apple season" pass by without trying this succulent gumbo, especially created with that juicy red tomato in mind!

- 1 cup chopped onion
- 2 cups peeled and chopped fresh tomatoes
- 2 teaspoons chili seasoning
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 1 1/2 cups reduced-sodium tomato juice
- 3 tablespoons all-purpose flour
- 1 (6-ounce) package frozen cleaned shrimp, thawed
- 1 cup chopped fresh okra or frozen cut green beans
- 1 1/2 cups cooked spaghetti, rinsed and drained

1. In a medium saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes. Stir in tomatoes, chili seasoning, parsley flakes and black pepper. In a covered jar, combine tomato juice and flour. Shake well to blend.

2. Pour tomato-juice mixture into tomato mixture. Add shrimp and okra. Mix well to combine. Bring mixture to a boil, stirring often. Stir in spaghetti. Lower heat and simmer for 6 to 8 minutes or until mixture is heated through, stirring often. Makes 4 (1 cup) servings.

* Each serving equals: 205 calories, 1g fat, 15g protein, 32g carb., 281mg sodium, 5g fiber; Diabetic Exchanges: 3 Vegetable, 1 1/2 Meat, 1 Starch.

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com CONCERNS ABOUT THE CORONA-VIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.

September 26

Annastrong Cancer Benefit 1-6 p.m. at 39 Pleasant Ave, Ilion (Food Truck Frenzy Area). To support Arianna LaBella, a 10-year old Ilion resident who was diagnosed with Ewing's Sarcoma Bone Cancer. There will be a Chicken BBQ \$15. Chinese Auction, Wheel Barrel of Cheer, Pizza for a Year and other great Big Ticket Items.

September 26 and 27

"Huge Yard Sale" on the property of H.A.L.O. (Helping Animals Live Organization) at 615 Albany Street in Little Falls 10 a.m.-4 p.m. Social distancing will be followed and people are asked to bring their own bags. Please consider donations of cat food or litter which can be dropped off on H.A.L.O.'s front porch before visiting the sale in the back yard. For more information, call 315.985.3738.

September 29

A public vote for residents in all Herkimer-Fulton-Hamilton-Otsego BOCES component school districts has been rescheduled to Tuesday, Sept. 29, for the Herkimer BOCES proposal to purchase the Remington school building from Central Valley. The next step is for residents of all 10 component districts to vote on Tuesday, Sept. 29, whether to authorize the purchase of the building by Herkimer BOCES. The vote was previously scheduled for March 31, but was postponed in response to coronavirus regulations. Qualified voters may vote from noon to 8 p.m. at any location scomponent district voting location or at the Herkimer BOCES William E. Busacker Complex Technical Education Conference Room at 352 Gros Blvd. in Herkimer. Find out more information about the purchase proposal and the vote at www.herkimer-boces.org/remingtonbuilding.

September 30

Ilion's Food Truck Frenzy Live Entertainment schedule. Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 30 - Poor Tim.

Virtual Program - Murders That Are A Mystery at 6:30 p.m. presented by local Herkimer County historian and author Jim Greiner. Free program presented through Zoom. Link will be available the day of the program on our Facebook page and on the Society's website. To have the link emailed to you, send an email to herkimerhistory@yahoo.com. For more information, call 315.866.6413.

October 1

Rabies Vaccination Day 5:30 - 7 p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

October 2 and 3

Fourth Annual Basket Raffle. Noon-6 p.m. both days. Mohawk Reformed Church, 20 South Otsego Street, Mohawk. Many themed baskets and gift cards. Masks required and CDC guidelines will be followed. Contact 315.866.4292 or mrcoffice@verizon.net for further information.

October 3

Chicken BBQ 3 p.m. until sold out at Stratford Methodist Church, Route 29 A Stratford. Take outs only. \$10 adults. \$5 Children. Call 315.429.3780.

October 10

Chicken BBQ 3:30 p.m. at Stratford Methodist Church, Route 29 A Stratford. Take outs only. \$10 adults. \$5 Children. Call 315.429.3780.

October 4

Chicken BBQ at East Herkimer Fire Department, 193 Main Road, East Herkimer. Serving 12:30-3 p.m. Carry-out only. Tickets \$10. Limit 400 dinners. Ticket information: Dan Wellington 315.868.5394.

Ham and Scalloped Potato Dinner sponsored by the East Schuyler Methodist Church at the VFW Post 502, 4274 Acme Road, Frank-

fort. Curbside pickup only. \$14. Children 10 and under: \$5.

October 5

Oil Painting Class with Wilson Bickford 5:30-9:30 p.m. at Auskerada Place, 78 S. Main St., Dolgeville. "One October Day" (11" x 14"). Call "Diane" at 315.429.3618 to register.

October 9

Chicken and Biscuits Dinner 4-7 p.m. or until sold out at the Fairfield Community Hall. Sponsored by Fairfield Restorations Association. Take out only. Adults \$10 Children \$5. Contact 315.941.0711 for more info.

October 11

Chinese Auction and Drive-Thru Chicken Barbecue at Poland Fire Station #1, 216 NY Route 8, between Poland and Cold Brook. Drive through from noon until sold out. Take out only. No seating. Chinese Auction: Purchase tickets noon - 4 p.m. Masks and distancing required. Guests will enter according to October NYS Guidelines. No guests during drawings. A portion of the drawings will be live-streamed. Call 315.826.7141 for information.

October 14

Drive-thru Flu Shot Clinic. 9 a.m.-1 p.m. in Little Falls Hospital's Main Parking Lot, 140 Burwell St., Little Falls, NY. No appointment is necessary for patients 19 years and older. No cost with most insurance. Masks will be required. Contact 315.823.5326 with any questions.

October 15

Chicken Schnitzel Dinner 4-7 p.m. Take out only. At Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Curbside drive up and walk-ins. Call ahead suggested at 315.717.9462 or 315.823.1323. Leave a message if there is no answer. Free delivery (Little Falls only). \$10. Includes meal and dessert.

To your good health

by Keith Roach, M.D.

Diet is powerful tool to boost heart health

Dear Dr. Roach: I have a strong history of premature heart disease in my family, and I have been having some unpleasant side effects of blood pressure medicine. I decided to try a completely plant-based diet: grains, vegetables, legumes, fruit, seeds and nuts.

After about a month on the new diet, my total cholesterol dropped 44 points to 159, and the other numbers went from borderline to normal, as measured by my cardiologist. My blood pressure, which was often high in the mornings (typically 150+/90), was 118/68 this morning. I've only lost about 5 pounds in the past couple of months, and I'm probably still 8-10 pounds overweight.

I am pleased with the results, but why didn't any of my doctors recommend this? — J.S.B.

Answer: Diet is a powerful tool for improving overall health, especially heart health. I believe it is underemphasized by most physicians.

Changing from a meat-based diet to a mostly plant-based diet often prompts improvements in blood pressure, cholesterol and weight. Your results are better than most, but by no means unheard of. You haven't

said how you feel, but many people feel more energetic as well. Many others are able to come off of some (occasionally all) of their medications, which of course reduces side effects.

Why don't physicians recommend it? I think it's a combination of reasons. Some doctors don't realize how powerful the effects of dietary change can be. A good deal of patients are highly resistant to making changes, so physicians are used to their dietary advice failing. Also, taking the time to get an accurate diet history is hard, personalizing dietary advice is harder, and writing a prescription is easy.

It is not necessary to have a 100% vegan diet like yours to experience a benefit. A mostly plant-based diet has substantial benefits. It's easier for some people to make incremental changes.

Dear Dr. Roach: I've been taking Viagra for several years, with good results for my wife and me. Recently my prescription drug coverage administrator has begun restricting my access to 12 pills every 30 days. I've requested an explanation from the company, without success. My prescription is written by my heart doctor, and he is not aware of any reason to restrict my access to Viagra. Is there some danger in taking Viagra (silde-

nafil) on a regular basis? The literature supplied with the prescription, from Pfizer, does not indicate a limit on use. I'd appreciate your feedback on this, as it will affect my wife's and my happiness. — J.R.

Answer: The insurance company isn't worried about your safety: Sildenafil (Viagra) and similar drugs are safe for daily use in most people, and your cardiologist is certainly the right person to make that determination, not your insurance company. Instead, the drug limits are there to save money for the insurance company. People can make up their own minds about whether that is reasonable or not, but it is a near-universal finding now.

One way many patients get around this (if they are taking 25 mg or 50 mg) is to get the larger-size tablet and cut it in half (a pill cutter can do this well), since the limit is on the number of tablets, not the number of milligrams.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Substitute School Bus Attendant

The Oppenheim-Ephratah-St. Johnsville Central School District has an immediate position available for a Substitute School Bus Attendant. Duties include assisting school bus driver in student management while bus is in operation; maintain proper records and documentation; assist student loading, unloading and seating arrangements as required. The applicant must pass fingerprint/background check by NY State Education Department and must have completed required training. Pay is \$11.80/hr.

Applications may be downloaded from the Fulton County Civil Service website or email stephanie.bonk@oesj.org by September 30, 2020.

Please return to District Office, OESJ CDS, 44 Center St., St. Johnsville, NY 13452

Easy sticky buns (cinnamon rolls)

1/2 stick butter, melted

1/2 cup brown sugar
1/2 cup nuts, chopped

1 tablespoon water
1/2 cup white sugar
1 teaspoon (to 1 1/2 teaspoons) cinnamon

2 cans (11-ounce) refrigerated regular or buttermilk biscuits

1. Take 2 tablespoons melted butter with the brown sugar, nuts and water and place in the bottom of 10-inch Bundt pan.

2. Mix white sugar and cinnamon together. Dip each biscuit lightly in rest of melted butter, then into sugar and cinnamon mixture.

3. Place each biscuit on end in Bundt pan; pinch tips or sides of biscuits slightly together (this helps prevent ring from falling apart when served). Bake at 400 F for 20 to 25 minutes.

4. After baking, turn biscuit ring out onto plate. Serve immediately. (Or cool the rolls to serve later. Reheat to serve if you like.)

* Each serving: About 350 calories, 17g total fat, 725mg sodium.

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

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Little Falls Hospital awards scholarships to local students

Little Falls Hospital recently awarded the "Frederika Vickers Conrad and Dr. Joseph W. Conrad Scholarships" to six deserving students

from the Little Falls and Dolgeville area.

Dr. Sue Conrad Quinby

and Roger P. Quinby established the scholarship fund in 1973 in Memory of Frederika Vickers Conrad and her husband, Dr. Joseph W. Conrad. The Quinbys specified that the income from this fund must be used to award a scholarship to those persons interested in pursuing a career in medicine, paramedicine, nursing, laboratory, technical work, hospital administration or any allied health field, to be determined and approved by the Scholarship Committee of the Little Falls Hospital Board of Trustees.

"This year's scholarship candidates were exceptional and among the most talented to ever apply," said Tony DeLuca, Scholarship Chair. "We are happy to be able to assist them in achieving their goal of working within the healthcare profession and we wish them success." "We are grateful to Dr. Sue Conrad Quinby and Roger P. Quinby for their generosity and continued support of the Frederika Vickers Conrad and Dr. Joseph W. Conrad Scholarship."

The 2020 Scholarship Winners are: Candice Sabatino, attending Elmira College majoring in physical therapy; Emily Gehring, attending LeMoyne College majoring in

nursing; Leah Shepardson, attending Siena College majoring in nursing; Seth Rosario, attending Virginia Military Institute,

majoring in biology; and Hanna Stack, attending Utica College; majoring in biology.



(L-R, front to back): Candice Sabatino, Emily Gehring, Leah Shepardson, Jenna Grabinski, Seth Rosario, Hanna Stack, Justin Hummel, Scholarship Committee; and Tony DeLuca, Chairman of Scholarship Committee.

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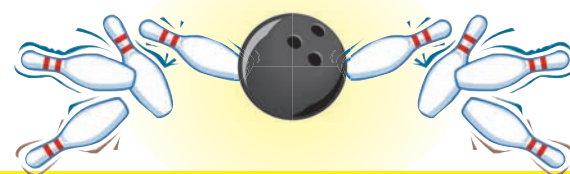
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Fall-planted bulbs guarantee a colorful spring garden

Fall is in the air and that means it's time for mums, pumpkins, apples — and planting spring-blooming flower bulbs. Invest an hour or two this fall to enjoy weeks of color next spring.

Inside each bulb is a reserve of stored energy that helps

power the development of roots, shoots, leaves and flowers. Being so self-sufficient means that flower bulbs don't have to wait for perfect weather or ideal soil conditions. By nature, they already have what they need to thrive.

Bulbs are easy

Flower bulbs are perfectly packaged for easy planting. Just dig a hole and drop in the bulb. Most bulbs aren't very particular about where they are planted. They will perform as well in pots and containers, as they do in flower gardens, beneath trees and shrubs, and in woodlands, meadows — even lawns.

Planting flower bulbs doesn't require any special knowledge or experience. Simply plant the bulbs this fall and sit back. When spring arrives, your bulbs will start blooming before anything else in your garden.

Bulbs are bountiful

Nothing says spring like a field of yellow daffodils or a flower bed filled with colorful tulips. Fall-planted bulbs have an astonishing amount of flower power for their size. They're also inexpensive and it's surprisingly easy to create a big impact with just a handful of bulbs.

Some types, such as daffodils and scilla, are reliably perennial. Once established, they will bloom for generations and can multiply to carpet large areas with their cheery blooms. Others, including tulips and hyacinths, are usually treated as annuals, which lets you experiment with new color combinations every year.

Bulbs are dependable

Each type of flower bulb blooms at a particular time of year and has its own proper planting time. Spring-blooming bulbs such as tulips, daffodils, and alliums, must be planted in the fall for flowers the next spring. Choose a planting location with well-drained soil that gets at least half-day sun.

Planting can begin as early as September and can continue right through early December. For best results, get your bulbs into the ground at least 3 weeks before the soil begins to freeze. Once planted, the bulbs will quickly develop roots and then go to sleep until spring.

Bulbs offer lots of choices

Spring-blooming bulbs are loved the world over for their brilliant colors and ability to tolerate chilly spring weather. The earliest bulbs, such as snowdrops and crocus start flowering just as the snow melts. Others follow in quick succession, delivering wave after wave of color, while most other plants are still waking up.

When selecting bulbs, be sure to include early, mid, and late-season bloomers. This way you will always have new flowers coming into bloom. Spring-flowering bulbs that are planted in fall include:

Winter hardy in growing zones 4-7

Snowdrops, Crocus, Daffodils, Scilla, Chionodoxa, Tulips, Muscari, Hyacinths, Fritillaria, Alliums and Dutch Iris.



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Pathways Academy awards grow in number and in influence on students at Remington building

Students are honored not just for academic achievement during the quarterly Herkimer-Ful-

ton-Hamilton-Otsego BOCES Pathways Academy Awards at the Remington school building,

but also for leadership, improvement, attendance, hard work, attitude and more.

The awards have helped motivate Pathways Academy students – creating growth in the size of the award ceremony since it started in 2017, said Pathways Academy teacher Erica Haver, who is a team leader for the Positive Behavioral Interventions and Supports (PBIS) program at Pathways.

"I've definitely seen improvement," she said. "Every year, it becomes bigger. More and more awards. More students getting more awards. We're seeing some that are getting six, seven awards."

Pathways Academy is one of many programs Herkimer BOCES operates out of the Remington school building at 77 E. North St. in Ilion. A public vote for residents in all Herkimer BOCES component school districts is scheduled for noon - 8 p.m. on Tuesday, Sept. 29 on a Herkimer BOCES proposal to purchase the Reming-

ton school building from Central Valley. The Central Valley community voted 256-16 on Nov. 12, 2019 in favor of selling the building to Herkimer BOCES.

Pathways Academy focuses on students who have had a difficult time in a traditional school structure or have to catch up on credits but have the ability to get a high school diploma. Pathways Academy classes are project-driven and infuse career and technical education.

The quarterly Pathways Awards are part of the Pathways Academy PBIS program, which in-

cludes various aspects including students earning "BOCES Bucks" for positive behavior that they can use on reward days to purchase items or experiences. There also is normally an end of the year carnival with food and fun activities.

During the Pathways Academy Awards ceremony on March 2, before schools closed, 195 awards were given out to 118 students. Organizers are still determining how the awards are going to be handled this school year.

Pathways 11



From left, Jaida Jackson and Cole Trask, who were Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy students last school year, pose after winning awards during a ceremony on March 2 at the Remington school building in Ilion. For information about the public vote on Tuesday, Sept. 29, on the Herkimer BOCES proposal to purchase the building from Central Valley, visit www.herkimer-boces.org/remingtonbuilding. Photos courtesy of Herkimer BOCES

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Pathways from 10 —

Another aspect of the awards that has grown has been the number of parents attending, Haver said.

"It's really good for the parents to see the students winning awards because this didn't necessarily happen for these students in the home schools," Haver said.

School vote on Sept. 29

Herkimer BOCES has leased the former Remington Elementary School from Central Valley for the Pathways Academy and other

programs since 2013. During the 2019-20 school year, 212 school-aged children from the 10 component school districts and 250 adults from the community attended programs housed in the Remington building.

As a more permanent solution to its space needs, Herkimer BOCES proposes to purchase the Remington school building.

The vote for residents of all 10 component districts is Tuesday, Sept. 29, on whether to authorize the purchase of the

building by Herkimer BOCES.

Qualified voters may vote at any location listed below or at the Herkimer BOCES William E. Busacker Complex Technical Education Conference Room at 352 Gros Blvd. in Herkimer. Each district will have a voting location for residents' convenience:

- Central Valley: Small gym at CVA
- Dolgeville: High school lobby
- Frankfort-Schuyler: Old gym
- Herkimer: Media Center Jr./Sr. high school
- Little Falls: Middle school gym
- Mount Markham: District office
- Owen D, Young: Gym
- Poland: Lobby
- Richfield Springs: Entrance adjacent to baseball field
- West Canada Valley: High school front lobby

A qualified voter for the Herkimer BOCES proposal must be 18 years of age or older, be a citizen of the U.S. and have or will have resided within the Her-

kimer-Fulton-Hamilton-Otsego BOCES region for a period of at least 30 days.

All persons offering to vote will be asked to provide one form of proof of residency. Such form may include but is not limited to a driver's

license, a non-driver ID card, a utility bill or a voter registration card.

Upon offer of proof of residency, all persons offering to vote will also be required to provide their signature and address. Persons who do not provide a proof of

residence will be asked to sign a declaration in order to be allowed to vote.

Find out more information about the purchase proposal and the vote at herkimer-boces.org/remingtonbuilding.



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Brandon Sorce, a Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy student last school year, walks up to accept an award during a ceremony on March 2 at the Remington school building in Ilion.

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Little Falls Hospital entrance provide a sense of calm

Ken Stevens, Little Falls Hospital's Director of Environmental Services, is the man behind the flowers at the entryway of the hospital. Seasonally, Stevens beautifies the entryway with bright, bubbly colors such as red, yellow, pink and orange welcoming all that come through the hospital's doors.

"I enjoy planting seasonal flowers not only for the hospital, but for myself," says Stevens. "It gives me great pleasure in hearing patients and visitors commenting on how beautiful the landscape is in front of the hospital and that I had a part in it."

Research shows that flowers decrease anxiety and increases a sense of calm. They help us relax and stay calm through situations that would typically cause stress.

Ken Stevens, Director of Environmental Services

Photo courtesy of Little Falls Hospital

Whitestown distributes letter to residents affected by 2019 flooding

The Town of Whitestown has mailed an informative letter to residents affected by the 2019 Halloween storm flooding event, detailing their partnership with NRCS as well as upcoming meetings. This letter is also available for download on the Floodplain Easements portion the NRCS website at tinyurl.com/yx9m8s5w. Check back often for up-to-date information regarding this partnership.



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\$3 million in CARES Act funding invested across the Mohawk Valley

Mohawk Valley Economic Development District Inc. (MVEDD) has been awarded \$3 million from the Economic Development Administration (EDA)

through the CARES Act Recovery Assistance Program. MVEDD will administer a Revolving Loan Fund (RLF), which will provide critical gap financing to small busi-

nesses and non-profits adversely affected by the coronavirus pandemic. The RLF provides low interest loans to small businesses and nonprofits located within

Montgomery, Fulton, Herkimer, Oneida, Otsego and Schoharie counties.

Loans may be used for working capital expenses (payroll, rent or

mortgage payments, utilities or expenses relating to COVID-19 social distancing measures) or any necessary expenses for responding to economic

injury due to the coronavirus. MVEDD is now accepting applications. To apply, visit mvedd.org for more information and the application.

Educational toys to support at-home learning this school year

(StatePoint) – This fall semester is unlike any experienced in recent history, with some students learning at home and teachers facing new challenges to keep students engaged.

For this reason, many parents are looking for extra support at home. Luckily, there are fun ways to infuse more learning into daytime schedules. Here are three learning toys which can keep kids engaged:

• **Build the Fundamentals:** Help lay the foundation for academic achievement while getting kids ages 2-7 excited about learning with the LeapStart

Preschool Success interactive learning system. Touch-and-talk activities such as games, puzzles and creative challenges enhance learning to help kids build math, reading, problem-solving skills and more. The easy-to-hold stylus is comfortable for kids of all ages and promotes proper writing grip. And because the activities build on one another, this is not just a toy, but a learning system that can grow with your child. The expansive LeapStart library of books (sold separately) covers a variety of preschool through first grade subjects with more than 30



Young explorers can travel the world and see everything in it with the Magic Adventures Globe.

activities in every book.

• **Explore the World:** Young explorers can travel the world and see everything in it with the Magic Adventures Globe. Using the stylus, children can tap on the interactive learning globe and experience new places, languages, cultures, animals, geography, habitats and more through high-quality BBC videos. Featuring an integrated video screen, animations and live-action videos can supplement the school curriculum to provide a deeper understanding of the world. Three built-in interactive games further encourage kids to grow their geographical and cultural knowledge.

• **Spark a Love of Literacy:** Spark a love of reading and writing with the LeapReader Reading and Writing System, a tool which sounds out words, guides letter strokes and builds comprehension. LeapReader is also available with an accompanying book set that features interactive pages, lively character voices and activities that help boost reading confidence by introducing vowel sounds, sight words, word blending, spelling skills and more. Young readers can continue their learning journey with additional books advancing through four reading levels.

These learn-at-home toys are available on Amazon. For more information and school year ideas, visit www.leapfrog.com.

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King Crossword

ACROSS

1 Amorphous mass

5 Pouch

8 Con job

12 Portrayal

13 Id counterpart

14 Actress Jessica

15 "The danger has passed"

17 Borscht ingredient

18 Shelton or Lively

19 Chopping spree?

21 Breakfast for many

24 Jam ingredient?

25 Treaty

28 Teeny bit

30 Cow's chaw

33 Ostrich's cousin

34 Small chalkboard

35 Work with

36 Suitable

37 Gasp for air

38 Impale

39 Masseuse's workplace

41 Not this way!

43 Plot

46 Supermarket section

50 Cupid's alias

51 2,000 pounds

12

15

18

25

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54 Legal wrong

55 "Wham!"

56 String

57 Gospels fol-lower

58 Longing

59 Robert of "Airplane!"

8 Israeli indi-gene

9 Unambiguous

10 Help a hood

11 Partner

16 Journey seg-ment

20 Pinnacle

22 Big bash

23 Rise

25 Pod dweller

26 Pump up the volume

27 Curtail

29 "Beetle Bailey" dog

31 NAFTA signa-tory

32 Society new-comer

34 Unwanted email

38 Tattletale

40 Nuisances

42 Stratego situ-ation

43 — good example

44 Gator's kin

45 Catch sight of

47 Old portico

48 Australian parrot

49 Conclusions

52 Weeding need

53 Have

DOWN

1 Snatch

2 Take to the hammock

3 — podrida

4 St. Thomas —

5 Witness

6 — Khan

7 Stopper

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Tree is larger. 2. Fence is missing. 3. Hubcaps are different. 4. Earring is different. 5. Windshield is gone. 6. Wall has been extended.

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Weekly SUDOKU

by Linda Thistle

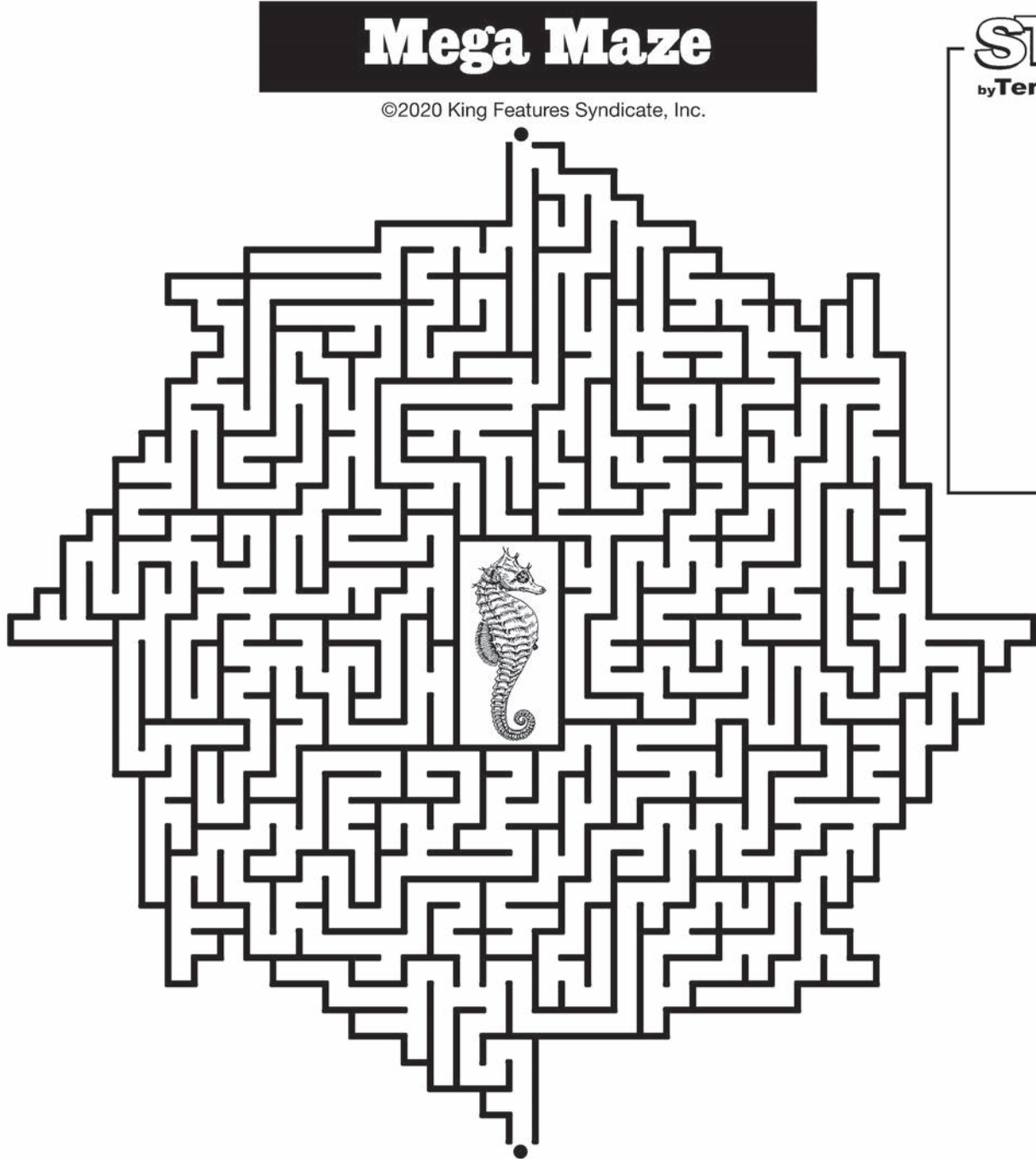
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7				3			8	
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	8		9					1

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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Mega Maze

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STICKELERS [sic].
by Terry Stickels

Walking at 3/4 of her usual speed,
Molly arrives at her destination 2 1/2
hours late.

What is her usual time for
walking this distance?

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GRIN & BEAR IT ^{by Wagner}

"Your appeal was denied."

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Kovels: Antiques and collecting

by Terry and Kim Kovel

Ivory pie crimper

Old tools can be hard to identify because many are no longer used. A carved ivory leg with a little wheel at the top looks like it might be a toy or a drawing aid, but it would be odd to make a tool of ivory. This auction item, recently sold by Eldred's Auctions, is a pie crimper, probably made by a sailor to give to a girlfriend or mother. It sold for \$3,600 as an interesting, decorated piece of folk art. Those who bake pies know that the wheel is used to cut or seal decorative edges of a pie crust. But there is another bit of history that makes this antique interesting.

In the 1950s when we started writing about antiques, the identification of unfamiliar objects was based on old letters, ads, family stories and guesses. Today, most of the conclusions are considered myths. Sailors had time to carve many small ivory objects, often as gifts. Parts of the human body were considered erotic, and at various times the ankle, leg, neck, bust, buttocks, long hair or

even total nudity were featured in paintings and pictures to set a risque mood. But today the story of the ankle or the leg is considered a myth. Women usually wore boots, long stockings and long skirts for comfort and the leg was rarely visible. So, the pie crimper was a gift of love, but probably nothing more serious.

Q: My father owned a butcher shop and grocery store in the 1940s and '50s. I have several tins that held coffee, cookies, pretzels, lard and spices that came from the store. Are they worth anything?

A: The first tin cans were made in the early 1800s. The type of can we use today, with a crimped top and soldered side seam, was first made in 1898. Some collectors of advertising items collect tins. Some specialize in tins for a single product, like coffee, tobacco, beer or oil. Tins with modern graphics and streamlined pictures indicate that they are no older than the 1940s. Collectors want older tins and tins for products that are no longer being produced. Tins with interesting graphics usually sell for more than those with just words. Some sell for a few hundred dollars or more, but common tins sell from about \$50 to \$100.

Current prices:

Folding ruler: boxwood, brass hinge tips, No. 61 Stanley, 24 inches, \$20.

Mixing bowls, nesting, red, turquoise, baby blue, yellow, McKee Glasbake, 1950s-60s, 6 inches to 9 1/2 inches, set of 4, \$145.

Toy - Space Frontier: Apollo 15, battery operated, astronaut, revolving, stop-and-go action, hatch opens, Yoshino, box, 1960s, 18 inches, \$270.

Doorstop: rabbit, wearing coat with tails and top hat, painted, cast iron, Albany Foundry 94, 10 inches, \$540.

TIP: Toothpaste makes good silver polish. It also can be used to clean ceramic doll faces. A toothbrush makes a good small scrubber.

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

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This ivory pie crimper was made in the 1800s by a sailor and sold at an Eldred's auction recently for \$3,600. It is a piece of folk art with several suggested explanations of the design.



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The kitchen personnel will provide:

1. Dinners or items of a lunch menu, on Thursdays (one month after snow arrival), Fridays, Saturdays, and Sundays.
2. The purchase and responsibility of all food to provide such service stored on or off the premises.
3. \$400.00 deposit on or before the execution of this agreement, which is refundable after the season closes, approximately March 2021, and the kitchen will be restored to its original condition.
4. Propane will be provided by the kitchen renter. All propane cost will be the responsibility of the kitchen renter, and the propane bill will be paid through the bar manager. Brandow Gas Company supplies propane. The propane tank will be full when you arrive at the beginning of the season and must be full at the end of the season.
5. Payment of \$100.00 per week for the use of the kitchen, utensils, and all other related equipment.
6. A menu is to be posted outside the kitchen. Must be placed on the wall facing Curtis Road.
7. Kitchen personnel are responsible for cleanup. Areas included the entire kitchen, and dining room. An exception of cleanup is during club events.
8. A minimum of 24 hours per week are required. Hours are as follows: 5-11 P.M. on Fridays, 11 A.M. to 11 P.M. on Saturdays, and Noon to 6 P.M. on Sundays. Hours will not be reduced without definite permission from the Board of Directors. Penalty for closing without permission will resided in a cost of \$50.00 per hour.
9. All paper products and materials used in the preparation and serving of food will be the responsibility of the kitchen personnel. Separate accounts will be used for vendors. Meaning, kitchen invoices are billed to renter and Salisbury Ridgerunners invoices are billed to the club. Nothing will be purchased by the renter in the clubs name.
10. The responsibility for the removal of all kitchen garbage and/or their own dumpster which will be paid for through the bar manager.
11. The kitchen personnel will provide the Salisbury Ridgerunners with an insurance certificate for product liability in the amount of not less than \$1,000,000.
12. Any infraction of conditions of this agreement will cause immediate termination of this contract.
13. Kitchen personnel will provide their own food permit with both their name and "Salisbury Ridgerunners Snowmobile Club Inc." name on it.
14. At least one kitchen personnel must attend the monthly board meeting. From November until the close of the 2020-2021 snowmobile season.

Fill out an application by contacting
Don Denapole 315-360-7156

by Wilson Casey

1. Is the book of Colossians in the Old or New

Testament or neither?

2. Whose first chapter (KJV) begins, "Now it

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Sat. Sept 26th - sale held on the farm 2074 Ballina Road, Cazenovia, NY. Ju-Vindale Complete Machinery & Equipment Auction. JD 4020 w/cab & powershift, JD 4020 Syncro w/dualls; plus more equip. watch future ad.

Mon. Sept. 28th - Normal Monday Sale & Monthly Organic Day. 10-12 Grassfed Organic Jerseys some recently fresh and some due soon. Also a Jersey Bull.

Mon. Oct. 5th - Normal Monday sale & Monthly Fat Cow & Feeder Sale.

Mon. Oct. 12th - Normal Monday Sale & Monthly Heifer Sale.

Sat. Oct. 24th - Special Round-Up Fat Cow & Feeder Sale. Featuring a Commerical Grassfed Angus Cross Beef Herd of 80 Head. This herd consist of Brood Cows, Cow/Calf Pairs and feeders - this will be the best group you can find!! Call to advertise your group today it will make a difference.

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Bible Trivia

came to pass in the thirtieth year, in the fourth month ..."? Ezra, Ezekiel, Micah, Malachi

3. From Exodus 10, what was blown out of Egypt by a strong west wind? Rivers, Locusts, Sinners, Nightness

4. In 1 Chronicles, who killed a 7 1/2-foot tall Egyptian giant? Beniah, Gideon, Jannes, Baruch

5. From Genesis 28, what city was the site of Jacob's famous dream? Lachish, Perga, Haran, Bethel

6. In Colossians 4, what city was home to Philemon? Berea, Shechem, Beersheba, Colossae

ANSWERS: 1) New; 2) Ezekiel; 3) Locusts; 4) Beniah; 5) Bethel; 6) Colossae

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Announcements

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Announcements

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Announcements

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The Kitchen Diva

by Angela Shelf Medearis

Green tomatoes: Fruit of the vegetable patch

Every year, my small vegetable garden produces far more tomatoes than I can possibly use. As the season wanes, an abundance of green tomatoes forlornly hang on the vine looking for enough sun to turn them into red jewels. I've begun searching for unique ways to use green tomatoes as a vegetable and as a fruit in my recipes.

Scientifically, tomatoes are classified as a fruit, but since they don't contain the sweet flavor of most fruits and are typically used in savory dishes, they're legally classified as a vegetable.

Tomatoes are low in calories and a good source of vitamins C, A and K. They also are a very good source of molybdenum, potassium, manganese, dietary fiber, chromium and vitamin B-1. In addition, tomatoes contain lycopene, which has antioxidant and cancer-preventing properties.

My recipe for Green Tomato and Or-

ange Relish uses green tomatoes like a pickled vegetable. It freezes well, and makes a delicious change from traditional cranberry relish for holiday meals.

The spices and flavors of my Green Tomato Spice Cake act as a showcase for the tomato's fruit-like qualities. Whether you decide to use your abundance of green tomatoes like a vegetable or a fruit, you can't go wrong with these recipes!

Green tomato and orange relish

4 medium green tomatoes
1 large purple or Vidalia onion
1 cup orange marmalade
2 cups dark brown sugar
1/2 cup apple cider vinegar
1/8 teaspoon red pepper flakes

1. Core the bottom of the green tomatoes and cut them into quarters. Peel the onion and cut it into quarters. Using a food processor, pulse the green tomato and onion 8 to 10 times, until the pieces become small ("pickle-relish" size). Do not puree.

2. Using a 4-quart, heavy-bottomed pot, put in all the ingredients at once. Cook over low heat for 15 minutes, stirring until blended and the sugar begins to dissolve.

3. Turn the heat to medium and cook for 30 to 40 minutes, stirring occasionally. The relish should be syrupy and slightly thick. If it does not seem to have thickened enough, cook the relish 10 minutes more.

4. Cool for 2 hours, and then put the relish in an air-tight container and refrigerate it. The relish can be refrigerated for two weeks. You also can place the cooled relish into plastic zip-lock storage bags and freeze for up to 6 months. Makes 5 cups of relish.

Green tomato spice cake

1 box spice cake mix
1 1/4 cups water
1/3 cup vegetable oil
3 eggs

2 tablespoons light brown sugar
3 tablespoons all-purpose flour
1 teaspoon vanilla
1 cup pecans or walnuts, chopped
1 cup raisins (or dried cranberries, craisins or currants)

1 1/2 cups diced green tomatoes
1 large, peeled and diced, Granny Smith apple (about 3/4 to 1 cup)

3/4 cup powdered sugar
1 cup sweetened coconut, toasted, optional

Whipped cream, optional

1. Heat oven to 350 F.

2. In mixing bowl, lightly beat the water, vegetable oil, eggs and brown sugar until combined, about 2 minutes. Stir in the spice cake mix and flour, and mix until smooth. Stir in the vanilla, pecans or walnuts, raisins, to-

Kitchen 19

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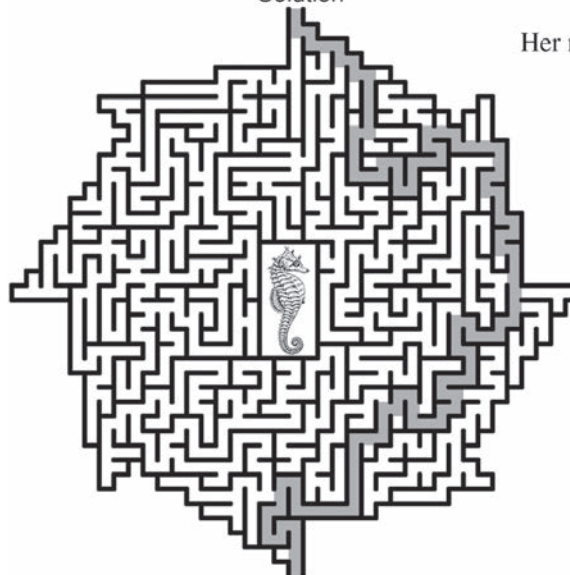
Weekly SUDOKU

Answer

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

Mega Maze

Solution



King Crossword

Answers

Solution time: 25 mins.

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

Sticklers Answer

The answer is 7.5 hours.

Her new time is 4/3 T. So 4/3 T = T + 5/2

$$4/3 T - T = 5/2$$

$$4T - 3T = 7.5$$

Just Like Cats & Dogs by Dave T. Phipps



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Raw Green Organic Tomatoes Ready to Eat

Kitchen from 18

matoes and apples. Blend well.

3. Spoon the batter into a greased and floured 9-by-13-inch baking pan. Bake for 45 to 55 minutes, or until a wooden pick or cake tester inserted in center comes out clean. Loosen the cake from the sides of the pan with a knife or spatula. Cool for 30 minutes.

4. Using a fine-mesh strainer or a sifter, sprinkle the top with powdered sugar. When serving, top each slice with a tablespoon of coconut and/or whipped cream, if desired.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. (www.tickettodream.org)

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Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is October 15 - December 7.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year - things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and the "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information

about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or Medicare.gov
or call **Herkimer County Office for the Aging's**
HIICAP program at (315)-894-9917



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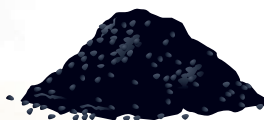
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