

HERKIMER Country Editor

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OCTOBER 30, 2020

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Volume 10 Number 20

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6-7

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Canajoharie hosts virtual Walk to Strike Out ALS in honor of Dale Erhardt

by Gary Elliott

About 20 people gathered at the Erie Canalway bike trail in Canajoharie for one of the Capital District's 19th Annual Walk to Strike Out ALS events on Saturday, Oct. 17. Due to COVID-19 concerns, instead of every walker from eastern New York gathering at Saratoga State Park, participants were asked to walk safely individually or in small groups around their neighborhood or on a favorite hiking path. The Canajoharie walk took place in honor of local ALS patient Dale Erhardt, who was diagnosed 8.5 years ago.

Proceeds from the walks benefit the St. Peter's ALS Regional Center in Albany. The center serves 17 counties in northeastern New York and is the region's only medical and counseling service devoted exclusively to the care of patients with ALS. Dale's wife, Jill C. Downes Erhardt, reported on Oct. 22 that all of the regions' various walks have collectively surpassed their goal. "Their goal was \$100,000 and they posted it was surpassed! They don't have a final tally, as money keeps coming in," she said.

Jill said Dale have been attending virtual clinics from the center for several hours week-

ly since COVID-19 concerns began. Before the walk started, the Erhardt family showed a video, produced by the ALS center, about how the center has been caring for patients throughout the region during "these difficult days of COVID."

Jill said, "Veterans are twice as likely to get ALS as the civilian population. Nobody has figured out why."

ALS is a rare, fatal disease that attacks the body's nervous system and rapidly destroys the nerve cells that allow humans to eat, speak and move properly. Approximately 35,000 Americans suffer from ALS at any one time. There is currently no cure and little treatment.

Following the walk, Jill posted on Facebook, "What a beautiful day and a wonderful turnout for the 'virtual' 19th Annual Walk to Strike Out ALS today. My heartfelt thanks to everyone that came to join us and to everyone who has donated ... We truly appreciate all of the support we get on this journey and St. Peter's ALS Clinic is the best. 8 1/2 years and still counting."

Team Dale has participated in Strike Out ALS Walks for several years in Saratoga, Jill said.

Located at 19 Warehouse Row in Albany,

the ALS Regional Center Lewis Golub MDA/ALS Clinic offers medical and emotional support, rehabilitation therapy, consultation, counseling, education and advocacy to ALS patients and their families. It also provides home visits and guidance and support via telephone to patients who are too ill or disabled to visit the center.

If you would like to support the development of future treatments and hopefully one day a cure, consider participating in the Walk to Strike Out ALS in the future. To sign up, or for more information, visit www.walktostrikeoutals.org.



About 20 people gathered at the Canajoharie Bike Trail for an Annual Walk to Strike Out ALS on Oct. 17. The Canajoharie walk was held in honor of local ALS patient Dale Erhardt. Photos by Gary Elliott



Jill and Dale Erhardt arrive at the ALS walk held in Dale's honor. Dale was diagnosed with ALS 8.5 years ago.

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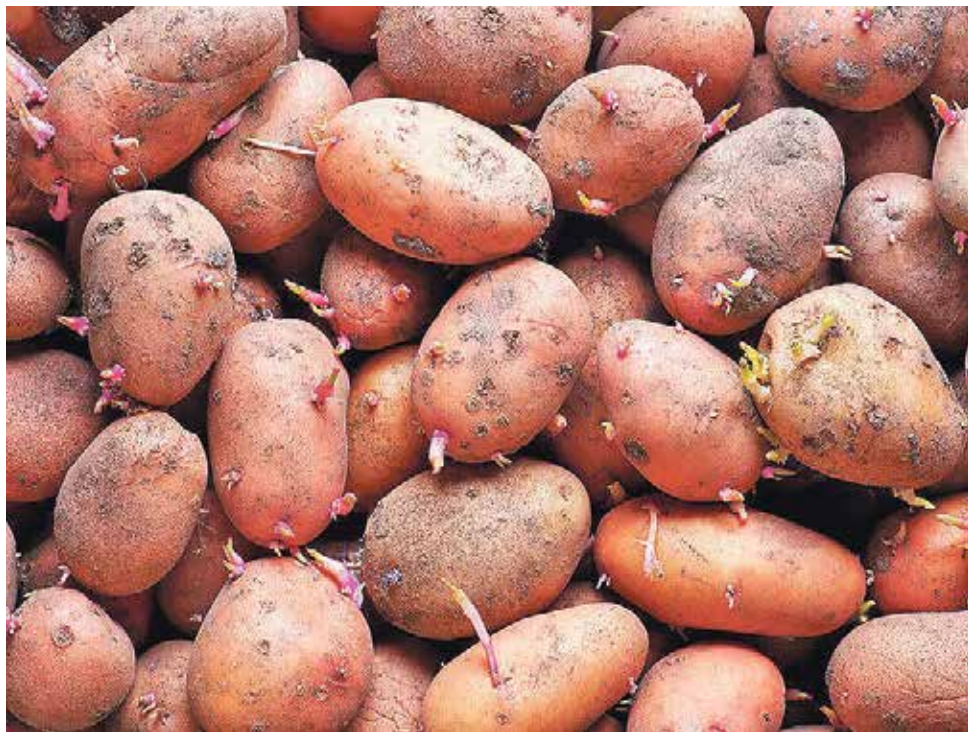
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Shining a light on why potatoes turn green

Whether store-bought or homegrown, potatoes will turn green when they are exposed to light. Most folks know that they shouldn't eat potatoes that have turned green, or should at least cut away the affected portion. But it's not actually the green color that is the problem.

The green color comes from the pigment chlorophyll, produced as a response to light. The potato tuber that we eat is actually a modified stem structure that grows underground. The "eyes" of the potato tuber are buds, which will sprout into shoots.

Potatoes will turn green when growing too close to the soil surface as well as when stored under even low-light conditions. Mulching potato plants in the garden and storing harvested potatoes in complete darkness will prevent them from greening.



Potato tuber buds sprout into shoots.



Potato tubers turn green when exposed to light. Photos courtesy of Purdue University

Chlorophyll is not toxic. However, another response of the potato tuber to light exposure is increased production of a colorless alkaloid called solanine. The amount of solanine increases with the length of exposure and the intensity of light.

Consuming a large quantity of solanine can

cause illness or even death in extreme cases. However, most people are not likely to eat enough of the affected tissue to cause illness because of solanine's bitter taste.

The highest concentration of solanine is in the skin of the potato; removing the green portion will also remove most of the

toxin. Sprouts of the eyes are also high in solanine and should be removed before cooking.

The next time you see a green potato, be thankful for that color change because it is warning you of the presence of toxic solanine.

Source: Purdue University

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Library fundraiser goes virtual

Each year, the Little Falls Public Library hosts a fundraiser. Traditionally, it's been an in-person event. But this year, due to ongoing concerns about COVID-19, the fundraiser is going virtual. From the safety and comfort of your home, you can choose from a variety of experiences provided by local artists.

Our featured performer is magician Jimmy Ichihana. Ichihana was born in Herkimer and is now based in Orlando, FL. He has appeared on "Penn & Teller: Fool Us" and "America's Got Talent." He specializes in sleight-of-hand card tricks.

Artist Kathleen Canastar will create a painting live – using knives. A native of Little Falls, Canastar has had several exhibits in central New York and has taught painting classes at Holy Family Parish.

Trumpeter Oscar Stivala will provide improvisational jazz music. A native of Argentina who now resides in Little Falls, Stivala began to play trumpet at the age of nine and has played with several bands.

Chef John Luciano will do a cooking demonstration. Originally from Boston, Chef Luciano has worked in a wide range of fine restaurants including the Ajuord'hui, Mistral, Bella Luna, Teugica Country Club and the Canal Side Inn. You may have seen his show "Cooking With Chef John" on mylittlefalls.com.

Dolgeville native Henry Sheppard will show you how to make a cocktail. Sheppard is the bartender at the Canal Side Inn.

Three local writers – Mike Cecconi, Sam MacManus and Terry Rainey – will read their original stories out loud. All of the authors have publications to their credit and are longtime members of the library's Flash Fiction group.

During the event, we'll raffle off several items, including a painting by Frank Wilcox, a basket of gift certificates to local restaurants, an overnight stay and dinner at the Inn at Stone Mill, lunch for four at the Café at Stone Mill and a private magic show with Jimmy Ichihana.

Raffle tickets are available at the library.

The library depends upon the fundraiser to operate at its best. This year's fundraiser is not only exciting, it's affordable. Tickets are just \$25.

To purchase a ticket, go to www.LFLibrary.org/donations. During the ticket buying process, you'll have a chance to choose which of the events you'd like to watch. You'll receive an invitation to the live broadcast. Optional add-ons include a bottle of wine, a cheese sampler, a box of chocolates and the library's Flash Fiction book.

This live virtual event will begin at 4:30 on Saturday, Nov. 7. For more information, call 315.823.1542.

Smullen announces funding for library improvements

Assemblyman Robert Smullen (R, C, Ref-Meco) recently announced the New York State Education Department and New York State Library Association have approved construction awards to public libraries in the 118th Assembly District. Awards are supported throughout the state by a \$34 million capital fund appropriation in the state budget.

Construction awards received in district include:

- Frank J Basloe Library: \$72,647 to add an ADA compliant bathroom
- Hepburn Library of Madrid: \$16,388 to install a hot water heater and furnace

- CVW Long Lake Public Library: \$138,647 to upgrade exterior cladding, windows and doors

- Northville Public Library: \$5,265 to upgrade lighting fixtures

- Old Forge Library: \$10,403 to finish the basement and add a Bilco entrance

- Town of Indian Lake Public Library: \$11,766 to expand the library's entrance foyer

- Town of Inlet Public Library: \$11,489 to replace lighting fixtures and old air conditioners

- Western Town Library: \$30,830 to replace the basement emergency exit

"I am happy to

announce library construction awards to eight public library systems throughout the district," said Smullen. "Libraries are essential to upstate communities. Not only do they provide free broadband access to all citizens and help to count the Census, but they enrich the lives of upstate New Yorkers through knowledge. With the financial strains created by the pandemic, the priority funding for libraries, which I consider essential infrastructure, is encouraging to witness. I cannot wait to see the completed renovations

and urge everyone to take advantage of the services offered by libraries."

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida, and St. Lawrence counties.



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As Vets Day approaches, Wreaths Across America utilizes technology to help fulfill mission

COLUMBIA FALLS, ME — Wreaths Across America (WAA), is the non-profit organization best known for placing veterans' wreaths on the headstones of our nation's fallen at Arlington National Cemetery. However, today the organization, in total, places more than 2 million sponsored veterans' wreaths at over 2,200 participating locations nationwide. In order to achieve this mission, in this challenging year, the organization had to be open to new approaches and partnered with generous organizations willing to share new technologies while helping achieve our ultimate goal of fulfilling the mission to Remember, Honor, and Teach in part by placing veterans' wreaths at the headstones of all fallen U.S. service members.

Wreaths Across America's existing website capabilities allow for customized fundraising pages for Participating Locations and Sponsorship Groups, providing real-time in-

formation to donors and volunteers across the country. In addition, the nonprofit has focused efforts on other owned-media channels, including Wreaths Across America Radio (www.wreathsassamerica.org/radio), an internet radio station bringing you a unique mix of music, interviews and entertainment designed to uplift the American spirit during these challenging times and to promote our mission to remember, honor and teach about America's veterans.

Expanding on the Teach aspect of the mission, WAA's Mobile Education Exhibit hit the road early this summer. This traveling learning experience helps live the mission to remember, honor, and teach. The expanding internal movie theater and interactive learning displays help remember the sacrifices our nation's heroes, honor living veterans and teach future generations about the price of freedom.

In the last two years,

by partnering with AT&T veterans, WAA has been able to offer a pilot "Text to Donate" program that is allowing donors in several states to sponsor a veteran's wreath for a family member or loved one from the comfort and safety of their own home. By texting 20222 and a corresponding text code specific to an area cemetery, a contribution can be made over the donor's phone no matter who is their primary service carrier. All mobile users can obtain a tax receipt for donations made via text message by visiting: mobilegiving.org/tax-receipt/.

Although the use of social media has been around for some time and become a business mainstay of building a community of supporters, virtual events have also become the norm this year as many live events have had to be transformed from

their original live format. These virtual events have allowed us to share a once regional concert, with our entire supporter base, removed 5k races from the bounds of a set course, offered mothers homeschooling their children the chance to share in a pledge of allegiance with their children, and expanded a local flag waving effort to the entire nation.

Some of these efforts have even spawned the need for their own new technology approaches. For example, WAA's race partner CompetitorME began utilizing an App, called RaceJoy, to help track runners and share vital information while participating in a virtual race. And while most theater chains were trying to figure out the business of survival amidst a pandemic Showcase Cinemas made community service a priority by lifting the

You can sponsor a wreath for \$15 at wreathsassamerica.org.

virtual concert from the pages of Facebook to add it to their newly launched streaming service called Showcase NOW.

As you can see, no one change is helping make it through rough times. However, utilizing technology to make many small changes is helping WAA continue toward its goal of honoring and remembering as many United States service members as possible nationwide this National Wreaths Across America Day—Saturday, Dec. 19.

However, there's still more ways to help and

it doesn't have a touch screen or hi-def display... It's you!

You can sponsor a wreath for \$15 at wreathsassamerica.org. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest on Saturday, Dec. 19, as part of National Wreaths Across America Day. You can text WREATH22 to 20222 to sponsor a wreath for Arlington National Cemetery right from your phone.



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

Kuyahoor Valley Rotary Club Drive-Thru Chicken Barbecue at the Town of Kuyahoor 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/HCLFRoundtable20 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 Give-away 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.cceext.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.

sHerkimer County Republican Committee Annual Veteran's Day Brooks Chicken Barbecue noon until sold out

at the VFW on Mohawk Street in Herkimer. Veteran's receive complimentary meal. Drive through only. Walk-ins are welcome. Tickets strongly recommended by contacting Sylvia at 315.868.6525 or Penny at 315.894.4745.

November 9

Oil Painting Class with Wilson Bickford at Auskerada Place, 78 S. Main St., Dolgeville 5:30-9:30 p.m. Snowy Oil (11x14"). Call Diane at 315.429.3618 to register.

November 14

Arc Herkimer Transportation 2020 NTSS 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 than Nov. 20.

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- 1 Manhandle
- 5 Kimono sash
- 8 Hollywood clashers
- 12 Otherwise
- 13 Paid athlete
- 14 Swindle
- 15 Glass made of lava
- 17 Small song-bird
- 18 Series of battles
- 19 Individual
- 20 Too thin
- 21 Prompt
- 22 Evergreen type
- 23 Happen
- 26 Andean vultures
- 30 Courts
- 31 Email alternative
- 32 Pedestal occupant
- 33 Panacea
- 35 Golfer's aid
- 36 Rowing need
- 37 Junior
- 38 Suspicious
- 41 Pal
- 42 Hot tub
- 45 Stereo hook-up
- 46 — bacon
- 48 Pod vegetable
- 49 Plant bristle
- 50 Fairy tale baddie
- 51 Lowly worker
- 52 Thickness
- 53 Chew like a chipmunk
- side
- 7 Charged bit
- 8 Early era in England's
- 9 Mentor
- 10 File command
- 11 Transmitted
- 16 Gloomy
- 20 Card player's call
- 21 Janitor
- 22 Hounds' prey
- 23 Possess
- 24 Bill's partner
- 25 Trig ratio
- 26 Rotating part
- 27 Peculiar
- 28 Scepter
- 29 Like 22-Down
- 31 Bear hair
- 34 Shaft of light
- 35 Last few notes
- 37 Optimistic
- 38 Buy stuff
- 39 Woodsy walk
- 40 Frizzy 'do
- 41 Cry loudly
- 42 Portent
- 43 Law firm aide, for short
- 44 From the beginning
- 46 Upper limit
- 47 Mut

Weekly SUDOKU

by Linda Thistle

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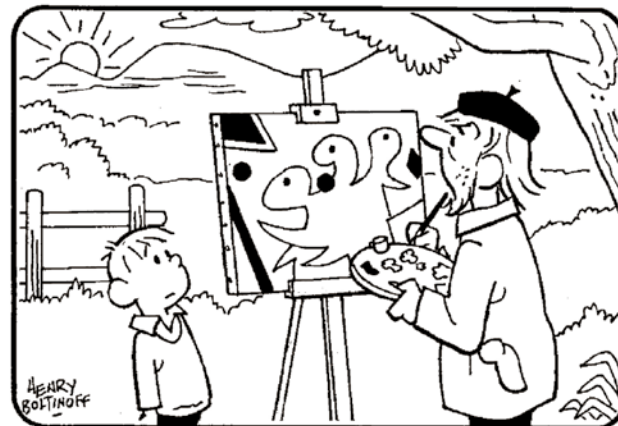
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- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

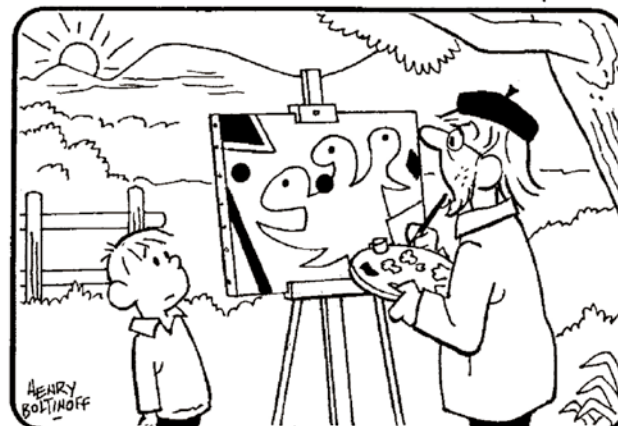
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BY HENRY BOLTINOFF

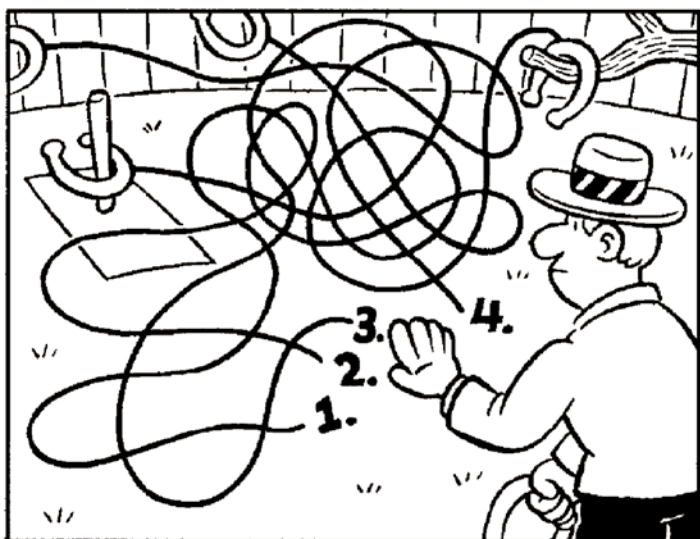


Find at least six differences in details between panels.



Differences: 1. Cloud is missing. 2. Artist has glasses. 3. Boy's necktie is different. 4. Easel has third leg. 5. Painting is different. 6. Artist's paint rag is gone.

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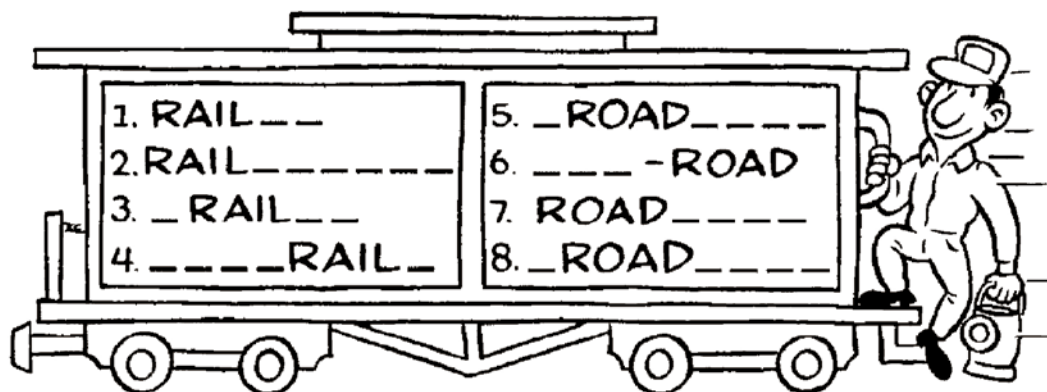
A RINGER FOR MR. DINGER! Can you guess which of the four pitches was a ringer for Mr. Dinger?

Answers: Pitch 3.

Illustrated by David Coulson

Junior Whirl

by Charles Barry Townsend

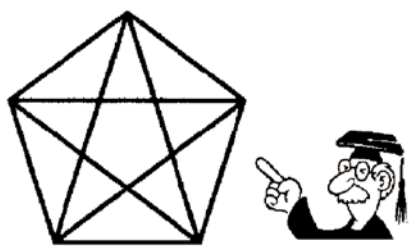


I'VE BEEN 'SPELLING' ON THE RAILROAD!

Casey has painted eight partially spelled words on the caboose. Each word contains "rail" or "road" in it. Use the hints below to complete each word.

1. Expressed objections bitterly.
2. Unfairly convicted.
3. Type of writing.
4. Streaks in the sky.
5. Way to sow seeds.
6. Type of motoring.
7. Old-time car.
8. Type of carpeting.

YOU'LL SEE STARS before you finish this one. Professor Flunkum challenges you to find all of the triangles in this figure in under six minutes.



Answer: There are 35 triangles of different sizes in the drawing.

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Mold, mole, mote, moth, mate, math, mash, mask.

Answers: 1. Railed. 2. Railroaded. 3. Braille. 4. Contrails. 5. Broadcast. 6. Off-road. 7. Roadster. 8. Broadloom.

Herkimer BOCES region announces updated COVID-19 policies

Based on clarified guidance from the NYS Department of Health and conversations with the Herkimer County Department of Public Health, Herkimer-Fulton-Hamilton-Otsego BOCES and its 10 component school districts recently made the following three clarifications to their COVID-19 absence policies that took effect Monday, Oct. 26:

1. Individuals sent home with COVID-19 symptoms must be evaluat-

ed by a healthcare provider within 48 hours. Unless the individual is evaluated within 48 hours or is awaiting COVID-19 PCR test results, districts must notify the Herkimer County Department of Public Health and the individual may not return to school. The Department of Public Health will initiate contact tracing, make a determination about quarantine and determine when the individual may return to school.

2. When a student or staff member is sent home because of COVID-19 symptoms, that individual's household members may remain in school as long as they are symptom-free or until the Department of Public Health directs otherwise.

3. The quarantine/isolation period for the individual sent home will be 10 calendar days (instead of the current 14 days) from the onset of symptoms, with

the final three days being symptom-free. The Department of Public Health will determine the quarantine/isolation period for other individuals in the household if needed.

The Herkimer BOCES component school districts are Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.

To your good health

by Keith Roach, M.D.

Lab finds tiny amount of blood in her urine

Dear Dr. Roach: My question is about microscopic hematuria. I see a rheumatologist for sarcoidosis. Last year I had various lab tests, including a urinalysis. That test and several since then have shown microscopic hematuria. The rheumatologist sent me to a urologist, who did scans and a scope of the bladder up through the right kidney. There's a slight stricture of the right ureter. My biopsies were negative.

Tests and scans continue to be OK except for the microscopic hematuria. I am a 60-year-old woman. Is the hematuria a cause for concern? — K.E.

Answer: "Hematuria" means "blood in the urine." "Gross" hematuria means there is so much blood that it changes the urine color, while "microscopic" hematuria is recognizable only in the laboratory. Blood in the urine can come from anywhere in the urinary

system, and there is a long list of possibilities. Although the cause is sometimes never found, your physician should consider urinary tract infection, kidney or bladder stones, and, in the right age group, cancer of the kidney and bladder. CT scans and cystoscopy are commonly performed tests, and the negative result in your case is reassuring.

You have one more reason to have hematuria than others, and that is the sarcoidosis. Sarcoidosis is a condition that can affect any tissue in the body with abnormal clumps of cells called granulomata. (Just one is called a granuloma.) While the lungs are the most common site for sarcoidosis, it can affect the kidney, causing hematuria.

Sarcoidosis also can cause kidney damage, resulting in a high creatinine, so that should be tested. Severe kidney disease from sarcoidosis may be treated with prednisone, but you should

see an expert (nephrologist) to consider this diagnosis.

The majority of people with small amounts of blood in the urine with no documented reason for it, including the cystoscopy and scans you had, will not have serious disease. However, it is probably still prudent to keep an eye on the kidneys and bladder periodically.

Dear Dr. Roach: I was just told that I have brittle veins. I have exhausted every place I can think

of to find out more about this condition. What is it? What causes it? What should I do? -- T.M.G.

Answer: There isn't a condition called "brittle veins": Whoever told you that was trying to explain a symptom you have. They may have meant that your capillaries (the smallest type of blood vessel) break easily. That's a cause of easy bruising. They may have meant that you have stiff blood vessels, from calcium or cholesterol. That's

a cause of high blood pressure. They may have been trying to draw blood or put in an IV and found that your vein "blew," meaning the needle went through the vein entirely and you had bleeding under the skin.

There are also some rare blood disorders causing blood vessels to become fragile, and sometimes inflamed. These can be quite serious, but I doubt you have one of these. You would have been referred to a

specialist.

While I understand why medical professionals will use nonspecific terms like these, they can lead to confusion.

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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Poland girls varsity soccer team makes history with first game on new field

Poland girls varsity soccer players felt a mixture of anticipation and enthusiasm as they walked onto the new soccer field from Capital Project 2020 on Friday, Oct. 16, for the first game ever played on the field.

"Personally, I think pretty much all of our team loved it," Poland senior Amanda Sweet said. "We were the first team to actually play on the field, so it was really exciting for us."

As the \$12.1 million Capital Project 2020 nears completion, the new soccer field was available for a game for the first time on Friday, Oct. 16, when the Poland girls varsity soccer team took on Frankfort-Schuyler.

The girls soccer players shifted from feeling



Poland sophomore Logan Cookinham kicks the ball on Friday, Oct. 16, during the first soccer game on the new field installed as part of Capital Project 2020 at Poland Central School District. Cookinham scored a goal and had an assist in Poland's 4-0 victory against Frankfort-Schuyler.

Photos courtesy of Herkimer BOCES

nervous to feeling competitive and enjoying the experience, as they took a 1-0 lead over Frankfort-Schuyler into half-time and pulled away in the second half to win 4-0.

"After the game whistle blew, we were really happy to be playing," Poland senior Erin Powers said.

Poland sophomore Logan Cookinham said she got more comfortable with the excitement of playing on the new field as the game got going.

"At first, I was like, 'Whoa, it's the new field finally,'" she said.

Poland first-year girls varsity soccer coach Jason Potempa, a Poland physical education teacher, said teams hadn't even had the opportunity to

practice on the field prior to the first game.

"Friday night was the first time anyone has had any type of activity on the field," Potempa said. "The girls were very excited."

The game was also senior night for the team, so seniors Sweet, Powers, Sara Borner, Rickelle Wright, Grace Braunlich, Jadyn Lowe and Jessica Batson were honored before the game as well.

Poland junior Lexi Bates scored the first two goals on the new field, and Cookinham and Sweet each added a goal. Powers had two assists, and Cookinham and eighth-grader Lily Martin had the other assists. Batson and sophomore

Poland 11

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Rabid bat found in Frankfort

Herkimer County Public Health received word on Oct. 20 from Wadsworth Labs that a bat that was sent in to be tested for rabies on Oct. 19 from the Town of Frankfort has tested positive for rabies. The bat was found inside the residence and sent to Wadsworth Lab for testing.

The public can protect themselves or

their family pets from rabies by practicing the following:

- Vaccinate your pets against rabies
 - Spay or neuter all animals to reduce the number of strays
 - Do not feed strays or handle unknown animals, wild or domestic
- Remind children and adults not to play

with unknown animals – wild or domestic. If a bat is found in a house, and there is a possibility it had contact with a person or an animal, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your

pet's rabies vaccination records to make sure they are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at www.herkimercounty.org.

Bible Trivia

by Wilson Casey

1. Is the book of 1 Peter in the Old or New Testament or neither?
2. From Matthew 13, what baking item did Jesus compare to the kingdom of heaven? Eggs, Milk, Salt, Yeast
3. In Genesis 6:3, how many years did God set as mankind's age limit? 120, 490, 612, 969
4. Where does one go to find balm, according to Jeremiah? Corinth, Joppa, Derbe, Gilead
5. Which of these women wore a nose ring? Esther,

Mary Magdalene, Rebekah, Martha

6. Who tested the will of the Lord with a fleece? Jehu, Gideon, Amos, Ahaziah

ANSWERS: 1) New; 2) Yeast; 3) 120; 4) Gilead; 5) Re-

bekah (Gen 24:47); 6) Gideon

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

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Poland from 9 — Chloe Roark each had two saves.

'Happy to be here'

While waiting for the field to be ready through Capital Project 2020 and with the uncertainty about sports this year

due to COVID-19, the first game on the new field was especially meaningful for players because seniors not only are getting the chance to have a season, but the timing also worked out for them to play on the new field.

"I'm grateful," Sweet said. "I know my team is grateful. We're happy to be here, and if we're able to play, we want to play."

Potempa said he and the players are hopeful they will be able to continue and complete the

season, including additional games on the new field.

Robert Batson, Poland Board of Education President, Facilities Committee member and parent of girls varsity soccer player Jessica Batson, said it

was evident to see how much the first game on the field meant to the students.

"You see the energy in other peoples' eyes," Robert Batson said. "I've taken a lot of pictures and video of kids through

the years. While going through the pictures and video, you focus on the determination and joy in the kids' eyes. I think COVID's impact makes players and fans grateful

Poland 12



Poland junior Lexi Bates dribbles the ball on Friday, Oct. 16, during the first soccer game on the new field installed as part of Capital Project 2020 at Poland Central School District. Bates scored the first two goals on the new field.



The Poland and Frankfort-Schuyler girls varsity soccer teams competed in the first ever game on the new soccer field installed as part of Capital Project 2020 on Friday, Oct. 16.

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The Kitchen Diva

by Angela Shelf Medearis

How to pick a pumpkin

A large pile of bright orange pumpkins is my visual celebration of the beginning of fall. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon," which is "pepon." "Pepon" was nasalized by

the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin." The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant: beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of devel-

oping certain types of cancer and helps protect against heart disease. Beta-carotene provides protection against other diseases as well as some degenerative aspects of aging.

To select a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut down too low the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, although shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure 1 pound of raw, untrimmed pumpkin for each cup finished pumpkin puree.

To prepare the pumpkin for cooking, spread news-

Poland from 11

for each game especially to finally be able play on this great new field."

'All of the emotions'

Sweet said having the first game on the new field during senior night and continuing the team's success with a win all means a lot, but she was still focused on the game with a mentality of, "Here we go."

Powers said she was a little nervous when walking onto the field, but it felt good to be on the field.

"Yeah, we were really excited to be the first team to play on it, and it was our senior night, so it was good," Powers said. "We were really excited to play on it for our senior night, but it's also really sad because it's our last year we're going to be able to play."

Cookinham also had many thoughts going through her mind as the game got underway.

"Obviously, at first, it was very nerve-racking because we're the first team to play on the field, but we had to shake the nerves off because it's also exciting, too, because we're the first team on the new field, and you never know what it's going to be like," Cookinham said. "It's going to be exciting, nerve-racking - all of the emotions at once."

Potempa said the whole team was excited about the special first game on the new field.

"The seniors especially because they saw the project begin last year, so they have been hoping and waiting for the opportunity," Potempa said. "They are also very grateful to be able to use the new field for home games. This is a very different year as far as sports are concerned, so having the new field really provides something exciting to look forward to for our season."

Kitchen 13



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Kitchen from 12 — paper over your work surface. Start by carefully removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash or drop the pumpkin on a hard surface to break it open. In any case, remove the stem, scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

You can cook the pumpkin by boiling, steaming, roasting or using the microwave to create your own fresh pumpkin puree. Directions for cooking and preparing pumpkin puree are as follows:

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water. The water does not need to cover the pumpkin pieces. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

Oven method: Cut

pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350 F for one hour or until fork tender.

Microwave method: Cut pumpkin in half, place cut side down on a microwave-safe plate or tray. Microwave on high for 15 minutes, check for doneness at 1-2 minute intervals until fork tender.

Preparing the puree: Allow cooked pumpkin to cool. Remove the peel using a small sharp knife and your fingers. Place pumpkin in a food processor and puree, or alternately use a food mill, ricer, strainer or potato masher. Freeze and store in 1-cup portions in a small freezer bag for up to one year.

Slow cooker pumpkin spice latte

This delicious latte is the perfect way to use pumpkin puree and create a delicious drink for the winter months.

- 6 cups coffee
- 5 cups of whole milk
- 1 cup of heavy cream
- 1/2 cup of pumpkin puree (not pie filling)
- 4 teaspoons of vanilla



extract

1/2 cup of sugar

3 teaspoons of cinnamon, plus more for sprinkling

Whipped cream topping, optional

1. Add the coffee, milk and heavy cream to the crock pot. Stir to combine.

2. In a small mixing bowl, combine the pumpkin puree, vanilla, sugar and cinnamon until well-mixed.

3. Whisk the ingredients into the milk and coffee in your crock pot. Cook on high for two hours. Then, change the heat to warm and serve

the drink with a ladle into coffee cups. Top with whipped cream and a sprinkle of cinnamon, if desired. You can leave the remaining drink mixture in the crock pot on warm for up to 2 hours.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in support-

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Just the facts: Dispelling common myths about glaucoma

(BPT) – Glaucoma. It's a sneaky disease that usually strikes without warning. More than three million people in the U.S. have it – but only half know they do. Left untreated, glaucoma can lead to progressive vision loss and irreversible blindness. While a diagnosis of glaucoma can be scary,

ma have a form called open-angle glaucoma, which typically has no symptoms that serve as red flags. Open-angle glaucoma develops slowly and sometimes without noticeable sight loss for many years. Recognizing misconceptions about the disease can make you less vulnerable to it. Take

you don't have and cannot get glaucoma.

Perhaps the scariest aspect of glaucoma is its lack of early warning signs, particularly with open-angle glaucoma, where vision change is often gradual and peripheral vision is affected first. Even if you have the best of vision, you still could have increased intraocular eye pressure or other glaucoma risk factors that are only detectable with annual eye exams.

3. Family history is the only risk factor.

If no one in your family has glaucoma, it doesn't necessarily mean you won't develop the disease. While family history is one risk factor, there are many others. The bottom line is anyone could develop glaucoma.

4. Glaucoma symptoms are consistent and easy to notice.

Glaucoma is a group of blindness-causing diseases and has several forms, each with varying symptoms. The two most prevalent forms – open-angle glaucoma and angle-closure glaucoma – do not show up in the same ways. As mentioned, open-angle glaucoma does not become noticeable until it has caused significant vision loss. On the other hand, angle-closure glaucoma is a much rarer



er form and has symptoms, such as headache, nausea and hazy vision, that develop very quickly.

5. Blindness is inevitable.

The vast majority of people who are diagnosed with glaucoma when they are not yet blind never go blind. If you are diagnosed with glaucoma, you can increase your chances of maintaining sight and enjoying a full and

healthy life by seeing your eye care professional regularly and following your prescribed treatment regimen.

Annual Summit brings patients together

To help patients diagnosed with glaucoma and their loved ones better understand the disease and the latest progress against it, the Glaucoma Research Foundation will host its second annual Glaucoma Patient Summit on

Saturday, Nov. 7. This year's gathering is a virtual event due to the COVID-19 pandemic. Hosted by Dr. Williams, the event will highlight advances in treatment options and offer practical information to help patients understand and live with glaucoma. Speakers include leading glaucoma specialists, patients and caregivers. Tickets are available at glaucoma.org/patient.



much has been learned about the disease and how to manage it over the past two decades.

"Managing glaucoma starts with early detection and treatment, which is critical to preventing or slowing vision loss," said Ruth D. Williams, MD, a glaucoma specialist at the Wheaton (IL) Eye Clinic and host of the Glaucoma Research Foundation's upcoming Glaucoma Patient Summit. "Therefore, it's important for people to understand all they can about this disease. Reducing fears and improving outcomes in glaucoma start with knowing the facts."

Busting the myths about glaucoma
Approximately 90% of people with glaucoma

a look at these top five myths about glaucoma, along with the straight facts.

1. Glaucoma is an "elderly person's" disease.

Though it is most prevalent in people over age 60, glaucoma strikes people of all ages, from infants to the elderly. In fact, about 1 in 10,000 babies are born with the disease. Additionally, African-Americans are at higher risk of developing glaucoma at a younger age.

2. Good vision means

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Answer

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Just Like Cats & Dogs by Dave T. Phipps



November Holidays

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Comfort Month

Donna's Day: Creative family fun

by Donna Erickson

Apple pecan granola is seasonal specialty

Although my taste buds aren't necessarily craving a popular pumpkin spice latte at local coffee shops, I'm eager to prepare traditional harvest foods, like roasted acorn squash soup or a loaf of pumpkin bread.

Wherever the spirit and tastes of fall take your family — whether to an apple orchard, pumpkin patch or nature center — check out this granola recipe when you get back home. Packed with dried apples, pecans, pumpkin seeds, cinnamon and lots of healthy oats, it captures the tastes and crisp feel of the season.

Prepare it with your kids and store in a big, clear jar with a scoop inside for easy access on school days. Combined with milk and yogurt, it makes a convenient and healthy breakfast staple to keep the living easy during the morning rush out the door.

Make shopping for the healthy ingredients part of the cooking adventure with your kids. Discover how you can economize by purchasing most of the ingredients in bulk.

Apple pecan granola

- 4 cups rolled oats (not quick cooking)
- 1 cup coarsely chopped pecans
- 1 cup hulled raw pumpkin seeds
- 1 cup hulled raw sunflower seeds
- 1/3 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/3 cup olive or melted coconut oil

- 1/4 cup pure maple syrup
- 2 egg whites, slightly beaten
- 1/2 teaspoon vanilla extract
- 1 cup dried apples, chopped into bite-size pieces

1. Heat the oven to 350 F. Line a large rimmed baking sheet with parchment paper, or spray with nonstick spray.

2. Combine the oats, pecans, pumpkin seeds and sunflower seeds, brown sugar, cinnamon and salt in a large mixing bowl.

3. Stir together the oil, syrup, egg whites and vanilla in a small bowl. Add to dry ingredients and toss well until fully coated.

4. Spread the mixture evenly on the baking sheet. Bake, stirring every 10 minutes, until lightly golden and toasted, about 25-30 minutes. Stir in apples in last 10 minutes.

5. Cool completely before serving. Store in an airtight container up to a week. Makes about 7 cups.

NOTE: Substitute brown sugar with honey or agave syrup, and combine with liquid ingredients before tossing with dry ingredients.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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Strange but true

by Lucie Winborne

• An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital, while the armadillo strolled away unscathed.

• "Pants" was considered a dirty word in Victorian England.

• Two conductors have died while conducting the second act of Wagner's opera "Tristan und Isolde." They collapsed from heart attacks at exactly the same point in the music due to its technical demands.

• Had Georgie Fletcher of Australia never signed on to play the mobile game "Words With Friends," her husband, Simon, might be dead. Georgie struck up a friendship via

the game's chat feature with frequent opponent Beth Legler from Missouri. One day, Georgie told Beth that Simon hadn't been feeling well. Beth relayed his symptoms to her husband Larry, a doctor, who insisted that the Fletchers go to the hospital immediately. A 99% blockage was discovered near his heart, which, left untreated, would have certainly been fatal.

• In 2015, Legoland became

the first theme park to create its own currency.

• Writer Guy de Maupassant frequently lunched in a restaurant at the base of the Eiffel Tower. Why? It was the only place he could go where he didn't have to look at it.

• The process of things being stretched out and torn apart as they enter a black hole is called spaghettification.

• Our senses of taste and

smell are cut by 50% and 20%, respectively, during flights, which is why airplane food has never tasted so hot. ("That's what I've been telling you!" said every airplane food chef, ever.)

Thought for the Day: "A mind that is stretched by a new experience can never go back to its old dimensions." -- Oliver Wendell Holmes

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Kovels: Antiques and collecting

by Terry and Kim Kovel

Halloween torch

In ancient times, the Celts dressed in strange costumes to scare the spirits that were killing the crops in the fall. That was a forerunner of Allhallows Eve, when people asked for food in exchange for prayers for a good year. Halloween was celebrated in the United States by the 19th century, brought by the Irish. They carved scary turnips, but learned that the pumpkin was easier to use. The Halloween parade didn't start until the 1900s. Allentown and Newtown, both in Pennsylvania, claim the first known parade. There were costumed people, bands and parade torches. Some of the metal torches were shaped like jack-o-lanterns and today those are rare Halloween collectibles. The vintage jack-o-lanterns are made of papier-mache. Newer ones are plastic foam or hard plastic.

Q: McDonald's sold Happy Meals in plastic pumpkin pails that could be used for trick-or-treating probably 30 years ago. Are they worth anything?

A: McDonald's Happy Meals were first sold in 1979. McDonald's Halloween pails were first issued in 1986 and included three orange pails: McBoo, McGoblin and McPunk'n. They were issued again in 1987. Similar plastic pails were offered for several years in different colors. In 1989, the pails were three characters: McGoblin (orange), McGhost (white), and McWitch (green). In 1990, the colors were neon and glow-in-the-dark; in 1992, they came with cookie-cutter lids. In 1994, the witch was purple instead of green. The pails, in good condition, sell online for about \$5 each.

Q: How much is a barometer signed "J. Mangiacavalli, 1859, England" worth? It has a thermometer and hygrometer. The barometer is broken and doesn't

work.

A: Barometers measure changes in atmospheric pressure to forecast the weather. The thermometer measures the temperature, and the hygrometer measures relative humidity. Antique barometers with elaborate wooden cases and brass trim are the most desirable. If the barometer is broken and can't be fixed, it isn't worth anything.

Current prices

Doll: troll, orange hair, brown eyes, wearing black mask with orange-and-black cape, Halloween costume, stamped, Russ, 1980s, \$10.

Halloween candle holder: Yellow Kid-inspired, molded, painted, Germany, c. 1920, 3 1/4 x 2 inches, \$160.

Cookie jar: Jack-o'-lantern, scalloped lid, leaf handle, cream and brown glaze, marked, Abington pottery, 1950s, 8 x 7 inches, \$350.

Sterling silver spoon rest: Salem witch figure with broom at top, heart-shape caddy, c. 1895, 3 1/2 x 2 inches, \$1,075.

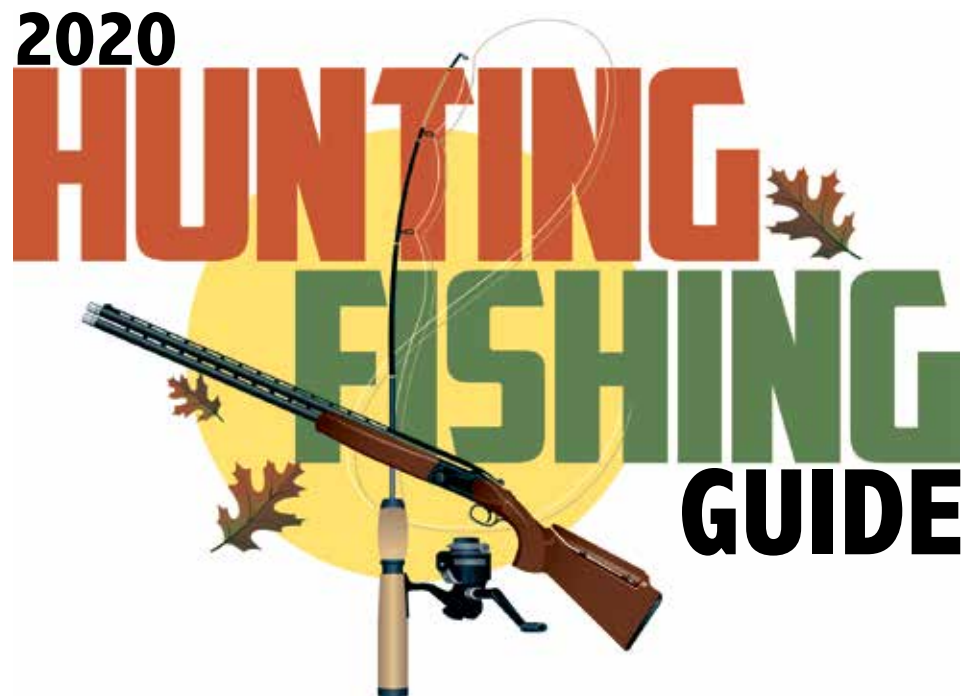
TIP: Old papier-mache jack-o'-lanterns originally had a thin piece of paper in the eyes. The light from the candle showed through the paper. You can make a replacement with tracing paper and watercolor paint.

"Kovels' Antiques & Collectibles Price Guide" — the all new 2021 edition — is now available in bookstores and online, or visit www.Kovels.com for a special offer.

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This tin 1910 Halloween parade torch sold for \$1,888 at a Hess Auction Group auction a few years ago. It is 27 inches high. Halloween memorabilia is fourth in popularity with collectors, behind Christmas, Fourth of July and Easter.



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Five must-do home improvements for fall

Five easy and affordable DIY projects to prep your home for sale

(BPT) – The average American home has nine DIY jobs that need to be tackled, according to a study conducted by Porch.com. Fall is the perfect time to give your home a little TLC and start checking off projects on your to-do list. Here are five easy fall fixups to get your home ready for the upcoming season:

- **Paint the front door** – Nothing gives your home an instant face lift like a freshly painted front door. Painted exterior doors can boost curb appeal, add character and provide a trendy but tasteful first impression of your home. Choose a color that will make your front door pop and improve the look of your home's exterior in less than an afternoon.

- **Repair holes in the drywall** – Whether the damage is small from a picture frame nail or anchor, or as

large as doorknob damage, DAP's new Eclipse Rapid Wall Repair Patches make repairing holes in drywall so fast and easy, anyone can do it. DAP's Eclipse provides a durable, mess-free repair that requires no spackling, sanding or additional tools – simply patch the damage and it's ready to paint immediately, allowing projects to be finished in minutes, rather than hours or days.

- **Freshen up the landscaping** – Planting new flowers or shrubbery is an easy way to bring pops of fall colors to the front of your home. Keep it simple and pick plants in one or two hues that contrast with the exterior of your home. Regular mowing and tending to weeds will always help your front yard look its best.

- **Seal window and doors** – Small gaps and cracks around windows and doors can allow cold air and rain to make its way inside. Keep your home protected and warm during the fall and winter seasons by replacing

worn exterior caulk with DAP Dynaflex Ultra Advanced Exterior Sealant. Dynaflex Ultra uses DAP's exclusive WeatherMax Technology to create a waterproof and weatherproof seal that won't crack or discolor over time.

- **Replace the furnace filter** – Dirty filters mean your furnace will likely work harder. Regularly changing the filters in your central air and heating system can significantly improve its efficiency and longevity while easing the pressure on your wallet. In most homes, filters should be changed monthly during the heating season. You should also have your furnace serviced periodically to make sure it is working properly and to help avoid larger repairs later on when the temperature drops.

For more tips to help tackle your fall home improvement checklist, visit DAP.com.



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