

MOHAWK VALLEY

Country Editor

Serving the Valley for 53 Years

SEPTEMBER 26, 2020

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And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. 1 John 4:16

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\$3 million in CARES Act funding invested across the Mohawk Valley

Mohawk Valley Economic Development District Inc. (MVEDD) has been awarded \$3 million from the Economic Development Administration (EDA) through the CARES Act Recovery Assistance Program. MVEDD will administer a Revolving Loan Fund (RLF), which will provide critical gap financing to small businesses and

non-profits adversely affected by the coronavirus pandemic. The RLF provides low interest loans to small businesses and nonprofits located within Montgomery, Fulton, Herkimer, Oneida, Otsego and Schoharie counties.

Loans may be used for working capital expenses

(payroll, rent or mortgage payments, utilities or expenses relating to COVID-19 social distancing measures) or any necessary expenses for responding to economic injury due to the coronavirus. MVEDD is now accepting applications. To apply, visit mvedd.org for more information and the application.

Rabies vaccinations clinics set for Oct. 10 & Nov. 7

Montgomery County Public Health would like to remind everyone that people and unvaccinated animals can get rabies from the bite or scratch of an infected animal or from infected animal saliva entering a person's eyes, nose, mouth or any break in the skin. Rabies is nearly always fatal if treatment is not received soon after exposure. Keep the following points in mind:

Prevention of rabies continues to be an important public health concern. Rabies is an infectious disease that affects the nervous system of humans and other mammals. Rabies is most often seen among wild animals such as raccoons, bats, skunks and foxes. Cats, dogs, ferrets and livestock can also get rabies if they are not vaccinated.

The first sign of rabies is usually a change in the animal's behavior. It may become unusually aggressive or unusually tame. Staggering, convulsions, spitting, choking, frothing at the mouth and paralysis are sometimes noted. The animal usually dies within one week after showing signs of rabies.

The law requires that your pets be vaccinated. The first rabies vaccination is to be given at three months of age. Your pet should receive its second rabies vaccination within one year after the first vaccination and every three years thereafter.

In the event of a bite, scratch or potential exposure to rabies, the following steps should be taken immediately:

- **Wash** the area of contact thoroughly with soap and water.
- **Seek** medical attention.
- **Call** your local health department to evaluate your risk for rabies, including whether rabies post-exposure treatment is recommended.
- **Try to capture the animal without damaging its head or risking further exposure.** Contact your local health department to have the animal either observed or submitted for testing.

If someone has been exposed to a

suspected rabid animal and the animal cannot be observed or tested, or it tests positive for rabies, treatment should begin immediately. Human treatment consists of a dose of rabies immune globulin administered as soon as possible after exposure. The first of four doses of rabies vaccine is given at the same time, with the remaining injections given one each on days 3, 7 and 14 following the initial injection. An additional dose may be given on day 28 if the person is immunocompromised.

To protect your family and your pets from rabies:

- Don't feed, touch or adopt wild animals, stray dogs or cats.
- Be sure your pets are up-to-date on their rabies vaccinations.
- Keep family pets indoors at night.
- Don't attract wild animals to your home or yard. Keep garbage cans tightly covered and avoid storing any food outside. If a wild animal is on your property, let it wander away. Bring children

and pets indoors and alert neighbors who are outside.

- Prevent bats, raccoons and other wild animals from entering homes by sealing small openings and keeping unscreened doors and windows closed.

- A majority of rabies post-exposure prophylactic vaccines are given for exposure to bats that were not captured for rabies testing. Most of these untested bats are not rabid; therefore, many of the post-exposure incidents could be avoided completely if the bat were captured for testing. "How to Safely Capture a Bat" can be found on the NYSDOH website at nyhealth.gov/diseases/communicable/zoonoses/rabies.

Rabies vaccinations clinics will take place in Montgomery County on Oct. 10 and Nov. 7. For time and location, or for more information on rabies, contact Montgomery County Public Health (M - F) 8:30 a.m. - 4 p.m. at 518.853.3531 or visit co.montgomery.ny.us/publichealth.

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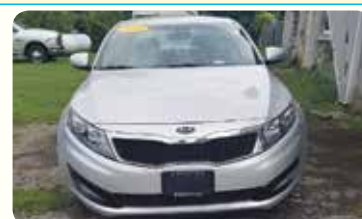
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2020 Nissan Rogue AWD

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2020 NISSAN SENTRA SV



2020 Nissan Sentra SV

lease for **\$189** 36 mos.

Model#12110. VIN#3N1AB8CV0LY237377 & 3N1AB8CV8LY236915. MSRP \$21,675. Total due at inception: \$2,500 down payment + \$0 security deposit + bank fee included in payment + \$189 1st payment = \$2,689. Price includes \$1,050 Nissan Lease Cash. Negotiated value of vehicle \$22,372.34. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 9/30/2020.

2020 NISSAN FRONTIER SV 4X4



2020 Nissan Frontier SV 4x4

lease for **\$319** 36 mos.

Model#32210. VIN#1N6ED0EB8LN704486 & 1N6ED0EB9LN702357. MSRP \$35,245. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$319 1st payment = \$3,319. Negotiated value of vehicle \$35,778.59. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 9/30/2020.

2020 NISSAN ROGUE SPORT AWD



2020 Nissan Rogue Sport AWD

lease for **\$225** 36 mos.

Model#27010. VIN#JN1BJ1CWXLW373790 & JN1BJ1CWXLW371893. MSRP \$26,500. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$225 1st payment = \$3,225. Price includes \$1,175 Nissan Lease Cash. Negotiated value of vehicle \$26,290.54. Lessee responsible for Insurance, Maintenance, excess wear & mileage. 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 9/30/2020.

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2. Sunday Church Service, Live at 10AM 1(617)936-2890 (access code 0701029#)
3. Spiritual uplifting ideas of various kinds with a menu 1(214)447-9675

MOHAWK VALLEY Country Editor

Serving the Valley for 53 Years

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UMC**
613 Latimer Hill Rd.
Ames, NY 13317
518-673-3495
Pastor Jan Markle
Sunday Service 9:00am

**Dolgeville United
Methodist Church**
21 N. Helmer Ave., Dolgeville
Rev. Jack Ford
315-429-7381
Worship 11:00am
Sunday School @ 9:30am beginning
September 18th
Bible Study - Wednesdays @ 12:30pm

**Fultonville
Reformed Church**
Corner of 5S & 30
Pastor Jane Hubschmitt
Sunday School 10AM
Family Worship 10:30AM

**New Hope
Christian Fellowship**
32 Spencer St., Dolgeville, NY 13329
Pastor Pat Andreoli
315-429-3630
NewHopeChristianFellowship.net
Sunday School 9:30AM
Worship Service 10:30AM

Saint Cecilia Church
26 Broadway, Fonda
518-853-4195
Sunday Worship
9:00am

**St. Paul's
Universalist Church**
565 Albany St., Little Falls
315-823-2284
Service Sunday 10am
Coffee hour following service.
Our Church is a home to inquisitive,
spiritual free thinkers with diverse
religious beliefs. All are welcome.

Bethesda Fellowship
34 S. Division St.
St. Johnsville, NY 13452
518-568-2678
Summer Schedule
Sunday Worship 10:00am
Wed. Worship and Prayer 6:00pm

**Emmanuel
Episcopal Church**
588-594 Albany St., Little Falls, NY
315-823-1323
Sunday Mass 10am
Coffee Hour following Sunday Mass
Sunday School & Youth Group
Tuesday 10am Mass & Bible Study
Friday 10am-2pm Thrift Shop

Glen Reformed Church
State Hwy 161 in the
Hamlet of Glen
4 miles South of Fultonville
glenreformed@nycap.rr.com
Sunday Worship at 9. Sunday School
immediately following Children's Message

**Oppenheim United
Methodist Church**
Route 29
Rev. Jack Ford
315-429-7381
Worship 9:30 Sundays,
Totally Awesome God-TAG time 6:30pm
Wednesdays beginning in Oct., Sunday
School 9:00am beginning September 18th

**Salisbury Center
United Methodist Church**
2545 St Rt 29, PO Box 104
Salisbury Center, NY 13454
315-429-9085
Rev. Lynn R. Lockwood

**St. Thomas the Apostle
Catholic Community**
1 Church St., Cherry Valley
607-264-3779
Masses Saturday 4:30pm
Sunday 11am

**Cherry Valley
Assembly of God**
37 Alden St., Cherry Valley,
607-264-3306
Pastor David Carpenter, Jr.
Sundays 9:30am

**Ephratah
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140 Co. Hwy. 140, Ephratah, NY
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Pastor Jeff Hindriter
Sunday School for all ages
10am September-June
Sunday Morning Worship 11am
Prayer & Praise Thursdays 7pm

Grace Christian Church
20 Center St.,
St. Johnsville, NY 13452
Pastor Martin Glynn
518-568-2122
Sunday School 9:30am
Worship 11:00am

**Our Lady of Hope
R.C. Church**
115 Reid St., Fort Plain, NY 13339
Parish Office 518-993-3822
ourladyofhope@frontier.com
Mass Schedule: Saturday, 4pm;
Sunday, 8:30am & 11am;
Confessions: Sat. 3 & by appointment
Please call parish office for Holy Day schedule

Seeker's Fellowship
14 Park Place
St. Johnsville, NY 13452
518-568-7700
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Bible Study 7pm (Wed., Thurs. & Fri.)
We teach the fullness of God's Word,
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and salvation for all who trust
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**Stratford United
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Route 29A
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Rev. Lynn R. Lockwood
Worship 9am

**Christian Church of
Charleston Four Corners**
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518-922-9088
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Worship 11am,
Sunday Eve. Prayer 6:30pm,
Thurs. Eve. of Encouragement 6:30pm
www.christianchurchcharlestonfourcorners.org

**Episcopal Church of
the Good Shepherd**
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518-673-3440
Holy Communion Sundays at 9:30am
Fellowship Time to Follow
Call for Holy Day services
The Rev. Virginia L. Ogden, Rector
churchgood@frontier.com

Grace Episcopal Church
24 Montgomery St., Cherry Valley
315-585-4016
Fr. Kyle Grennen, Rector
Sunday School 11:00am
Holy Communion/sermon 11:00am
Active Youth Group - call for detail

**Paines Hollow United
Methodist Church**
Intersection of 167 & 168, Paines Hollow
Pastor Peg Donaghy
518-568-7604
Sunday Worship 9:30AM
Fellowship Hour to Follow

St. John's Lutheran Church
774 St. Hwy. 163, Fort Plain, NY
518-705-7552
Rev. David A. Johnson, Ph.D.
Sunday Worship 9:00am, Sunday School 10:00am,
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**The Christian Church
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170 Rural Grove Rd., Sprakers, NY 12166
518-922-7831
Pastor Joshua Fetterhoff
pastorjosh@ruralgrovechurch.org
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Morning Service 11am, Eve. Service 6pm,
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PO Box 896
Richfield Springs, NY 13439
Rev. Mark Ioset
315-858-1553
Service: Sunday 9:15am
Church School: Sunday 10:30am

**Everlasting Joy
Believers Fellowship**
14 Park Place
(in with Seekers Fellowship)
St. Johnsville, NY 13452
315-858-2112
Pastor Carolee Coye
Sunday Service 10am

Grandview Baptist Church
15 Washington St., Fort Plain
518-993-9929
Pastor Dan West
Sunday School 10am
Morning Service 11am
Bible Study & Prayer Meeting,
Wednesday 6:30pm

**Randall Christian
Community Church**
NY Rte. 5S
Sunday Service 10:30am
**Worship Leader
Darlene Spaulding**

**St. John's
Reformed Church**
68 W. Main St., St. Johnsville
518-568-7396
Faithfully Following Jesus Christ
Sunday Worship 10:30am

**The Holy Spirit Polish
National Catholic Church**
618 E. Gansvoort St.
Little Falls, NY
315-823-0793
Father Rafal Dadello
Mass at 11am on Sunday www.holy-spiritncc.org

Church of the Good Shepherd
26 Moyer St., Canajoharie
518-673-3440
The Rev. Virginia L. Ogden, Rector
Sunday Worship 9:30
with Communion
Church Email: churchgoodshep26@gmail.com
Web Site: www.churchgoodshepherd.com

**Faith, Hope and Love
Church**
Rev. David W. Bowley, Pastor
Saturdays, 5 pm
at the
United Methodist Church Lower Level
50 E. Main St., Canajoharie
call 518-673-5128 or see facebook "Faith,
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website <http://faithhopeandlovechurch.com>

Holy Family Parish
Little Falls, NY
315-823-3410
Saturday 4pm
Sunday 10:30am

**Reformed Church
of Canajoharie**
15-19 Front St., Canajoharie
518-673-2816
Rev. Matt Draffen
Sunday 9am Christian Education
9:20 Choir Practice
10am Worship Nursery provided
Fellowship hour follows worship

**St. John's & St. Mark's
Lutheran Church**
143 Church St., Canajoharie
518-673-2224
Pastor A. Elisabeth Durand
Sunday Worship 11am;
Faith Formation 1st & 3rd Sunday 9:45am
stjmcanjo.org • churchoffice@stjmcajo.org

The House of Zion, Inc.
580 Dillenbeck Road,
Palatine Bridge
518-577-3069
Pastors Richard & Denise Allen
Saturday Morning
Worship Service 11:30am
Listen to UMT on live radio 97.5FM
the 1st Sunday of every month 3pm-4pm

Church of the Nazarene
3316 State Route 29 W
Johnstown, NY 12095
Offices: 518-762-2982
Cell: 857-523-8417
Pastor, Rev. Mark Fowler
Sunday Morning Service 11:00am
Sunday School for All Ages 10:00am

First Baptist Church
Springfield Center, NY
Rev. - Gary Tyler
Sunday School 10:00am
Morning Worship 11:00am
Sunday night Worship 6:00pm
Wed. night Bible Study 7:00pm
Free meal & music every
2nd Sat. of the month 4-7pm

Joy Fellowship
296 Co. Hwy. 119
St. Johnsville, NY 13452
518-568-3217
William Hayes Pastor
Joyce Loughran Assistant Pastor
Sunday School 9am, Morning Worship 9:30am
Wednesday Evening Worship 6:30pm

**Reformed Church
of Fort Plain**
165 Canal St., Fort Plain, NY 13339
518-993-4302 • fortplainrca@yahoo.com
Rev. Nancy E. Ryan
Worship 10:30am,
AA meetings Mon. & Tues. 7pm,
Second Thurs. Prayerspace 6am to 6pm

**St. Johnsville
Methodist Church**
7 East Main St.,
St. Johnsville, NY 13452
Pastor Corey Jones
518-568-7983 • 315-866-8626
Worship Sunday 3pm

**The Time for
Truth Ministries**
PO Box 351
Amsterdam, NY 12010
Phone 518-843-2121
Cell 518-774-8558

Community Bible Church
Corner of Cliff & Walnut Streets
Canajoharie, NY 13317
(518) 993-1016
Pastor Wally Braemer
Sunday - Adult Sunday School Class - 9:15am
Worship Service - 10:30am
**God is Good All the Time
& All the Time God is Good**

**Fonda Fultonville
United Methodist Church**
11 Montgomery St., Fultonville
Pastor Nancy Pullen • 853-3311
Sunday Morning Worship 9:15-10:15,
Sunday School 9:15-10:30, Coffee
Fellowship Following Service
**Our Mission-To Actively Follow Christ
and To Inspire Others To Accompany Us.**

**Lassellsville United
Methodist Church**
State Hwy. 29
Pastor Robert A. Lindsay
Worship: Sunday 9:30am
Sunday School to start soon

**Reformed Church
of Sprakers**
112 Sprakers Hill Rd
Rev. Nancy Ryan
Worship ~ 9AM
All Welcome!!!

**St. Joseph's
Roman Catholic
Church**
31 North Helmer Ave., Dolgeville
315-429-8338
Sunday Mass is 8:30am

**Trinity Evangelical
Lutheran Church
of Stone Arabia**
5430 St. Hwy. 10, Palatine Bridge, NY
Pastor A. Elisabeth Aurand
Sunday Worship 9am
518-673-2224

**Cornerstone
Baptist Church**
7274 St. Hwy. 10, Ames
518-673-3405
Sunday School 10am, Adults & Children
Morning Worship 11am, Youth Ministry
5:45pm, Evening Worship 6pm,
Wed. Bible Study & Prayer Meeting 6:30pm,
Family Night Select Sundays

Fordsbush Bible Church
131 Clark Rd., Fort Plain
518-568-7606
Pastor Joe Miller
Sunday School 10am, Morning Service
11am, Eve. Service 6pm, Wed. Service
6:45pm, Thurs. Visitation 6pm
www.fordsbushbiblechurch.com
Home of Victory Christian Academy

Lighthouse Baptist Church
1524 St. Rt. 29A, PO Box 114
Stratford, NY 13470-0114
315-429-8854
Pastor Martin Smith
Sunday Morning Worship 10:30am; Wed.
Eve. Prayer Meeting 6:00pm; 2nd & 4th
Sunday Dinner following Morning Service
with Afternoon Service following dinner
"Old-Fashioned Bible Preaching"

**Richfield Springs
Bible Church**
19 Church St
Richfield Springs, NY 13439
Rev. David Tosi
315-858-0564
Sunday School (all ages) 10am
Worship Service 11am & 7pm
Wednesday - Prayer & Praise
Call for info on various Youth Ministries
www.richfieldspringsbiblechurch.org

**St. Mary's
Episcopal Church**
7690 Rt. 80, Springfield Center
315-858-4016
Fr. Kyle Grennen, Priest-in-Charge
Sunday Eucharist, 9:30am
Coffee - Fellowship follows service
Holy Days - as announced

**United Methodist
Church of Canajoharie**
50 E. Main St.
518-673-2717
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Surroundings, Friendly People
Sunday Service 10:30am - Email:
umc673@frontiernet.net
Communion Last Sunday of the Month

**Currytown
Reformed Church**
829 St. Hwy. 162, Sprakers
518-922-8422
Rev. Donald Hoaglander
Visiting Pastor Jane Hubschmitt
518-705-2201
Sunday School 9:15am
Worship Service 10:00am

**Fort Plain United
Methodist Church**
39 Center St., Fort Plain
Audie Miller,
Lay Supply Pastor
Church Office 518-993-3863
Kitchen 518-993-3464
ALL WELCOME, Worship Service 11am

**Marshville
Evangelical Church**
Route 10 South
Rev. David Bowley
Worship Sunday 9am

River of Jubilee Church
5057 State Highway 5 S
Sprakers, NY 12166
Pastor: Gail Adamoschek
Pastor: Steve Adamoschek
518-322-1427 / 518-224-4455
Sunday Service 10:00am
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St. Paul's Lutheran Church
36 Lydius St., Fort Plain, NY 13339
518-993-2040
Pastor Jonathan Litzner
405-250-8395
Church Service 11am

Valley Alliance Church
85 E. Main St., Nelliston
518-993-3458
Pastor Dave Prahst
Sunday School (all ages) 9:15am,
Sunday Worship 10:30am,
Wed. Praise & Prayer 7pm,
Fri. Youth Group 7pm (7-12th grade)

**Dolgeville
Christian Fellowship**
3 Elm St., Dolgeville, NY 13329
315-429-9142
Dr. Marvin Isum, Pastor
Worship 9am, 10:30am
Midweek Fellowship Tuesday 7pm
www.dolgevillechristianfellowship.org

**Freysbush United
Methodist Church**
Freysbush Rd., Fort Plain
518-842-1357
Rev. Cindy Leonard, Officiating
Worship 9am,
Sunday School 10am ALL ARE WELCOME
coffee hour to follow service

**National Kateri Tekakwitha
Shrine and Indian Museum**
3636 St. Hwy. 5, PO Box 627
Fonda, NY 12068-0627
518-853-3646
Weekly Masses: Sat. 4:30pm, Sun. 10:30am
friars@katerishrine.com www.katerishrine.com

**Sacred Heart
Catholic Church**
111 3rd Ave., Tribes Hill
518-829-7301
Mass Saturday
4:00pm

St. Paul's Lutheran Church
32 W. Main St.,
St. Johnsville, NY (next to NBT Bank)
518-568-3007 Church
518-568-2405 Parsonage
Rev. David Johnson
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RMI Fellowship**
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Youth Group 5pm,
Evening Worship 7-8pm

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HEAP VENDOR

THOUGHT FOR THE WEEK: "Let's Attend Church This Sunday". You and your family are welcome at Grandview Baptist Church, corner of Lydius & Washington St., Fort Plain, NY. Sunday School 10am. Monday Worship 11am.

Six questions to ask when taking your business online

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

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

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

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

1. What are you selling?

Are you selling a product or a

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

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

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

3. What do you need on your website?

What will best serve your business? "About" and "Contact Us" pages? Do you want to include a blog? Do you include customer testimonials and special promotions for new clients? Do you need a catalog of products and services? Does your business need to include a list of services, rates and shipping costs? Making a list of what your business needs is a useful starting point for whoever you hire to help build your website.

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

For time and location, or for more information on rabies, contact Montgomery County Public Health (M-F) 8:30 a.m. – 4 p.m.: at 518.853.3531 or visit www.co.montgomery.ny.us/publichealth/

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

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

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

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

There's a lot of competition out there. Unless you're well versed in SEO and how Google algorithms work, you may not know how to build an online presence others can find using a web search.

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

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

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LARSON Storm and Screen Doors, 32" & 36" x 80" white in stock. C.H. BURKDORF & SON, 35 Hough St., St. Johnsville 518-568-7016

BRUTE FORCE Firewood Processors Sales & Rentals. Come see at Mohawk Valley Ag, 35 Willett Street, Fort Plain, NY 518-993-2543

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 CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.

October 3

Village of Ames Museum Open to Visitors. Book sale. 9 a.m. - 3 p.m. 518.673.5820 or f@ amesmuseum.com or www.amesmuseum.weebly.com

October 10 and November 7

Rabies Vaccinations Clinics

November 7

Village of Ames Museum Open to Visitors. 9 a.m. - noon. Museum closes for the season.

December 2

Christmas Tree Lighting. Village of Ames tree lighting at 6 p.m. in front of the Village of Ames Museum. Refreshments to follow at the fire station.

Life's Solutions – Intensify the taste

We all know it's important to eat our veggies. The challenge often comes in how to prepare them. Nothing brings out the flavor profile of vegetables more than roasting. Roasted vegetables achieve a caramelization factor that leads to vegetables that are crisp on the outside while being tender on the inside with a sweetened flavor that tantalizes the taste buds.

Almost any vegetable can be roasted, the only variation necessary is the length of cooking time. The range in temperatures for roasting vegetables are between 350° - 425° F. Higher temperatures shorten the roasting time required, but vegetables that are cut small or are delicate do better at lower temperatures for a longer time period. The following are approximate cooking times for roasting vegetables cut into one-inch pieces at 400° - 425°. Don't forget to toss the vegetables half way through the suggested cooking time:

Asparagus – 20 minutes
Bell peppers – 20 minutes

Broccoli – 25 minutes
Brussels sprouts (halved) – 25 minutes
Butternut squash – 30 minutes

Cabbage (cut into one-inch thick slices) – 30 minutes

Carrots (cut into one-inch chunks or whole baby carrots) – 30 minutes

Cauliflower – 25 minutes

Corn (cobs left whole with husks) – 40 minutes

Green beans – 20 minutes

Kale – 15 minutes (it doesn't need to be in a single layer)

Onions – 35 minutes
Potatoes – 45 minutes
Sweet potatoes – 30 minutes

Tomatoes (grape or cherry) – 15 minutes

Yellow squash – 20 minutes

Zucchini – 20 minutes

If the vegetable you want to roast isn't listed here, just pick the timing required for a vegetable with a similar density. For instance, if you were roasting radishes (halved or whole) they would be similar in density to carrots, so you would roast them for approximately 30 minutes.

There are three ways to roast mixed vegetables. First, and easiest, you

can roast the individual vegetables on separate trays and combine them after they are cooked. This method may require reheating the combined dish at the end. Second, you can pair together "vegetable friends" – ones that roast at roughly the same rate. For instance, you could roast cauliflower and broccoli together, or butternut squash with cabbage. Combine them on the same baking sheet and roast them together. If the baking sheet is getting crowded, split the vegetables between two sheets to prevent steaming instead of roasting. When using two sheets be sure you put the top rack in the upper third of the oven and the lower rack in the bottom third of the oven. This will allow the heat and air to circulate better to help get the vegetables tender and caramelized. If the baking sheets are only an inch or two apart, the bottom vegetables will steam rather than roast. Be sure to rotate baking sheets between the racks half way through to ensure even roasting at the same time as you toss the vegetables. Third, you can add different vegetables to the baking sheet in stages – start roasting the hardest, longest-cooking vegetables first, and then add softer, quicker-cooking vegetables later on. If the baking sheet starts to get full, split the vegetables between two pans so you don't crowd them. Doing it this way allows the vegetables finish roasting around the same time, and remember: A little extra roasting time is unlikely to hurt.

Try this Life's Solution and intensify the taste by roasting up your favorite vegetables using the following directions. Be sure to do a large batch if you want leftovers. They can be refrigerated three to four days in an airtight container and be reheated in a 450° oven for four or five minutes before serving. Leftover roasted vegetables can also add a burst of flavor to your favorite soups, casseroles, quesadillas, omelets, pizzas and grain bowls.

How to Roast Any Vegetable

Serves 4-6
Ingredients

1- 2 lbs. of any vegetables, cut to a like size
1-2 tbsp of oil or vegeta-

ble oil spray

1/2 tsp of salt (optional)

1/4 tsp of pepper

1/2 - 1 tsp of additional seasonings of your choice

Directions:

Arrange oven rack to the middle of the oven then pre-heat to 425°.

Prepare vegetables by washing, peeling (if desired) and cutting into uniform pieces so they cook evenly. If your vegetables still have some moisture after washing, be sure to pat them as dry as possible; the drier the vegetable, the better it will roast.

Put the vegetables in a large bowl. Add the oil and toss to coat. Vegetables should be lightly coated and glistening but not doused in oil or spray with vegetable oil spray.

Spread the vegetables out on a rimmed baking sheet or in a baking dish. Make sure they are in a single layer with a little space in between. Use two baking sheets if needed to prevent crowding. Sprinkle vegetables with salt, pepper and seasonings.

Estimate your cooking time based on the vegetables you are cooking and the method you chose if roasting combined vegetables.

Place the vegetables in the oven and begin roasting. Toss vegetables halfway through the cooking time, if using two racks rotate baking sheets at this time.


Continue roasting until the vegetables are easily pierced with a fork or knife and they are showing crispy, browned bits at the tips and edges.

Remove from oven and transfer the vegetables to a serving dish.

If you are interested in more recipes, nutritional information or classes, visit ccescholarie-otsego.org or contact Michelle Leveski, nutrition program educator, at 518.234.4303 ext. 115 (leave a message) or mml39@cornell.edu.

To read more articles like this, subscribe to the "Life's Solutions" blog at blogs.cornell.edu/ef-nep-scholarie-otsego.





Substitute School Bus Attendant

The Oppenheim-Ephratah-St. Johnsville Central School District has an immediate position available for a Substitute School Bus Attendant. Duties include assisting school bus driver in student management while bus is in operation; maintain proper records and documentation; assist student loading, unloading and seating arrangements as required. The applicant must pass fingerprint/background check by NY State Education Department and must have completed required training. Pay is \$11.80/hr.

Applications may be downloaded from the Fulton County Civil Service website or email stephanie.bonk@oesj.org by September 30, 2020.

Please return to District Office, OESJ CDS, 44 Center St., St. Johnsville, NY 13452



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Matt Stanley Buyer/Seller 315-292-2306
Leescollectables@gmail.com

Lee's Collectables and Overstock, [ebay](http://ebay.com) [leescollectables](http://leescollectables.com)

Paul and Linda Spencer Farm Equipment Auction

Friday, October 9th, 2020 at 12pm EST

363 Brower Road | Palatine Bridge, NY 13428

After nearly 55 years of farming and a love of all things Allis-Chalmers, Paul has decided to sell his tractors and farm equipment. All equipment is in good condition and kept inside!

Great selection of Allis-Chalmers Tractors, Hay & Forage Equipment, and Miscellaneous Farm Items.
Lunch to be provided from 12pm-1pm. • Inspection during daylight hours Thursday, October 8th.
(Lunch hour and inspection subject to change)

This is a very early list - more to be listed! Watch our website and Facebook page for updates.

TRACTORS: AC D21 Series II – good tires, 24.5-32; AC 170 Black Stripe w/ 3 remotes, loader, new tires all around in 1029; recent complete engine overhaul; AC 170 White Stripe w/ loader, recent complete engine overhaul; AC D17 on 38's w/ all hyd loader, gas, duals selling w/ tractor, recent complete engine overhaul; AC CA – NF.

TILLAGE/SEEDING: AC 3x plow; Oliver 11ft disk; JD 12ft drags; IH 6½ft offset disk; AC Snap Coupler sub soiler w/ mole; IH 56 2-row corn planter w/ disc openers; Lilliston 2-row rolling cultivator; Brillion 8ft cultipacker; AC grain drill.

HAYING/HARVEST: JD 336 baler; NH 848 round baler; NH 499 haybine; NH 56 rake; NH 144 hay inverter; (2) GH Grimm tedders; 26ft grain auger w/ motor; NH 30ft hay/grain elevator; (4) wooden kicker wagons on 8T running gears; (2) 16ft flatbed wagons on 8T running gears; bale grabber w/ cylinder; (2) bale spikes; 16ft skeleton elevator w/ motor; IH 1 PR corn picker; (2) NH gravity wagons w/ extension sides on 5T running gears.

FARM/MISCELLANEOUS EQUIPMENT: Knight 252 spreader w/ top beater; NH 351 feed grinder; 7ft rotary cutter; 7ft snow blower w/ hyd shoot; AC B10 w/ deck, push blade; Toro self-propelled push mower w/ bagger; 3pt fertilizer spreader; PTO driven wire winder; electric fence posts; 400gal water tank; WIC bedding chopper w/ 5hp electric motor; cattle chute; assorted feed racks; Jeep Wrangler; 4-passenger Wagonette w/ shafts; (8) cow mats; Starline feed cart; wheel barrow; assorted hay hooks; calf jackets; calf puller; assorted stock tanks; bale string, 9,000; baleage wrap, 30in; milk cans; extension ladders; 2-hole hog feeder; calf grain boxes; stock tank de-icers; Kow Kant-Kick; rope halters; heated water pail; vehicle roof rack.

MISCELLANEOUS PARTS/TOOLS: Assortment of AC parts, including engine parts; IH truck parts; NH parts for rake, haybine, tedder round baler; Mower knives for NH & AC haybines; assorted rear tire tractor chains.

TERMS: Full payment due day of auction. Cash or good check. All items sold as is where is. Ten percent BP with \$100 max per item. List is subject to change. All items must be removed from auction site within 1 week.

NOTE TO BUYERS: All persons attending the live auction on-site will be **required to observe social distancing guidelines and have a mask in their possession** for use when in close proximity to others per local and CDC Guidelines.

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Country Editor**PO Box 121,
Palatine Bridge,
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OR email

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Fall-planted bulbs guarantee a colorful spring garden



Fall is in the air and that means it's time for mums, pumpkins, apples — and planting spring-blooming flower bulbs. Invest an hour or two this fall to enjoy weeks of color next spring.

Inside each bulb is a reserve of stored energy that helps power the development of roots, shoots, leaves and flowers. Being so self-sufficient means that flower bulbs don't have to wait for perfect weather or ideal soil conditions. By nature, they already have what they need to thrive.

Bulbs are easy

Flower bulbs are perfectly packaged for easy planting. Just dig a hole and drop in the bulb. Most bulbs aren't very particular about where they are planted. They will perform as well in pots and containers, as they do in flower gardens, beneath trees and shrubs, and in woodlands, meadows — even lawns.

Planting flower bulbs doesn't require any special knowledge or experience. Simply plant the bulbs this fall and sit back. When spring arrives, your bulbs will start blooming before anything else in your garden.

Bulbs are bountiful

Nothing says spring like a field of yellow daffodils or a flower bed filled with colorful tulips. Fall-planted bulbs have an astonishing amount of flower power for their size. They're also inexpensive and it's surprisingly easy to create a big impact with just a handful of bulbs.

Some types, such as daffodils and scilla, are reliably perennial. Once established, they will bloom for generations and can multiply to carpet large areas with their cheery

blooms. Others, including tulips and hyacinths, are usually treated as annuals, which lets you experiment with new color combinations every year.

Bulbs are dependable

Each type of flower bulb blooms at a particular time of year and has its own proper planting time. Spring-blooming bulbs such as tulips, daffodils, and alliums, must be planted in the fall for flowers the next spring. Choose a planting location with well-drained soil that gets at least half-day sun.

Planting can begin as early as September and can continue right through early December. For best results, get your bulbs into the ground at least 3 weeks before the soil begins to freeze. Once planted, the bulbs will quickly develop roots and then go to sleep until spring.

Bulbs offer lots of choices

Spring-blooming bulbs are loved the world over for their brilliant colors and ability to tolerate chilly spring weather. The earliest bulbs, such as snowdrops and crocus start flowering just as the snow melts. Others follow in quick succession, delivering wave after wave of color, while most other plants are still waking up.

When selecting bulbs, be sure to include early, mid, and late-season bloomers. This way you will always have new flowers coming into bloom. Spring-flowering bulbs that are planted in fall include:

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To your good health

by Keith Roach, M.D.

Diet is powerful tool to boost heart health

Dear Dr. Roach: I have a strong history of premature heart disease in my family, and I have been having some unpleasant side effects of blood pressure medicine. I decided to try a completely plant-based diet: grains, vegetables, legumes, fruit, seeds and nuts.

After about a month on the new diet, my total cholesterol dropped 44 points to 159, and the other numbers went from borderline to normal, as measured by my cardiologist. My blood pressure, which was often high in the mornings (typically 150+/90), was 118/68 this morning. I've only lost about 5 pounds in the past couple of months, and I'm probably still 8-10 pounds overweight.

I am pleased with the results, but why didn't any of my doctors recommend this? — J.S.B.

Answer: Diet is a powerful tool for improving overall health, especially heart health. I believe it is underemphasized by most physicians.

Changing from a meat-based diet to a mostly plant-based diet often prompts improvements in blood pressure, cholesterol and weight. Your results are better than most, but by no means unheard of. You haven't said how you feel, but many people feel more energetic as well. Many others are able to come off of some (occasionally all) of their med-

ications, which of course reduces side effects.

Why don't physicians recommend it? I think it's a combination of reasons. Some doctors don't realize how powerful the effects of dietary change can be. A good deal of patients are highly resistant to making changes, so physicians are used to their dietary advice failing. Also, taking the time to get an accurate diet history is hard, personalizing dietary advice is harder, and writing a prescription is easy.

It is not necessary to have a 100% vegan diet like yours to experience a benefit. A mostly plant-based diet has substantial benefits. It's easier for some people to make incremental changes.

Dear Dr. Roach: I've been taking Viagra for several years, with good results for my wife and me. Recently my prescription drug coverage administrator has begun restricting my access to 12 pills every 30 days. I've requested an explanation from the company, without success. My prescription is written by my heart doctor, and he is not aware of any reason to restrict my access to Viagra. Is there some danger in taking Viagra (sildenafil) on a regular basis? The literature supplied with the prescription, from Pfizer, does not indicate a limit on use. I'd appreciate your feedback on this, as it will affect my wife's and my happiness. — J.R.

Answer: The insurance company

isn't worried about your safety: Sildenafil (Viagra) and similar drugs are safe for daily use in most people, and your cardiologist is certainly the right person to make that determination, not your insurance company. Instead, the drug limits are there to save money for the insurance company. People can make up their own minds about whether that is reasonable or not, but it is a near-universal finding now.

One way many patients get around

this (if they are taking 25 mg or 50 mg) is to get the larger-size tablet and cut it in half (a pill cutter can do this well), since the limit is on the number of tablets, not the number of milligrams.

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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Why beetles require a thick skin

One of our greatest social fears is to appear in public at a party wearing the identical dress or shirt or outfit that another person is wearing. Some say there could be nothing worse. "Same dress fear" is a foreboding that, even if conceived only in one's imagination, can cause alarm, panic and if left without proper therapy, a compulsion to carefully survey the crowd from a safe distance before entering.

Although all humans want to match to a certain extent, there also seems to be a limit. Conformity is good, but we want others to know that we are our own person.

If "same dress fear" is a valid reason for anxiety, consider my even bigger secret fear – that of running into my own doppelganger. For those of you blissfully dancing through life thinking you are unique, let me be the first to inform you that, according to those who know, at least one other person in our world of ~7.594 billion people looks just like you. I don't know how to explain this fear to identical twins – they don't seem to, um, relate – but to average, non-biologically-related doppelgangers, meeting each other could be a traumatic, life-changing, physiologically upsetting

event.

But if meeting your doppelganger is reason for distress, consider for a moment the life of a beetle, whatever species you choose. They not only have their own doppelganger but they live among hundreds of thousands of them. They all look exactly alike. They all act exactly alike too, as far as we can tell.



They must have a very thick skin to be able to live in such a world.

It turns out that beetles do have a thick skin – a hardened skin which allows them to survive in their world. Insects have an exoskeleton (exo

meaning on the outside). An exoskeleton is a characteristically arthropod anatomical feature that supports and protects their bodies. By contrast, vertebrate animals, including humans, have an endoskeleton (endo meaning inside) skeletal system made of bones that support their bodies and allows them to stand up and move about and

entry of harmful microbes or chemicals, serves as a site of sensory input, helps to maintain ionic, water and temperature balance and generally just helps hold everything inside the body from spilling out.

It happens that the integument is the largest organ of an animal's body. This comes as a surprise to many, not

act alive rather than just melt in a pool of lifeless flesh like a teenager in front of a TV. Insects move because their muscles attach to the rigid exoskeleton positioned on the outside of their bodies, whereas people muscles attach to hardened bones on the inside of the body. Otherwise, endo and exo skeletons are functionally quite the same.

The big difference lies in the outer covering or the integument (also called skin). In both people and insects, the integument serves as a critical interface between the internal body and the environment. It prevents the

just because of the purported size, but more because skin is classified as a body organ at all.

Integument (skin) is our largest organ. It encompasses our whole self, head to toe. If we were to shed it like a newborn's sleeper and spread it out as a tablecloth, it would cover more than 20 square feet of area, the size of a family-size kitchen table, and enough would be left over to make a spare for special holiday occasions.

So what of the skin of a beetle? Beetle integument is no less impressive by size, albeit proportionally much smaller. In fact,

it would require 25 average beetle skins to make a coaster for the table. Such a coaster, by the way, would be tremendously strong and very resistant.

Part of the integument of both insects and people consists of a rigid, non-living layer that we call cuticle. Fingernails, for example, are hardened plates of human cuticle that serve to protect our digits from abrasion while digging in the dirt, and occasionally from an errant swing of a hammer. Insects also have cuticle but what is exceptional is that they have, by proportion, much more of it. And to achieve maximum rigidity, the outer layer of beetle cuticle is reinforced and impregnated with cross-linked protein materials called sclerotin.

Such hardened cuticle protects beetles as they burrow through soil or dig into wood that might otherwise scratch and tear up their integument.

In fact, as a group, beetles are best recognized for having developed a very rigid, sclerotized front pair of wings that serve not for flight but for covering and protecting their flight-functional rear wings, which, of necessity, are light, translucent and very fragile. Without such protective wing covers, the functional wings would be torn to shreds in the unforgiving habitat and fossorial lifestyle of most beetles. The protective wing covers of which I speak are properly termed elytra, and are composed mostly of hardened cuticle. Elytra are a characteristic morphological insect feature most highly adapted in beetles. They are also what affords the characteristic, but unexplainably fulfilling, crackle/crunch sound our non-entomologist friends experience when they stomp on them while crossing kitchen floors and sidewalks.

Beetles' hardened and waxy cuticle also protects them from desiccation – a real potential threat to small animals the size of an insect. Beetles employ cuticle nearly everywhere across their body, from legs to wing covers to head and mouth parts. Because hardened cuticle is inflexible, beetles labor at agility. They are not cut out for gymnastics. The

only places not covered in cuticle are the joints and between cuticle plates, in barely sufficient amounts to allow beetles to move. They are truly living miniature, lumbering suits of armor.

But being covered in cuticle seems to be the ticket for beetles and has allowed them to become more numerous than any other group of insects – which is to say a lot. They are said to be the dominant insect life form on Earth. One of every five living species is a beetle.

A secondary, but much appreciated, side benefit of insect cuticle is that it allows beetles the honor of being the most colorful and iridescent animals in nature. (Some of my butterfly enthusiast friends might disagree with this ranking but actually favoring butterflies over beetles makes them suspect in the first place, so their opinions are seldom seriously considered in entomological circles).

A layer of differentiated pigment, glittered with tiny, flattened prisms of insect cuticle oriented in multiple directions, tends to bend and reflect incoming light in magical and dazzling ways. This provides the famously spectacular iridescent colors of many beetles. They are adorned like no other animal on Earth.

But such beauty does not mean that beetles do not fear going to a high school prom because having a genetically determined exoskeleton and integument means that all members of the species must look alike. All identical. All the very same. It would be like living in a whole world of doppelgangers. They would all need a thick skin.

If you think meeting your own doppelganger would be bad, imagine living as a beetle amidst millions who look and act just like you.

The only real positives I can imagine in a society full of doppelgangers is that the potential for hilarious practical jokes would be near endless and if you were a beetle, your world would be full of brilliant, stunningly colored duplicates, each accented with iridescent metallic blue, green, purple and gold. Even if all alike, it would make for a beautiful world.



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The Kitchen Diva

by Angela Shelf Medearis

Green tomatoes: Fruit of the vegetable patch

Every year, my small vegetable garden produces far more tomatoes than I can possibly use. As the season wanes, an abundance of green tomatoes forlornly hang on the vine looking for enough sun to turn them into red jewels. I've begun searching for unique ways to use green tomatoes as a vegetable and as a fruit in my recipes.

Scientifically, tomatoes are classified as a fruit, but since they don't contain the sweet flavor of most fruits and are typically used in savory dishes, they're legally classified as a vegetable.

Tomatoes are low in calories and a good source of vitamins C, A and K. They also are a very good source of molybdenum, potassium, manganese, dietary fiber, chromium and vitamin B-1. In addition, tomatoes contain lycopene, which has antioxidant and cancer-preventing properties.

My recipe for Green Tomato and Orange Relish uses green tomatoes like a pickled vegetable. It freezes well, and makes a delicious change from traditional cranberry relish for holiday meals.

The spices and flavors of my Green Tomato Spice Cake act as a showcase for the tomato's fruit-like qualities. Whether you decide to use your abundance of green tomatoes like a vegetable or a fruit, you can't go wrong with these recipes!

Green tomato and orange relish

- 4 medium green tomatoes
- 1 large purple or Vidalia onion
- 1 cup orange marmalade
- 2 cups dark brown sugar
- 1/2 cup apple cider vinegar
- 1/8 teaspoon red pepper flakes

1. Core the bottom of the green tomatoes and cut them into quarters. Peel the onion and cut it into quarters. Using a food processor, pulse the green tomato and onion 8 to 10 times, until the pieces become small ("pickle-relish" size). Do not puree.

2. Using a 4-quart, heavy-bottomed pot, put in all the ingredients at once. Cook over low heat for 15 minutes, stirring until blended and the sugar begins to dissolve.

3. Turn the heat to medium and cook for 30 to 40 minutes, stirring occasionally. The relish should be syrupy and slightly thick. If it does not seem to have thickened enough, cook the relish 10 minutes

more.

4. Cool for 2 hours, and then put the relish in an air-tight container and refrigerate it. The relish can be refrigerated for two weeks. You also can place the cooled relish into plastic zip-lock storage bags and freeze for up to 6 months. Makes 5 cups of relish.

Green tomato spice cake

- 1 box spice cake mix
- 1 1/4 cups water
- 1/3 cup vegetable oil
- 3 eggs
- 2 tablespoons light brown sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon vanilla
- 1 cup pecans or walnuts, chopped
- 1 cup raisins (or dried cranberries, raisins or currants)
- 1 1/2 cups diced green tomatoes
- 1 large, peeled and diced, Granny Smith apple (about 3/4 to 1 cup)
- 3/4 cup powdered sugar
- 1 cup sweetened coconut, toasted, optional

Whipped cream, optional

1. Heat oven to 350 F.

2. In mixing bowl, lightly beat the water, vegetable oil, eggs and brown sugar until combined, about 2 minutes. Stir in the spice cake mix and flour, and mix until smooth. Stir in the vanilla, pecans or walnuts, raisins, tomatoes and apples. Blend well.

3. Spoon the batter into a greased and floured 9-by-13-inch baking pan. Bake for 45 to 55 minutes, or until a wooden pick or cake tester inserted in center comes out clean. Loosen the cake from the sides of the pan with a knife or spatula. Cool for 30 minutes.

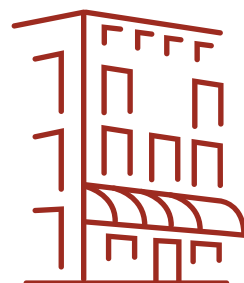
4. Using a fine-mesh strainer or a sifter, sprinkle the top with powdered sugar. When serving, top each slice with a tablespoon of coconut and/or whipped cream, if desired.



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

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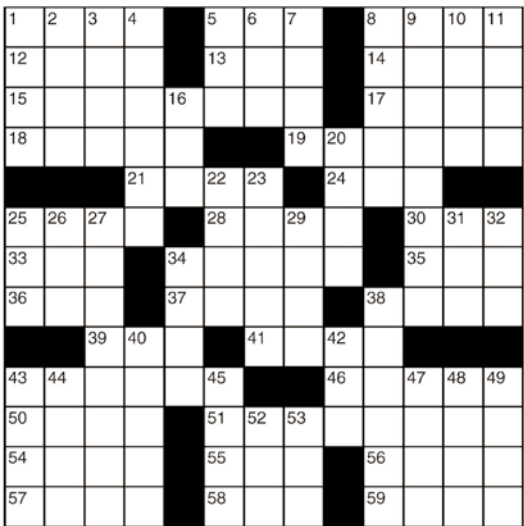


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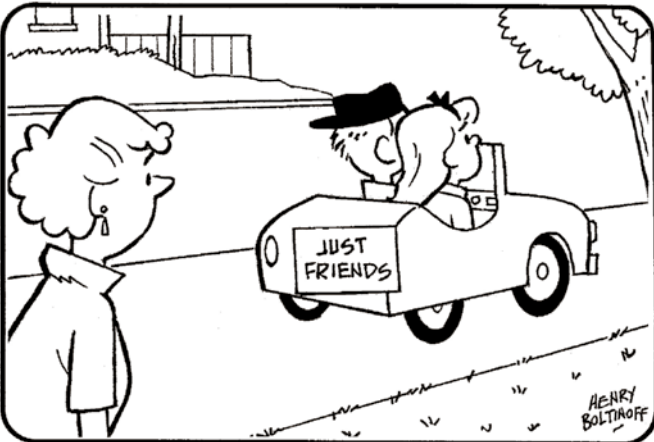


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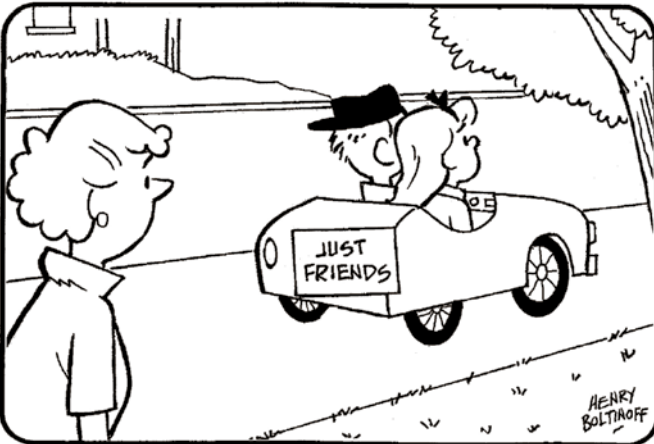
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BY HENRY BOLTINOFF



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by Linda Thistle

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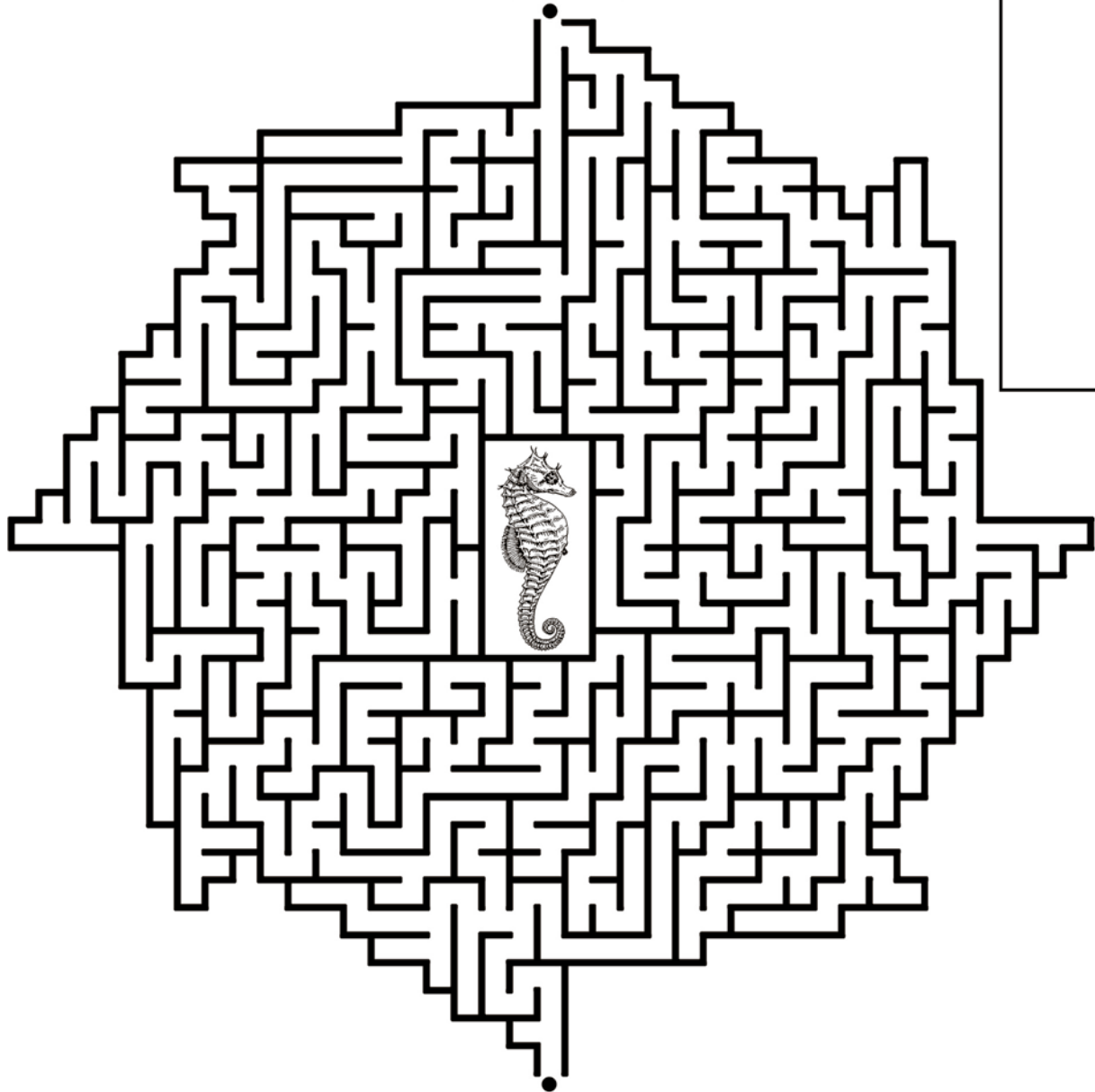
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
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Mega Maze

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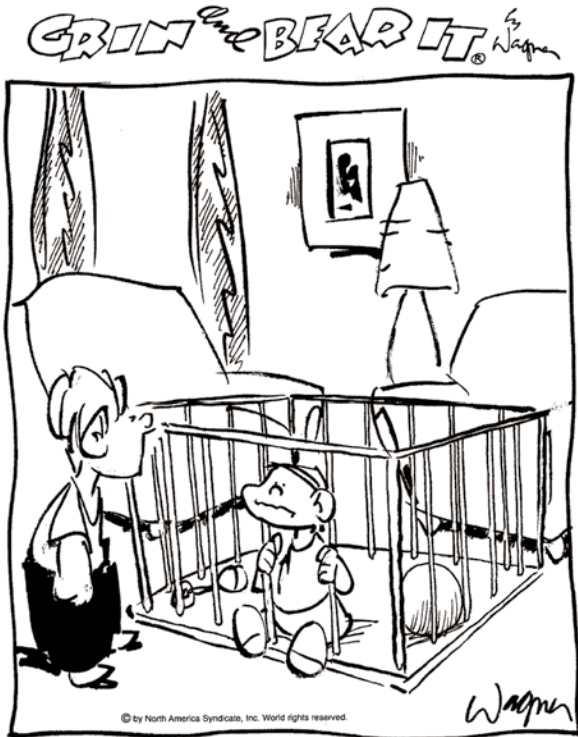
STICKELERS

by Terry Stickels

Walking at 3/4 of her usual speed,
Molly arrives at her destination 2 1/2
hours late.

What is her usual time for
walking this distance?

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"Your appeal was denied."

Kovels: Antiques and collecting

by Terry and Kim Kovel
Ivory pie crimper

Old tools can be hard to identify because many are no longer used. A carved ivory leg with a little wheel at the top looks like it might be a toy or a drawing aid, but it would be odd to make a tool of ivory. This auction item, recently sold by Eldred's Auctions, is a pie crimper, probably made by a sailor to give to a girlfriend or mother. It sold for \$3,600 as an interesting, decorated piece of folk art. Those who bake pies know that the wheel is used to cut or seal decorative edges of a pie crust. But there is another bit of history that makes this antique interesting.

In the 1950s when we started writing about antiques, the identification of unfamiliar objects was based on old letters, ads, family stories and guesses. Today, most of the conclusions are considered myths. Sailors had time to carve many small ivory objects, often as gifts. Parts of the human body were considered erotic, and at various times the ankle, leg, neck, bust, buttocks, long hair or even total nudity were featured in paintings and pictures to set a risqué mood. But today the story of the ankle or the leg is considered a myth. Women usually wore boots, long stockings and long skirts for comfort

and the leg was rarely visible. So, the pie crimper was a gift of love, but probably nothing more serious.

Q: My father owned a butcher shop and grocery store in the 1940s and '50s. I have several tins that held coffee, cookies, pretzels, lard and spices that came from the store. Are they worth anything?

A: The first tin cans were made in the early 1800s. The type of can we use today, with a crimped top and soldered side seam, was first made in 1898. Some collectors of advertising items collect tins. Some specialize in tins for a single product, like coffee, tobacco, beer or oil. Tins with modern graphics and streamlined pictures indicate that they are no older than the 1940s. Collectors want older tins and tins for products that are no longer being produced. Tins with interesting graphics usually sell for more than those with just words. Some sell for a few hundred dollars or more, but common tins sell from about \$50 to \$100.

Current prices:

Folding ruler: boxwood, brass hinge tips, No. 61 Stanley, 24 inches, \$20.

Mixing bowls, nesting, red, turquoise, baby blue, yellow, McKee Glasbake, 1950s-60s, 6 inches to 9 1/2 inches, set of 4, \$145.

Toy - Space Frontier: Apollo 15, battery oper-



This ivory pie crimper was made in the 1800s by a sailor and sold at an Eldred's auction recently for \$3,600. It is a piece of folk art with several suggested explanations of the design.

ated, astronaut, revolving, stop-and-go action, hatch opens, Yoshino, box, 1960s, 18 inches, \$270.

Doorstop: rabbit, wearing coat with tails and top hat, painted, cast iron, Albany Foundry 94, 10 inches, \$540.

TIP: Toothpaste makes

good silver polish. It also can be used to clean ceramic doll faces. A toothbrush makes a good small scrubber.

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

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Educational toys to support at-home learning this school year

(StatePoint) – This fall semester is unlike any experienced in recent history, with some students learning at home and teachers facing new challenges to keep students engaged.

For this reason, many parents are looking for extra support at home. Luckily, there are fun ways to infuse more learning into daytime schedules. Here are three learning toys which can keep kids engaged:

• **Build the Fundamentals:** Help lay the foundation for academic achievement while getting kids ages 2-7 excited about learning with the LeapStart Preschool Success interactive learning system. Touch-and-talk activities such as games, puzzles and creative chal-

lenges enhance learning to help kids build math, reading, problem-solving skills and more. The easy-to-hold stylus is comfortable for kids of all ages and promotes proper writing grip. And because the activities build on one another, this is not just a toy, but a learning system that can grow with your child. The expansive LeapStart library of books (sold separately) covers a variety of preschool through first grade subjects with more than 30 activities in every book.

• **Explore the World:** Young explorers can travel the world and see everything in it with the Magic Adventures Globe. Using the stylus, children can tap on the interactive learning globe and experience new places, lan-

guages, cultures, animals, geography, habitats and more through high-quality BBC videos. Featuring an integrated video screen, animations and live-action videos can supplement the school curriculum to provide a deeper understanding of the world. Three built-in interactive games further encourage kids to grow their geographical and cultural knowledge.

• **Spark a Love of Literacy:** Spark a love of reading and writing with the LeapReader Reading and Writing System, a tool which sounds out words, guides letter strokes and builds comprehension. LeapReader is also available with an accompanying book set that features interactive pages, lively character voices and activities that help boost

reading confidence by introducing vowel sounds, sight words, word blending, spelling skills and more. Young readers can continue their learning journey with additional books advancing through four reading levels.

These learn-at-home toys are available on Amazon. For more information and school year ideas, visit www.leapfrog.com.

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Top tips for weathering storm season

(BPT) – September is the most common month for hurricanes to make U.S. landfall, according to the National Oceanic and Atmospheric Association, and with severe storms and tornadoes appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

One of the biggest threats during any storm is tree damage.

A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

Before the storm

Develop a relationship with a certified tree care professional. By choos-

ing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.

Conduct a pre-storm assessment & identify trouble spots

A pre-storm assessment can help you identify potential hazards on your property such as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof or trees in close proximity to power lines.

Take measures to prevent damage

After assessing possible hazards to your property, consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a profes-

sional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this yourself.

During the storm

Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and shelter.

After the storm

More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional – anything not on the ground should definitely be handled by a professional. Some things could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt to move downed utility lines and report branches close to or touching utility lines immediately.

If you're skilled enough

to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface – leave these jobs for the pros.

Evaluate damage

A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

Repair minor damage & debris

Remove any broken

branches, stubs or jagged remains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

Stay educated

Learn more tips on tree safety, chainsaw safety, finding a tree care professional and how to prepare for storms by visiting STIHLUSA.com.



Develop a relationship with a certified tree care professional before the storm. By choosing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.



Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional - anything not on the ground should definitely be handled by a professional.

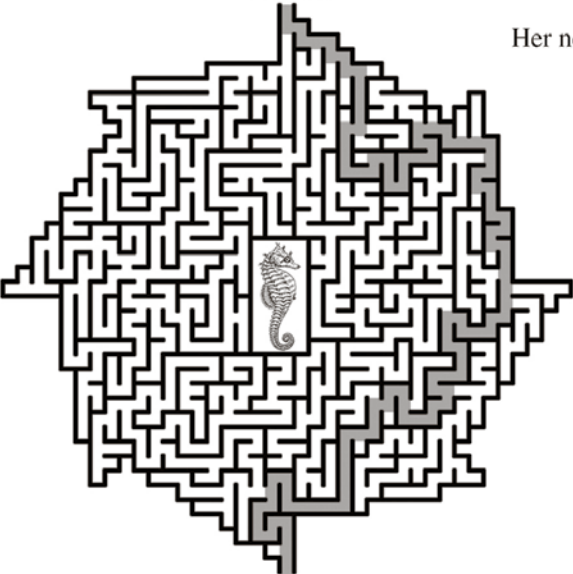
Weekly SUDOKU

Answer

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

Mega Maze

Solution



King Crossword

Answers

Solution time: 25 mins.

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

Stickelers Answer

The answer is 7.5 hours.
Her new time is 4/3 T. So 4/3 T = T + 5/2
4/3 T - T = 5/2
4T - 3T = 7.5

Just Like Cats & Dogs

by Dave T. Phipps



Fire safety for furry family members

(Family Features) – If you have a fire escape plan in place for your home, you're steps ahead of many Americans. According to the National Fire Protection Association, only 30% of American households have developed and practiced a home fire escape plan. It's important for families to stay ahead of the curve and be prepared in the event of a fire.

If an emergency occurs, every member of the household should be accounted for, including pets.

Every year, 500,000 pets suffer from smoke inhalation and 40,000 die due to home fires, according to the American Veterinary Medical Foundation. With 90% of pet owners stating they consider their animals members of the family, according to UBS, it is important to be prepared to rescue four-legged friends when disaster strikes.

"Pets are part of our families, so it's important to recognize they're vulnerable to the same fire risks as people," said Sharon Cooksey, Kidde's fire safety expert. "There are simple ways to keep pets safe at home. Most importantly, recognize every second counts in case of fire, so pet owners should install smoke and carbon monoxide alarms as well as fire extinguishers. Make sure alarms are replaced every 10 years and fire extinguishers every 12 years."

Protect your pet – and your human family – with these tips.

- **Minimize smoke alarm reactions.** Dogs may become unsettled or anxious when a smoke alarm sounds, running and hiding rather than heading toward the door. Particularly if your pet shows signs of

agitation when you test the alarm, enlist assistance from professional trainers to help your canine friend learn how to properly respond. Some websites offer tips too.

- **Use window cling alerts.** In an emergency, first responders need to be able to quickly assess the number of pets in a home. Consider attaching a non-adhesive decal to a window near your front door to let rescuers know how many animals are inside.



- **Account for pets in evacuation plans.** Pets should always be included in a family's evacuation plan. Always involve your pets and stay aware of their typical hiding spots or safe places where they often nap, in case you must evacuate quickly. Be sure to practice your evacuation plan periodically. Also assign a family member to be responsible for each pet's escape. Keep an emergency kit with food, medication, a leash and collars near the exit.

- **Keep alarms current.** Smoke and carbon monoxide alarms must be replaced after 10 years. In addition to testing alarms once each week, check the manufacture date on your smoke and carbon monoxide alarms to make sure they're current. If they're older than 10 years of age, it's time to replace them. Some options, like Kidde's Wire-Free Interconnected Alarms, feature built-in 10-year sealed batteries and offer simple setup without the hassle of hardwiring or a Wi-Fi connection.

- **Plan ahead for emergency care.** If the unthinkable happens, make sure your pets will be cared for. Save contact information for your veterinarian in a place where you and other family members can easily access it, such as your phone contacts list or a cloud-based shared file. Research local boarding options, hotels that allow pets and friends or family members who might take in your pet temporarily. Also be sure your pet's microchip information is current in case you become separated in an emergency.

For more pet fire safety tips, visit [Kidde.com/pet-safety](https://www.kidde.com/pet-safety).

Source: Kidde



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Comfort foods made fast and healthy

by Healthy Exchanges

Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let's gather family and friends together for one last chance to have fun in the sun. We'll provide a tasty salad dish!

2 3/4 cups chopped fresh broccoli

1/4 cup raisins

1 cup unpeeled, cored and chopped Red Delicious apples

1/4 cup finely chopped red onion

1/4 cup bacon bits

1/3 cup shredded reduced-fat Cheddar cheese

1/2 cup fat-free mayonnaise

1 tablespoon white vinegar

Sugar substitute to equal 2 teaspoons sugar

1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.

2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.

3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.

* Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

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Now here's a tip

by JoAnn Derson

• Cooking a recipe with garlic and onions to start? Invite me to dinner! But first, remember to let the onions cook to nearly translucent before adding the garlic, which cooks much faster. If you put both in at the same time, the garlic will burn before the onions have a chance to deepen their flavor.

• Automatic toilets are great for not having to touch the handles, but they can be scary for kids — and some adults too, if I'm being honest. Try putting a sticky note over the sensor so that it will not flush until you take it off, giving you some control.

• "For chores, I write tasks on sticky notes and put them up on our family board. The kids choose the things they want to do, and when they are done to my satisfaction I sign their ticket. At the end of the week, they can bring me the tickets to pay out. This is for extra money, so they don't have to do it; I don't have to chase them, and I don't have to keep track of it either." — E.L. in Montana

• Every so often, use a very diluted bleach solution to rinse out your reusable water bottles. Put them on a bottle rack to air dry completely before sealing them back up.

• "I use the same grip tape that my son uses for his baseball bat on my hand tools, like my hammer and pry bar. I also have used it on my lawn tools. It makes a nice barrier that stays put." — C.R. in SC

• Things you should wash with soap and water more often than you think: hairbrushes, eyeglasses (and sunglasses) and keychains. Think about how often they get handled and how infrequently they get cleaned.

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

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home on with
lake access from
Pecks Lakes
Sunrise Bay. This
land has a few

improvements - the driveway is in place and the building site has been leveled. There are certified engineer plans for both the building site and septic system. Peck Lake is located in the southern Adirondack with the Adirondack park in your back yard with all the wildlife you could ask for. Access to everything a person would want - shopping, fishing, hiking, boating (restrictions apply), golf and let's not forget snowmobiling! **\$109,900**



202011478: 2-story, up and down 2 family located across the street from the bike path. Exterior is vinyl siding and up-dated windows. 1st floor is a 1 bedroom apartment and 2nd floor is a 2 bedroom apartment. Separate utilities. Interior needs updating. Includes the lot to the right of the house for parking (sbl 63.62-1-3) **\$39,900**



202019680: Privacy and seclusion is what you will get with this property. Long private drive leads to open field and woods. View is absolutely amazing and you will enjoy it from the windows of your home and side deck. Woodburning fireplace in the living room. Finished basement with a half bath; which is perfect for recreational room, family room or in-laws. Woodstove in the basement heats it nicely. The backyard features a 2nd deck overlooking a pond. **\$199,000**



202019981: Here is a great opportunity to purchase a commercial building to start your own business, or to purchase the framing shop business for an additional price of \$50,000.00. Picture Perfect Frame Shop and Art Gallery is located across the street from Canajoharie Library and Art Gallery, a nationally recognized gallery. Picture Perfect has been in business for 29 years and has a very loyal clientele. The present owners are willing to train the new owners in all aspects of the business. There are many opportunities for other uses for this property. The small upstairs room have a private entrance off the back of the building for possible rental of this space. **\$125,000**



202020887: This unique home use to be the original Firehouse of Ames! Now it is a roomy 4 bedroom house. Eat-in kitchen, living room with a propane fireplace, laundry area and large attached garage. Wrap around deck with a view of the creek. 12x18 shed. **\$79,000**



SALE PENDING

202025609: A beautiful 1850 Stone home! If you like relaxing on the porch instead of mowing the lawn - this is the home for you. A stunning home with hardwood floors, pocket doors, 2 fireplaces, foyer and so much more! Updated kitchen with island and granite counter tops, formal dining room. Formal living room with fireplace. The bathroom has been completely renovated with walk in tile shower. New roof from plywood to shingles. Finished basement with exit to driveway and back porch. Family room, bedroom and full bath in basement. Ideal for the in-law. Large side porch and relaxing private back deck. Close to Cooperstown, Saratoga, Albany and Utica! NYS Thruway exit 29 is minutes away. Must see to appreciate. Excludes Hot Tub and Porch Ceiling Fans **\$179,900**



202027438: Two story country home on 3.2 acres, two bedrooms and two full baths. ONLY 12 MINUTES TO GLIMMERGLASS STATE PARK AND ONLY 20 MINUTES TO HISTORIC COOPERSTOWN !! Large laundry room on 2nd floor. **\$159,900**



202027861: Looking for a four bedroom home located in the Village of Canajoharie, this home has 2272 square feet of living space with large living room and dining room. there is aux room off the living room and another room that can be a den or a kids play room. Upstairs there are three good size bedroom and midsize bedroom. The home is in good condition. Bring the family and take a look. **\$110,000**



202027734: Nice country ranch on 5.76 acres of land! Has been recently painted, new bath room. This 3 bedroom ranch has a paved driveway, a very large shed and a step down livingroom with a fireplace! 150 amp breakers, Blocked crawl Space, Large picture window in the dining area and a laundry/mud coming in from the back yard. Relax by strolling through the back woods **\$129,900**



202026860: Situated on 5 acres, of mostly wooded property, is a lovely ranch style home with a large, unfinished addition. As you enter the original part of the home, you walk into a cozy living room with a pellet stove and hardwood floors throughout. You will also find a small work-in, kitchen, a dining area, a bedroom and a full bath. A small hallway will take you through a small room to the unfinished addition. On the right, the framing has been done for a bedroom and bathroom. The living room space has lots of natural light, floor to vaulted ceiling, with large solid wood beams overhead. A staircase takes you up to a large loft bedroom. Also on the property is a detached, 2-stall garage with a woodshed attached, as well as a 20' x 20', hand built, "she shed". Very private and GREAT for hunting. **\$199,000**



202022131: Located in the foothills of the Adirondack Mountains the driveway leads back into seclusion. This wooded area with a stream that runs through it offers a great hunting area, and plenty of peace and quiet. This could be a perfect place for a small hunting cabin or a permanent home. The property owner has access to some heavy equipment to possible help with the installation of a septic system or maybe enlarge or widen the present driveway. This is negotiable with the owner. **\$19,000**



SALE PENDING

202020212: This is a showstopper!!! This gorgeous Colonial has been recently renovated and is filled with charm. It features gorgeous wood floors, 3 bedrooms and 3 full baths, a staircase just begging for your next prom photo shoot, and a kitchen that will make you want to start your own cooking channel. The outbuilding used to be a country store but would be a great space for line-dancing, arts & crafts, or a home office. **\$149,900**



202018288: Beautiful renovations have been done to this Victorian home located in Fort Plain. Cherry floors have been installed, original woodwork, stain glass windows, and 2 porches. Formal dining room, livingroom, and a large space for your kitchen. Finishing work needs to be done and installing kitchen and baths. Many materials are there for you to complete. Must see and you will love it! **\$99,000**



202022511: What a scenic location comes with this rustic ranch style home located along the Mohawk River. Fifty dollar permit (a year) grants you beautiful access to the river. Let's not forget an easy walk to the bike bath too. A large front porch, hardwood floors throughout and a wood burning fireplace in your cozy living room. 3 bedrooms, office/craft room, full bath and room to add a 2nd bath if desired. **\$149,000**



SALE PENDING

202027451: Charming 4BR/1Bath Cape that has been updated within the past 5-10 years. Tiled kitchen with dining area and built in cabinets; cozy living room with propane fireplace; 2 BR down and 2 up. Full DRY basement, could be finished. New leachfield in 2018, furnace 2014, metal roof is approximately 12 years old. RO system in basement (not hooked up). Beautiful wooded property with several clearings to enjoy the space. MUST SEE!! **\$185,200**



Owner is willing to hold the mortgage under the following terms. 1/3 money down, payoff in 8 - 10 years. Monthly payment \$1,000 to \$1200 per month. Interest rate at 1% over going rate. Terms MAY BE NEGOTIABLE !! The home has been well maintained. There is a large backyard with plenty of room for kids to play, or to enjoy an evening sitting around a fire on a nice summer or fall night. So call today to make arrangement to look at the property. **\$90,000**



202026814: Need to see 2 family. Downstairs is rented with good tenants. downstairs has 3 br and a full bath, living room and Kitchen also has laundry room. Upstairs has a newly almost finished ready to be rented or owner occupied. **\$59,900**



20204637: GREAT NATURE LOVER'S HOME. FANTASTIC WATERFALLS. FORMER LODGE. LARGE ROOM UPSTAIRS THAT WAS ONCE A DANCE HALL. **\$106,000**

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Symbol Classic Comfort Saranac Pillowtop

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King set	\$999	\$795

\$595

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LANE 4208 ROCKING RECLINER WAS \$699
SALE \$449



LANE 4210 ROCKING RECLINER WAS \$799,
SALE \$579



ULTIMATE POWER LIFT RECLINE CHAIRS
PRICE FROM \$599



LANE 6003 HI LEG RECLINER WAS \$699
SALE \$479



LANE 50439 POWER ROCKING RECLINER WAS \$89
SALE \$599

Symbol Cobble Hill Firm

\$499

Queen set was \$599

	WAS	NOW
Twin set	\$479	\$359
Full set	\$579	\$449
King set	\$899	\$699

Symbol Shelton Arcadia Pillow Top

\$549

Queen set was \$699

	WAS	NOW
Twin set	\$479	\$399
Full set	\$579	\$499
King set	\$999	\$779

Symbol Shelton 2-Sided Firm

\$649

Queen set was \$749

	WAS	NOW
Twin set	\$649	\$529
Full set	\$699	\$599
King set	\$999	\$899

Englander Longfield ET 2 Sided

\$799

Queen set was \$949

	WAS	NOW
Twin set	\$699	\$599
Full set	\$899	\$779
King set	\$1199	\$995

Englander Arcadia Pillow Top

\$849

Queen set was \$999

	WAS	NOW
Twin set	\$879	\$699
Full set	\$979	\$799
King set	\$1499	\$1199

Englander Nottingham Plush

\$899

Queen set was \$1099

	WAS	NOW
Twin set	\$899	\$749
Full set	\$979	\$849
King set	\$1579	\$1099

Symbol Dortmund Extra Firm 2-Sided

\$995

Queen set was \$1149

	WAS	NOW
Twin set	\$949	\$699
Full set	\$1049	\$799
King set	\$1549	\$1295

Symbol Glacier Blue Gel Hybrid

\$1199

Queen set was \$1399

	WAS	NOW
Twin XL set	\$1099	\$949
Full set	\$1149	\$999
King set	\$1749	\$1499

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