

HERKIMER Country Editor

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NOVEMBER 6, 2020

Delivered by the U.S. Postal Service

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Volume 10 Number 21

I will glory in the Lord; let the humble hear and rejoice. Proclaim with me the greatness of the Lord; let us exalt his Name together. Psalm 34: 2-3



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Poland senior Stein receives rare national recognition

Poland Central School District senior Shayne Stein recently received a Letter of Commendation from the National Merit Scholarship Program – the first time school officials recall a Poland student earning this honor.

The letter states that Stein's performance on the October 2019 PSAT/NMSQT placed him in the top 50,000 out of more than 1.5 million students who took the test nationwide.

"It's pretty cool," Stein said, of receiving the letter, "and it was kind of surprising too."

Stein, 18, said he thought he did pretty well on the test overall – particularly in mathematics, but he wasn't as sure about the reading part. He ended up with a near perfect score in math and a strong overall score.

Poland Central School District provides the PSAT and SAT at the school each year. The PSAT for Poland juniors was on Oct. 29 this year, and the SAT at Poland is scheduled for March 24, 2021.

Poland Principal Greg Cuthbertson said he was proud of Stein for being named a commended student. "This is the first one in my tenure anyway, and it's pretty exciting," Cuthbertson said. "It's a tribute to him though. He's put a lot of work in, so this is a tribute to him and the work he has put in academically."

Broaden your horizons

Stein heard about his achievement when Poland Director of Guidance Janice Watrous, a counselor for middle school and high school, called him down to her office to let him know. That evening, Stein told his mother.

"She was very excited," Stein said, noting she also said she was proud of him and that it would be good for college opportunities.

Stein was one of 34,000 students nationwide to receive Letters of Commendation. Those students will not continue in the competition for National Merit Scholarships with the top 16,000 students, but some of these students may be candidates for special scholarships provided by corporate and business sponsors, according to the National Merit Scholarship Program.

The letter to Stein states that his recognition as a commended student is a credit to him, his family and his high school.

"The degree of success you achieve in the future will depend upon you – your use of abilities and your perseverance toward the goals you set for yourself," the letter states. "We offer you our best wishes with the hope

that being named a commended student in the National Merit Program will broaden your horizons and encourage you to develop your potential to the fullest."

Watrous said she is very proud of Stein and what he has accomplished. "He is an extremely bright and well-read young man," Watrous said. "His mind is particularly impressive in the way in which he absorbs and processes information, how he comprehends at a deeper level and makes connections. In my getting to work with Shayne as his counselor for the last six years, it is simply amazing to see how he sees the relationships in a problem and how strong his problem-solving skills are, as well as his analytical and reasoning skills."

Watrous said earning the commended student recognition was a student accomplishment, and Stein has always taken an active, leading role in his education. He is open to new ideas and learning opportunities and is very inquisitive.

"He is always looking to find the meaning, the why,



Poland Central School District Principal Greg Cuthbertson and senior Shayne Stein pose with a "Letter of Commendation" Stein received from the National Merit Scholarship Program for scoring in the top 50,000 out of more than 1.5 million students who took the Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

Photo courtesy of Herkimer BOCES

the how and if there is a better way," Watrous said.

What happens next

Stein said one factor in why he did well on the PSAT was probably that he was studying similar topics in math at the time of the test. Tests also have always come easy to him, so that helped, he said, but he humbly added again that the results were "a bit surprising."

"I'm just excited to see what happens next," he said.

Stein participates in cross country, outdoor track and wrestling at Poland. He has an interest in traveling, and in his spare time, he studies various foreign languages.

After graduating, Stein plans to attend college – possibly on the West Coast or in a different country – to study building trades and construction management. His goal is to own a company that purchases houses, conducts upgrades to the houses and flips them for a profit.

In line with his goals, Stein recently applied and was accepted into the Mohawk Valley Community College Young Entrepreneurs Academy for this school year. He filled out an application and a letter of reference and was accepted in early October.

The Young Entrepreneurs Academy meets once per week for three hours after school, now through May 2021. The meetings take place virtually during part of December and January and will be in-person at MVCC facilities before and after that.

In the program, Stein will learn about creating a business plan, startup costs, running a business and more. There also is an opportunity to earn funding from a board of investors.

Stein said he was interested in the program because it connects to his career goal, and it's a chance to learn business skills he doesn't have yet.

"I think it will be really helpful to learn more of those skills," he said.

Testing sub

Poland has offered the PSAT to sophomores and juniors every October for the 20 years Watrous has been at Poland. In the last few years, Poland added opportunities for ninth graders and 10th graders to take a practice test in the spring. COVID-19 impacted that last year, and the spring of 2021 is uncertain right now.

All juniors had the chance to take the PSAT on Oct. 29 this year, along with the SAT scheduled for March 24. A plan for sophomores is still in development.



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DMV urges motorists to prepare for winter driving conditions

The New York State DMV and the Governor's Traffic Safety Committee (GTSC) offer tips to help New Yorkers winterize their vehicles and prepare to drive in more challenging weather conditions. Drivers are also reminded that they can now install snow tires on their vehicles. Under state law, snow tires can be used from Oct. 16 - April 30.

"We cannot control the weather, but we can control how prepared we are to drive in winter conditions," said Mark J.F. Schroeder, DMV commissioner and GTSC chair. "Following a few simple tips like driving slow, making sure your lights are clear and not covered with ice or snow and having ample windshield washer fluid, for example, will help keep you and others safe on the roads."

to slide.

- Do not drive during ice or snowstorms unless it is necessary.

- When sleet, freezing rain or snow begin to fall, remember that bridges, ramps and overpasses will freeze first. Be aware that slippery spots may remain after snow is removed.

The National Highway Safety Administration also offers winter driving tips and suggests keeping these supplies in the vehicle:

- Snow shovel, broom and ice scraper
- Abrasive material such as sand or kitty litter, in case the vehicle gets stuck in the snow
- Jumper cables, flashlight and warning devices such as flares and emergency markers

24 hours per day by calling 511 or visiting 511NY.org. The service provides real-time traffic conditions and links to information about air, rail and transit services.

The 511NY website features a winter travel advisory system, with real-time travel reports and a color-coded map indicating which state roads are snow covered, ice covered, wet, dry or closed to help drivers determine if travel is advisable. The system provides updated snow and ice conditions for interstates and other heavily traveled roads, as reported by snowplow operators.

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



Before driving, GTSC recommends these tips:

- Check tire tread
- Fill the gas tank
- Clear/clean all lights and windows
- Fill the windshield washer reservoir
- Remove all snow and ice including on top of the vehicle

- Ensure the vehicle's heater and defroster are working properly
- Make sure the recommended amount of antifreeze is in the radiator
- Get familiar with a new vehicle before driving in harsh weather conditions

When ready to drive, follow these tips:

- Warm up the car so the defroster clears the windows.
- Turn on headlights whenever windshield wipers are on. State law makes this mandatory.
- Do not exceed the speed limit and always adjust speed to the road conditions.
- Leave plenty of room between vehicles.
- Don't try to pass or weave in and out of traffic. All drivers must be prepared to react if other drivers start

- Blankets
 - A cell phone with charger, water, food and any necessary medicine (for longer trips or when driving in lightly populated areas)
- Motorists are urged to check 511NY before traveling. The free travel information system is accessible

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Published weekly on Friday by Lee Newspapers
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Compost for Good initiative receives \$20K grant Project will advance community-scale composting in NYS

A local composting initiative has received \$20,000 in grant funding that will advance its goal to provide technical assistance for organizations, municipalities and other institutions interested in designing and implementing composting programs in their communities.

The Adirondack North Country Association (ANCA), a regional economic development organization based in Saranac Lake, and the Compost for Good (CfG) initiative

are recipients of a NYS Pollution Prevention Institute (NYSP2I) Community Grant. The funds will be used to develop a detailed online toolkit that will inform users about technical and economic aspects of building and operating large-scale composting systems, as well as relevant education and policy materials. AdkAction, a nonprofit that focuses on environmental and social issues in the Adirondacks, will provide administrative support for the project.

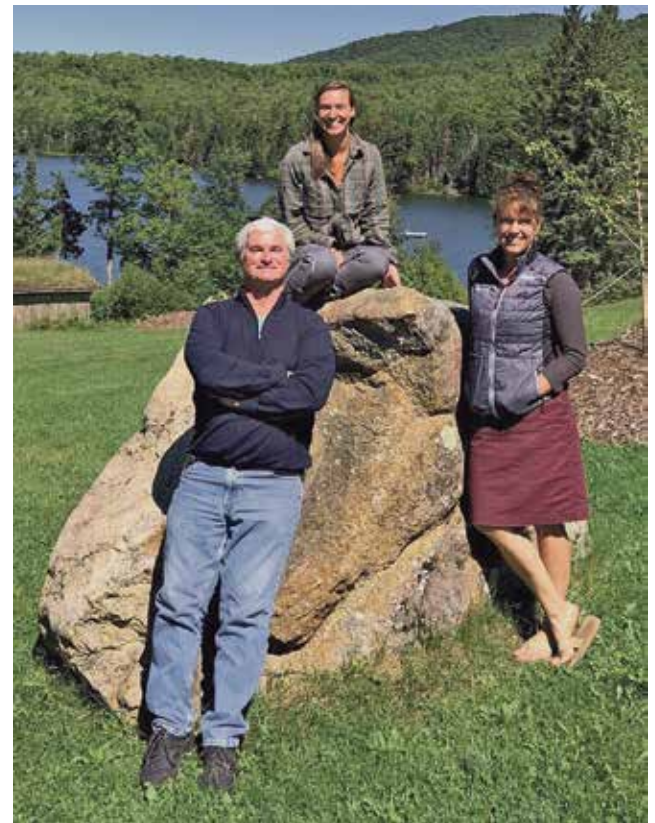
“The Compost for Good initiative will offer key educational resources and assistance as an important extension of the good work of ANCA and AdkAction in this area,” said NYSP2I Director Charles Ruffing. “NYSP2I is pleased to support these efforts to decrease food wastes and increase beneficial use of these organic materials.”

NYSP2I, which works with NYS businesses, nonprofits and communities on issues of sustainability, is sponsored

by the NYS Department of Environmental Conservation through the Environmental Protection Fund and led by Rochester Institute of Technology’s Golisano Institute for Sustainability.

In 2014, ANCA was awarded a Cleaner Greener Communities grant from the NYS Energy and Research Development Authority (NYSERDA). The funding included support for the construction of an in-vessel community-scale composter, which has been successfully operating at North Country School Camp Treetops (NCS/CTT) for almost five years. John Culpepper, NCS/CTT director of facilities and sustainability, conceived of and designed the system. To date, it has been replicated in four additional locations – Lake Placid Central School, Hermon Dekalb Central School, the Wild Center in Tupper Lake and the Pingry School in New Jersey.

Interest in the in-vessel composter and composting in general was so strong that Culpepper opted to form an initiative with educator Katie Culpepper and ANCA Sustainability Project Coordinator Jennifer Perry to meet the growing demand for technical assistance



Compost for Good project leaders John Culpepper, Katie Culpepper and Jennifer Perry.



North Country School Camp Treetops students prepare food waste from the school’s cafeteria for its 20-foot continuous flow drum composter. Photo courtesy of ANCA

to create composting programs for others.

“We are so appreciative of the institute’s support for our community composting and education efforts,” said John Culpepper, CfG’s project lead. “We are passionate about helping others create a high value resource from food waste which benefits both communities and

our environment.”

The newly formed CfG initiative entered into a partnership earlier this year with AdkAction, which will help expand the program’s reach and impact in the region. The NYSP2I grant is critical to advancing the team’s efforts to identify the most

Compost 6

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Three ways to give and get the best tech this holiday

(BPT) – Heading full speed toward winter, we all know holiday shopping won't look the same as years past. But that doesn't mean you should let the latest trends pass you by this gift-giving season. These tips from UScellular will keep you from missing out on the best gifts and gadgets for you and your loved ones.

And don't forget, UScellular has all the latest tech on their online store, helping you shop earlier, avoid congestion at stores and keep your community as safe as possible.

1. Beat the rush! Get started early

With holiday shopping expected to start earlier than ever this year, don't wait for Black Friday to get started and end up

missing out on some of the best gear.

Right now you can get the coolest tech like the Apple Watch Series 6 (GPS and cellular) and the Lander Cairn XL Smart Lantern + Power Bank online through UScellular. The audiophile in your family will be blown away by the Samsung Galaxy Buds Live earbuds or the JBL Flip 5 portable speaker.

2. Shop safer, right from home

Picking up stocking stuffers has never been easier and safer thanks to online shopping. UScellular's online store is brimming with fun tech-friendly items like the PopSockets PopGrip in a Carbonite Weave design. And if you are look-

ing to help your loved ones keep their phones clean, be sure to add the Case-Mate CLEAN-SCREENZ Phone Cleaning Wipes to your cart.

If you have any questions about products available online, just pick up the phone and call your local UScellular store to get some helpful insights from their associates.

3. Get yourself a new phone, without breaking the bank

For many of us, the holidays might need to be celebrated from afar to be sure everyone stays safe. With a potentially remote holiday experience, having a phone and service that will give you all the features necessary to connect with family and friends is more important

than ever.

If you are looking to make a carrier switch, UScellular is offering the latest smartphones free with no hidden requirements through Jan. 11, 2021 (see note). That means you can score 5G smartphones like the iPhone 12, Samsung Galaxy S20 FE or Google Pixel 5 for free. All three phones are great for video chatting with family, and with UScellular's unlimited data plans and high-quality network, you can confidently connect with all your loved ones. Plus, be sure to get all the essential accessories for your new device, including cases, screen protectors and chargers.

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National Peanut Month

Compost from 5

effective path forward for increasing rates of composting across NYS and beyond.

AdkAction Executive Director Brittany Christianson said, "We are thrilled to bring the Compost for Good Project under Adk Action's umbrella and help John, Katie and Jen realize their vision to spark a composting revolution in the Adirondacks."

The toolkit will include educational materials and videos, an online calculator to determine the most affordable composting path feasible, grant resources, legislative updates, access to a design and operating manual and access to contractors. CfG staff will also be available for one-one-one consultations through tours, in-person visits or phone conversations. The toolkit will be especially helpful for organizations and municipalities to prepare for the upcoming "Food Donation and Food Scraps Recycling Law" which will require all larger-scale food waste producers to keep food waste out of landfills and thereby reduce the production of methane, a powerful greenhouse gas.

The group will begin working on the project this autumn.

"ANCA is thrilled to continue to support this project," said Perry, who serves as the project's grant manager. "It has been inspiring to watch the momentum and interest grow from the construction of the first composter six years ago."

Organizations, institutions and communities interested in learning more about the in-vessel composter or community-scale composting in general are invited to contact Jennifer Perry at jperry@adriondack.org or 518.891.6200 or John Culpepper at compostforgoodteam@gmail.com.

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

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 10

Price Risk Management for Dairy 7-9 p.m. via Zoom. Register online

at: caahp.cceext.net/civircrm/event/info?reset=1&id=105

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.

Free Clothing Give-Away 9-11 a.m. at Valley Alliance Church, State Highway 5, one mile east of the Nelliston traffic light. Doors open at 8:45 a.m.

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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 Lunch 12:30-2 PM
 Afternoon Worship 2-3 PM

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

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

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

ST. JOSEPH'S ROMAN
CATHOLIC CHURCH
 Father Brian Slezak, Pastor
 31 N. Helmer Ave.
 Phone 315-823-3410
 Mass 9 AM Sunday

EAST SCHUYLER
CHRISTIAN ASSEMBLY OF SCHUYLER
 Pastor Mark Sowersby
 3659 Route 5, East Schuyler
 Sunday Worship 10:30 AM
 Wednesday Night 6:30 PM
 Phone 315-895-0926
 Christianassemblyofschuyler.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ILION
ILION COMMUNITY CHURCH
 Pastor Dean Mabry
 44 Central Plaza
 Sunday Worship 10 AM
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SAINT AUGUSTINE'S
EPISCOPAL CHURCH
 Bishop - Dan Herzog
 78 2nd Street
 Phone: (315) 894-3775
 Sunday School at 8:45 AM
 Adult Bible Study at 8:45 AM
 Holy Eucharist at 9:35 AM

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

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

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

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

LITTLE FALLS
FIRST BAPTIST CHURCH
 555 Albany St.
 315-823-3392
 Morning Worship 10:15 AM
 Rev. Chris J. Wintermute, Lead Pastor
 Rev William Whalen, Associate Pastor
 Nursery (infants through age 4)
 Meet and Greet Sunday at 8:30 AM
 Sunday School Classes 9:00 AM (nursery
 through adult)
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ST. PAUL'S UNITARIAN
UNIVERSALIST CHURCH
 Minister Jeffrey J. Frank
 Mark Bunce, Organist
 565 Albany St.
 Phone 823-2284
 Sunday Service & Religious Education 10 AM

HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS
 Father Brian Slezak, Pastor
 763 E. Main St.
 Phone 823-3410
 Saturday Vigil Mass 4 PM
 Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
 588-594 Albany St.
 Sunday Schedule:
 High Mass, Rite II 10 AM
 Nursery & Sunday School 9:45 AM
 (Sept.-May)
 Fellowship Coffee Hour 11:15 AM
 Choir Rehearsal 11:30 AM
 Holy Day Masses as announced
 Confessions by appointment

LITTLE FALLS
FIRST ASSEMBLY OF GOD
 Senior Pastor Timothy Parisi
 559 E. Jefferson St.
 Phone 823-4043 • firstaglf@gmail.com
 Sunday Morning All Worship 10 AM
 Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH
 512 E. Gansevoort St.
 Sunday Worship 9:30 AM
 Sunday School 9:15 AM
 Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
 Pastor Tamara Razzano
 16 Jackson St.
 Phone: 315-823-3004
 Email Ifirstpres@gmail.com
 www.presbyif.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
MIDDLEVILLE UNITED
METHODIST CHURCH
 24 Fairfield St.
 Church Services 8 AM - 9 AM

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

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

MOHAWK REFORMED CHURCH
 Rev. Brian Engel, Pastor
 20 S. Otsego St.
 Phone 866-4292
 Email mohawkpastor@verizon.net
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 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

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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 Robbin Harris • Phone 845-8730
 Morning Service 11:15 AM

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

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

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

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

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

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Emergency food providers to continue to deliver NY ag products to families in need

Governor Andrew M. Cuomo recently announced an additional \$10 million is being dedicated to the Nourish New York program, bringing the total funding dedicated to the program to \$35 million. The funding will allow NY's emergency food providers to continue to purchase surplus products from NY farmers and dairy manufacturers and deliver it to families in need through the end of the year, including during the holiday season, which can be a challenging time for families. Nourish NY was first announced by the governor in April in response to the financial hardships NY's dairy farmers were facing with the loss of key mar-

kets and the significant, increased demand food banks were seeing as a result of the COVID-19 pandemic. Since the program started, more than 16 million pounds of dairy, fresh fruits and vegetables, meats and more have been purchased and provided to 823,883 households.

"The pandemic has been difficult for all of us, including our agricultural community and the families they feed. The Nourish New York program has successfully bridged the gap between our families, our food banks, and our farmers," Gov. Cu-

mo said. "Still, there is a very clear need in our communities. By extending the Nourish New York program and providing another \$10 million to our regional food banks and local food providers, we can continue to support

round of the program is being provided from the federal Coronavirus Aid, Relief and Economic Security Act. It will be reallocated to food banks and emergency food providers through existing contracts extended through Dec. 31.

vouchers that can be redeemed in grocery stores for products like cheese, yogurt, milk, sour cream and butter throughout the state

• Purchasing products directly from NY dairy/food manufacturers for their feeding programs

Since its launch, the \$25 million Nourish NY initiative has supported 3,438 food distributions, providing dairy, such as milk, yogurt, cheese, cottage cheese and produce, meat, seafood, eggs and more to 823,883 households. Through the food banks' purchases, 4,140

farms have been impacted, relieving farmers from having to dispose of surplus milk and providing growers with a place to sell their produce. The \$25 million investment was on track to be spent by the end of October.

As a result of the COVID-19 pandemic, NY food banks have seen a dramatic increase in demand, in some regions up to 200%, as many New Yorkers struggle to put food on the table. At the same time, NY's farmers and producers have faced their own unprecedented, extreme financial difficulties. Many temporarily lost up to 50% of their markets through the closure of schools and restaurants.

GIVING BACK

and help New Yorkers put food on the table while ensuring an economic benefit to our farmers through the holiday season, which can be a challenging time for families."

Funding for this second

Emergency food providers can spend the money allocated to them by:

- Setting up food drive-thru events/give-aways (guidance available at tinyurl.com/y6sbyro7)
- Distributing dairy

Make a bracelet at Little Falls Public Library

The "Make a Bracelet" class returns on Friday, Nov. 20 at 3 p.m. at the Little Falls Public Library.

This is an in-person class. Participants will be required to wear a mask and sign in upon entering the building. Workstations will be six feet apart.

Registration is required. The class size is limited to eight. All ages welcome, but kids under 10 need adult supervision. Bring your glasses - the beads are small!

The class is free, with all supplies provided (but donations are always appreciated).

To register, call 315.823.1542.



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SAFE AFFORDABLE FAMILY ENTERTAINMENT

Ilion Free Public Library offers curbside pick-up

The Ilion Free Public Library is excited to offer curbside pick-ups! You can request materials two different ways:

- You can order items online at Midyork.org. Understand that for your safety items must go through a quarantine procedure at Mid-York and at the library. It will take longer for items to be available for pick-up.

- You can call the library at 315.894.5028 to request specific items and they will place the hold for you. If you are used to browsing for your items and you're not sure which items you want, let us know what materials you have enjoyed in the past. We'll do our best to put together some items that you might like. We can also put together a bundle of children's books if you don't have specific titles in mind.

When your items are ready we'll call you and arrange a pick-up time. You will sign up for an available time and your items will be waiting outside the door, bagged and labeled with your name. Wear a mask and

practice social distancing when picking up your materials.

All items can be returned through the book drop. If you feel your item may not be suitable for the book drop, call and we'll do our best to answer any

questions. Items will go through a six-day quarantine period before they will be removed from your account.

The library is open during the following hours:

- Monday, Wednesday, Friday

- 10 a.m. - 4 p.m.

- Tuesday, Thursday - 10 a.m. - 7 p.m.

The library is also offering limited computer use, copy/fax services and browsing for checkout materials. There will be a limited number of patrons allowed in at one time. Call to make an appointment.

There are no public restrooms available at this time and patrons are required to wear a mask that fully covers their nose and mouth at all times.

This is all very new to us and we ask for your understanding as we figure out what works and what we may need to do differently. We are excited to be able to get library materials into our patrons' hands again.

For more information, visit ilionlibrary.org.



Free after school snacks available at Little Falls Public Library

As of Monday, Nov. 2, kids under 18 can stop by the Little Falls Public Library after school, every weekday from 3 - 5 p.m. and get a (relatively) healthy snack. This program is brought to you by a grant from Stewart's (while supplies last).

The Little Falls Public Library is located at 10 Waverly Place.

Strange But True

by Lucie Winborne

- In the early 1800s, a railroad marketer set up a head-on collision between two trains as a publicity stunt. Some 40,000 people came to watch, and the resulting boiler explosion killed three spectators. But ticket sales soared, and railways everywhere staged train crashes right up until the Great Depression.

- The Zombie tit is a species of bird that has learned to track down

tiny bats, split open their skulls, and feed on their brains.

- On average, a 4-year-old will ask 400 questions in one day.

- One of the weirdest scandals in sports history occurred in 1973 when New York Yankees players Fritz Peterson and Mike Kekich decided to trade families — wives, children, even dogs! After the couples became close friends, Peterson fell in love with Kekich's wife

and vice versa. "It's a love story. It wasn't anything dirty," Peterson told a reporter in 2013. Peterson is still married to the former Mrs. Kekich, but Kekich and the former Mrs. Peterson later split up.

- Dustin the Turkey, a hand puppet from an Irish TV show, has campaigned for president of Ireland in two separate elections — representing the "Poultry Party."

- Pepper spray and tear gas are technically classified as chemical weapons and thus are forbidden in warfare.

- When Prohibition started, alcohol could only be bought for medic-

inal and religious purposes, from a pharmacy or a doctor. "Medicinal whiskey" was prescribed for just about anything and used to treat conditions such as toothaches and the flu. With a prescription, a patient could legally purchase up to one pint of hard liquor every 10 days.

- The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.

Thought for the Day: "I would rather die a meaningful death than to live a meaningless life." —

Corazon Aquino
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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. 26th – Sold 219 head Cull ave. \$.42 top cow \$.53, cull beef cow ave. \$.39 top cow \$.48, Bulls/Steers \$.44-\$.70, Organic Cull dairy Ave. \$.62 top cow \$.74, Grassfed Organic cull Ave. \$.54 top cow \$.76, bull calves top calf \$1.25, top beef calf \$1.50, heifer calf top \$.33 top beef calf \$1.68.

Nov. 9th - Normal Monday Sale & Monthly Heifer Sale. Local Heifer Dispersal – 50 Freestall Holstein Heifers AI sired, dairy has a RHA 21,500. 10 bred heifers due this fall, 30 ready to breed down to 1yr., 10 started heifers – all in excellent condition – will make great replacements.

Nov. 16th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. **Special:** Complete Local Dairy Dispersal 55 Head – Milking Herd & Bred heifers. DHI RHA 21,000. Top Tie Stall Dairy AI bred & on DHI test info at ringside. SCC always under 200,000.

Mon. Nov. 23rd - Normal Monday Sale & Monthly Organic Day

Mon. Nov. 30th - Normal Monday Sale

Sat. Dec. 12th - 11:30 Holiday All Breed Special – due to the overflow of the All Breed Sale we having another sale. Early consignments from Morrill Dairy sends a load & Ceder-Lane has a group also. Several other individuals have contacted us. We will be cutting this off at 125 head so if you are interested call today.

****Trucking Assistance** – Call the Sale Barn or check out our trucker list on our website. 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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Paw's Corner

by Sam Mazzotta

Can Indoor Cats Skip Yearly Vaccinations?

Dear Paw's Corner: My two cats, "Sandy" and "Frankie," are indoor cats who never go out and never



Good Housekeeping

Pierogies With Cabbage and Apple

Frozen potato pierogies go gourmet with a savory homemade sauce of golden sauteed onions, crunchy cabbage and tart Granny Smith apples.

- 2 tablespoons olive oil
- 1 medium onion, sliced
- 1 bag (10-ounce) shredded red cabbage
- 1 cup apple cider or apple juice
- Salt and pepper

1 Granny Smith apple, cored and cut into 1/2-inch chunks

1 box (16-ounce) frozen potato and onion pierogies

1. In 10-inch skillet, heat 1 tablespoon oil on medium until hot. Add onion and cook 5 minutes or until golden and softened, stirring frequently. Increase heat to medium-high; add cabbage, cider, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper; cover and cook 5 minutes or until cabbage begins to wilt. Stir in apple; cover and cook 5 minutes or until cabbage is very tender.

2. Meanwhile, in covered 12-inch nonstick skillet, heat remaining 1 tablespoon oil with 1/2 cup water to simmering on medium. Add frozen pierogies; cover and cook 5 minutes. Uncover and cook 10 to 12 minutes longer or until pierogies are heated through and pale golden on both sides. 3. Serve pierogies on cabbage mixture, sprinkled with freshly ground black pepper. Yields 4 main-dish servings

• Each serving: About 305 calories, 0g total fat (1g saturated), 5mg cholesterol, 550mg sodium, 52g total carbohydrate, 4g dietary fiber, 6g protein.

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

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even try to escape. I last took them to the vet about three years ago. A friend said I'm supposed to take them every year and get their rabies shot, but I don't see the point. If they never get out, how could they get exposed? Also, vaccinations are expensive. — Terry H., Buffalo, New York

Dear Terry: I know it can be tough pulling together the funds to vaccinate your pets every year, but it really is critically important that they stay up to date on their shots.

In addition to rabies vaccination — which is required by law in most municipalities — your cats need to be vaccinated against feline distemper — a group of three viruses that are easily spread (they can even be tracked into the house on your shoes) and can cause severe illness and death in cats. If your cats have nev-

er received an FLV (feline leukemia virus) vaccination, they need to be evaluated and given this shot, too.

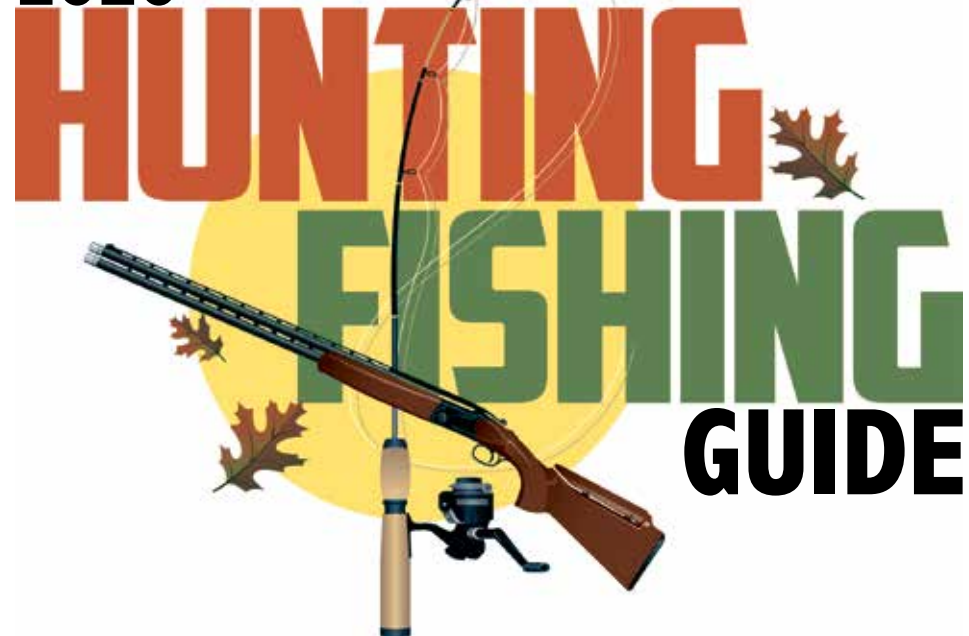
Getting up to date on their shots gives them an umbrella of protection against these illnesses, because you never know what may happen in the future. What if they are spooked by a storm or a volley of fireworks, and dart outside? That's dangerous enough without them potentially crossing paths with an infected cat.

Call around for a better price on veterinary exams and shots. Low-cost clinics are held in many cities and counties, but you have to look online or check notices at the pet store or city hall. Community newspapers are another source to find out about these clinics.

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

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2020



Coverage area for the Mohawk Valley & Herkimer Country Editors and distributed at various locations.

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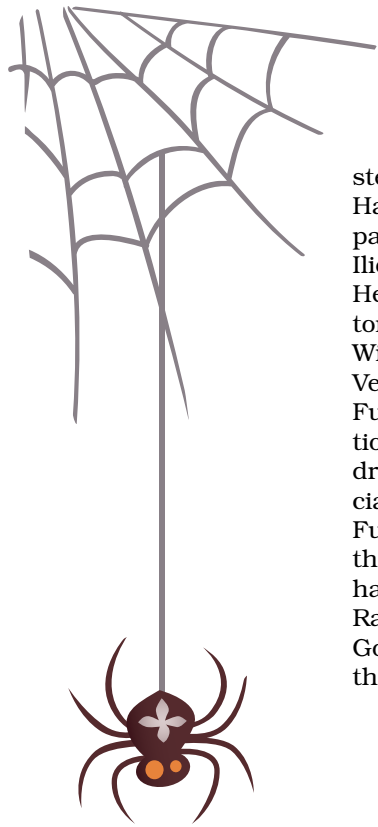
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Mohawk Homestead Paint & Sip Halloween fundraising party held

The Mohawk Homestead held a Paint & Sip Halloween fundraising party on Oct. 28 at the Ilion-Frankfort VFW. Herkimer Cheese Factory, Hannaford, Ilion Wine and Spirits, Tony Venerra and Mohawk Funeral and Creations donated food and drinks. This was a social distance event. Funds raised support the residents of the Mohawk Homestead. Jill Rae of Easels on the Gogh was the host for the event.



Participants at the Mohawk Homestead Paint & Sip Halloween fundraising party on Oct. 28 at the Ilion Frankfort VFW. Photo courtesy of Mohawk Homestead

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Five ways to make a difference in a senior's life

(BPT) – Did you know that by 2040, 20% of Americans will be 65 and older? As the population of older adults increases, it's crucial to recognize and celebrate the rich depth of experience, talents and unique perspectives of such a large segment of the country. Yet, all too often, older people are overlooked and undervalued.

Eve Gelb, senior vice president of member and community health for SCAN Health Plan, which provides Medicare Advantage coverage to more than 200,000 older Americans, describes ways to "shine a light" on older people in a TEDx talk from February 2020. Her advice for connecting meaningfully with seniors is even more vital in the pandemic landscape, when so many have become isolated from friends and family.

Gelb stresses the importance of empathy – the ability to imagine what someone else's experience is like. She says empathy is crucial for understanding and shining a light on people who might otherwise become withdrawn and disconnected from their communities. To show empathy, Gelb says you need to engage with and be curious about people, listen to them deeply and appreciate their value.

"When people aren't actively engaged, they decline, and they decline faster," says Gelb. "Human interaction has been shown to slow the aging process."

How to connect with seniors in your community

Gelb recommends what she calls "micro-volunteering." Similar to other kinds of volunteering, micro-volunteering offers the opportunity to brighten someone else's life – and reap the rewards of feeling good by knowing you made someone else feel good.

However, unlike regular volunteering, micro-volunteering does not demand a huge time commitment or a major change to your lifestyle. It simply means finding small ways throughout your daily life to shine a little light on someone who could benefit from the help, the empathy and the attention – even for just a short time – to feel more included in the world around them.

Here are simple ways you can micro-volunteer to make a difference in a senior's life:

1. Call every week

Make it a regular habit to call your older friend, neighbor or family member each week, so they have a friendly conversation to look forward to. Ask them about their life, and tell them stories about yours. Gelb

says this is an activity SCAN encourages by offering employees paid time off to volunteer.

2. Offer to pick something up

Offering to get some groceries or a prescription for an older person can make their lives a lot easier. Don't

Five 13



Offering to get some groceries or a prescription for an older person can make their lives a lot easier.

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Five from 12

wait to be asked for help, as someone living alone may be reluctant to reach out. Just call and say, "I'm heading out to the store - can I pick something up for you?"

3. Help them stay safe

Make sure any vulnerable person you know has face masks, hand sanitizer and the ability to order or ask for what they need. Mask up and offer to help them sanitize their door-knobs and phone after you drop by with a delivery. Help them use video conferencing to communicate with family members or friends.

4. Find ways to keep them engaged

Drop by with a care package containing things they might like to do: a jigsaw puzzle, a deck of cards, large print books or crosswords. If you're a good cook or have a green thumb, bring them a sample of your latest dish, offer to

help with yard work, or bring them a plant that's easy to care for - and that gives you a reason to stop by to check on them next time.

5. Be their tech support

To communicate with the outside world, older people may have to rely on smartphones, computers or tablets that can sometimes be complicated or confusing to use. Teach them how to use apps like Zoom, set up a charging station for their phone or tablet, reboot devices so they run better - or just ask if they're having any problems accessing their email or using their phone.

Making a regular connection, especially with someone who lives alone, can have a huge impact on their overall well-being. To explore more ways to help seniors live a more fully engaged and connected life, visit SCAN's Volunteer Action for Aging page at Scan.Samaritan.com.



Making a regular connection, especially with someone who lives alone, can have a huge impact on their overall well-being.

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The Herkimer College Financial Aid Office is offering assistance to all college-bound students and their families — even if they plan to attend a college other than Herkimer.

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Free Application for Federal Student Aid (FAFSA) and Tuition Assistance Program (TAP) forms.

The workshop is open to all college-bound students and their guard-

ians, regardless of which school they plan to attend.

The presentation will be held at 9 a.m. on Saturday, Nov. 7. Registration is required at admissions.herkimer.edu/registration/FinancialAid.

For more information, contact the Herkimer College Financial Aid Office at 315.574.4035 or by email at finaid@herkimer.edu.

Bible Trivia

by Wilson Casey

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

2. From Matthew 12, when an evil spirit returns to a person, how many companions does it bring? 2, 3, 7, 16

3. In which book's 22:18 does it state, "Thou shalt not suffer a witch to live"? Exodus, Numbers, Isaiah, Hebrews

4. From 1 Samuel 16, what king of Israel was tormented by an evil spirit? Solomon, David, Elah, Saul

5. Who called the city of Nineveh the mistress of witchcraft? Ahab, Nahum, Lucifer, Peter

6. What mark of the beast number comes from Revelation 13? 7, 333, 490, 666

Answers: 1) Neither; 2) 7; 3) Exodus; 4) Saul; 5) Nahum; 6) 666

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

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The Kitchen Diva

by Angela Shelf Medearis

Toast pumpkin seeds for nutritious treat

Pumpkins are one of the highpoints of the fall harvest. The fruit originated in Central America. Pumpkins — like cantaloupes, cucumbers and squash — belong to the Cucurbitaceae, or gourd family. Most of the pumpkins that are grown in the United States come from Illinois and become available in October.

Whole pumpkins and the carved pumpkin shell are often used as decorative items. The interior pulp is a nutritious addition to savory and sweet dishes, but don't throw out the seeds! Pumpkin seeds make a tasty snack that's low in calories, high in protein and rich in fiber, as well as vitamins B, E and K, and zinc, iron and magnesium. Pumpkin seeds also contain many beneficial fatty acids and amino acids.

The flat, dark-green pumpkin seeds, or pepitas as they are often called, are covered with a yellow-white husk. Pepitas are a key ingredient in Mexican recipes and are often used in the cuisines of many other cultures.

Toasted pumpkin seeds add a nutritious crunch when used as a topping for sauteed vegetables or salads. Grinding pumpkin seeds with garlic, parsley or cilantro and adding olive oil and lemon juice to the mixture makes a wonderful salad dressing. Pumpkin seeds are also a delicious addition to oatmeal-raisin cookies or granola recipes.

Pumpkin seeds are a power-packed addition to sauces, soups and salads, and they're a healthy snack. Roasting and adding spices enhances their flavor. This recipe provides a few suggestions for preparing pumpkin



Depositphotos

seeds.

Toasted Pumpkin Seeds

- 1 pumpkin (field or sugar), about 2 cups
 - 2 tablespoons vegetable oil
 - 2 tablespoons salt, plus more for sprinkling
 - Cooking oil spray
1. Cut a fresh, ripe pumpkin in half. Remove the membrane and seeds, and as much pulp as possible. Separate out seeds

(leaving some of the pulp on adds to the flavor).

2. Do not rinse the seeds, as they will steam instead of toasting. Pick through the seeds and remove any that are split. Do not place the seeds on a paper towel, as seeds will stick to the paper. Instead, place seeds on a sheet of waxed or parchment paper, or on lightly oiled aluminum foil. Heat oven to 300 F.

3. For Spicy Pumpkin Seeds, mix 1/2 teaspoon each of garlic powder, onion powder, salt, cumin,

sugar and coriander and 1/4 teaspoon of cayenne pepper with the seeds before toasting.

4. For Sweet Pumpkin Seeds, mix 3 tablespoons of dark brown sugar and 1/4 teaspoon of salt with the seeds before toasting.

5. Spread the vegetable oil on a shallow pan. Sprinkle seeds over oil in single layer. Bake 10 minutes, stir and spray with the cooking oil spray.

6. Bake for another 10 to 15 minutes, stir and spray with the cooking oil spray. Bake for an additional 10

to 15 minutes as needed or until lightly browned, being careful not to burn them.

6. Remove from the oven and sprinkle with salt. The seeds will become crisper as they cool. Shell the seeds, or for more fiber, eat them whole. Store in an airtight container.

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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King Crossword

ACROSS

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 5 Easter tree
 8 "The Thin Man" dog
 12 Verve
 13 Past
 14 Use scissors
 15 Sudden temperature drop
 17 — Christian Andersen
 18 Dueller's ally
 19 Pass by
 21 Watch chain
 22 Foolish
 23 Andrews or Edwards, for ex.
 26 Path
 28 Gaggle members
 31 Conks out
 33 Joke
 35 Paint crudely
 36 "Yes we can" man
 38 Off-tattooed word
 40 Kan. neighbor
 41 Mr. Gingrich
 43 Tear
 45 Curvy-horned antelope
 47 Time of the mammoths
 51 Churlish one
 52 Guiding principle
 54 Not working

DOWN

1 Chest muscles, for short
 2 Lotion additive
 3 Body powder
 4 The — the line
 5 Under the weather
 6 Takeout phrase
 7 Start a garden
 8 Nutritional qty.
 9 Health centers
 10 Winter forecast
 11 Chest muscles, for short
 12 Drag along
 13 Commotion
 14 Little white lie
 15 Tall thin person
 16 Thanksgiving
 17 Purse
 18 Khan title
 19 Motorized bike
 20 Embarrassed
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 22 Supermarket stack
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 33 Seek damages
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 35 Slandered
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 37 Piercing tool
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 44 Infatuated
 45 Cupid's alias
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 45 Wading bird
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 48 On
 49 Infatuated
 50 Cupid's alias
 53 Antiquated

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Weekly SUDOKU

by Linda Thistle

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

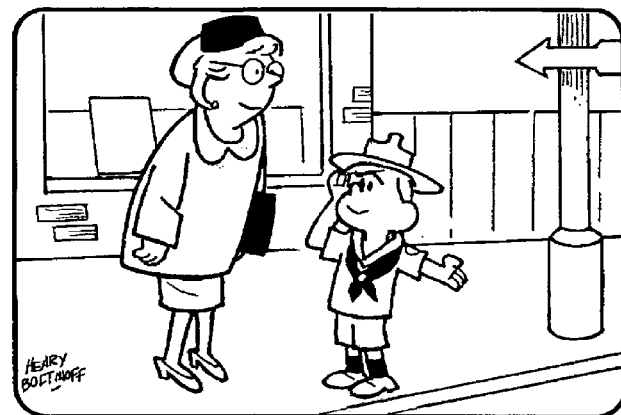
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

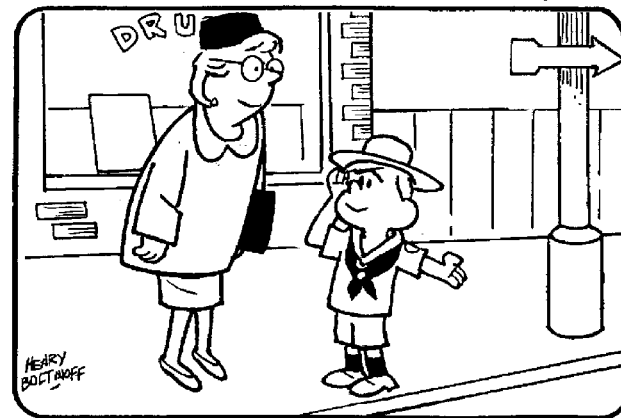
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Window sign is missing. 2. Boy's hat is different. 3. Arrow points in opposite direction. 4. Woman's hair is different. 5. Bricks are added to building. 6. Woman's shoes are flats.

STICKELERS [sic]

by Terry Stickels

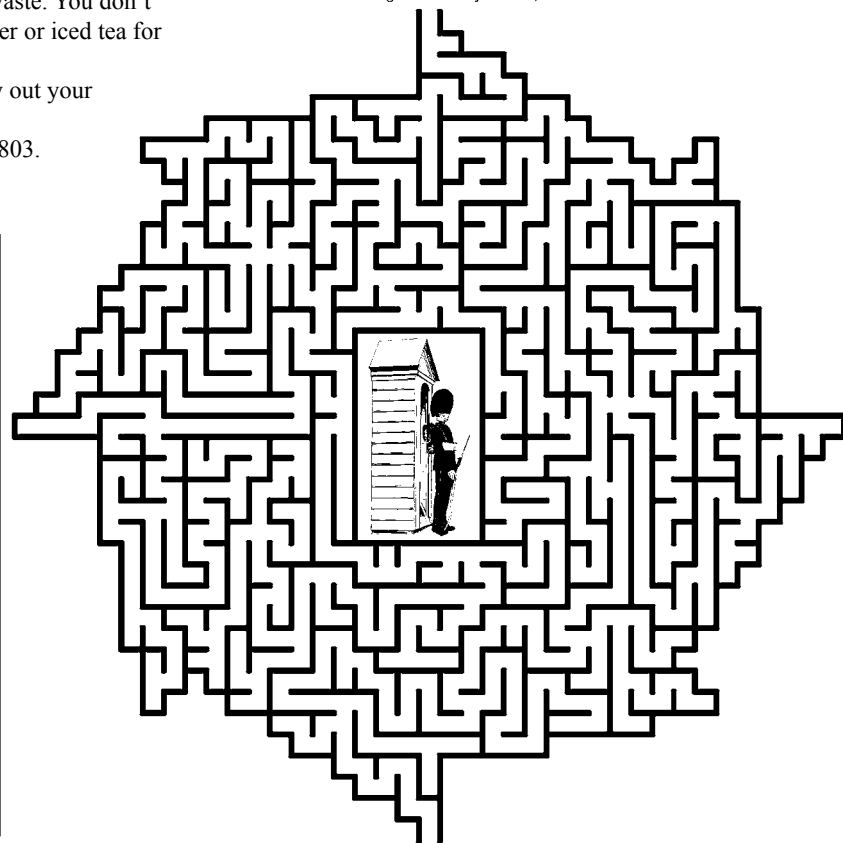
The Genesee Flyer train leaves the station at 60 miles per hour. After three hours, the Seneca Streamer train leaves the same station at 75 miles per hour, moving in the same direction on an adjacent track. Both trains depart the station at milepost 0.

At what milepost will the Streamer draw even with the Flyer?

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Mega Maze

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Now Here's a Tip

by JoAnn Derson

- Remember to turn off bathroom fans after 10 minutes. In the winter, if your house is on the dry side, don't use the fan at all: Open the door so the humidity from the shower or bath reaches into the house.
 - "To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" — L.A. in Florida
 - Need extra dishware or servingware for a holiday meal? Try looking at secondhand stores for large dishes, serving utensils and more. It's sometimes cheaper than getting throwaways, and it's better for the environment! You can always donate them again after the holidays.
 - Here's a makeup tip from Captain Obvious: Wet your beauty blender. I didn't know this and had been using it for about a month before my sister told me. So much better! -- V.A. in Florida
 - Freeze fruit that is on the verge of spoiling rather than letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.
 - "Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." — E.F. in Missouri
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.
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Can Indoor Cats Skip Yearly Vaccinations?

DEAR PAW'S CORNER: My two cats, "Sandy" and "Frankie," are indoor cats who never go out and never even try to escape. I last took them to the vet about three years ago. A friend said I'm supposed to take them every year and get their rabies shot, but I don't see the point. If they never get out, how could they get exposed? Also, vaccinations are expensive. — Terry H., Buffalo, New York

DEAR TERRY: I know it can be tough pulling together the funds to vaccinate your pets every year, but it really is critically important that they stay up to date on their shots.

In addition to rabies vaccination — which is required by law in most municipalities — your cats need to be vaccinated against feline distemper — a group of three viruses that are easily spread (they can even be tracked into the house on your shoes) and can cause severe illness and death in cats. If your cats have never received an FLV (feline leukemia virus) vaccination, they need to be evaluated and given this shot, too.

Getting up to date on their shots gives them an umbrella of protection against these illnesses, because you never know what may happen in the future. What if they are spooked by a storm or a volley of fireworks, and dart outside? That's dangerous enough without them potentially crossing paths with an infected cat.

Call around for a better price on veterinary exams and shots. Low-cost clinics are held in many cities and counties, but you have to look online or check notices at the pet store or city hall. Community newspapers are another source to find out about these clinics.

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

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Tavern Table

Although antique dealers tell us early 1900s oak furniture doesn't sell — average Chippendale pieces are not wanted and fancy French designs of the past are out of style — some average examples and even good copies can be useful and a good investment.

In 1899, Wallace Nutting started photographing, hand-coloring and selling scenes that had a "Colonial" look. He bought and borrowed the furniture and accessories, and sold thousands of the pictures. There were some historic flaws in the pictures, like hooked rugs in front of the fireplace in an early 1700s scene. Eventually, he started to make and sell accurate copies of his furniture. Today, there are collectors of Wallace Nutting furniture as well as the photographs.

In the 1920s, Peter Hunt decided to paint early wooden furniture with the colorful peasant designs he developed. It became popular as a style, and today, Peter Hunt furniture sells for more than the type of furniture he repainted. Costume jewelry also was made to look like expensive gold and gem-set originals. Nowadays, the best of signed costume jewelry can sell for thousands of dollars. A Wallace Nutting tavern table made in the early 20th century as a copy of an 18th-century table sold at a Garth's auction for \$469.

Q: We have the first two albums recorded by the Beatles in excellent condition. What is their value and how would we go about selling them?

A: These albums sell at auctions for over \$1,000. Their value depends on rarity and condition. The first Beatles album released in the United States was "Introducing the Beatles," by Vee-Jay Records on Jan. 10, 1964. Capitol Records released its first Beatles album, "Meet The Beatles," on Jan. 20, 1964. It released "The Beatles' Second Album" on April 10, 1964.

"Introducing the Beatles" was made with three different backs. The backs of the first covers were blank because the album was rushed into production to get it out before anyone else. Later back covers had ads or titles in columns. Recent prices for the album range from \$1,250 to \$5,250. The highest price was for a very rare "column back" stereo version of the album in original Sears sleeve. It sold for \$52,500. "The Beatles' Second Album" sold for \$2,000-\$5,750. "Meet the Beatles" sold for \$275.

Current prices

Doll, Navajo, stuffed cloth, blue velvet blouse, red buttons, striped cotton skirt, beaded necklace, woolen black hair, 1950s, 12 inches, \$84.

Toy truck, fire pumper, red, silver, white rubber

tires, wooden rims, cast iron, Hubley, 1930s, 5 inches, \$150.

Medical, prosthetic leg, maple, leather, metal hinges at knee, shoe, brown, c. 1900, 31 inches, \$282.

Silver pitcher, cylindrical, quilted, twist handle, Earl Evans, Alfredo Ortega & Sons, Mexico, 7 1/2 inches, \$1,020.

Tip: Always put plastic dishes on the top rack of the dishwasher. Test any old dishes to be sure they will not warp or melt in the dishwasher.

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

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An original Wallace Nutting table is actually a copy of an earlier piece of furniture, but there are collectors who want his work. A Nutting tavern table auctioned recently for \$469.

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Comfort Foods Made Fast and Healthy

**by Healthy Exchanges
 Chicken Spaghetti**

A chicken in every pot! I'm not running for elected office — but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me!

- 1/4 cup finely chopped onion
- 1 full cup diced cooked chicken breast
- 1/2 cup (one 2.5-ounce

jar) sliced mushrooms, drained

- 1/4 cup sliced ripe olives
- 1 3/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained
- 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
- 2 cups hot cooked spaghetti, rinsed and drained
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti.

2. Lower heat and simmer for 10 minutes, stirring occasionally. When serving, top each dish with 1 tablespoon Parmesan cheese. Makes 4 (1

1/2 cups each) servings.

• Each serving equals: 264 calories, 4g fat, 20g protein, 37g carb., 816mg sodium, 4g fiber; Diabetic

Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

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Now Here's a Tip

by JoAnn Derson

• Remember to turn off bathroom fans after 10 minutes. In the winter, if your house is on the dry side, don't use the fan at all: Open the door so the humidity from the shower or bath reaches into the house.

• "To remove the skin from salmon, I freeze it and skin it while frozen. The skin comes off much easier, and I waste less of the fish. I buy a large piece and parcel it into several smaller pieces, since it's just me. I like salmon, and it's healthy for me!" — L.A. in Florida

• Need extra dishware or servingware for a holiday meal? Try looking at secondhand stores for large dishes, serving utensils and more. It's sometimes cheaper than getting throwaways, and it's better for the environment! You can always donate them again af-

ter the holidays.

• Here's a makeup tip from Captain Obvious: Wet your beauty blender. I didn't know this and had been using it for about a month before my sister told me. So much better! -- V.A. in Florida

• Freeze fruit that is on the verge of spoiling rather than letting it go to waste. You don't even have to use it for smoothies. Chuck a handful of frozen fruit in water or iced tea for added flavor. And it's a superb addition to fancy cocktails.

• "Quick sewing tip: Check your fabric's stretch direction before you lay out your pieces. You'll thank me later." — E.F. in Missouri

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Some factors that contribute to hair loss

Hair loss affects people from all walks of life. People may think that male-pattern baldness is the only form of hair loss. However, hair loss affects both genders, and the reasons behind it are numerous.

Men and women may be embarrassed by hair loss. Getting to the root of the problem may lead to

treatment and help slow down hair loss.

The Mayo Clinic notes that the medical term for hair loss is alopecia. It can affect the scalp or the entire body. Hair loss may be permanent or temporary as well. It's normal to lose up to 100 hairs per day, though many men and women shed more than that. Certain things can contribute to hair loss. Here's a look at some of the more common causes.

Hormonal changes

Hormone fluctuations can contribute to hair loss. During or after pregnancy is a common time for women to experience hair loss. Giving birth can be traumatic for the body and the resulting hormonal fluctuations can lead to hair loss. Such hair loss is normal and hair will grow back in a couple of months when hormones even out. Menopause is another potential hormonal trigger of hair loss.

Excess vitamin A

The American Academy of Dermatology says



overdoing vitamin A supplements or medications can trigger hair loss. The daily recommended value of vitamin A is 5,000 IU per day for adults and children over age four.

Consume more than that and you may be at risk of hair loss.

Heredity

The most common cause of hair loss is a hereditary condition that coincides with aging, states the Mayo Clinic. This is called androgenic alopecia, which refers to male-pattern baldness and female-pattern baldness. It occurs gradually and follows predictable patterns. For men, this is a receding hairline and bald spots, while thin-

ning hair along the crown of the scalp affects women.

Illness

WebMD indicates that hair loss can be a sign of disease or a byproduct of certain treatments. Thyroid diseases, anemia, ringworm, high fevers, chronic stress, radiation and chemotherapy, and diabetes can contribute to hair loss.

Hair styling

Being rough on hair while washing and brushing, or overstyling it with

chemical or heated devices, can lead to hair loss, too.

Once individuals determine what's behind their hair loss, they can then take steps to alleviate the problem. Medications or supplements can be adjusted, greater care can be used when styling the hair and illnesses can be treated. Those with genetic hair loss can speak with a dermatologist about the array of topical or surgical hair replacement solutions available.

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

Puzzles4Kids

Answer

Why are jack-o'-lanterns smart?
 The candle makes them bright.

Stickelers Answer

Milepost 900. To solve this problem, recall that rate x time = distance. Let "x" be the time it takes the Seneca Streamer to reach the milepost. Then:

$$60(x+3) = 75x$$

$$60x + 180 = 75x$$

$$15x = 180$$

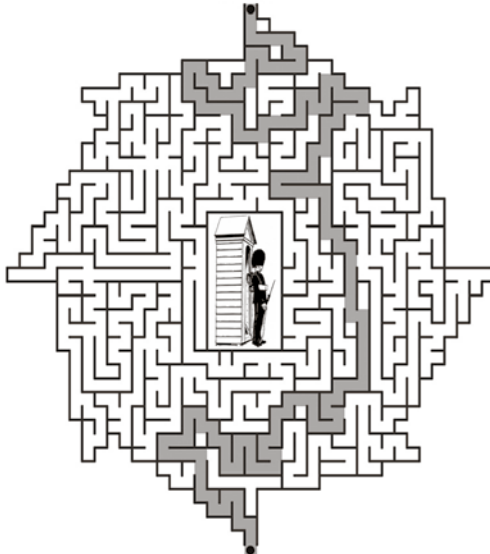
$$x = 12$$

$$75 \times 12 = 900 \text{ miles}$$

— **Weekly SUDOKU** —
 Answer

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

Mega Maze
 Solution



Living Life on the Veg

November is World Vegan Month!



Answering common questions about handwashing

Prior to 2020, people may never have imagined they would devote so much of their focus to handwashing. But handwashing took center stage in 2020, as organizations such as the World Health Organization and the Centers for Disease Control and Prevention touted it as an important safety measure against the COVID-19 virus.

It's understandable to question if something as simple as handwashing can really help combat potentially deadly viruses like COVID-19. But the CDC notes that handwashing is one of the best ways people can protect themselves and their families from getting sick. Understanding just how handwashing works may help people better understand how this simple gesture can potentially save so many lives.

How does handwashing remove germs?

The CDC notes that soap and water worked into a lather trap and remove germs and chemicals from hands. Water is a vital component of handwashing, especially when it's applied to hands before soap. Water helps develop a better lather than people will get when applying soap to dry hands. That's important because a good lather forms pockets known as micelles that trap and remove germs from hands.

Why is it important to wash hands for 20 seconds?

Prior to the pandemic, many people likely had no idea that proper handwashing calls for washing hands for 20 seconds. So why so long? The CDC notes that studies have found that hands need to be scrubbed for 20 seconds in order to remove harmful germs. Washing for anything less than 20 seconds runs the risk of leaving germs on your hands.

Should I use antibacterial hand soap?

It might surprise some to learn that the CDC says antibacterial hand soap is not necessary for anyone outside of professional health care settings. Studies have found no added health benefit of using antibacterial soap as opposed to plain soap and water. So consumers should not fret if they can't find any antibacterial hand soap on their next trip to the grocery store.

Should I use warm or cold water?

According to the CDC, when combined with soap, water removes the same amount of germs whether it's warm or cold. Water's role in handwashing is to help create a lather, and lathers can be created with hot or



cold water.

When should I wash my hands?

Hands should be washed any time they are visibly dirty or greasy. The CDC also recommends washing hands:

- before, during and after preparing food
- before eating
- before and after caring for someone at home who is sick with vomiting or diarrhea
- before and after treating a cut or wound
- after using the toilet
- after changing diapers or cleaning up a child who has used the toilet
- after touching an animal, animal feed or animal waste

- after handling pet food or pet treats
- after touching garbage

Handwashing is as effective as public health officials insist it is, which is why it should be a vital component of everyone's daily health care routine.

Healthy Hands, Healthy Habits

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How to support local agriculture this fall

The global pandemic that has upended daily life has exacted a toll on many industries. Businesses have been asked to close or temporarily scale back operations, while organizers of recreational gatherings have been tasked with reevaluating the practicality and safety of annual events.

Throughout the United

States and Canada, autumn fairs, exhibitions and activities provide revenue for many people. But due to the outbreak of the COVID-19 virus, many of these annual events have been postponed, adversely affecting local agricultural industries as a result. Governments in certain places have responded to the cancel-

lations and offered assistance to local farmers and agricultural industries. For example, the Province of Ontario is providing nearly \$1 million to assist organizations that had to cancel fall events due to the coronavirus pandemic. In addition to supporting such efforts, the general public can pitch in to help offset some of the fi-

ancial losses accrued by local farms.

- **Check for virtual events.** Some fall fairs or livestock events have been moved to the digital realm. That means competitors who were entering livestock or even home crafts into competitions can still participate. Organizers may ask for videos or photos of entries and then a committee will vote on the winners. This is one way to keep entry fees and even cash prizes moving along.

- **Support local farms or orchards.** Fall is harvest season in many areas, making this a popular time of year to

visit nearby farms and to purchase fruits and vegetables directly from the source. Many farms have implemented safety protocols that align with COVID-19 health recommendations to safely welcome visitors. Things may look a little differently at orchards and farms, but smaller crowds and wearing masks should not compromise the fun of picking your own foods.

- **Explore farm-to-table.** Private individuals as well as restaurant owners can develop relationships with area agriculture producers to increase the availability of farm-to-table offerings. Restau-

rants can revamp menus to include a greater share of items sourced from nearby farms. Individuals also can rely on produce stands and farmers' markets to stock their pantries. Some farms may offer delivery and mail-order as well.

- **Offer financial services.** Financial advisors can help farmers who are struggling with finances work through their options. Institutions may be able to extend the terms of loan repayments, refinance loans, restructure debt, or get credit extensions. Lower interest rates have created some new opportunities farmers may not be aware of. Financial advisors can help farmers navigate an uncertain financial time.

Farmers and agricultural organizations are facing greater challenges as fall fairs and other events are being canceled. The public can support agriculture in different ways to offset the financial losses stemming from the pandemic.





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