## HERKIMER COULDURY ECHOC Serving the Valley for 53 Years

## **OCTOBER 8, 2021**

Delivered by the U.S. Postal Service

518-673-3237 Volume 11 Number 17

The heavens declare the glory of God; the skies proclaim the work of his hands. Psalm 19:1





## Herkimer Region College & Career Scholarship Foundation **Golf Tournament raises \$14,200**

The 18th annual Herkimer Region College & Career Scholarship Foundation Golf Tournament raised more than \$14,200 to provide scholarships to students attending college or employment in their field of study following a vocational education in high school.

This year's tournament took place on Aug. 9 at the Cedar Lake Club in Clayville. The next one will be on Aug. 8, 2022 at the same location.

The Herkimer Region College & Career Scholarship Foundation is a nonprofit community scholarship foundation. A group of local citizens from many professions works voluntarily to generate scholarship funds for graduates of technical programs in the region.

To date, the Herkimer Region College & Career Scholarship Foundation has provided more than 340 scholarships totaling over \$194,000 to students in technical programs at Herkimer-Fulton-Hamilton-Otsego BOCES and its 10 component school districts: Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.

The following were the winning teams from this year's golf tournament:

Mixed First Place: C&S Companies Men's First Place: IPD Engineering

Mixed Second Place: Frankfort-Schuyler Central School District Men's Second Place: Human Technol-

ogies

Mixed Third Place: Day Automation -Team 2

Men's Third Place: Team Dangle Challenger's Cup: Frankfort-Schuyler Central School District

The Scholarship Foundation would also like to thank the following sponsors for supporting the golf tournament and the foundation's scholarships:

Platinum Sponsors: King + King Architects and M&T Bank

Gold Sponsors: Gates-Cole Insurance, IPD Engineering and C&S Companies

Bronze Sponsors: ARC Herkimer, Cooper Automobile of CNY, NYSIR, Day Automation, Girvin & Ferlazzo, PC, NBT Bank, PK's, Utica National Insurance Group, R.G. Timbs Inc., Campus Construction and Indium Corporation.

This year's golf tournament also helped support a new Career Award the Scholarship Foundation is offering for students who gain employment in a Career and Technical Education field prior to or soon after graduation and incur expenses as a result of that employment. Students can apply for this award, which allows the reimbursement of up to \$750 for trade-specific expenses such as employment clothing, personal protective equipment, tools, supplies, certifications, credentials and/or licenses.

If interested in supporting the foundation or its fundraisers, contact Herkimer BOCES District Clerk Shawn Maxson at 315.867.2023 or smaxson@ herkimer-boces.org.



(L - R) Herkimer-Fulton-Hamilton-Otsego BOCES District Superintendent Sandra Sherwood, Herkimer Region College & Career Scholarship Foundation secretary Shawn Maxson, HRCC Scholarship Foundation President Sharon Baisley and HRCC Scholarship Foundation Treasurer Denise Snyder at the Scholarship Foundation's 18th annual Golf Tournament

When You're Ready, Kindly Call for Appointment

Photo courtesy of Herkimer BOCES



518 Casey Rd., Mohawk, NY 13407

315-895-4609

## Members of the Dolgeville Central School Class of 1961 recently attended their 60th reunion



The Dolgeville Central School Class of 1961 held their 60th year class reunion the weekend of June 11 and 12. Friday night classmates and guests met at John and Gene Hoffman's home in Lasselsville. Saturday night everyone met at Ward Halverson's home in Dolgeville. A great time was had by all with good food, drinks and reminiscing with each other. From left, front row are Diana (Clavette) Crossman, Leann (Near) Miller, Sandra (Helmer) Neely, Carol (Petkovsek) Robinson and Jane (Petrie) Davis. From left, back row are Susan (Schier) Noto, Donna (Bissett) Loucks, Bruce Lyon, Diane (Vosburgh) Halverson, Linda (Novogurski) Molinaro & John Molinaro, Angelo Izzo, Paul Decker, John Hoffman and Edward Wesley. Photo and story submitted by Diana Crossman



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### National Railway Historical Society Chapter to meet Oct. 8

The Utica and Mohawk Valley Chapter of the National Railway Historical Society will meet on Friday, Oct. 8 at 7 p.m. at the Zion Lutheran Church on the corners of French and Burrstone Roads in the Town of New Hartford. There will be a business portion conducted by Chapter President Harry Lenz with reports on the Adirondack Railroad, the display at the Remsen

Depot, the Central New York Chapter of the National Railway Historical Society's Model Train Show at the New York State Fairgrounds, the Toy Train Collectors Society Model Train Show in January along with many other activities and projects ahead for us in the coming months.

After the break, Harry Lenz will show a DVD about Conrail in the Central New

York Region that was made in 1995. This will bring back many memories for some chapter members as they would see Conrail roll through our area on a daily basis.

This meeting is open to anyone who enjoys railroads, railroad history, railroads of the northeast United States. the State of New York and the Central New York Region. We would like to invite all of our guests who attend our meeting the opportunity to join the Utica and Mohawk Valley Chapter of the NRHS as regular members and we would like to invite all active and retired railroad personnel the opportunity to attend our meeting as well.

For more information, contact Bradford Paulson at 315.327.8653 or 315.853.5400.

## Utica Zoo offers chance to win \$10,000

#### **The Forever Forest Raffle** benefits the zoo and Red Panda conservation efforts

Utica Zoo is hosting the Forever Forest Fundraiser raffle with a chance at a grand prize of \$10,000. Tickets are \$25 each or \$100 for five. Additional prizes will be drawn throughout the campaign and the grand prize will be drawn at the conclusion of Utica Zoo's Bright Nights event series on Dec. 23. The net proceeds will support the zoo's

#### by JoAnn Derson

• Keep the yolks in hard-boiled eggs from crumbling by wetting your knife between slices.

• "Save plastic bags that cannot be recycled, and use them to collect food scraps that cannot be composted or flushed." - B.M. in New York

• "I use double-stick tape to hang lighter items on my walls, since it does not leave a hole, and I am a renter. You also can use it to reduce noise from vibrations. For instance, I used it in my car to keep the carpet lying flat in the trunk." - J.T. via e-mail

• "To soften butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It's nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much." - T.G. in Indiana

• "That time of the year is almost here. You know, the time when running the heater gives the whole house the zaps. To keep our carpets from giving us static shock, we fill a water spray bottle with 1-part laundry softener and 4-parts water. Give the air and carpet a spritz, and it kills the zaps." - A.O. in Canada

• "Hard-water stains in the toilet are no match new red panda exhibit as well as a ble for the grand prize.

The growing list of raffle ticket locations include: Chanantry's, Utica; Gems Along the Mohawk, Herkimer; Melrose Market, Frankfort; Mazzaferro's Meats & Deli, Rome; Desantis Beverage Center, Barneveld; Utica Zoo Gift Shop; Wilderness Interiors, Old Forge; and Zipp's Hardware Store, Dolgeville.

To stay updated, visit uticazoo. org/foreverforest.

## Now Here's A Tip

percentage earmarked for conser-

vation efforts with the Red Panda

• Family Membership + Swag

• Cash Prize of \$1,500 (drawn

• Grand Prize of \$10,000 (drawn

Mini prize winners are still eligi-

Bag to 2022 Brewfest or Wine in

the Wilderness (drawn Oct. 22)

for denture tablets. Simply drop one in the toilet and let sit overnight. A quick scrub and a flush Here's a Tip, 628 Vir-

Network.

Nov. 19)

Dec. 23]

**Prizes include:** 

it." - P.S. in Washington Send your tips to Now

in the morning should do

ginia Drive, Orlando, FL 32803. (c) 2021 King Fea-

tures Synd., Inc.

#### **Diesel Technician**

Local Motorcoach/School bus facility, knowledge of electrical of electrical systems, air conditioning systems, computer diagnostic, ability to read drawing schematics, all maintenance repairs, provide assist to co-workers, must be team oriented, must have own tools, willingness to work some weekends. Competitive salary, benefits, Send resume or apply in person to **Brown Coach, Inc.** 50 Venner Road Amsterdam, NY 12010

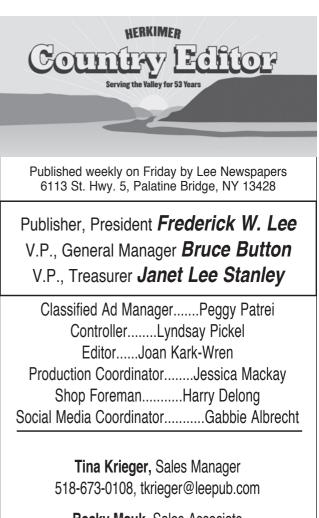
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Commercial Printing, 518-673-0101, commercialprint@leepub.com

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#### October 8, 2021 • 5

# **Area Church Services**

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

NEW LIFE CHAPEL OF THE AEA 3447 St. Rt. 8 Pastors: Rev. Gail & Rev. Mike Jay 315-826-7115 Sunday Worship 10:30am ercessory Prayers Tuesday 7pm (please call to confirm)

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

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

> DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradset 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 I UTHERAN 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 Schuyle 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 AM; Tuesday & Thursday 9 AM

HERKIMER SS PETER and PAUL ORTHODOX CHURCH Fr Vasil Dubee & Fr Dn Demetrius Richards TRINITY EVANGELICAL Corner of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services 5 PM (spring/summer months) 4 PM (fall/winter months) 10 AM in person and virtually on Zoom YouTube & Facebook

HERKIMER

305 Main Rd., Herkimer

Phone (315) 866-3272 Saturday Vespers -

Sunday Divine Liturgy 9:30 AM Sundays

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

THE SALVATION ARMY

Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240

www.thesalvationarmv.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 AM

Bible Studies Thursday mornings 10 AM on Facebook

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 317 Gros Blvd., East Herkimer (315) 866-8095 Sunday Sacrament Meeting 10 AM Sunday School/Primary 11 AM - Visitors welcome -Family History Center open by appointment

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

CHRIST EPISCOPAL CHURCH 300 N. Main St. Church Office (315) 866-0551 Email: ChristChurch315@gmail.com www.christChurchherkimer.org Sunday Services: 10:30 AM nunity Dinner: Last Saturday of the Free Com month, 5 PM on Mary Street Entrance

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

SAINT AUGUSTINE'S EPISCOPAL CHURCH 78 2nd Street Phone: (315) 894-3775 Holy Eucharist at 9:30 AM

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

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

JESUS NEVER FAILS COMMUNITY CHURCH Reverend Hans Drews 1161 Elizabethtown Rd. 518-568-7983 hansandrosaline@yahoo.com Sunday Service 11 AM

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

ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4 PM; Sunday 11 AM; Monday & Wednesday 9 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 AM (nursery through adult) \*Our Service is aired on 100.3 FM,

91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. ST. PAUL'S UNITABIAN 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 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 I UTHERAN CHURCH

512 E. Gansevoort St. Sunday School 9:15 AM Sunday Worship 9:30 AM Wednesday Worship 11 AM & 6 PM LITTLE FALLS FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

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. Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 8 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, Pasto 20 S. Otsego St. Phone 866-4292 I mohawkpastor@verizon.net Follow us on Facebook Email n 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

CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev Leo Potvin Sacramental Minis 71 E. Main St. ental Minister Phone 866-1752 Sunday Mass 9:30 AM

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or email tkrieger@leepub.com MOHAWK CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. • Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM

**To Place or Update Church Listings** Call 518-673-0108

> Wednesday Bible Study & Prayer Meeting 7 PM THE WORD CHRISTIAN CENTER Pastor Dan Annutto 27 E. Main St. • Phone (315) 985-3596 Sunday Services at 10 AM Intercession - Tuesdays at 6 PM

Sunday Worship 10 AM

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 Morning Service 11:15 AM 845-8730

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

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

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

SALISBURY CENTER Full Gospel Assembly of God Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service

SALISBURY CENTER UNITED METHODIST CHURCH 2545 State Route 29 Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 11 AM

STRATFORD STRAIFORD STRATFORD UNITED METHODIST CHURCH 1511 State Route 29A Pastor Mark Hediger, 315-429-9085 pastormarkh@aol.com Sunday Worship 9:30 AM Broadcast on 95.9 FM within 2 mileo at shurch 2 miles of church









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## **Dolgeville's Troop 18 honors Eagle Scouts**

Dolgeville's Boy Scout Troop #18 recently held a Court of Honor wherein two members were celebrated for earning the rank of Eagle Scout. Philip Keeler II and Garrett Lettow are the latest members of this organization to achieve this highest status in the Boy Scouts Association. This accomplishment coincides with the 90th anniversary of Troop 18's first Eagle Scout, Mark Hopson, who earned that rank

in 1931.

According to the BSA, only 4% of boys who begin the scouting journey earn this impressive achievement. Troop 18 is proud to have had over 60 boys earn this rank since the group was organized 92 years ago. Troop 18 congratulates Garrett and Philip for their perseverance in earning of this elite status.



Garrett Lettow pictured with his Eagle Scout Project - one of several little free libraries he made. Photos courtesy of Dolgeville Boy Scouts Troop #18



Philip Keeler II being recognized at Troop 18's Court of Honor along with Scout Master Phillip Lettow.





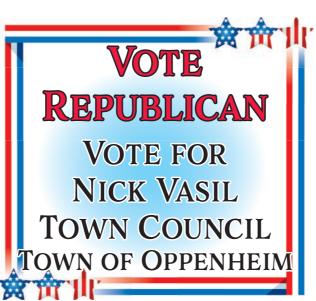


If you have unwanted refrigerators, freezers, washers, dryers, push lawn mowers, riding mowers, bikes, tillers, stoves, hotwater tanks, furnaces in cellar,









### **To Your Good Health**

#### by Keith Roach, M.D.

#### Husband Is Always Tired

Dear Dr. Roach: My husband is tired all the time. He functions, but frequently has to sit to recoup his energy, even after a shower.

He is diabetic and has been for over 10 years. He does not take insulin and manages to keep his A1C within 7.1 to 6.9. He weighs 207 pounds, and he's 6 feet, 1 inch tall and 75 years old.

His bloodwork always comes back normal, and a nuclear stress test came back negative. We have discussed this chronic fatigue with our family doctor. His only explanation is possibly low testosterone (the low end of normal).

## **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

geville. To schedule an appoint-

ment, call 1.800.RED.CROSS or

go to www.redcrossblood.org and

October 15 and 16

Fifth Annual Basket Raffle 11

a.m. - 5 p.m. both days at Mohawk

Reformed Church, 20 South Otsego

Street, Mohawk. Many themed

baskets and gift cards. Masks re-

or mrcoffice@verizon.net for fur-

**October 16** 

Homemade Soup and Bake Sale

10 a.m. until sold out. Take out

only. Grace Church rectory, 7 E.

Girl Scout Bring a Friend Night

5-7:30 p.m. at Teel Farm, 11441

North Gage Road, Barneveld.

Corn maze, hay rides, pumpkin

**October 15-17** 

Sir William Johnson and the

Wars for Empire Conference.Vis-

it tinyurl.com/8f8v4yfk to register

October 20

Third Wednesday Night Dinners

4-6 p.m. (or sold out) at Ilion First

Baptist Church, 8 Second Street,

Ilion. Take out or delivery only.

Take-outs may be ordered ahead

**October 21** 

Chicken Schnitzel dinner 4-7 p.m.

or sold out at Emmanuel Episcopal

Church, The Parish Hall, 594 E. Al-

bany St., Little Falls. Take out only.

Free delivery to Herkimer and Little

by calling 315.894.9041.

quired.

picking

online

ther information.

Main St. Mohawk.

Contact 315.866.4292

enter sponsor code: Dolgeville.

**October 8** 

Utica and Mohawk Valley Chapter of the National Railway Historical Society meeting 7 p.m. at Zion Lutheran Church in the Town of New Hartford. For more information, contact Bradford Paulson at 315.327.8653 or 315.853.5400.

#### **October 9**

Stratford United Methodist Church Annual Fall Chicken Bar**becue.** Pick up begins at 3:30 p.m. Take out only. Call day of for reservations at 315.429.7058. Church is located at 1511 State Route 29A. Stratford.

#### **October 10**

Fort Plain DAR Open House 3-5 p.m. at the Fort Plain DAR Chapter House. For more information call 518.774.3384.

Chicken Barbecue and Car Show at Poland Fire Station #1. Rt. 8. between Poland and Cold Brook. Barbecue is noon until sold out. Takeout or eat-in with limited seating. Car and Truck Show is 11 a.m. - 2 p.m. Call 315.826.7141 for information.

#### October 13

The Life and Music of Turlough O'Carolan 7 p.m. at The Irish Cultural Center of the Mohawk Valley, 623 Columbia St., Utica. Ticket information at tinyurl.com/2hhed29h

Stratford Cemetery, Inc. Annual Meeting 6:30 p.m. at the Salisbury Town Hall. Lot owners and other interested persons should plan to attend. Includes Election of officers and board members.

#### **October 14**

American Red Cross Blood Drive

We know that some if not all of his medications list fatigue as a side effect, but we cannot persuade our doctor to do further tests. My husband does have an appointment with a cardiologist in May for a consultation and any suggestions, and also a checkup in six months with our family doctor.

My concern is his medications and the fact that they are generic. I have read many stories about generic drugs and problems with their effectiveness. -J.C.

Answer: Fatigue, which is the sensation of feeling tired, is a nonspecific symptom and a complaint that's commonly heard by general doctors. It can be related to many diseases, as disparate as multiple sclerosis

315.741.4672.

1-6 p.m., Dolgeville Fire Depart-Falls. Curbside pick up and walk ment, 20 South Helmer Ave., Dolins. Reserve your dinner by calling

#### October 22

28th Annual Italian Feast 5-6:30 p.m. St. John's Church, N. Main St., Newport. Take outs only. Sponsored by Knights of Columbus. All proceeds to fund charitable works. Drive through for pickup.

#### **October 23**

Harvest Dinner at Holy Trinity Lutheran Church, 512 E. Gansevoort St. Little Falls. Take out only. Preorders preferred. Preorder can be called in at the church at 315.823.4091.

#### **October 31**

Eat Drink and be Scary All You Can Eat Buffet sponsored by Newport Lodge #455 and Girl Scout Troop 61127 8-11 a.m. at the Masonic Lodge #455, 7408 Main Street, Newport.

#### November 6

Rabies Clinic 7-9 a.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. Pre-registration will end at 12 p.m. on Nov 5. Pre-register by calling 315.867.1176.

Annual Christmas Carousel, 9 a.m. - 3 p.m. at the Morning Star UMC, 36 Second St., Ilion. For more information, send e-mail to barbara.horwald@gmail.com. Reference Christmas Carousel.

BSA Troop/Pack 25 Mohawk Fundraiser Pancake Breakfast 9 a.m.-1 p.m. or until sold out at Mohawk American Legion, 43 W Main St, Mohawk. Take out only. Tickets: Mr. Briggs 315.717.9780. Mr. Joyce 315.867.8239. Mr. Roberts 315.717.6018.

to heart failure, anemia to depression and chronic infection to sleep disturbances. However, your husband notes a severe intolerance to exertion, which makes me suspect systemic exertion intolerance disorder, also called myalgic encephalomyelitis or chronic fatigue syndrome.

Poor sleep, difficulty thinking or concentrating, and having worse symptoms with standing also go along with this diagnosis. There is yet no lab test for confirmation. The diagnosis is made after considering other causes and testing for those that make sense after a careful history and exam.

Diabetes, when not well controlled, may lead to chronic fatigue. I'm not so concerned with generic medications as I am about too many or the wrong ones, so a careful review of medications is appropriate.

I have previously recommended a graded exercise program for this condition; however, the study that led to this recommendation had several significant issues; many people will actually have worsening of their post-exercise fatigue, so exercise must be used very cautiously and on an individualized basis. Cognitive behavioral therapy has had some benefit, but we desperately need better treatments.

Dear Dr. Roach: In a recent column, you said that using peroxide in the ear is a bad home remedy. Would you please expand on this subject? My children grew up with me using peroxide to clean excessive wax from their ears and they now use the same remedy on my grandchildren.

Answer: Most earwax does not need to be removed. It should be removed only when there are symptoms (such as poor hearing, ear pressure or pain, and sometimes itchiness or dizziness), and when it is clear that the symptoms are coming from excess earwax. This requires a look in the ear, since similar symptoms may come from infection.

Hydrogen peroxide is too harsh to put on skin. Doctors may use it to irrigate the ear canal while looking into the ear, but it is diluted, usually 1:10. Over-thecounter earwax preparations, such as carbamide peroxide, may also be recommended once the diagnosis is clear.

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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## Make an autumn visit to the Parker F. Scripture Botanical Gardens at CCE in Oriskany

Visitors can't believe the bursting blooms in our dahlia garden each autumn including the huge salad plate yellow dahlia. Sunflowers and other late bloomers also greet visitors, along with the popular All-America Selections Brick Garden designed by CCE Oneida County Master Gardeners. This year the AAS (All American Selections) Landscape Challenge was "Diversity." Come learn about the origin of specific plants like ornamental peppers, various flowers and more.



Visitors can't believe the bursting blooms in the dahlia garden each autumn including this huge salad plate yellow dahlia. Photo courtesy of Oneida County CCE



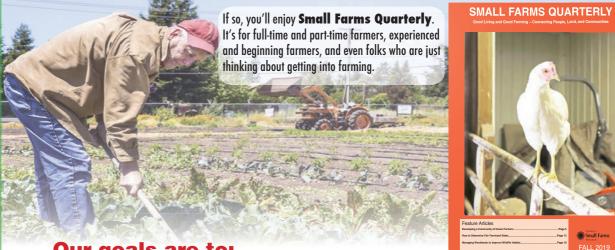
Autumn is also a great time to walk our woodland trail to view the changing colors. Be sure to dress appropriately and use your bug spray when embarking on the trail. Overall the gardens showcase 12 different gardens that peak at different times spring through autumn. They include perennials, annuals, herbs, cottage, roses, hosta, daylilies, vegetable, pollinator, water (Zen), shrub and dahlia gardens.

The herb garden is still full of wonderful smells of mint, basil, sage and more. The gardens are open from dawn to dusk seven days a week to the public and there is a pavilion with picnic tables if you want to bring a bite to eat. Located at 121 Second St. just off Judd Road in Oriskany, they also feature on site outdoor and one indoor honeybee hives.

Whether you're a beginner or seasoned gardener, the Master Gardener Volunteer Training Program is a great way to expand your knowledge of plants, plant sciences and gardening. Training sessions include hands-on learning right in the Extension Gardens plus weekly scheduled gardening sessions where the volunteers help maintain the garden areas while learning and connecting with other knowledgeable gardeners. A hybrid Master Gardener Volunteer Training will be offered again in 2022. For more information, contact Holly Wise, consumer horticulture resource educator, at 315.736.3394 ext. 125.

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## Good Housekeeping – Three-Cheese Pizza

This recipe features three cheeses with distinctly different textures and flavors - delicate, fresh mozzarella, creamy ricotta and chewy Pecorino Romano.

Ingredients:

1 pound fresh pizza dough

4 ounces fresh mozzarella cheese, coarsely shredded

1/2 cup part-skim ricotta cheese

1/3 cup freshly grated Pecorino Romano cheese

1/2 teaspoon coarsely ground black pepper 1 tablespoon chopped fresh parsley leaves

Directions:

1. Prepare outdoor grill for covered, direct grilling on medium-low

2. Cut dough into 4 equal pieces. On one end of oiled cookie sheet, with fingertips, spread and flatten 1 piece of dough to about 1/8-inch thickness. (Edge does not need to be even.) On same cookie sheet, repeat with another piece of dough. Repeat with a second oiled cookie sheet and remaining dough.

3. Place all 4 pieces of dough, oiled side down, on

hot grill grate. Cook 2 to 3 minutes or until grill marks appear on underside (dough will stiffen and puff).

4. With tongs, turn crusts over. Working quickly, top crusts with mozzarella; then dollop with ricotta and sprinkle with Pecorino Romano cheese and pepper. Cover grill and cook pizzas 3 to 4 minutes longer or until undersides are evenly browned and cooked through.

with parsley. Cut into wedges. Makes 4 servings.

of your supermarket, usually sold near the tortillas. (Frozen pizza dough is also available, but it takes several hours to thaw before it can be used.)

• Each serving: About 435 calories, 15g total fat (7g

For thousands of triple-tested recipes, visit goodhousekeeping.com/food-recipes.

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5. Transfer to cutting board; sprinkle tops of pizzas

Tip: Look for fresh pizza dough in the dairy section

saturated), 38mg cholesterol, 260mg sodium, 56g total carbohydrate, 2g dietary fiber, 18g protein.

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**Bible Trivia** 

by Wilson Casey

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

2. From Exodus 28:39, what kind of head covering did the priest wear? Turban, Snood, Scarf, Kalupto

3. The Pentateuch refers to how many of the first books of the Old Testament? 2, 3, 4, 5

4. From 1 Samuel 25:1 and 28:3, where was the burial place of Samuel? Gilgal, Joppa, Corinth, Ramah

5. Whose harp playing caused Saul's "evil spirit" to leave him? Solomon, Alexander, David, Haman

6. Esau sold his birthright for a mess of \_ ? Gold.

Pottage, Oil, Manna Answers: 1) Neither; 2) Turban; 3) 5; 4) Ramah; 5) David: 6) Pottage

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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## Good Housekeeping -**Spinach and Pasta Salad**

1/2 package (16-ounce) penne, substitute corkscrew macaroni

1 bunch (about 3/4 pound) spinach

1 can (16- to 19-ounce) garbanzo beans, rinsed and drained

1/2 cup Kalamata olives, pitted and chopped, substitute pitted and chopped ripe olives

1/2 cup red-wine vinegar and oil salad dressing

1 cup feta cheese, crumbled

1. Prepare macaroni as label directs; drain.

2. Meanwhile, wash spinach and drain well. Into large bowl, tear spinach into bite-size pieces.

3. To serve, toss spinach with garbanzo beans, olives, salad dressing and macaroni; top with feta cheese. Serves 4.

• Each serving: About 595 calories, 30g total fat, 25mg cholesterol, 1,095mg sodium.

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## Poland physical education classes provide 'a bit of normalcy' for students this school year

Poland Central As School District students recently played soccer games during physical education class, they talked and yelled about goals ical education experience is what we're trying to give them," Cuthbertson said.

Due to COVID-19 and government restrictions Students in kindergarten to fifth grade have returned to a schedule with physical education every day. Poland also has two new physical education



Poland Central School District fifth-graders from teacher Todd Manley's class run and kick soccer balls outside on Sept. 14 during physical education class with substitute teacher Sandy Hitt.

and out-of-bounds calls. They also had smiles on their faces and breathed in the mid-September air.

This isn't a scene you would have seen last school year.

Updates to COVID-19 regulations this school year such as not requiring masks outside provide an improved atmosphere for students to exercise and participate in sports, Poland Principal Greg Cuthbertson said.

"Maintaining safety and getting back to more of a normal school phys-

put in place last school year, students had to wear masks at all times, including outside. There were also stricter regulations about distancing and limiting heavy breathing. Students in kindergarten to fifth grade were moved from physical education every day to once every four days last school year because there were so many limitations.

This school year, masks aren't required outside, and distancing restrictions have lessened to a degree.

teachers this school year.

Cuthbertson said Poland is one of probably very few schools providing physical education every day right now. Cuthbertson and Poland Laura Superintendent Dutton prioritized meeting the mandate to average about 25 minutes per day of physical education important part of their education to have movement in their day and learn more about keeping

for students, he said.

said. Students in sixth to 12th grades still had physical education once every two days last school year and are continu

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ing that this school "We just think it's an year. Their class periods are longer than for

soccer outside on during physical education class with teacher Jason Potempa.

Poland Central School District students in ninth and 10th grade play a game of small-set

Poland 11



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#### Poland from 10

elementary students.

One improvement for students in seventh through 12th grades is that they can use their lockers again this school year. That means they can change for physical education class, participate in more rigorous sports and maintain better health and hygiene, Cuthbertson said.

The reason students in kindergarten to fifth grade only had physical education once every four days last school year was because all of the restrictions made physical education classes very different and having them daily would

have been difficult for students, Cuthbertson said.

"Obviously, it's hard to do a lot of physical activity and breathing with their masks on," he said.

The changes this year make for more of a true physical education experience - especially when classes can get outside, Cuthbertson said.

Poland physical education teacher Jason Potempa agreed. "Having their masks off outside, it gives them a break, which is great for the kids," Potempa said.

Poland 12



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Poland Central School District sixth-graders play a game of small-set soccer outside on during physical education class with teacher Jason Potempa.



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### **Paw's Corner**

#### by Sam Mazzotta

#### Forward Thinking Helps Pets in Natural Disasters

**Dear Paw's Corner:** Why do people leave their pets behind when a hurricane or forest fire approaches? And what happens to the pets that survive a disaster? - Kerry in Cincinnati

**Dear Kerry:** Pet owners don't intend to abandon pets to approaching danger, but it happens all too frequently: Pets get left behind when a disaster strikes.

Sometimes an owner has to leave the pet behind - rescue services prioritize human life over pets when a situation is dire. Sometimes, in the panic and confusion of gathering up things to evacuate, a pet will dart out the door. And sometimes, pets get abandoned because evacuation centers won't allow pets inside.

After Hurricane Katrina in 2005, when more than 100,000 pets were left to fend for themselves during and after the storm (www.louisianaspca.org/about-us/hurricane-katrina/animal-rescue-facts/), pet shelters radically changed the way they manage intake and care of animals. They became more proactive. They built bigger, stronger networks with other shelters locally and na-

#### Poland from 11 -

Potempa, who is teaching grades 6-10 in physical education this school year, said it's really good to see that grades K-5 are returning to daily physical education.

"As far as I know, we're one of the only schools that has PE every day for the elementary kids – which is awesome," he said.

It's important to have physical education class as often as possible, Potempa said.

After a long period of time when many children weren't moving around as much as they normally would due to the many impacts of COVID-19, Potempa has started this school year by basing classes around foundational fitness to get students used to running, jumping and generally moving around again, he said.

"We're kind of just getting back up to speed with our exercising," Potempa said. "That's my goal – and for them to find some joy in this again."

Former physical education teacher Sandy Hitt, who retired from Poland at the end of last school year after 29 years, is doing some substitute teaching for physical education this school year and has also seen the improvement in class for students.

Being able to enjoy sports and exercise outdoors without masks is a nice opportunity for students, Hitt said. It's also beneficial that elementary students are able to have class daily again.

There's another change for Poland physical education this school year: Two new physical education teachers are joining the team.

Jonathan Hodge started at Poland this school year and is teaching physical education for elementary students and grades 11 and 12. Stephanie Kassay is started on Sept. 20, after finishing up her commitments teaching special education at Herkimer-Fulton-Hamilton-Otsego BOCES. She will be teaching elementary physical education at Poland.

Hodge has 12 previous years of experience working in education including two years with Mohawk Valley Community College and 10 years in Minnesota – three in special education and seven in physical education. He also has 16 years of experience coaching.

Hodge was a Poland student until third grade, when he moved to Minnesota with his mother for school years and returned to the Poland area for summers with his father. He ended up teaching physical education at the school he went to in Minnesota and is now teaching it back at Poland as well.

Kassay has been a special education teacher at Herkimer BOCES for the past three years. She has three degrees in physical education and adapted physical education: an associate degree from Niagara Community College and a bachelor's and master's from SUNY Brockport. tionwide, and coordinated their efforts with emergency responders. (sierraclub.org/sierra/what-happens-animals-during-natural-disasters). They got better at reuniting rescued pets with owners.

Pet owners can play a direct role in helping pet rescue efforts by being proactive well before a disaster strikes. Microchip your pets and keep contact info up to date. Keep up with your pet's vaccinations and health checks. Most importantly, have your own evacuation plan that includes a "go" bag for you and for your pet. A pet's "go" bag should include an extra leash and collar, a copy of their medical and registration records, pet food, waste pickup bags or pee pads, and extra medication if they take any. Know where to evacuate and which shelters allow pets.

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

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### Five tips for a pet-friendly outdoor space

(BPT) – Since the start of the pandemic, approximately 12.6 million U.S. households have adopted new pets, according to a COVID-19 Pulse Study by the American Pet Products Association. Simultaneously, the popularity of outdoor living spaces has also spiked. To ensure your backyard is a welcoming retreat for your furry family members, follow these pet-friendly outdoor living tips:

Make it a paws-itive experience. If you have a wood deck, consider upgrading to composite decking to get the look and feel of wood without all the upkeep. Made from 95% recycled content (including reclaimed wood scrap and

escape plan.

polyethelene plastic film), Trex composite decking delivers a hard-toscratch, splinter-free surface that doesn't require any sanding or seasonal staining and sealing with harmful chemicals. All it takes is a little soap and water to clean. Consider a dog bath at the same time for a quick and easy twofor-one wash.

**Stop the escapes.** If your dog is a runner, installing fencing can help keep your pet from carrying out an escape plan. To eliminate the need for costly training, consider a traditional fence. With physical fencing, you'll keep your pet from leaving the yard while also keeping other potentially harmful animals out –



If you have a wood deck, consider upgrading to composite decking to get the look and feel of wood without all the upkeep.

something electric fencing cannot offer. Plus, you can find durable and eye-catching fencing in a variety of colors and design options, from traditional to contemporary, to match your home's style.

**Prevent panting pups.** Most pets are more sensitive to heat than humans, so consider adding shade (and style) with a pergola. They're the perfect way to create the look and feel of an outdoor room while adding a distinct architectural element. Pergolas are available in a wide array of styles and colors to complement any aesthetic – and are even available in easy-to-assemble kits for a fun and feasible DIY project.

**Take care of business.** To combat the impact of those inevitable potty breaks on your yard, consider planting tougher varieties of grasses, such as Kentucky bluegrass, ryegrass or zoysia. Use wood chips in garden areas to prevent your pooch from digging to cover up their dirty deeds.

Keep décor out of

harm's way. Avoid potted plants that can be tipped over or pulled out by a pet and, instead, consider a vertical garden wall or hanging planters. Put up some bird feeders to keep you and your pet entertained - just make sure they remain out of reach of curious cats and canines. Add stylish outdoor furniture made from durable materials like composite or aluminum that can withstand the weather, as well as claws and paws. For more outdoor de-

sign tips, visit trex.com.

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If your dog is a runner, installing fencing can help keep your pet from carrying out an









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Sat. Oct. 9th - Morrisville, NY. 38th Annual Magic of Morrisville Autumn Review Sale. Catalog is online on the Morrisville College website. Sale held at GPS address: 5350 Hart Road, Morrisville, NY. Mon. Oct. 11th - Normal Monday sale & Monthly Heifer Sale

<u>Sat. Oct. 16th</u> - Sale held at our facility - FALL MACHINERY CONSIGNMENT SALE - WE WILL BE ACCEPTING CONSIGNMENTS - CALL TO GET INTO EARLY ADVERTISING.

Mon. Oct. 18th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. ALSO OUR FALL ROUND-UP BEEF SALE. We will be having our special beef sales selling Cow/calf pairs, feeders, brood cows. Call to advertise your group. We will be taking the cattle in on Sunday, Oct. 17th if needed before by appointment – plenty of hay and water provided.

Sat. Oct. 23rd – Sale held on the farm – Moravia, NY. Faith Farms LLC. Complete Grassfed Organic Herd Dispersal & Machinery Auction. And Real Estate – approx. 130ac +- with approx. 110 tillable – watch for more complete details – Eagle River Realty – Kevin Jaquay 315-247-4200 anyone interested in Real Estate needs to contact Kevin prior auction to receive NYS disclosures – 5% Buyers Premium on Real Estate. Selling 95 Milking age a year around herd with a lot of cows due in the fall and 40 youngstock – Crossbred Herd & and full line of haying equip. Owner: Larry & Debora Barron 315-729-5393. Watch for future ads on this sale! Real Estate will sell at 9:30AM, Machinery Equip 10:30AM following with cattle. 9:30 Real Estate, 10:30 Balage & Barn Equip. and Machinery, followed by cattle. Open house for the Real Estate will be Wed. Oct. 6th 11:00 AM – 1:00 PM and Tues. Oct. 19th – 4:00 PM – 6 PM. Complete listings on our website – www.hoskingsales.com.

Mon. Oct. 25th - Normal Monday Sale & Monthly Organic Day

Sat. Oct. 30th – 11:30AM Fall Premier All-Breeds Dairy Sale. Accepting 100 head of All Breed Registered Dairy Cattle selections are underway – this sale always fills fast so contact us today. Watch for great consignments from: Honor-Roll Ayrshires, Cedercut, Gray-Goose, VVF (Tuttle) Jerseys, Carpsdale, Locust-Vale, Morrill Dairy, Bronhom, Hill-N-Hollow, Fantasy-Found, Canary Dairy, Walker Farms, Sco-Li, Amerada, Woodmansees-CT, Shilldale, B&L Dairy,Kuperus Dairy, Peaceful Valley, Boardwalk, L&B Hill, Hell-Hollow, Giesy-Manor, Coby-Rock, Autumn Moon, Echo-Farm. We will be selling Holsteins, Jerseys, Swiss, Ayrshire, Shorthorns and 3 Holstein Service Bulls.

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## Good Housekeeping -**Slow-Cooker Chicken Tagine**

This Moroccan stew features tender chicken and butternut squash whose flavors have melded with garlic, onion and rich spices in the gentle heat of the slow cooker.

1 medium (1 1/2-pound) butternut squash, peeled and cut into 2-inch chunks

- 2 medium tomatoes, coarsely chopped
- 1 medium onion, chopped
- 2 cloves garlic, crushed with press
- 1 can (15- to 19-ounce) garbanzo beans, rinsed and drained
  - 1 cup chicken broth
  - 1/3 cup raisins
  - 2 teaspoons ground coriander

- 2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 pounds bone-in skinless chicken thighs
- 1 box (10-ounce) plain couscous
- 1/2 cup pitted green olives

1. In 6-quart slow cooker, combine squash, tomatoes, onion, garlic, beans, broth and raisins. In cup, combine coriander, cumin, cinnamon, salt and ground black pepper. Rub spice mixture all over chicken thighs; place chicken on top of vegetable mixture. Cover slow cooker with lid and cook as manufacturer directs, on low 8 hours or on high 4 hours.

2. About 10 minutes before serving, prepare couscous as label directs.

3. To serve, fluff couscous with fork. Stir olives into chicken mixture. Serve chicken mixture over couscous. Serves 6.

• Each serving: About 545 calories, 9g total fat (2g saturated), 107mg cholesterol, 855mg sodium, 80g total carbohydrate, 10g dietary fiber, 39g protein.

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

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## Herkimer College recognizes longtime employees with Service Awards

Herkimer County Community College has recognized 13 employees for their ongoing work and dedication to the college by awarding them Service Awards.

Provost Michael Oriolo and Margaret Schumacher, an office assistant in the Athletics Office, received special recognition for their 40-year careers with Herkimer College.

The full list of 2021 Service Award recipients is as follows:

• 10 Years - Cara Boepple, Technical Assistant, Internet Academy; Stephanie Conley, Librarian; Richard Dawkins, Assistant Director, Athletics; Daniel Elthorp, Campus Peace Officer; Dr. Nicole McDaniels, Associate Professor, Biology; and Rene Roth, Senior Account Clerk Typist, Bursar Office

• 20 Years - Wendy Marchese, Director of Counseling Services; Erin Bailey, Administrative Assistant to the Provost; Amy Dommer, Instructor, Physical Education; Jennifer Herzog, Associate Professor, Biology; and Stacie Shepardson, Senior Accountant, Business Office

• 40 Years - Michael Oriolo, Provost; and Margaret Schumacher, Office Assistant II, Athletics

MACRI LAW OFFICE

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L-R: Office Assistant Margaret Schumacher, President Cathleen McColgin and Provost Michael Oriolo at Herkimer College's All-Campus Meeting where they and others were presented with service awards. Photo courtesy of Herkimer College

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## Coffee Break



Home Country

by Slim Randles

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**Answer** 

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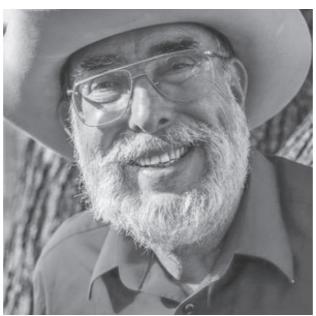
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You have to know Bert really well before he'll share his secret with you, but if he does, it's as though he's revealed the reason for life and sunshine and the main reason our dogs think we're smart. Oh, Bert gets down in the dumps just like the rest of us, but he has discovered a way to jerk himself out of the bar ditch by his own belt loops, and he finally broke down and explained how he could



remain so cheerful during a year and a half of basic house arrest during the pandemic.

He looked up from his coffee and whispered, "Mail order madness." What?

"What you do is buy stupid stuff. Cheap stuff. Maybe even stuff you'll never use, but maybe it's a pleasant color, or lead you to daydreams where you become dang near adequate."

"For example?" asked Doc.

"Okay," Bert said, "ask yourself this... what's the very best part of ordering something through the mail?"

Our mouths still hung open.

"Anticipation," Bert said. "I love it. You can do it with a computer, or just send off for a catalog. The simplest way to get anticipation kinda mail is to get those catalogues. List your address and name, of course, but it doesn't hurt to add the title 'Purchasing Coordinator' below your name.

"Then you add a note

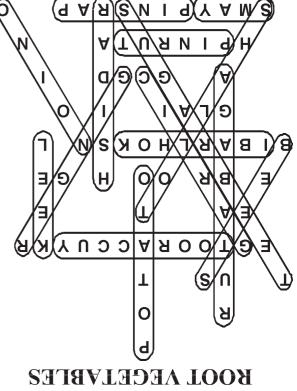
telling the catalog folks not to give your name out to anyone else or little old ladies will pull out their whiskers, one at a time. It doesn't hurt to add that the chairman of the board mustn't find out what has been ordered. Then be sure the item you order is really cheap and makes no earthly sense at all. Hey, why waste money? Think porcelain frog soap dish here.

"This will immediately start a flood of catalogs coming your way. You have now broken once and for all the evil shadow of boredom. Besides, you know you've secretly wanted a porcelain frog soap dish anyway."

Pick up "Home Country: Drama, dreams and laughter from the American heartland" at www. lpdpress.com.

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