

HERKIMER

Country Editor

Serving the Valley for 53 Years

OCTOBER 9, 2020

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Volume 10 Number 17

For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God. John 3:20-21



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Rebates: Ask an Associate or log on to our Nearest Stores' Facebook Page for details. Terms & Conditions Apply. See store for complete details. Not responsible for typographical errors.

Harbor Freight Tools to open new store in Herkimer Oct. 17

Harbor Freight Tools, America's go-to store for quality tools at the lowest prices, will open its new store in Herkimer on Saturday, Oct. 17 at 8 a.m.

The Herkimer store, located at 232 W. Albany St., is the 47th Harbor Freight Tools store in New York. The new store brings approximately 35 new jobs to the community. As a designated essential service, the store will be open seven days a week from 8 a.m. - 7 p.m. Monday - Saturday, and from 9 a.m. - 6 p.m.

on Sunday. (It will resume its regular hours of 8 a.m. - 8 p.m. Monday - Saturday and 9 a.m. - 6 p.m. Sunday after the COVID-19 crisis has passed.)

"We're ready to serve and deliver value to customers in Herkimer and all of Herkimer County," said Greg Unger, store manager. "At Harbor Freight, we recognize that now, more than ever, our customers depend on Harbor Freight for the tools they need to get the job done at an affordable price. We are the place

for quality tools at the lowest prices for mechanics, contractors, homeowners and hobbyists - any tool user who cares about value."

The store will stock a full selection of tools and equipment in categories including automotive, air and power tools, storage, outdoor power equipment, generators, welding supplies, shop equipment, hand tools (which come with a lifetime warranty) and much more. At 20,000 square feet, the stores are much

easier to shop than the huge home centers.

During the COVID-19 crisis, all Harbor Freight stores have implemented more frequent cleaning and are following the guidelines from the CDC, including social distancing to protect the health and safety of our customers and associates. Any individual who has any COVID-19 symptoms is asked to shop on our website, HarborFreight.com, rather than in our stores.

Storing leftover garden seed

If you didn't use up all the garden seed you bought this year, much of it can be stored for use in next year's garden - depending on the plant species. Seeds of some plants, such as corn, parsley, onion, viola (pansies), verbena, phlox and salvia, are not very long lived, lasting only one or two years at best. Other seeds, including beans, carrots, lettuce, peas, radishes, snapdragon, cosmos, sweet William and zinnia, will remain viable (capable of germinating) for three to five years.

Seeds need to be kept cool, dark and dry so that they retain stored carbohydrates and minimize fungal infection. You can keep the seeds in their original packets to preserve their labeling information. If you transfer the seeds

to another container, be sure to label them with at least the plant name and the year the seed was purchased. Either

way, be sure the seed is as dry as possible before placing in storage.

One of the more practical methods

for storing small quantities is to place leftover seed in sealable jars or other airtight containers and store in a cool, dark area, such as the refrigerator (not the freezer). A layer of powdered milk or uncooked rice at the bottom of the container will absorb excess moisture. Use a paper towel to separate the seed from the absorptive material.

When it's time to plant next season, you can do a germination test on a few seeds to see if they sprout before you plant the rest. But these days, many seed packets have only a few seeds to begin with, so the germination test may be a moot point. On the other hand, saving even a few seeds can make a big impact on next year's gardening budget.

Source: Purdue Extension



Carrot seed.
Photo provided by Rosie Lerner



Swiss chard seed.
Photo provided by Rosie Lerner



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ELECT JUDGE MARK ROSE

HERKIMER COUNTY FAMILY COURT JUDGE



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November 3, 2020

General Election

Make Your Vote Count!

Vote Row C

Mark Rose Family Court Judge

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Monday–Friday, 8 am–8 pm

Eastern Time, October 1–March 31, seven days a week, 8 am–8 pm

Try MVP's new Medicare Cost Calculator, or schedule a one-on-one virtual appointment at MovetoMVP.com/central.

The annual election period for MVP Health Care Medicare Advantage health plans is Oct. 15–Dec. 7, 2020. MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

Telemedicine services from MVP Health Care are powered by Amwell and UCM Digital Health. Regulatory restrictions may apply.

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Residents of Herkimer BOCES component schools approve Remington school building purchase

Residents of Herkimer-Fulton-Hamilton-Otsego BOCES component school districts voted 611-44 on Tuesday, Sept. 29 to approve Herkimer BOCES purchasing the former Remington Elementary School from Central Valley.

The Central Valley community voted 256-16 on Nov. 12,

2019 in favor of selling the building to Herkimer BOCES. This second vote was the last step in the public approval process necessary for the purchase to take place.

Herkimer BOCES has leased the Remington school building at 77 E. North St. in Ilion from Central Valley since 2013 and

proposed the purchase as a more permanent solution to its space needs.

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

Under the ownership of Herkimer BOCES, the building will be known as the Herkimer BOCES Remington Educational Complex.

Herkimer BOCES District Superintendent Sandra Sherwood commented how grateful she was for this vote outcome, which was a more than 93%

approval rate.

"The strength of this vote really shows how much the programs and services housed at the Remington Educational Complex mean to our schools and communities," Sherwood said. "I know the staff and the students will be thrilled to hear these results."

To your good health

by Keith Roach, M.D.

Cologuard test worth risk of false positive

Dear Dr. Roach: I am a 77-year-old man in good health. At my recent annual physical exam, my physician ordered a Cologuard kit to be sent to me to screen for colorectal disease. I have never had symptoms of disease or problems with any part of my gastrointestinal tract. I had two colonoscopies at different times several years ago, the results of which were negative. When I got the kit, I read the patient guidelines and learned that the Cologuard test could result in false positives and that there is an unspecified increase in the risk of false positives for persons over the age of 75.

A positive result from the test requires a follow-up colonoscopy, which is also riskier for elderly patients. Since I am in good health with no symptoms of any disease, I decided I did not want to risk a false positive result from the test, which would require a follow-up colonoscopy. Did I

make the right decision? — E.G.

Answer: Cologuard is a brand of test that looks at DNA in stool for evidence of cancer. Certain DNA mutations are highly suggestive of cancer. In addition, Cologuard does an immunochemical test looking for blood. Because it combines these two techniques, Cologuard is more sensitive than only a test looking for blood. Compared with colonoscopy, Cologuard is about 92% sensitive in finding cancers, meaning it will miss about 8%.

With improved sensitivity comes a lack of specificity, which means you could have a false positive result. The Cologuard can say that you have an abnormality when a colonoscopy would indicate normal. For 45% of people with a positive Cologuard test, no abnormalities will be found upon colonoscopy. You are right that false positives are more prevalent in older individuals.

There are two reasons that I think the Cologuard is still a rea-

sonable choice, despite the fact that it isn't as good as colonoscopy. The first is that I continue to recommend a screening test for healthy 77-year-old men, and although colonoscopy is my first choice, a normal Cologuard test prevents a need for colonoscopy, and a false positive would lead to the same colonoscopy you would have gotten anyway (although there probably is more anxiety after a false positive test).

The second is that a person with an abnormal Cologuard and a normal colonoscopy may be at risk for an abnormality that wasn't found on colonoscopy. A study looking at people in this category found a 25% risk of abnormality on follow-up colonoscopy, if the Cologuard was abnormal again one to two years later.

Dear Dr. Roach: I had lung surgery in 2014. The scar is still red and sore.

I got no instructions on how to deal with it. Do you have any suggestions? — J.S.B.

Answer: That's a very long time for the scar to still be red and sore, and I would encourage you to have the surgeon or your regular doctor take a look. For people with redness and soreness in a scar shortly after surgery, I recommend silicone gel (there are many available), as it has been shown to be effective.

Many people recommend vitamin E oil, but well-done studies have shown this does not help and may harm the cosmetic appearance.

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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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

October 9

Zoom Creative Writing Class For kids 5th-8th grade. Free. Every Friday at 1 p.m. To enroll, call 315.823.1542. Hosted by Little Falls Public Library.

Pulled Pork BBQ Drive-Thru Dinner 4 p.m. until sold out. Dolgeville United Methodist Church parking lot on 21 N. Helmer Ave. \$10. Features pulled pork on a roll, salt potatoes, baked beans and chocolate chip cookies.

October 10

Chicken BBQ at Herkimer Elks Lodge, 124 Mary Street 11 a.m. until sold out. Advance sale tickets available at the Herkimer Elks Lodge. Call 315.866.1439.

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. Chinese Auction: Purchase tickets noon - 4 p.m. Masks and distanc-

ing 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. 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.

Third Wednesday Night Dinner 4-6 p.m. or sold out - whichever comes first - at First Baptist Church, 8 Second St., Ilion. Quesadilla, black beans and rice, burrito, homemade desserts. \$10 per dinner. Takes out only. For more info contact the church office at 315.894.9041.

Free Virtual Program on the Lost Colony of Roanoke. Free virtual program presented on "The Lost Colony of Roanoke" by historian and author Cheryl Pula at 6:30 p.m.,

hosted by the Herkimer County Historical Society. Zoom link available to join on the day of the program at www.herkimercountyhistory.org. For more information, call 315.866.6413.

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.

October 17

Homemade Soup and Bake Sale 10 a.m. - 1 p.m. Take out only - Minestrone, Cream of Broccoli and Steak & Potato. Grace Church Rectory, 7 E. Main St., Mohawk.

October 21

Herkimer County sponsoring Virtual Senior Citizen's Picnic. Due to COVID-19 we are unable

to hold the in person picnic but we will offer this virtual option. Any person over the age of 60 interested in participating can sign up to receive a free barbecue meal. Call Michele at 315.867.1152 by Oct. 14.

November 1

Meatloaf Dinner at St. Paul's Universalist church, Little Falls. 4-7 p.m. Takeout only. Delivery to a limited area. Call 315.823.2284. There will be someone at the church from noon on the day of the event.

November 7

Rabies Vaccination Day 1:30 - 3:30 p.m., East Herkimer Fire Department, 193 Main Rd., East Herkimer 13350. Pre-register by calling 315.867.1176.

November 14

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. Arc Herkimer's main building at 350 South Washington Street, Herkimer. Call Kelly Bunce at 315.574.7982 to register.

Breast Cancer awareness

Herkimer Elks Lodge

124 Mary St.

Chicken BBQ

Sat., Oct. 10th

11:00 AM until sold out

\$12 Take-Outs Only

Advance sale tickets available

315-866-1439



Area Church Services

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH
467 Main St.
Sunday Worship 10:30 AM

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

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

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

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

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

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
Father Brian Slezak, Pastor
31 N. Helmer Ave.
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
Phone 315-895-0926
Christianassemblyofschuyler.com

FRANKFORT
OUR LADY QUEEN OF APOSTLES
414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 5:30 PM;
Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

HERKIMER
SS PETER and PAUL ORTHODOX CHURCH
Fr Vasil Dubee & Fr Dn Demetrius Richards
305 Main Rd., Herkimer
Phone (315) 866-3272
Saturday Vespers -
5 PM (spring/summer months)
4 PM (fall/winter months)
Sunday Divine Liturgy 9:30 AM Sundays

HERKIMER
TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

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

CHURCH OF SAINTS
ANTHONY and JOSEPH
229 S. Main St.
Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

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

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
Worship Service for adults & children
8:30 AM & 10:30 AM
with Ridgekids for the children (0-5th grade)
Phone 866-0575

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

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

TRINITY EVANGELICAL
LUTHERAN CHURCH
Corner of West German & Henry Streets
Phone (315) 866-6474
Sunday Worship Services
9 AM Spoken Service
9 AM Faith Formation Sunday School
10:30 AM Service with Music
Bible Studies on Thursday Mornings at 10 AM

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

FIRST UNITED
METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS
Pastor Joelle Faulks
Prospect St & Park Ave.
Sunday Worship and Sunday School
9:00 AM

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

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

CHRIST EPISCOPAL CHURCH
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@mail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Free Community Dinner: Last Saturday of the
month, 5:00 PM on Mary Street Entrance

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

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

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

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

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

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

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

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

HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS
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 Ifirstpres@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 CHURCH
24 Fairfield St.
Church Services 8 AM - 9 AM

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

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

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

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

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

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

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

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

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

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

ST. JOHN THE BAPTIST CATHOLIC CHURCH
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Saturday Vigil 4 PM
Sunday Mass 8:30 AM

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

SALISBURY CENTER
FULL GOSPEL ASSEMBLY OF GOD
Pastor Robert Brent
106 Plant Road
Sunday Worship 11 AM with Children's
Church offered during the service

SALISBURY CENTER
UNITED METHODIST CHURCH
2545 State Route 29
Pastor Mark Hediger • 315-429-9085
pastormark@aol.com
Sunday Worship:10:30 AM
Weekly Bible Studies

STRATFORD
STRATFORD UNITED METHODIST CHURCH
1511 State Route 29A
Pastor Mark Hediger • 315-429-9085
pastormark@aol.com
Sunday Worship: 9:00 AM
Childrens' Sunday School: 9:00 AM
Weekly Bible Studies

Walking by Faith

Humphrey Memorials, Inc.

3051 State Rte. 28,
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Six questions to ask when taking your business online

(BPT) – Whether you run a solo small business, or your business is moving from brick-and-mortar to e-commerce, you've likely got a long to-do list – and you may not know where to start. Or if your business is already online, you may be trying to improve your website and stand out from the competition. Do you have the skills and know-how to make that happen?

Not everyone does. Chances are, you know a lot about your products or services, but not necessarily how to promote your business and run it successfully using today's digital tools. And due to the pandemic, increasing your online presence and running your business virtually has become even more crucial.

According to survey data released by Fiverr, 49% of U.S. small and medium-sized businesses are optimistic about their future prospects after the lockdown has passed, but not surprisingly, nearly a quarter (22%) of them do plan to increase their digital marketing spending as a result of COVID-19.

If you're one of the many entrepreneurs trying to figure out your next steps for taking – or optimizing – your business online, here are some questions to ask:

1. What are you selling?

Are you selling a product or a service? This makes a difference in how you run your business. Can your business happen virtually (if it's a service), or do you have to manage manufacturing, inventory and shipping on top of marketing and advertising, online ordering and finances?

2. Do you need your own website or online store?

Many small businesses can succeed – or at least start out – by selling products on an existing platform like Etsy or Amazon, rather than creating their entire online store from scratch. But it may not be as hard to build your own site as you think.

3. What do you need on your website?

What will best serve your business? "About" and "Contact Us" pages? Do you want to include a blog? Do you include customer testimonials and special promotions for new clients? Do you need a catalog of prod-

ucts and services? Does your business need to include a list of services, rates and shipping costs? Making a list of what your business needs is a useful starting point for whoever you hire to help build your website.

4. What web templates do you see working best for your business?

Are you familiar with WordPress, Wix and Square-space? Which would be the best to suit your particular business?

5. What type of content do you want to see on your site?

Would you like to see custom-made illustrations or animation? Stock or custom photography? How about videos?

6. How do you make sure customers can find your website?

There's a lot of competition out there. Unless you're well versed in SEO and how Google algorithms work,

you may not know how to build an online presence others can find using a web search.

Some entrepreneurs find the thought of putting their business online daunting, but with an expert in your corner, it can be simple and hassle-free. Fortunately, there's a service that can help you find the right talent to create a web presence that really reflects your unique brand: Fiverr is a platform connecting businesses of all sizes with skilled freelancers offering digital services in over 400 categories including graphic design, digital marketing, programming, video and animation. You can view professionals according to their skills, along with ratings, reviews and cost of the service you need.



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by Angela Shelf Medearis
Give mayonnaise that
personal touch

I spend hours every day thinking about food. I'm the director of a non-profit health outreach organization and a certified health worker tasked with sourcing and distributing food and essential supplies to underserved neighborhoods impacted by COVID-19. I'm also a chef, healthy food product developer, food writer and cookbook author with a passion for using unique ingredients -- produce, meats, herbs and spices -- to create recipes as the focus of my work to use food as medicine.

Sometimes, all those hours concentrating on food become a problem when it comes to figuring out what I want to eat. When that happens, I turn to a simple, satisfying solution -- I make myself a sandwich. It's the perfect, versatile, hand-held meal for any time of the day!

Sandwiches range from slices of beef, turkey, chicken or seafood on whole-wheat bread to roasted vegetables stuffed

in a pita. Dressings, spreads and sauces can add a delicious depth and complexity to a typical sandwich and completely change its flavor profile.

A mealtime sandwich suddenly becomes more interesting with the addition of a beautifully flavored mayonnaise. Adding herbs, spices or fruit to home-made or a good-quality store-bought mayonnaise changes the flavor and can be made to complement a wide range of meats, seafood and vegetables.

Mayonnaise is made by creating an emulsion, in this case oil and egg yolks, two ingredients that normally don't combine. Egg yolks provide a rich, creamy base, while adding lemon juice or vinegar to the mayonnaise emulsion also helps deter any bacteria growth. Using the highest quality eggs ensures that safety concerns are reduced to a minimum.

All the ingredients for making mayonnaise, especially the eggs, need to be at room temperature. Take everything out at least 30 minutes before you begin. The lecithin in the egg yolks also helps to stabilize the emulsion ingredients, and lutein adds an important antioxidant that helps to maintain healthy vision.

The key to making an emulsion is adding the oil in a slow, steady stream. The type of oil used in the

The Kitchen Diva



emulsion changes the flavor of the mayonnaise. Do not use unrefined oils containing monoglycerides or extra-virgin olive oil, as the flavor is too strong, and the emulsion will separate. For best results, use regular olive oil, or combine it with vegetable oil.

Use this basic recipe for mayonnaise, and then add your favorite combination of herbs, spices and other ingredients to create a spread that will add a special zip to your sandwiches.

Basic mayonnaise

For best results, avoid making mayonnaise during wet or humid weather, as it will affect

the emulsion and the mayonnaise will have a greasy texture. For a richer mayo, use only the egg yolks.

1 egg yolk
 1/4 teaspoon salt
 1/4 teaspoon dry mustard
 1/4 teaspoon sugar
 1/2 cup vegetable oil
 1/2 cup olive oil
 3 teaspoons lemon juice or white-wine vinegar
 2 teaspoons hot water

1. Using a food processor, blender or mixer set on medium speed, combine the egg yolk, salt, dry mustard and sugar until well-blended and a pale yellow.

2. With the motor running, slowly drizzle the oils

(1/4 cup at a time) into the yolk mixture in a slow, steady stream. Drizzle in 1 tablespoon of the lemon juice and a teaspoon of the hot water. Continue to alternate mixing in the oil and the lemon juice until all the ingredients have been combined. The finished mayonnaise will be thick. If a thinner consistency is desired, whisk in 1 or 2 teaspoons of hot water.

3. Cover and refrigerate for at least an hour before using to let the flavors blend. The mayonnaise will keep about 4 to 5 days. Yield: 1 1/4 cups.

The following additions add a unique flavor to this basic mayonnaise recipe:

Spices: saffron, paprika, cumin, mustard, coriander, chilies, horseradish/wasabi, ground ginger, curry powder and nutmeg.

Herbal Flavors: dill, parsley, basil, oregano, sage, cilantro, chives, chervil.

Other Flavors: grated lemon or orange zest, chutney, sun-dried tomatoes, capers, ancho-

vy paste, pureed avocado, roasted red peppers, lime juice, ground dried wild mushrooms, pesto sauce, barbecue sauce, hot sauce, pureed mango or crushed pineapple, soy or Worcestershire sauce, honey mustard, minced garlic, purple or green onions, olives, diced sweet or dill pickles.

Oil Substitutions: Infused olive oils, sweet almond oil, canola oil, safflower oil, avocado oil.

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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Disposing of leaf litter in Tick Country

by **Nadie VanZandt, Extension Master Gardener Intern, UVM**

There are two schools of thought when it comes to managing leaf litter at this time of year. Some people believe in leaving leaf litter as natural mulch on perennial beds and to provide habitat for beneficial insects. Others believe in removing dead leaves to prevent disease and discourage pests.

But did you know that piles of dead leaves and other plant refuse create a breeding ground for ticks? I didn't!

This past spring, while we were all confined to our homes, I was cleaning the layer of leaves left the previous autumn as protective mulch on my perennial beds. It was a therapeutic activity until I discovered an engorged blacklegged tick in my armpit and ended up on a course of antibiotics.

As a new resident of New England, I assumed that ticks were found in high grasses in summer and autumn. But during my virtual office visit, the attending physician informed me otherwise.

Apparently, ticks are alive and well throughout the year and can be found in leaf litter as well as high grasses and low-lying bushes. Moreover, springtime is particularly rife with small

tick nymphs, which are harder to notice when attached to the body. My fear of contracting Lyme disease convinced me to learn to manage leaf litter while minimizing my exposure to ticks.

In a recent study on the abundance of ticks in

leaf litter, Dr. Robert Jordan, a research scientist at the Monmouth County (New Jersey) Mosquito Control Division, noted that homeowners need to be aware that "accumulations of leaves and other plant debris provide ideal host-seeking and survival

conditions for immature blacklegged ticks." His research results indicate that the common practice of raking or blowing leaves to dump in edge habitats (where lawn meets woods) can

Disposing 9



Mulching helps break up piles of dead leaves, which harbor ticks, creating an unfavorable habitat for these pests.

Photos courtesy of Nadie VanZandt

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Disposing from 8



Shredded leaves, collected with the mower’s bag attachment, can be added to the compost pile to provide the high-carbon component needed to make healthy compost.

result in three times as many blacklegged ticks in these areas the following spring.

With this in mind, mulching leaves seems to be a better way to manage leaf litter than blowing or raking unless you plan to bag the leaves to take to a composting facility or else dump them far away from outdoor seating or play areas in your yard.

I prefer mulching my leaves, and here are some of the reasons why:

- Mulching gets rid of the piles of dead leaves, which harbor ticks, creating an unfavorable habitat for these pests.
- One single leaf may take a couple years to decompose while mulched leaves decompose quickly.
- Leaves mulched into your lawn will act as a natural fertilizer.
- Mulched leaves tilled into your vegetable and flower gardens add nutrients and organic matter to the soil.
- Mulched leaves make a desirable “brown” pile, the high-carbon component needed for your compost.
- Mulching is all-around easier on your back than raking or blowing and hauling leaves.

All it takes is a simple mulching mower equipped with double blades that cut the grass clippings and leaves into small pieces. Running the mower over a thin layer of leaves once a week or so is ideal, but you may need to mow more often to keep up.

If you are interested in saving the shredded leaves, collect them with the mower’s bag attachment. Storing a stash of shredded leaves near your compost pile makes it readily available to add to your compost pile to build healthy, odorless compost.

Some gardening websites suggest using shredded leaves as a layer of mulch on top of your flower or vegetable beds. In retrospect, this may create the very conditions you are trying to avoid since ticks thrive in a moist and cool environment.

Try mulching your leaves this autumn to reduce the tick population and improve your lawn and soil for free.

To read more about Dr. Jordan’s research on ticks and leaf litter, go to <https://bit.ly/3bdA0vo>.





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How to keep salad greens greener, longer

Tips for extending life, crispness of salad greens

by Paul Schattenberg

Salad greens are among the most perishable produce items, and keeping them crisp and fresh until consumed can be a challenge, said a Texas A&M AgriLife Extension Service expert.

"Salad greens are delicate and have a relatively short lifespan, and it takes some effort to keep them crisp and attractive," said Rebecca Dittmar, AgriLife Extension program specialist in nutrition, Kerrville, TX.

Spend your green on good greens

Dittmar said it is important to purchase the freshest possible greens from a trusted location.

Once greens are purchased, they should be brought home as quickly as possible and put into the refrigerator.

"Buying high-quality produce from a reliable vendor or grocery store not

only helps ensure you are getting the freshest possible product, it also helps ensure you are getting the maximum nutritional benefit from that product and are better protected from the possibility of foodborne illness," she said.

For maximum crispness, it's usually best not to wash the greens until you are ready to use them.

Dittmar said in her experience, the best method of preserving greens is to place them in a perforated or regular plastic bag or hard-sided container, then store them in the refrigerator crisper.

"If you have a salad spinner and plan to use the greens soon, you can clean them, spin off any excess moisture, then cover the spinner and place in the crisper for storage," she said.

She noted placing the greens in a plastic container or other hard-sided

box also provides the added benefit of protecting the greens from being crushed or bruised by other foods in the same area.

While some recommend wrapping washed and dried salad greens in a moist paper towel before putting them into a plastic bag or container, too much moisture can be a problem.

"The concern with wrapping the greens or lining the bag or container with a moist paper towel is that introducing moisture in the bag could promote spoilage or pathogenic growth," she said. "However, once it is rinsed and patted dry with paper towels, storing the greens in a bag or plastic container lined with dry paper towels to soak up any extra moisture should be fine."

Generally speaking, it's possible to keep most salad greens fresh for at least a week if you buy them at

peak freshness and take the proper steps for storing them in your refrigerator.

When preparing greens, whether peeling the leaves from a head of iceberg let-

tuce or chopping up arugula or romaine, wash the produce under cold running tap water to remove any lingering dirt. This also reduces the presence

of any bacteria that may be present.

"Both the U.S. Department of Agriculture and

How 11



Salad greens in the produce section of a grocery store. Texas A&M AgriLife photo by Kay Ledbetter

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How from 10

the Food and Drug Administration recommend washing produce under cold running water to get the best results," she said.

Consumers should not wash produce with detergent or soap, Dittmar added.

"Once rinsed, gently shake or agitate the leaves and thoroughly pat them dry between paper towels or spin-dry them in a salad spinner."

Different means for dif-

ferent greens

"It is not recommended to rewash produce that is prewashed and packaged," Dittmar said. "At the store, you may find produce like bagged salads labeled 'pre-washed' or 'ready-to-eat.' If you see this label, then you can safely use the produce without further washing."

However, she said, if consumers do choose rewash produce already marked as such, be sure it does not come in contact with unclean surfaces or

utensils, especially those that have touched raw meat, poultry or seafood or their juices. This will help to avoid cross-contamination.

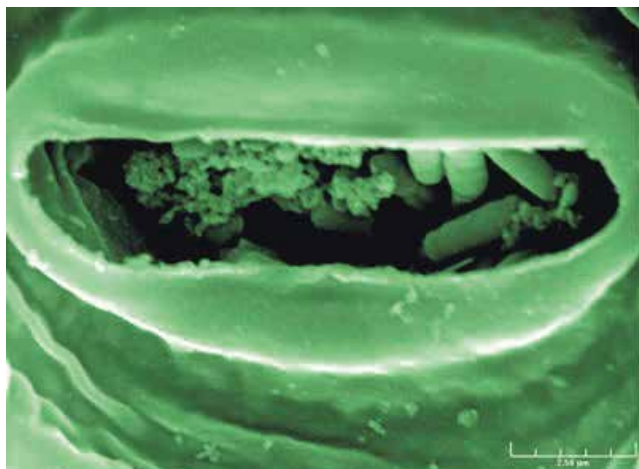
Other tips on storing different salad greens

- Whole heads of iceberg, romaine, bibb and other lettuce will stay fresher longer than leaves or chopped pieces. Heads of raw lettuce should be kept intact and left unwashed until ready to use. For romaine and bibb, remove any damaged or wilted outer leaves, place in a plastic bag or container and store in the crisper. For iceberg lettuce, keep the whole head wrapped in its original packaging and place in the crisper drawer until ready to consume.

- Loose-leaf lettuce such as spinach or arugula are typically pre-washed and sorted, but still pick through the lettuce to remove any damaged leaves. Line a sturdy glass or plastic container with a few dry paper towels, then scatter your greens on top and cover with a lid. Leave some room for the air to



The crisper drawer of the refrigerator is the best place to store salad greens. Texas A&M AgriLife photo



Electron microscope image of rod-shaped E. coli bacteria inside green-leaf lettuce. Texas AgriLife Research photo

circulate. If no container is available, use a plastic bag, but leave a small portion of it open so air can circulate.

- Kale is best if eaten soon after purchase, but it should keep for up to a week in the refrigerator. Store kale unwashed with leaves close together and wrap them in dry paper towels, then place in a perforated plastic bag or

plastic container and put in the crisper.

- Spinach, Swiss chard and collard or turnip greens should all be stored in a plastic bag or container in the refrigerator crisper. These greens usually stay crisp for four days or longer if properly stored.

- For kohlrabi, cut off the greens and wrap in a dry paper towel and place

in a perforated plastic bag or plastic container and store in the crisper. Kohlrabi leaves are among the most perishable of greens and will only remain crisp for two to three days. However, kohlrabi bulbs can last for up to two weeks if stored loosely in the crisper drawer of the refrigerator.

Source: Texas A&M AgriLife, Texas A&M University System

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Houseplants make us happy, keep us healthy

The houseplant is making a comeback, and it couldn't come at a better time than in the midst of a pandemic.

With so many people these days working from home offices and generally spending more time in their kitchens, living rooms and family rooms, houseplants provide environmental, health and ornamental benefits to those around them.

5 reasons to grow houseplants

Houseplants expel oxygen while humidifying air during drier periods.

They purify indoor air by absorbing volatile organic compounds, such as the benzene in ciga-



Snake Plant

rette smoke, and other indoor air pollutants. Their presence even buoys our spirits, studies say.

Their proximity apparently can even add a few years to our lives. An eight-year Harvard study released in 2016 found that American women living in homes surrounded by vegetation had a 12% lower mortality rate than those living in the least green areas.

For the more open-minded, they even offer companionship during this remarkable period of sheltering in place.

6 easy-to-grow houseplants for your home

- Snake plant – An easy

to grow plant that can handle the neglect. These tall vertical leaf plants are drought tolerant, grows in little light and are pest-free.

- Anthurium – Beautiful glossy leaves with heart-shaped blooms that will continue all year long. Provide bright, indirect light, and keep the soil damp, not wet, for optimal care.

- Petra Croton – Petra Croton has large, bold colored leaves that include shades of red, yellow, orange and bronze. Keep in full or partial sun and soil moist but not too wet or dry.

- Lemon Button Fern – A compact fern that has

small, golden-green, button-like leaves that when you handle them will produce a lemony scent. Ideal for terrariums and low-light areas.

- Stromanthe Triostar – This relative of the Prayer Plant has gorgeous dark green leaves with streaks of cream and pink on top and pinkish-purple underside. This plant likes indirect light (too dark and the variegation will diminish) but not direct.

- Golden Pothos – This golden-green variegated foliage vine will do well in even the darkest rooms in your home. It's a low maintenance plant preferring slightly damp soil.

Paw's Corner

by Sam Mazzotta

Badly behaved dogs need basic commands

Dear Paw's Corner:

Every time I read an article about a badly behaved dog, the trainer says that the dog needs to relearn basic commands like sit, stay and lie down. Why would unrelated commands solve a behavior problem? — Edward in Albany, NY

Dear Edward: Every dog should be trained to respond to five basic commands: come, heel, sit, stay and lie down. Dogs need to obey their owner the first time and every time a command is issued.

That may sound a lit-

tle harsh, but a dog that can't be controlled is a dog in danger.

Owners need to be able to recall a dog that has slipped its leash before it runs into traffic. They need to make sure their dog will walk beside them and will sit calmly on command, especially when another dog approaches. Their dog needs to stay in position when told to do so -- whether sitting or lying down.

Dogs aren't robots, though. Like us, their discipline and training will slip if not regularly reinforced. Think about how often you and I give in to temptation and take that second cookie (or third or

fourth or fifth). Just as we humans sometimes need reinforcement of good habits, our dogs need regular reinforcement of basic commands.

When owners spend more time working one-on-one with their dogs, they frequently report that undesirable behaviors happen less often. The time and attention that owners give can quickly blunt attention-seeking behaviors.

The AKC has a good breakdown of the basic dog commands here: www.akc.org/expert-advice/training/ and search for "5 basic commands."

Energetic young dogs can be a handful some-

times. If you are having trouble getting your dog to respond to basic commands, enlist the help of a professional trainer.

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

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Open-faced Reubens with cucumber pickles

2 tablespoons prepared white horseradish, undrained
1 tablespoon grainy Dijon mustard
1 tablespoon light mayonnaise
4 slices (thick, about 8 ounces) bakery rye bread
8 ounces sliced deli corned beef
1 bag (16-ounce) sauerkraut, drained and rinsed
4 ounces sliced Swiss cheese
1 tablespoon margarine or butter

Quick cucumber pickles:

1 pound (3 large) Kirby cucumbers
1 tablespoon cider vinegar
1/4 teaspoon salt
1. Prepare Reubens: In cup, combine horseradish, mustard and mayonnaise; spread evenly on 1 side of bread slices. Top each with one-fourth of corned beef, sauerkraut and Swiss cheese.
2. In nonstick 12-inch skillet, melt margarine over medium-low heat. Ar-

range sandwiches in skillet. Cover skillet and cook 8 minutes or until cheese melts and bottoms of bread brown.

3. While Reubens are cooking, prepare Quick Cucumber Pickles: Slice unpeeled cucumbers into 1/4-inch-thick slices. In small bowl, toss cucumbers with vinegar and salt. Makes about 3 1/2 cups.

4. To serve, cut each sandwich in half and serve with pickles.

• Each sandwich serving: About 460 calories, 25g total fat (10g saturated), 83mg cholesterol, 1,585mg sodium, 38g total carbohydrate, 4g dietary fiber, 23g protein.

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

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Bible Trivia

by Wilson Casey

1. Is the book of Ephesians in the Old or New Testament or neither?

2. In Matthew 4, Jesus says, "Man shall not live on bread alone," but by what else? Joyful noise, Praise, God's word, Kind deeds

3. What was the aristocratic party of the Jews at

the time of Jesus? Pharisees, Reubenites, Israelites, Sadducees

4. In Acts 9, what fell from Saul's eyes when he regained his sight? Ants, Scales, Blood, Salt

5. From 1 Kings 6, who built the first temple in Jerusalem? Samuel, Joshua, Solomon, Aaron

6. What's a sepulcher? Coin, Robe, Tomb, Sermon

ANSWERS: 1) New; 2) God's word; 3) Sadducees; 4) Scales; 5) Solomon; 6) Tomb

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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Honey-vanilla ice-cream sandwiches

Cold, creamy honey-vanilla ice cream between store-bought butter cookies.
comes an easy-to-eat 1 pint honey-vanilla ice treat when sandwiched cream, softened

12 very thin oval (4-by-2-inches each) butter wafer cookies

1 pound fresh cherries

1. Working quickly, spread ice cream on 6 cookies, using 1/3 cup for each; top with remaining 6 cookies. Place ice cream sandwiches on cookie sheet in freezer to harden ice cream. Serve with bowl of cherries.

TIP: When assembling the sandwiches, some ice cream likely will drip down and freeze onto the cookie sheet. If you line the pan with parchment, removing the sandwiches should be a cinch.

• Each serving: About 380 calories, 20g total fat (13g saturated), 98g cholesterol, 145mg sodium, 45g total carbohydrate, 2g dietary fiber, 6g protein.

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

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Sat., October 17, 2020 at 10:30 AM

Location of Sale
115 Furnace Road, Frankfort, NY 13340

2006 Utility 53'x102" A/R suspension/sliding axles, swing doors, wood floor, fiber roof, EZ track; **2006 Utility** new alum roof 53'x102" A/R suspension/sliding axles/CTI-Center tire inflation, swing doors, wood floor, EZ track; **2007 Wabash** 53'x102" A/R suspension/sliding axles, CTI, new swing doors, wood floor, metal roof, vertical EZ tracks; **2008 Trail** 53'x102" spring suspension/sliding axles, roll up doors, wood floor, fiber roof, EZ tracks; **2008 Wabash** 53'x102" A/R suspension/sliding axles, roll up door, wood floors, metal roof, EZ track; **1998 Mick** roll up doors, 14 bay delivery trailer; **2007 GRT DN/Refer** 48x96" A/R suspension/sliding axles/Thermo King refer, swing doors, metal floor, solid roof insulated, 2 side doors, EZ tracks; **2007 GRT Dan Pup Refer**, 36x102" A/R suspension/sliding axles/Thermo King refer, roll up doors, flat floor, solid roof, insulated, EZ tracks; **1979 Ottawa** Blue Spotter, all refurbished; **1999 Ford** auger, Cummins ISB, 215hp, 6 speed, spring suspension, 12000lb frt, 21000lb rears, 190' WB, Altec 15' body, rear MTI insulated 35' truss boom, pole clamp, winch, material handler; **1999 Ford** Service Truck 155004 miles/air compressor/STK welding generator; **2013 Intern** Prostar/340,000 miles/sleep; **2000 Intern** tractor/day cab/ 198902 miles; **1994 Intern** delivery truck, 244208 miles.

Questions Call 315-894-3470

Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Former freshmen
6 Squid squirt
9 Doctrine
12 Construction piece
13 Cattle call
14 IRS employee
15 1492 ship
16 SAT takers' equipment
18 Pet rodent, often
20 Warmth
21 Second person
23 More, to Manuel
24 Portion of a repair bill
25 Great Lake
27 Amulet
29 "Where the Wild Things Are" author
31 "Nighthawks" painter
35 Edition
37 Genesis maker
38 Sings like Ella
41 Apprehend
43 Promptly
44 Sea eagle
45 Downy ducks
47 Necklace ornament
49 "Psycho" star

1	2	3	4	5	6	7	8	9	10	11
12						13			14	
15						16		17		
		18			19			20		
21	22			23			24			
25			26		27		28			
29				30			31		32	33
			35			36		37		
38	39	40			41		42		43	
44					45		46			
47				48			49		50	51
52				53			54			
55				56			57			

- 52 Commotion
53 Tall tale
54 Rod of tennis lore
55 Actress Myrna
56 Toss in
57 Tools for duels
6 Mischievous
7 Yule refrain
8 "— Tiki"
9 Less friendly
10 Pie-in-the-face sound
11 Sail supports
17 Winners
19 Supports
21 "Certainly"
22 Mined find
24 Expert
26 Rewrote, maybe
28 Winning
30 Fool
32 Musingly
33 Swelled head
34 Uncooked
36 One
38 Calyx component
39 Guiding principle
40 Bother
42 Ball VIP
45 Oklahoma city
46 Harvest
48 Carte lead-in
50 "Golly!"
51 Storefront sign abbr.

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



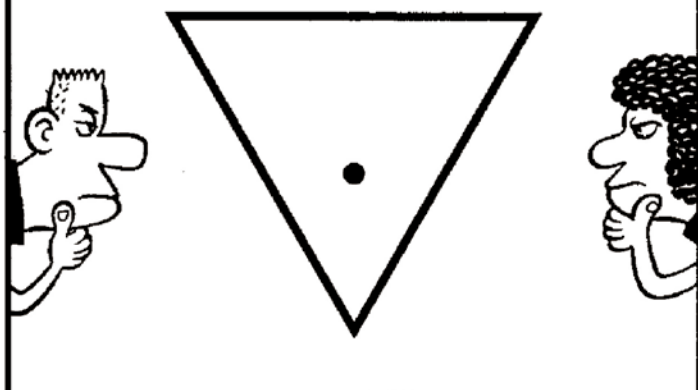
Find at least six differences in details between panels.



Differences: 1. Bear has been added. 2. Window is wider. 3. Pants are longer. 4. Flowers have been added. 5. Bushes have been added. 6. Tree has additional limb.

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OPTICALS



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IN THE TRIANGLE ABOVE, is the dot closer to the top line, the bottom point, or the middle?

Answer: The dot is in the middle, halfway between the top line and the bottom point of the triangle.

FARMER BROWN'S BARN! Farmer Brown paid 20 workmen \$2,000 to put up a new addition to his barn. Each Master Carpenter made \$300, each Apprentice Carpenter made \$150, and each helper made \$50. How many of each were included in the team of 20 workmen?



Answer: 2 Master Carpenters, 5 Apprentice Carpenters and 13 helpers. (Total salaries came to: \$600 + \$750 + \$650 = \$2,000.)

THE FIVE-LETTER WORD POWER GRID! Each of the five words needed to fill in our "word power grid" contain the same five letters. We give you one of these letters and plenty of hints below.

1. Costs per units of service. 2. Weights to deduct.
3. An intent gaze. 4. Expression of emotion.
5. Type of flower

1.	R			
2.		R		
3.			R	
4.				R
5.				R

Answers: 1. Rates. 2. Tares. 3. Stare. 4. Tears. 5. Aster.

Junior Whirl

by Charles Barry Townsend

A PERCEPTION TEST

First, try solving the problem presented on the right. After solving it (?), cut out the paragraph and paste it on a piece of cardboard. On the back of the cardboard, paste the answer given below the paragraph.



AN ODD PARAGRAPH

What is particularly unusual about this paragraph? You won't find many paragraphs similar to it. In all probability you will not find out what is so unusual about it right away, but if you look at it and study it for long, it may dawn on you. If you should find out what is odd or unusual, don't say what it is until I ask you; if you can't find out, look on the back of this paragraph. Don't look at my solution until you fail to find out what is odd about it. I could throw you a hint, but I won't!

Illustrated by David Coulson

Answer: You won't find an "e" in the entire paragraph.

Country Editor

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265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
1170 Truck Parts & Equipment
1180 Trucks
1187 Vacuum
1190 Vegetable
1200 Veterinary
1205 Wanted

Announcements

ADVERTISING DEADLINE

FRIDAY • 2:00 PM

(Week Prior to Each Friday Dated Paper)

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The Country Editor

Call Peg at **1-800-836-2888**

or **518-673-0111**

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Announcements

NOTICE

The Indian Castle Cemetery Association is holding its Annual Meeting along with the Board of Directors elections at 6PM on Saturday, Thursday, October 29, 2020. The meeting will be held at the Little Falls Public Library. All lot owners and those interested should plan to attend.

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

STREET LONG GARAGE SALE: West State Street, Dolgeville, Friday, October 9th & Saturday, October 10th, 9am-3pm

BANNERS: VINYL - Single Sided - Double Sided, various sizes. Free shipping. **Call Lee Newspapers Inc.** at **518-673-0101** or email commercialprint@leepub.com

NOTICE OF SALE: To be sold: 2013 International Trac; Vehicle ID#3HSDMSMRODN086148 Current Owners: Michael Marc Benson and Teresa M Benson. Location of Sale: 115 Furnace Rd, Frankfort, NY 13340. Date and time of sale: October 17, 2020 at 10:30 am

Announcements

★ ★ ★ ★ ★ ADVERTISERS

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM - **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**



Antiques

WANTED TO BUY: OLD Christmas, Halloween, Early Postcard & Greeting Card Albums, 1970's & Back Clothing, Decorated Jugs & Crocks, Folk Art, Old Paintings & Frames, County History Books, Nautical & Adirondack Items, Anvils, Lamps, Oak Bookcases, Display Cases, Garden Features, Buckets, Pyrex, Mid-Century-Modern Décor, Old Disney, Clip-on Earrings, Coins, Salt & Pepper Collections, Beer related, Glass Negatives, Train Sets, Old Signs, Cast Iron Toys, 10¢ and 12¢ Comic Books, McCoy Pottery, Signed Fritz Vogt Drawings (1800's). We **DO NOT** Buy anything with barcodes or Made In China or Made after 1975. "Keepin it old"! Free House Calls, Cash Paid! Let's have some fun! Call Dave, Showcase Antiques, Little Falls, 10-5 (Thurs thru Tues) or leave message 315-823-1177.

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1970 Chevy Monte Carlo includes parts original and new all for \$2,500. Call 315-794-0130.

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Crafts

CREATIVE CRAFTS by D&J: Halloween, Thanksgiving, Christmas and reasonably priced. 812 Westwood Drive, Herkimer, Thursday through Saturday, October 8th-10th, 9am-4pm

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OCTOBER Weekend Wagon Rides. Randy's Ridge, Avery Road, Iliion, Noon-5 by appointment, 6 to 10 people, cider and donuts included. \$3.00 per person. 315-894-0250

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Farm Machinery For Sale

JD 5460 forage harvester, 7' hay head, 3 row corn head, 6100hrs, 255hp, power rear wheel drive, dura drum knives, shear bar, adjusters, sharpener, heat & AC, good condition, \$15,000. 315-823-1309 leave message

For Rent

HERKIMER: Apartment for rent, 1 bedroom, downstairs, newly renovated, includes stove, refrigerator, off-street parking, \$575 month, one month security. Heat, sewer & water included. 315-525-7694, 315-894-0372

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DOWNSIZING: Thomasville diningroom set, 6 cane back chairs, one table with 2 leaves, table pads included, lighted glass front china. Service for 12 Bavarian china, dressing table & mirror, treadmill. Make an offer on all. 315-866-2443

HOSPITAL BED w/electric lift, manual crank & side rails, 5 years old, complete, excellent condition, \$300.00 OBO. 315-717-8056

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For Sale

RAFFLE TICKETS - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. **SELF-INKING STAMPS:** Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

Fruits & Berries

"Bev's Best Blueberries" U-Pick. Call before you come for picking days/ times. 10 FT rule. 315-429-9425

Garage Sales

STREET LONG: West State Street, Dolgeville, Friday, October 9th & Saturday, October 10th, 9am-3pm

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DS STOVES: EnergyMax, Kozy-King, HeatRight, Aqua-Stroke, AnthraMax & more! Stoves, boilers and inserts. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

The Country Editor

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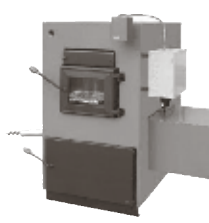
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Cybersecurity stewardship during trying times

(BPT) - Data breaches, identity theft, phishing attempts and malware literally "pop up" every day. October is National Cybersecurity Awareness Month, which each year reminds us why it is critical that we remain vigilant when it comes to you and your family's digital activity, habits and overall cybersecurity.

Cybercrimes have skyrocketed in 2020 - Barracuda Networks reported in March that COVID-19-themed spear phishing emails skyrocketed 667% between March 1 and 23. As fraudsters seek to take advantage, Schwab reaffirms our commitment to our clients to keep their

data safe and secure.

"The spike in cyber-attacks during the pandemic underscores the importance of National Cybersecurity Awareness Month, and acts as a critical reminder to remain vigilant against fraudsters and cyber theft," said DJ Johnson, senior vice president of Corporate Risk Management at Schwab. "We have a team of approximately 350 full-time and 200 contracted cybersecurity experts and employees dedicated to information security. Each day they are committed to ensuring we have the critical policies and tools in place to best secure and protect our clients' data and sensitive fi-

nancial information. In addition, we strive to ensure our clients are updated with the latest tips, best practices and 'red flags' they need to be prepared to prevent fraud attempts and cyberbreaches."

Protection you can see, and protection you can't see

When combatting fraudsters and scammers who look to exploit vulnerabilities, we focus our protection activities on three key areas: our clients and employees, our systems, and the information we are entrusted with.

Some of these activities are visible to our clients:

Authentication process - Our approach to security and fraud protection is anchored by multiple levels of physical and digital safeguards. We require secure identification and authentication before initiating transactions and maintain strict rules



for the creation of secure user IDs and passwords to stop others from obtaining user login information.

Protecting vital passwords - Passwords are stored in the database as "hashed" values, which are one-way mathematical functions that convert an original string of data into a seemingly

random string of characters that is not useable by fraudsters.

Other activities are not visible, but are equally important:

Connections process - We provide a secure transmission connection to our Schwab websites through security technologies and encrypted cookies to establish

and maintain a secure transmission connection designed to prevent unwanted visibility or interception.

Ongoing security evolution - We implement policies to fight against new and changing security challenges through constant assessments of our email security and login standards. Transaction monitoring, employer oversight and access control provide additional oversight to help identify unusual account behavior. We also have internal transaction monitoring systems in place to identify potentially suspicious and fraudulent activity.

This year, with cyber-attacks on the rise during the pandemic, as well as our increasingly digital and remote working network environments, cybersecurity awareness and preparedness is more critical than ever. We will continue to proactively pursue and invest in new ways to combat cyber-criminals, which we hope provides our clients with much-needed peace of mind and confidence that their data and information is safeguarded during these uncertain times.

For information on more ways to educate and protect yourself and your family members from cybercrimes, visit schwab.com/schwab-safe/security-knowledge-center.

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

Mon. Oct. 19th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig 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!! Also a group of Angus Cow/Calf pairs all from one farm. Also selling a Purebred Angus Breeding Bull; Finished Grassfed Organic Steer. Call to advertise your group today it will make a difference.

Sat. Oct. 31st – Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle – watch for early consignments from: Georgetown, Sco-Li, Semi-Sweet-Chicoine, Classy Creek, ZiemBarbWay, Fantasy-Found, VanBuren, Roput, Honor-Roe, Burhans-NY, Canary, Mer-Acres, Pleasant-Knob, Hollen-Dale, Cedarcut, Stoneoak, Fol-Ayr, Wright-Way, Hell-Hollow, Tryon, Manley, Canary Dairy, Wisbee, Bellvale, Kuperus. We will have Holsteins, Brown Swiss, Ayrshires, Guernseys, Milking Shorthorns, Jerseys. And a Reg. Jersey Service bull will also sell. The sale is full so watch for our future ads with these exciting consignments!

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Answers

Solution time: 27 mins.

S	O	P	H	S		I	N	K		I	S	M
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Just Like Cats & Dogs

by Dave T. Phipps



Answer

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

This Week's Holidays

Oct. 10 – National Motorcycle Ride Day
Oct. 11 – It's My Party Day
Oct. 12 – Old Farmers Day
Oct. 13 – International Skeptics Day
Oct. 14 – National Fossil Day
Oct. 15 – White Cane Safety Day
Oct. 16 – Dictionary Day

Five simple tips to make family meals count

(BPT) - While coordinating regular family meals can sometimes be challenging, the benefits of spending time around the table with loved ones are definitely worth the extra effort. Family meals not only help strengthen relationship bonds, but can also be linked to higher self-esteem, positive social behaviors and higher grades in school for kids.

Check out these five simple tips that you can follow to improve the quality time spent around the table enjoying your favorite family meals:

Reduce the rush: If you allow around 20-30 minutes for family meals, it gives your children plenty of time to eat. They'll have the chance to try new foods and develop good eating habits. This also gives you time to relax, chat and enjoy your family. If you have a toddler who finds it hard to sit still for 20 minutes, let him or her move around a bit.

Think beyond dinner: Family meals can happen at any time of day, not just at dinner. In fact, many families find breakfast is an easier opportunity to eat together before the busy day gets underway. Not to mention, kicking off the morning with a nutritious meal is a great way to stay fueled for the rest of the day.

Opt for nutritious ingredients: Registered Dietitian and Nutritionist Dawn Jackson Blatner recommends incorporating nutritious ingredients into family meals to instill healthier eating habits for the future. For instance,

Eggland's Best eggs contain superior nutrition, freshness and taste compared to ordinary eggs at the grocery store. In fact, EB eggs are richer in a variety of micronutrients that can help support a healthy immune system, including six times more vitamin D, 10 times more vitamin E and more than double the vitamin B12 and omega-3s.

Be a role model: From table etiquette and respectful conversation to eating well-rounded dishes and trying new foods, remember that the little ones are soaking up your behaviors like a sponge. Children will reflect what they see you doing, so speak kindly, remember to use manners and grab an extra helping of veggies or eggs for a boost of vitamins and nutrients.

Rotate recipes: Keep meals lively by trying new dishes. Don't be afraid to change things up and get creative, such as starting the day the right way with Eggland's Best's fun twist on pizza for breakfast that kids of all ages will love.

Sunny Side Breakfast Pizza

Ingredients:

- 1 can refrigerated pizza crust, or fresh pizza dough (homemade or store-purchased)
- 2 tomatoes, thinly sliced
- 1 cup shredded mozzarella cheese, low-fat
- 1/2 cup spinach leaves, chopped
- 6-8 basil leaves, chopped
- 4 Eggland's Best eggs
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon oregano
- 1/2 teaspoon salt

Directions:

- * Preheat oven to 400 F.
- * Roll out pizza crust on a lightly floured pizza pan; bake in oven for 5-7 minutes or until dough begins to slightly brown.
- * Meanwhile, slice tomatoes very thin; wash and chop fresh spinach leaves; combine salt, pepper, parsley, oregano and set aside.
- * Wash basil leaves and pat dry; cut into thin strips and set aside.
- * Remove dough from oven; spread tomatoes over dough; layer spinach over tomatoes, sprinkle evenly with spice mixture; spread cheese evenly over pizza.
- * Gently crack 1 egg into a small bowl and slide onto pizza; repeat with all eggs; sprinkle basil on top.
- * Reduce oven temperature to 375 F, and bake for 8-10 minutes, or until eggs are set.

Eggland's Best (EB) is also a proud supporter of the American Heart Association's (AHA) Healthy for Good®, which encourages people to take small steps every day to build lifelong healthy habits for themselves and for their families.





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Little Falls Hospital makes it easy to get your flu shot

Flu season is right around the corner and Little Falls Hospital, part of the Bassett Healthcare Network, is making it easy to get your flu shot with a drive-thru service. It's as easy as rolling down the car window and sticking out your arm. The flu shot will be offered on Oct. 14 in the hospital's main parking lot from 9 a.m. – 1 p.m. No cost with most insurance. Masks will be required.

A Care Station will ask you questions before administering the vaccination, to make sure that you are a suitable candidate for the vaccine. A Rest Station will be available after your flu shot to make sure you have no side effects. No appointment is necessary for patients 19 years and older.

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. So roll down your window, roll up your sleeve, and roll on down the road away from flu.

Rotary Golf Fall Foliage Golf Tournament held

The Mohawk Valley Rotary Club held their 8th annual Fall Foliage Golf Tournament at Pine Hills Golf Club on Sept. 25. This tournament was lots of fun, with a 9-hole scramble, cart, dinner, on course goodie bag, par 3 prizes and more. The proceeds to this event help to support the Mohawk Valley Rotary's community service projects.

The title sponsor for the second year in a row was Alpine Rehabilitation and Nursing Center in Little Falls.

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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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