**OCTOBER 23. 2020** 

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**Volume 10 Number 19** 

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2





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#### Dear Editor.

Throughout his first term as our 118th District Assemblyman, retired U.S. Marine Colonel Robert Smullen has continually demonstrated his belief that a primary characteristic required of military leadership - consistency - should also be practiced by elected officials.

The three guideposts of his political belief system are lowering taxes, lessening growth-inhibiting regulations, and guarding and protecting individual liberties.

He strongly advocates dialing back the liberal bail reforms which inhibit our judge's powers of judicial discretion, endangering crime victims and public safety. He supports "Back the Blue" initiatives to strengthen police departments and opposes progressive ideologies designed to weaken the rule of law.

Assemblyman Smullen has great concern for the survival of small businesses and will support legislative efforts assisting their return to financial health in a post-pandemic economy. He is the prime sponsor of the "Jump Start New York" Plan to do so. He clearly recognizes that the number one economic driver in upstate New York is agribusiness, be it dairying, lumbering, market crops etc., and supports initiatives allowing our farms to provide us our food on our tables.

He also works to promote our communications equality for our businesses and our students by eliminating pockets of isolation in our broadband and cell phone networks.

As a Marine Colonel, he was a leader, not a follower. As our 118th District Assemblyman, he will continue to provide a strong, clear voice for our interests in Albany. He should be re-elected.

Peter C. Betz Fort Johnson, NY

## Utica Zoo seeking photo submissions for 2021 Calendar Contest

Gather your best photos and submit them for consideration for the 2021 Utica Zoo Calendar Photo Contest. Twelve winners will have their photos featured in the calendar to bring the Utica Zoo into the homes of zoo visitors all year round. Here are the details:

- Photos must be submitted by 12 p.m. on Oct. 28.
- Photos should be cropped to 8.5" x 11" in landscape orientation. JPEG files should be sent at no lower than 300 dpi.
- · Submitted photos should be taken at the Utica Zoo.
- Photos will be judged by a third-party panel of judges based on aesthetic merit.
- Each photo submission will require a \$10 non-refundable entry fee. Entry fees and final sale proceeds will directly benefit the overall care of the animals at the zoo.
- Winners will be announced on Nov. 2, with the calendars becoming available for sale in the Utica Zoo Gift Shop on Nov. 25.
- One first-place winner will receive a family membership to the Utica Zoo, in addition to having their photo featured on the cover of the calendar. Eleven additional winners will receive a 4-pack of day passes to the Utica Zoo.

"We are very fortunate to have a plethora of talented photographers visit the Zoo to hone their craft while

enjoying everything the Zoo has to offer," said Mark Simon, Visitor Experience and Marketing Manager at the Utica Zoo. "We see such incredible photos shared on social media regularly, so we wanted to give these photographers an opportunity to be featured in our calendar. Not only is it a great opportunity for our local artists, but also a great way to continue supporting our animals as we go into the winter months.'

Photo submissions are being accepted through the form available at UticaZoo.org/calendarcontest.

For more information about this, or anything Utica Zoo related, visit UticaZoo.org, or follow on Facebook, Twitter, and Instagram at @uticazoo.



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## DMV reminds New Yorkers of Nov. 3 deadline to renew expired documents

The NYS DMV recently reminded New Yorkers that there is a limited amount of time to renew their expired documents including vehicle inspections, vehicle registrations and non-driver IDs. The expiration date of these documents was postponed by Executive Order during the coronavirus public health emergency, but this extension will no longer remain in effect after Nov. 3.

Driver licenses and learner permits that expired on or after March 1 were extended through Nov. 3. The DMV encourages those who need to renew a driver license to do so online.

"For those who have expired vehicle and identity documents, time is running out to bring them up to date, so I am encouraging you to act now and avoid a last-minute rush," said DMV Commissioner Mark J.F. Schroeder. "It is simple and convenient to renew your registration or non-driver ID on our website, and most inspection stations have convenient hours even on the weekends. If you aren't sure where to go, use our website to find an inspection station near you."

#### Find an inspection station

Certified inspection stations have been open across the state throughout the pandemic and must comply with health and safety guidelines to ensure the protection of their customers. New Yorkers can visit the DMV website at dmv.ny.gov to find a nearby inspection station.

#### How to renew a vehicle registration

New Yorkers can renew a registration online or by mail. The DMV website explains how to renew a registration.

To renew a vehicle registration, you'll need:

- registration (plate) number
- registration class
- the last name of the person on the registration (or business name)
  - payment for registration fees

The renewal fee is provided on a customer's renewal notice. It will also display on the computer screen for those who renew online. When a customer renews online, they can download and print a temporary registration to use while they wait for the new registration documents to arrive in the mail.

#### How to renew a non-driver ID

New Yorkers can renew a non-driver ID online or by mail. The DMV website explains how to renew a non-driver ID and what the associated fees are.

To renew online, customers will need:

- 9-digit DMV ID Number
- Date of birth
- Last four digits of Social Security number (SSN)
- 5-digit zip code

## Republican Brooks Barbecue a huge success

"What a great turn out", said Sylvia Rowan Chairman of the Herkimer County Republican committee. The commit-



tee held a Brooks Chicken Barbecue event on Sunday, Oct. 4. Sylvia wishes to thank the community, the volunteers and all those who prepared for and supported the event. She was honored to have guest servers who included Congresswoman Elise Stefanik, former Congresswoman and current candidate Claudia Tenney, Senator Jim Tedisco, Assemblyman Robert Smullen, Assemblyman Brian Miller, Legislators Greg Malta and Robert Schrader. Also assisting in food distribution were current Herkimer County candidates Family Court Judge Thad Luke and

Jeff Carpenter, District Attorney. The entire day was very eventful and a huge success. Sylvia invites you to the Annual Veterans Brooks BBQ to be held on Saturday, Nov. 7. All veterans will receive a complimentary chicken dinner.

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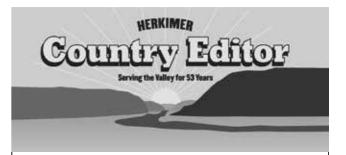
• Email address

When a customer renews online, they can download and print a temporary ID to use while they wait for the new document to arrive in the mail.

In addition to renewing online or by mail, a limited number of in-office reservations are available for customers who must renew in person.

New Yorkers can also visit the DMV website at to find out how to renew a license.

For more information about DMV, follow us on Facebook, Twitter and Instagram or visit dmv.ny.gov.



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## VHS recognized by Newsweek for excellence in care

Newsweek Magazine has recognized Valley Health Services as one of the Best Nursing Homes 2021. Newsweek collaborated with Statista, a global data research firm, to analyze and rank over 15,000 nursing homes in the U.S. which accept Medicare and Medicaid as well as offer continuing care. Out of the 15,000nursing homes, only 400 made the list. The ranking was released on the Newsweek website on Oct. 6 and published in Newsweek Magazine on Oct. 14.

There are over 600 nursing homes in New York State and only 70 made this list. VHS was one of them.

The Best Nursing Homes were selected based on a survey among nurses, nursing assistants, therapists, administration and management working in skilled nursing facilities, as well as an in-depth analysis of key performance indicators on staffing, quality measures and health inspections provided by the Centers for Medicare & Medicaid Services, peer recommendations and the facility's handling of the COVID-19 threat. In building these rankings, Statista and Newsweek took extensive, multiple measures to address the impact of the outbreak and recognize the facilities which have put in place the best possible responses and protocols.

With more than 65 million Americans age 65 and older today, the need for safe and dependable elder care is mounting. By the year 2030, more than 20% of the U.S. population will be in the 65+-age bracket. Research studies indicate that 70% of this demographic will eventually need some level of long-term care.

VHS, the premier long-term care and rehabilitative care facility in the Mohawk Valley, provides skilled nursing and long-term care, short-term inpatient rehabilitative care, outpatient rehabilitation, cardiac rehabilitation, adult day care and palliative care ser-

Lisa M. Betrus, president of VHS, said, "We offer families help when they need it most. We provide person-centered care and make a difference in the lives of our residents and their families. This achievement from Newsweek Magazine serves to reinforce our reputation as a nursing home, offering excellent quality of care. We are proud of this recognition."







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## To your good health

by Keith Roach, M.D.

Chest CT can't replace screening mammogram

**Dear Dr. Roach:** I am due to have a mammogram in July, but around the same time I am supposed to have a chest CT as a follow-up to my chondrosarcoma cancer. I have a CT every other year, and an X-ray on the opposite years of both my affected arm and my lungs. Does a chest CT have the potential of showing a similar finding as a mammogram? I would just as soon not have to expose myself to so much radiation all in one month. I'm 66. There is a history of postmenopausal breast cancer in my family, in my mother's mother. — T.M.H.

**Answer:** A mammogram is an X-ray that is designed specifically to look for abnormalities in breast tissue. Mammograms have been extensively studied and proven to reduce mortality in women between the ages of 50-74 (outside these ages, there remains extreme controversy).

CT scans are X-rays taken from many angles and then reconstructed in a computer to provide a look at many slices of the part of the body being looked at. A CT scanner can be set to emphasize bones or soft tissue, and work is ongoing now with CT scans designed specifically for breast abnormalities. The CT scan you get as follow-up to your chondrosarcoma (a rare cancer of cartilage) is designed to look in lung tissue for abnormalities, and has not been evaluated as a means of screening for breast cancer, although I do know that some may be found anecdotally.

The CT scans you get as a part of your cancer follow-up are not an adequate substitute for ongoing mammography, which is particularly important in your case due to a family history. I do understand the concern about radiation, but a mammogram has very little radiation - approximately the same you would get from naturally occurring radiation sources in seven

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**Dear Dr. Roach:** I read a news report that vasectomy increases risk of prostate cancer. Should men avoid this procedure due to concern for prostate cancer? — T.S.V.

Answer: Several studies have looked at this possibility, and the results are conflicting. A 2014 study of about 50,000 U.S. men showed an increase of about 15% in the risk of fatal prostate cancer, but a 2016 study of 360,000 U.S. men showed no increase in risk. In June 2019, a study of over 2 million Danish men showed a 15% increase in overall prostate cancer risk. To put the risk in perspective, about 500 men would need to have a vasectomy for one additional man to get prostate cancer, in the Danish study. It is not clear that the vasectomy caused the prostate cancer.

It is possible that there is something about men who choose vasectomy that puts them at higher risk to begin with; however, the authors were unable to find a known risk factor to support that possibility.

Even if vasectomy does lead to an increased risk of prostate cancer, it still has similar or lower overall risk than other forms of birth control, and is a good choice for a man who is absolutely sure he does not want to father any more children, as a vasectomy should be considered permanent. Attempting reversal is possible, but ther le is no guarantee of success.

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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# Comfort foods made fast and healthy

by Healthy Exchanges

#### Awesome apple crisp

Try this easy dessert and see if you don't agree it's "just awesome."

- $2 \ \text{cups}$  (4 small) cored, peeled and sliced cooking apples
  - 1 teaspoon apple-pie spice
  - 1/4 cup quick oats
  - 6 tablespoons reduced-fat baking mix

Granular sugar substitute to equal 1/4 cup sugar, suitable for baking

- 4 teaspoons reduced-calorie margarine
- 1. In a medium bowl, combine apples and apple-pie spice. Evenly spoon mixture into 4 (10-ounce) microwavable custard cups. In same bowl, combine oats, baking mix, sugar substitute and margarine. Mix well until crumbly. Evenly sprinkle crumb mixture over apples
- 2. Microwave on high (100% power) for 8 to 10 minutes or until apples are tender. Let set for at least 5 minutes. Good warm or cold. Makes 4 servings.
- Each servings equals: 102 calories, 2g fat, 2g protein, 19g carb., 149mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit. 1/2 Starch. 1/2 Fat.
  - (c) 2020 King Features Syndicate, Inc.



## 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 23

**Make a Bracelet** 3 p.m. Ages 10 and over. Free. To register, call Little Falls Public Library at 315.823.1542.

#### October 24

Kuyahoora Valley Rotary Club Drive-Thru Chicken Barbecue at the Town of Kuyahoora Valley Town Park, 8916 N. Main St., Poland. Pick-up noon to 2 p.m. No dinners without a ticket. Tickets may be purchased from any KV Rotarian, or call Ann at 315.717.4257.

Mohawk Reformed Church Clean-out Sale 9 a.m.-4 p.m. 20 South Otsego St., Mohawk. Furniture, desks, kitchen items and a variety of yard-sale items. Masks required. Limited number of guests allowed in at a time. For more information contact 315.866.4292 or mrcoffice@verizon.net.

#### October 28

Herkimer County Local Foods Roundtable:

Planning for a Successful 2021 Season 1-2:30 p.m. Free. Pre-registration required at: bit.ly/HCL-FRoundtable20 or contact Garet Livermore at 315.866.7920 or GDL56@ cornell.edu

#### October 31

**Halloween Storytime** 1 p.m. To register, contact Little Falls Public Library at 315.823.1542.

Halloween Treats Giveaway all day. Free. For kids aged 0-18. Registration is required. To register, call Little Falls Public Library at 315.823.1542.

#### 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 3 and 10

**Price Risk Management for Dairy** 7-9 p.m. via Zoom. Register online at: caahp.ccext.net/

civicrm/event/info?reset=1&id=105

#### November 7

**Rabies Clinic** cancelled at the East Herkimer Fire Department. For more information, please call Herkimer County Public Health at 315.867.1176.

Christmas Gift Basket/Bag Sale and Take-Out Luncheon 10 a.m. – 3 p.m. at Morning Star Methodist Church, 36 Second St., Ilion. Gift basket/bag sale 10 a.m. – 3 p.m. Wear a mask. Take-Out Soup and Sandwich Luncheon 11 a.m.-2 p.m.

**Craft Fair, Raffles, Bake Sale** 9 a.m.-4 p.m. at Universalist Church, Salisbury Center. Refreshments available.

Annual Roast Beef Dinner 4 p.m. until sold out at Ilion First Baptist Church, 8 Second St., Ilion. Take outs only. Tickets available from church members or call the church office at 315.894.9041. Handicap accessible available from 2nd Street.

Poland Vol. Fire Co. Auxiliary's Drive-Through Roast Beef Dinner 3 p.m.

until sold out at Poland Fire Station #1, 216 NY Route 8, between Poland and Cold Brook. Dinners are take-out packaged with no substitutions.

#### November 9

OilPainting<br/>WilsonClass<br/>Bickfordat AuskeradaPlace, 78S. Main St., Dolgeville5:30-9:30 p.m. Snowy Oil(11x14").Call Diane at315.429.3618 to register.

#### November 14

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

#### November 25

Annual Thanksgiving Pie and Pumpkin Roll Sale 9 a.m.-2 p.m. Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Call to place your order: 315.717.9462 or 315.823.1323. Leave message with phone number if no answer. All orders must be received no later then Nov. 20.

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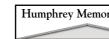
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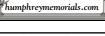
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#### LIKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS

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 SAI VATION ARMY

enants 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

# 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 ointment; 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

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

#### FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 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

## 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 Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

# LITTLE FALLS INGHAMS 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** MIDDI EVILLE 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 Dwavne 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 ord 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 pastormarkh@aol.com Sunday Worship:10:30 AM Weekly Bible Studies

## <u>Stratford</u> Stratford United Methodist Church

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









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## Expert advice for healthy cooking inspiration

(BPT) – While everyone is cooking more at home now, ambitious home chefs are seeking to boost their skills, taking their culinary creations to the next level. If you're one of them, a new video series featuring Mark Bittman, author of "How to Cook Everything," provides an exciting new resource.

Over the next few months, the "Cooking in Your True to Food Kitchen" series will explore a range of cooking modalities and doable gourmet recipes, offering today's "technicurean" home chefs inspiration for elevating everyday fare.

Bittman partners with executive chef Nick Ritchie from Signature Kitchen Suite's Experience & Design Center in culinary-centric Napa Valley, CA, to showcase delicious, healthy recipes that bring restaurant-quality meals right into your home.

#### Pro cooking tips

Here are some of Bittman's tips to consider when cooking:

- Practice! I always tell people that if you want to be a better cook, you've got to keep at it. The more you do it, the more recipes you try, the more you explore, the better you will become. Every time you cook, you'll learn something new plain and simple.
- Keep a stocked pantry: My advice is to think about the cuisines you really love and start building those flavor profiles so they are at the ready when it's time to get cooking.
- When you saute or simmer something moist like vegetables, beans or sauces lay a protein on top (fish, chicken or eggs), cover with a lid and let the steam naturally cook that upper layer. For instance, for a fast Eggs Florentine, steam eggs on top of the spinach rather than poaching separately.
- Be efficient with your prep time: Put all the produce together in a colander and rinse under cold water. If you have a large amount, wash in batches, putting what's done on towels. During downtime while cooking, wash vegetables used toward the end of a recipe. Rinse foods like carrots and cabbage after they've been trimmed or peeled.
- It's okay to take shortcuts: For example, only brown meat on one side. If you're making a stew or braise that requires browning meat, just brown it really well on one side (rather than turning it to brown every surface). The point is to develop flavor, and one nicely caramelized side is usually sufficient.
- Approach veggies differently: Instead of roasting winter veggies, eat them raw. Squash, beets, parsnips and celery root make great salads and slaws. Since root vegetables are sturdy, grate them. If they're still too crispy for comfort, marinate them for a half hour or longer in a vinaigrette.





#### Restaurant-quality recipes

Next, try out one of Bittman's signature recipes, featured in the first video of the series.

#### Herb Seasoned Fish

Ingredients:

- 4 tbsp extra virgin olive oil or butter
- 1 tbsp minced onion (or garlic, ginger, shallots, scallions or lemongrass)
  - 2 tbsp freshly squeezed lemon juice or balsamic vin-

ega

Salt

Freshly ground black pepper

½ - 1 cup chopped mixed fresh herbs (like parsley, basil, tarragon, rosemary, chives, marjoram or sage – use smaller amount for stronger herbs)

2 tbsp extra virgin olive oil

Expert 9



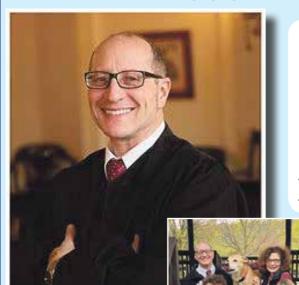
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November 3, 2020

General Election

Make Your Vote Count!

Vote Row C
Mark Rose Family Court Judge

Paid for by the committee, Judge Rose for Family Court

About 1½ lbs large fish fillets (monkfish, halibut or tuna)

1 cup chicken, fish or vegetable stock (more if needed)

Directions:

Heat oven to 450° F.

Mix herbs with salt and pepper.

Heat large ovenproof skillet over medium-high heat about 2 minutes; add olive oil.

When it's good and hot, dredge fish in the herb mixture. Brown for couple minutes on both sides.

Add liquid to pan and put uncovered in oven.

Roast until fish is tender, 20-30 minutes, turning once or twice (1-inch thick steaks of most fish will take 5-10 minutes

Regardless of thickness, fillet will still be firm and juicy when done but will be opaque inside; a thin-bladed knife will pass through fairly easily.

To make "five-minute drizzle sauce," put oil or butter in saucepan over medium heat.

When oil is warm or butter is melted, add onion and cook, stirring occasionally, until softened (turn heat down if it starts to color), 1-2 minutes.

Stir in 2 tablespoons water and lemon juice and sprinkle with salt



While everyone is cooking more at home now, ambitious home chefs are seeking to boost their skills, taking their culinary creations to the next level.



To make recipes shine, it is advised at-home chefs upgrade the tools and equipment especially appliances and other must-haves they use every day.

## **Mohawk Valley Hay & Grocery Auction**

Starting Fri. Nov. 13th at 10:00 AM **Second & Fourth Friday of Month** Hay - Straw - Firewood **Groceries - Every Second Friday** 

~ Payment Made to Consignors Day of Sale ~

## WANTED **Quality Small Square Bales**

**Mohawk Valley Produce Auction** 840 Fords Bush Rd, Fort Plain, NY 13339 Office 518-568-3579 - Market Report 712-432-8545 Order Buyer Elam Kauffman 717-413-3816

#### **HOSKING SALES LLC – CERTIFIED** ORGANIC MARKETING AGENCY

Weekly Sales Every Monday - Misc. items, Poultry & produce etc. will start approx. 12:00. 1:00 we will start Dairy followed by all other livestock.

Let's keep the cattle in the market place to help the competition sending direct gives you no competition.

Mon. Oct. 12th - Sold 203 head Cull ave. \$.45 top cow \$.55,cull beef cow ave. \$.50 top cow \$.65, Bulls/Steers \$.62- \$.74, Organic Cull dairy Ave. \$.75 to cow \$.82, Grassfed Organic Ave. \$.71 - top cow \$.80, bull calves top call \$1.25, top beef calf \$1.95, heifer calf top \$.22, Dairy feeders \$.38 - \$.58 goats top \$135.00.

Sat. Oct. 24th - 11:00 AM Special Round-Up Fat Cow & Feeder Sale, Featuring Sunny Brook Farm 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. Small Angus/Hereford Cross Herd consisting of Brood Cows and feeders. A group of Angus Cross - 4 cows, 3 yrlgs & 6 calves all vacc. The calls are coming in expect a great quality sale! Call to advertise your group today it will make a difference. We will be taking animals on Friday if you need to drop of earlier call to make arrangements.

Mon., Oct. 26th - Normal Monday Sale & Monthly Organic Day

Sat. Oct. 31st -11:30 AM Premier Fall All Breed Sale. Selling 160 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!

Nov. 2nd - Normal Monday Sale & Monthly Fat cow & Feeder Sale

Nov. 9th - Normal Monday Sale & Monthly Heifer Sale.

\*\*Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

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

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Bacon • Sausage Pork Chops • Hams Ham Steaks

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and pepper; maintain heat so it bubbles gently for 1-2 minutes.

Taste and adjust seasoning.

Transfer fish to warm platter. If pan juices are thin, reduce a bit; if they're too thick, add a little more stock and cook over medium heat for a minute or two. Serve fish with drizzle sauce spooned over it.

#### Upgrade your kitchen to boost your results

To make recipes shine, Bittman advises at-home chefs to upgrade the tools and equipment - especially appliances and other must-haves they use every day. He recommends today's ultra-versatile appliances, like those from Signature Kitchen Suite, which feature multiple modalities, from steam and gas to induction and even industry-first sous vide built right into the cooktop, to deliver elevated creations and make your cooking experience easier and more successful, night after night. The investment in pro-quality equipment leads to better

results, wherever you are in your culinary journey, according to Bittman.

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## Local eyecare office expanding

have expanded their office.

Doctors Matthew Wadas and Mark Ainsworth say the office expansion has given them the room to better provide full-scope medical eye care services by adding new technologies that will help further enhance the quality of care they seek to provide their patients. "Advancements in technology have been made in nearly every industry. Eyecare is no exception, and we feel it's

The Wadas Eye Group and Herkimer Eyecare Center our responsibility to keep up with these advancements on behalf of our patients," said Dr. Wadas.

> In addition to the medical side of eye care they have also expanded their optical, allowing for a greater variety of eyewear styles and options to choose from.

> Their office is located at 394 E. State St. in Herkimer, next to the EFK Plaza. They are always accepting new patients and participate in a wide variety of medical and vision insurance plans.



Dr. Matthew Wadas (L-R), Dr. Kimberly Wadas and Dr. Mark Ainsworth at the newly expanded office of the Wadas Eye Group and Herkimer Eyecare Center. Photo courtesy of Dr. Matthew Wadas













# Mohawk Valley & Herkimer Area Connection

Lodging | Dining | Shopping | Services | Places to Visit



Love Where You Live ♥ Live Where You Shop ♥ Shop Local ♥



### 10 WAYS TO SUPPORT LOCAL BUSINESSES

Small businesses are the lifeblood of many communities. In the United States and Canada, the majority of businesses in operation are classified as small businesses, according to data from the Small Business Administration and Statistics Canada. Consumers can express their appreciation for the small businesses in their communities in various ways.

- 1. Create a guide to local small businesses and share it with other people from the community who have like-minded interests.
  - 2. Shop at small businesses regularly.

- 3. Use social media to give your recommendations on small businesses that go above and beyond in quality and service
- 4. Speak with business owners about your experience as a customer, sharing insight about both good and bad experiences
- 5. Encourage your family or friends to make small business shopping a larger part of their overall spending plan.
- 6. Think of small business sponsorships when putting together school- or club-based fundraisers.
- 7. Host a meet-and-greet event for various small business
- 8. If you own a small business, keep business cards, flyers or a sign advertising another small business in the area to show mutual support.
- 9. Invite small business owners to community activity centers, nursing homes, schools, and the like to share their experiences about starting a business in the area.
- 10. Participate in community events that may be sponsored by small business owners.

## SIMPLE WAYS TO GIVE BACK EVERY DAY



munity strengthens towns and neighborhoods and makes them better places to live. Many people volunteer with local charitable organizations, while others make annual donations that help charities and nonprofits achieve their missions. Giving back to your com-

munity can require a big commitment, but there are simple ways to give back each day as well. Whether you're strapped for time and can't volunteer or simply want to do a little more than you already do to support your community, the following are some simple ways to give back every day.

· Support a local business. Many small busisuffered nesses have mightily since the outbreak of the novel coronavirus COVID-19. Such businesses help communities thrive in many ways, including employing local residents. According to The Statistics Canada Labour Force Survey, small firms with fewer than 100 employees employed roughly 70 percent of the Canadian population in 2017. In the United States, the Small Business Administration's Office of Advocacy reports that nearly 62 percent of the country's net new jobs between 1993 and 2016 were created by small businesses. By supporting such firms, whether it's ordering takeout or buying from local retailers instead of their big box competitors, men and women are giving back to their communities while spending money they would be spending anyway.

· Help a neighbor. The pandemic turned many people's lives upside down, and some people have had to overcome long periods of isolation. The Centers for Disease Control and Prevention

greater risk of getting seriously ill from COVID-19 than younger people, while those with preexisting conditions such as type 2 diabetes and chronic obstructive pulmonary disease, or COPD, are at increased risk as well. Because of that heightened risk, such people have been urged to stay at home as much as possible. If you want to give back, offer to help at-risk neighbors with their grocery shopping or other errands that could put them in danger of getting sick. Another way to help at-risk neighbors is to visit them and keep them company. If you do so, wear a mask

notes that the elderly are at

at all times and stay at least six feet away.

· Donate used items. Many people are still working from home full-time as employers remain hesitant to bring staff back into the office. That extra time at home has no doubt made people realize just how much clutter they have around the house. Rather than leaving items out at the curb for the garbage man to take away, donate lightly used clothing and still-function appliances to nearby charities. Unemployment figures remain high across the country, and more people than ever before are in need of affordable goods. Donating rather than discarding lightly used items can help the less fortunate in your community get through a very uncertain time.

Giving back to one's community does not require a significant commitment of time or resources. Simple things that can be done every day can strengthen communities and show support for your neighbors.











### HOW TO SUPPORT SMALL BUSINESSES THIS HOLIDAY SEASON

The holiday season is an important one for small businesses every year, and it figures to take on heightened importance in 2020. The outbreak of the novel coronavirus COVID-19 in late 2019 and early 2020 hit small businesses especially hard, with many being forced to close their facilities to customers in an effort to prevent the virus from spreading.

Estimates regarding the effects of the COVID-19 outbreak on small businesses varied, but many small business owners were forced to let go employees as they

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PLEASE NOTE: This coupon is Not Valid on any Boxed Wine or Sale Items! confronted steep declines in revenue. A ZenBusiness survey of more than 1,000 small business founders, senior managers and decision makers found that 37 percent of small businesses that employ between 11 and 25 people were considering laying off more than one-fifth of their workforce.

As small businesses face difficult challenges, it's no surprise that many consumers want to support locally owned small businesses this holiday season. Such support not only can help small businesses, but also can help to revitalize local communities.

• Shop online. Online shopping has traditionally been dominated by big box retailers. However, many small businesses increased their e-commerce capabilities to generate revenue. Shoppers concerned about shopping in person this holiday season should explore

the delivery and curbside pickup options available at locally owned small businesses. Even businesses that have not traditionally been allowed to deliver, such as breweries and wineries, have been able to do so during the outbreak, giving consumers unlimited online shopping options.

- Purchase gift cards. Gift cards take the guesswork out of holiday shopping, and such cards are easily shipped or even emailed to loved ones. That's a significant benefit during the 2020 holiday season, when delivery times are expected to be lengthy. Gift cards to local businesses simplify holiday shopping, support small businesses and help shoppers avoid potential delivery delays.
- Share your experience.
   Word-of-mouth is vital to small businesses at any time, and can be especially valuable as these com-



panies try to overcome the challenges posed by the COVID-19 outbreak. Holiday shoppers can share their experiences with local businesses via social media. Share information about the lengths local small business-

es have gone to in regard to safety measures, order fulfillment and their delivery and pickup efforts. Such sharing may compel neighbors and friends to follow your lead and provide vital support to local businesses in need this holiday season.

Small businesses are the backbone of many communities, and the holiday season provides a great opportunity to support such firms as they look to recover from a difficult year.

# INM WHE THEN EREY ENDY FOCHT



### DID YOU KNOW?

Supporting local businesses has some surprising benefits that can greatly improve life for entrepreneurs and the communities they call home. Large corporations may find it impractical to open up shop in some small towns, villages and rural areas, feeling that the cost of opening and maintaining the business might not be justifiable with such a small potential customer base. In such instances, small businesses offer an invaluable service to their communities, providing readily accessible goods to residents might not be able to or simply don't want to drive long distances to purchase items from the nearest retail center. Small businesses also provide employment opportunities to local residents, which can be especially valuable in communities where jobs are few and far between. Supporting small businesses also can help make communities safer and more stable. When small businesses thrive, they pay more in local taxes, and that increased tax revenue is then used by local governments to fund local schools, police forces and fire departments.







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https://www.facebook.com/2024churchstreet/ Search for Lee's Shops at Wagner Square

**OPEN 7 DAYS:** 

M-E10-6

# Herkimer County Republican Committee Annual Veterans Day Brooks Chicken BBQ Veterans receive complimentary meal

The Herkimer County Republican Committee is hosting its Annual Veterans Day Brooks Chicken Barbecue on Nov. 7 starting at noon until sold out. The barbecue will take place at the VFW on Mohawk Street in Herkimer. This is a drive-thru event. Walk-ins are welcome

The \$12 cost includes half a chicken, baked potato, baked beans and roll.

Enjoy great friendship, great chicken and thank

a veteran

The event is open to the public and will take place rain or shine.

Tickets are strongly recommended. Contact Sylvia at 315.868.6525 or Penny at 315.894.4745 for tickets.

# Arc Herkimer employee recognized for service

Arc Herkimer former Direct Support Professional and now Supports Manager, Destiny French, has been recognized by the Arc New York with a Thomas A. Maul Direct Support Professional Excellence Award.

French has been with agency for three years, and according to Vice President – Supports & Services, Shawn Schul-

tz, "Destiny is energetic, professional, and provides opportunities that allow dreams to be made for the people she works with — she truly lives out the Arc Herkimer mission."

Arc Herkimer is currently hiring for both Supports Managers and Direct Support Professionals. For more information, visit: www.archerkimer.org



Arc Herkimer Supports Manager Destiny French accepts her recog-nition award from Assistant Supports & Services Director, Andrew Davis. Photo courtesy of Arc Herkimer















HERKIMER COUNTRY EDITOR 16 • October 23, 2020

## **King** Crossword

#### ACROSS

- Recede
- 4 Petrol
- Potato 11 Settled down
- 13 Mischiefmaker
- 14 Cautious
- 15 "Bye"
- 16 Neither part-
- ner
- 17 Rice or Tyler
- 18 Ledge
- 20 Dispatch 22 Mary - cos-
- metics 24 Half a wet-weathe
- pair 28 Game like pinochle
- 32 Hoosegow 33 Valhalla VIP
- 34 Dog's foot
- 37 Fifth-day Christmas gift 61 Illustrations
- 39 Paraphrase 41 mpressionist? **DOWN**
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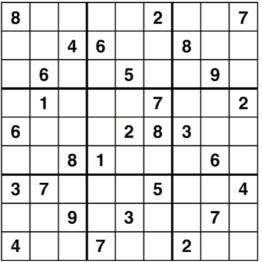
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# Weekly **SUDOKU**

by Linda Thistle



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

#### DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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#### **HOCUS-FOCUS**

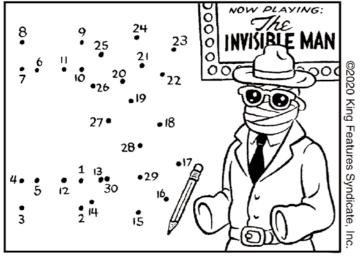
HENRY BOLTINOFF



Find at least six differences in details between panels.



narrower. 6. Shirt has long sleeves. 3. Bushes are missing. 4. Pile of leaves is larger. 5. House is Differences: 1. Window is cracked. 2. Boy's hair is different.



"WHAT IS ALWAYS INVISIBLE, yet never out of sight?" Connect the dots and find out.

and also in "sight." Answer: The letters "I" and "S" are always in "visible,"

# by Charles Barry Townsend



ANOTHER EGGTRAORDINARY PUZZLE! Brown prefer to have six dozen dozen eggs or a half dozen dozen eggs?

dozen dozen would =  $1/2 \times (12 \times 12) = 72$  eggs.

Answer: Six dozen dozen would = 6 x 12 x 12 = 864 eggs, while a half a

THE 'N' PYRAMID! Pictured at right is a word pyramid. Each word, as you go down the pyramid, contains the same letters as the word above it, plus a new letter. We give you all the N's. Here are some hints from the top down.

- 1. Symbol for nitrogen (given).
- 3. To complain constantly.
- 5. A representative. 7. A wine identifier.
- 2. One of.
- 4. A small fly.
- 6. Act of consuming.
- 8. To find one's way.

## A SIZZLING PUZZLE!

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

- 1. SEEK to FIND
- 2. WILD to TAME
- 3. MOON to BEAM
- 4. PART to TIME
- 5. FILE to RASP

5. FILE, RILE, RISE, RASE, RASP. 4. PART, PARE, TARE, TAME, TIME. 3. MOON, MOAN, MEAN, BEAN, BEAM. FIND. 2. WILD, WILE, TILE, TALE, TAME. ANSWERS: 1. SEEK, SEED, FEED, FEND,



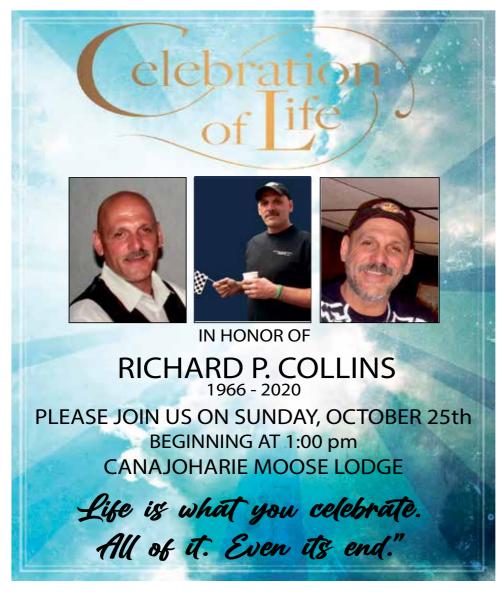
# Assemblyman Smullen and Congresswoman Stefanik visit Creative Designs

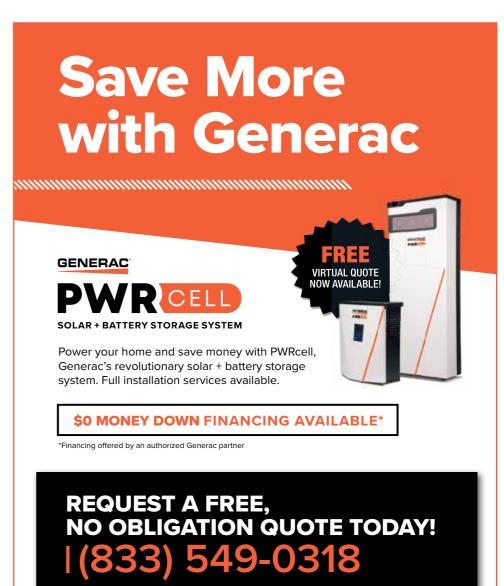


Assemblyman Robert Smullen and Congresswom-an Elise Stefanik recently visited Creative Designs by Tiffany in Dolgeville. The two toured the small business, heard about the impact of COVID-19 to it, and arranged flowers. Photo courtesy of Creative Designs by Tiffany









# Country Editor

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

**Announcements** 

#### **Announcements**

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The Country Editor

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#### **NOTICE**

Indian Castle **Cemetery Association** is holding its Annual Meeting along with the Board of Directors elections at 6PM on 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.

#### **Announcements**

NOVENA TO ST.JUDE: O Holy St.Jude, apostle and martyr, great in virtue, rich in miracles, near kinsman of Jesus Christ. Faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I promise to make vour name known and cause you to be invoked. (Say three Our Father, Hail Marys and Glorias. Publication must be promised.) St. Jude, pray for us and all who invoke your name's aid, Amen. This novena, said each day for nine days, has never been known to fail. T.J.T.



#### **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 Fea-Buckets, tures. 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.

#### **Attachments**

#### UNIVERSAL ATTACHMENTS PALLET FORKS

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#### Heating

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HERKIMER COUNTRY EDITOR

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#### The Kitchen Diva

#### by Angela Shelf Medearis Pomegranate seeds are bursting with nutrition

Pomegranates are known as a superfood with tons of wonderful health benefits, including fighting cancer and heart disease, as well as lowering blood pressure and cholesterol. They're also loaded with B vitamins, potassium and folic acid.

If you've never tried eating or cooking with pomegranates, now's the time. Pomegranates are

broken, indicating the flavor is well-developed. Pomegranates can be held at room temperature for reasonable periods of time, out of direct sun.

Most of the fiber you get from eating pomegranates comes from the arils (seeds). So to keep up with a healthy dose of daily fiber, crunch away. You also can sprinkle pomegranate seeds over broiled fish, salads, fruit desserts, cakes and puddings, or use them in

um-size pomegranate will yield about 1/2 cup of juice or 3/4 cup of seeds.

1 pomegranate Sharp knife

Sturdy spatula wooden spoon

Medium-size bowl Storage container or zippered bag

1. Wash the pomegranates well before using them. Any time you're cutting into a fruit or vegetable with a skin or rind, you take the chance of introducing bacteria from

pithy membrane around the pomegranate arils (seeds) should not be too prominent.

3. To remove the seeds, place the pomegranate, cut side down, in your non-dominant hand with your fingers spread apart. Place a deep, medium-sized bowl in a sink to capture the seeds and juice. Hold your hand with the pomegranate over the bowl.

4. Take a sturdy spatula or a wooden spoon and begin to whack the top surface of the pomegranate as hard as you can to dislodge the seeds. Turn the pomegranate over to see where the remaining seeds are lodged. Continue to whack that area and the surface all over

the top of the pomegranate until all seeds have fallen out.

5. Repeat this process with the other half of the pomegranate. Pick out any bits of fibrous white membrane mixed in with the seeds and discard it.

6. The whole fruit or seeds can be refrigerated

Kitchen 21



Pomegranates and pomegranate juice.

in season and available through November, and some years into December and even January. Pomegranate concentrate is available throughout the year.

Α pomegranate is about the size of an apple, and has a leathery, deep-red to purplish-red rind. When choosing the perfect pomegranate, look at the skin. It should be thin, tough and un-

marinades, glazes and for garnish. Pomegranate seeds also are a delicious topping for waffles, oatmeal, pancakes, cereal or sundaes.

#### How to remove pomegranate seeds

Only the seeds, with their sweet-tart flavor and juice-squirting texture, are edible. Also, for the fullest of flavor, the seeds should have an abundance of juice. One medithe outer surface into the edible portion.

2. After washing, slice the pomegranate in half horizontally. When you split the hard fruit open, a mass of red seeds in a spongy white membrane is revealed. The white





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OD's Best of the Best



## Dentist offers tips for a less spooky Halloween

(BPT) - While Halloween will be different this year, you'll still likely be enjoying all your favorite Halloween candies - at least from the comfort of your own home. And face it, it's not just kids who like to indulge in sweet treats.

While enjoying your favorite sticky and sugary chocolate bars, you don't want to be frightened by the prospect of cavities or other issues with your teeth. Oral health is an important part of staying healthy overall, so to help you and your family maintain proper oral care during the Halloween season and beyond, ARM & HAMMER Toothpastes has partnered with dental expert Dr. Derek Wallin, DDS to share his tips:

1. Stick to regular routines - so candy won't stick to teeth

Especially after taking some - and then probably a few more - bites of Halloween candy, don't skip your nightly routine. Though the extra time at home may have you in your PJs through-

out the day and night (no judgment!), remember to brush your teeth at least twice a day, and especially after dipping into the Halloween stash. To ensure that you are brushing long enough, set a timer on your phone for two minutes while you brush your teeth thoroughly from top to bottom, front and back. Never skip brushing before going to bed, as the cavity-causing bacteria that live in mouths can do a lot of damage while you're sleeping.

2. Be choosy about Halloween candy ... and when you eat it

Not all candy is created equal, at least where your teeth are concerned. You probably guessed it: Candies that stick on and between teeth are the worst culprits. For example, taffy and gummy candies leave a sugary residue that's hard to reach when it gets stuck between teeth and under gums. Chocolate or sugar-free candies are less damaging to your teeth and lead to less plaque



buildup. Whatever type of candy you indulge in this Halloween season, enjoy it in moderation, and avoid hitting the candy stash after your nightly

brushing.

3. Don't brush immediately after eating

You may be surprised to hear that it's better to wait a while after you've finished eating to brush your teeth. Your mouth has a higher acidity level right after eating, especially when you've been eating candy. Brushing while your teeth are more acidic can wear down and dissolve tooth enamel quickly, so it's best to wait 30 minutes after eating, if you can. One extra pro tip: Before you brush, swish with a mouthful of water to reduce any acid buildup and to help

minimize damage to your enamel.

4. Use effective toothpaste

Using great quality toothpaste when you brush can help keep your teeth and gums healthy, even when you occasionally enjoy sweets. Apart from a good toothbrush, I recommend using Arm & Hammer Toothpastes because they are made with 100% natural baking soda to naturally whiten teeth while quickly neutralizing acidity and restoring a more natural, balanced pH in your mouth to keep your teeth strong. The latest Arm & Hammer

Essentials Toothpastes are made with more of the essential ingredients you need for a healthy, beautiful smile, including naturally sourced calcium and essential oils sourced from natural North American peppermint to freshen breath. Overall, they're a great option for those searching for a simple and clean toothpaste solution - even better, they're efficacious, budget-friendly and come in three varieties.

Following these tips and tricks can take some of the fright out of this Halloween's sugary treats.

# — **King** Crossword — — Weekly SUDOKU —

Answers
Solution time: 21 mins.

Е	В	В			G	Α	S		S	Р	U	
Α	L	_	Т		Τ	М	Р		W	Α	R	Υ
Т	Α	Т	Α		Ν	0	R		Α	Ν	Ν	Е
S	Ι	Е	L	F		Κ	_	L	$\sqcup$			
			K	Α	Υ		G	Α	L	0	S	Н
В	Ε	Ζ	_	Q	U	Е		Р	0	K	Ε	Υ
0	О	_	Ν		Р	Α	W		V	R	Α	Ρ
R	_	Ν	G	S		R	Е	S	Т	Α	Т	Ш
Ε	Т	С	Н	Е	R		В	0	Α			
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3	7	6	2	8	5	9	1	4
2	8	9	4	3	1	5	7	6
4	5	1	7	9	6	2	3	8

Answer

Just Like Cats & Dogs

by Dave T. Phipps

CAN I RETURN \$400 WORTH OF TIES, SWEATERS AND SHIRTS MY WIFE BOUGHT IN EXCHANGE FOR A \$10 GAS CARD?

#### This Week's Holidays

Oct. 24 – National Bologna Day Oct. 25 – World Opera Day Oct. 26 – National Mincemeat Day Oct. 27 – Black Cat Day Oct. 28 – Plush Animal Lovers Day Oct. 29 – National Frankenstein Day Oct. 30 – National Candy Corn Day



#### Kitchen from 20

in zippered plastic bags or in an airtight container. Refrigerate the pomegranates at 32 F to 41 F. Pomegranate seeds will keep this way for 4-5 days. They also can be frozen and stored for several months.

**To Freeze:** Line a sheet pan with parchment paper or waxed paper. Spread the seeds in a single layer, uncovered, until frozen, 1-2 hours. Once frozen, transfer to an airtight storage container or freezer-zippered bags.

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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#### Paw's Corner

# by Sam Mazzotta Who's the boss? Dear Paw's Corner: I

know it's a running joke that cats rule people and not the other way around. But if cats can't stand people, why did they become domesticated in the first place? How did that

happen? — Trisha G., San Bernadino, CA

**Dear Trisha:** While cats seem aloof and rarely fawn over people in the same way that dogs do, they do love their humans. They express their devotion in ways that are weird to us — like quiet-

ly placing a dead mouse in front of us and sitting expectantly until their triumph is acknowledged. Or, like bumping their forehead against our hand, or even our nose. Or meowing incessantly when we're in the bath-room, worried that we will never come out.

When cats were domesticated — scientists think that happened about 12,000 years ago — they approached humans for

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much the same reasons that dogs did. There was food available. Cats, like dogs, earned their keep: dogs by keeping watch over their humans, and cats by protecting their food. When humans developed agriculture and began storing grain, rodents became the bane of their existence. Cats. on the other hand, saw a smorgasbord of tasty rats on the menu. Over time, they became domesticated, and our symbiotic existence was cemented.

Cats were revered by ancient societies, and yes, jokes about cats ruling the household are probably as old as the early Egyptian pharaohs. Their behavior — as territorial hunters who move quietly and strike quickly — probably did not need to change as dramatically as wild dogs' behavior had to evolve. Yet, they did become tame and companionable as

well — although much more aloof.

Archaeologists and sociologists have studied the domestication of cats quite a bit, because it helps to answer many questions about ancient peoples. In a way, it helps to outline why cats today behave the way they do.

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

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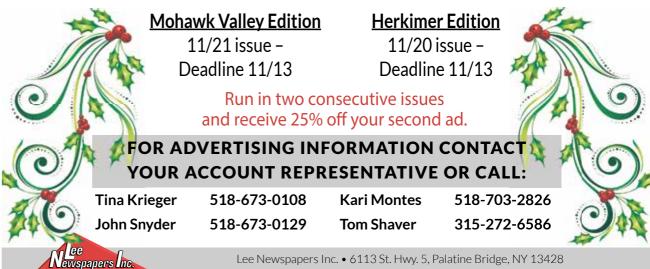


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