

July 7, 2017

# Country Editor

Largest Circulation Publication in Herkimer County  
Delivered Weekly by the U.S. Postal Service

Volume 8  
Number 7

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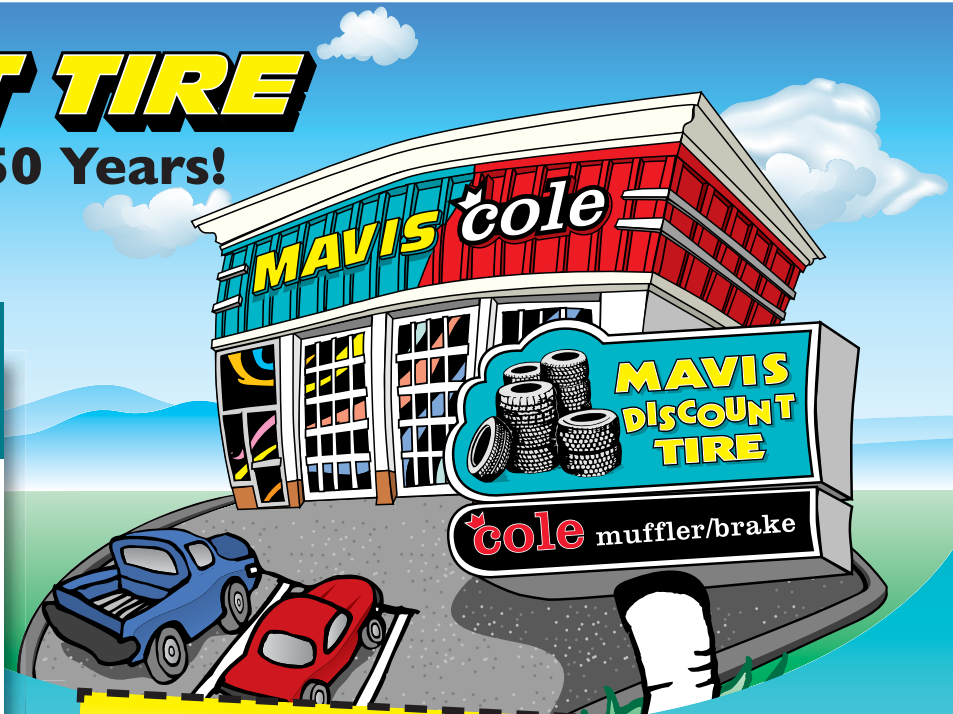
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## Little Falls Hardware: 50 years of serving the Little Falls community

Serving Little Falls, and the surrounding area since the late 1950's is Little Falls Hardware. Located at 528 E. Main Street across from M & T Bank Little Falls Hardware is one of the few veteran businesses in the area that offers commercial and residential plumbing, heating installation and repair.

Back in the late 1950's, before Walmart and Lowe's came onto the scene Little Falls Hardware was the only hardware store in town. Present store owner and operator is James Metott. Edwin Metott, James's father, along with the assistance of Edwin's wife Amelia started up the business and ran it for many years. Up until Samuel's retirement in 1999, Edwin's son's James and Samuel together would continue the business where their

father left off.

Owner James knows the ins and outs of the business, and has been providing consistently highly skilled and professional service ever since he'd take over his father's trade in Little Falls. The store carries all sizes of pipes and cut and thread to size. Their services include sales and installation of plumbing for bathrooms and kitchens, and their heating includes sales and installation of Heil Furnaces, Dunkirk and Weil Mclain Boilers. Little Falls Hardware also carries smoke pipe, and many parts for heating systems. They also sell Gould water pumps, shallow and deep well, and submerged pumps.

The employees at Little Falls Hardware are Brian Mosher, James's son Michael Metott, William Schmidt as the store manager, and the secretary is



Front to Back: Linda Metott, William Schmidt; back: James Metott, Michael Metott, Brian Mosher.

Photo courtesy of Little Falls Hardware

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Jame's wife Linda Metott. The business has been serving the Little Falls community for 50 years, and provides personal, quality, and reliable service for all of your hardware needs. Offering free

estimates and 24 hour service Little Falls Hardware is open Monday thru Friday 8 a.m. to 5 p.m.

Stop in during their business hours or call 315-823-0720 for your free estimate during the

week, and 315-823-3513 or 518-568-7939 to reach Little Falls Hardware during the evening and on weekends. Next time you think about traveling to the big name corporate stores, take a trip to the

convenient location of Little Falls Hardware at 528 E. Main Street instead, and make your one stop shop for hardware, plumbing, and heating.

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## Country Preacher

by Pastor Dan West

Now for some Bible trivia that emphasizes what the Bible is all about. The Old Testament was written over a period of 1,500 years before the birth of Christ. The New Testament was written within 70 years of Christ's death and resurrection. There is

a total of 66 books and they inter-twine with one another perfectly with one Author, but many writers. The Old Testament being the foundation for the coming of the Messiah (the Christ) to complete God's forgiveness of those who trust Him.

The middle verse of the Bible (Psalm 118:8) says "It is better to trust in the Lord than to put confidence in man." How appropriate for the central verse — and theme — of the whole Bible!

The middle words of the Bible? — "the LORD." The Old Testament books all point forward to His coming, and the New Testament books all point to His perfect work of redemption for those who choose to trust Him.

Do you just know about Him, or do you love and trust Him?

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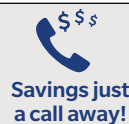
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## Stay safe when landscaping

Landscaping is typically viewed as a chore by homeowners, many of whom enjoy doing some work on their lawns and gardens. But only few homeowners may recognize the potential dangers of lawn maintenance.

The Consumer Product Safety Commission reports that more than 230,000 people per year are treated for various injuries resulting from lawn and garden tools. Com-

mon injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely preventable if homeowners prioritize safety when tending to their lawns and gardens.

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### Watch your surroundings

Thousands of injuries occur to children and pets that get hurt around mowers. It's best if children and pets remain indoors when homeowners are mowing or using other power equipment that may kick up debris. Children under

the age of 12 may not have the strength or ability to operate lawn tools. Also, never make a game of riding a child on a riding mower. Nobody under the age of 16 should operate riding lawn mowers.

### Get approval before digging

It's difficult to know what is beneath the ground without having a property surveyed and marked. Digging without approval can result in damage to gas lines or water/sewer pipes. Always check with the utility company before digging trenches or holes.

### Unplug or turn off all equipment

When not in use, keep lawn equipment off. Do not try to repair or fix a snag or obstruction in equipment while it is on. Don't modify the equipment in any way, such as removing protective guards.

### Exercise caution with chemicals

Follow manufacturers' safety instructions when using pesticides or fertilizers. Avoid application on windy days or right before a rainstorm, as this can spread the product

and damage the ecosystem. Keep people and pets away from treated areas.

Maintaining the yard is both a necessity and a hobby. Homeowners who prioritize safety can greatly reduce their risk of injury.



Read manuals, wear protective equipment and be safe when doing lawn and garden work.

mon injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely preventable if homeowners prioritize safety when tending to their lawns and gardens.

### Understand the equipment

Homeowners should not assume they know how to use all of the tools necessary to maintain lush

you can begin to use it.

### Wear appropriate protective gear

Failure to wear protective gear can lead to injury. Personal protective equipment includes gloves, eye protection, ear protection, boots, and a hard hat if necessary. When working during visibility conditions or at night, wear a reflective vest.

Other protective items include a hat to shade your eyes from the sun's

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**First Monday of each Month** - Normal Monday Sale & Monthly Fat Cow & Feeder Sale

**Second Monday of each Month** - Normal Monday Sale & Monthly Heifer Sale

**Third Monday of each Month** - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

**Fourth Monday of each Month** - Normal Monday Sale & Monthly Organic Day

**Fifth Monday (if there is one)** - Normal Monday Sale

**Saturday, July 8th** - Ira, Vermont. 10:30AM. Milky Way Farm Complete Cattle & Machinery Dispersal. 100 Head of Registered & Grade Jerseys & Holsteins - 55 Milking Jerseys, 11 Holsteins, 17 Jersey Bred heifers, 4 Holsteins balance young stock. Machinery: 3 Tractors, Kuhn Knight VSL 150 Twin screw Mixer, haying equip. Watch next weeks ad for full details. Machinery starts at 10:30AM, cattle will sell approx 12:30. GPS address: 1486 Route 133, Ira, Vermont.

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

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## Herkimer BOCES VP-TECH students tour ELG Utica Alloys

HERKIMER — Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School students recently visited their neighbors on Gros Boulevard in Herkimer: ELG Utica Alloys Inc.

The VP-TECH students toured ELG Utica Alloys to learn more about the company and the variety of jobs there related to what they're studying in class. It was one of multiple tours VP-TECH students take each year of local businesses.

"I think it's good for us,"

said VP-TECH sophomore Zachary McMahon, of Central Valley, adding that the visits could potentially lead to jobs in the future. "I think it's good to just show companies that we're here."

The VP-TECH tour of ELG Utica Alloys took place on June 8. Joe Farrington, safety manager; Bill Kinsella, assistant controller and former production supervisor; and Andy Manolescu, general manager, gave the tours.

Manolescu said he was impressed with the VP-

TECH students, that they were attentive and well behaved and that they're on the path to doing really well if they complete VP-TECH.

"They asked a lot of questions," he said. "Some of the questions they were asking were way above their grade level."

Students from Herkimer BOCES component school districts enter VP-TECH in ninth grade and spend four to six years in the program — leaving it with a Regents diploma, an associate degree in quality as-



Bill Kinsella, assistant controller and former production supervisor of ELG Utica Alloys Inc., gives Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School students a tour of the ELG Utica Alloys facility in Herkimer on June 8.

Photos courtesy of Herkimer BOCES



Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School students pose by an ELG Utica Alloys Inc. sign in the lobby of the ELG Utica Alloys facility in Herkimer following a tour on June 8.

surance from Herkimer College, a certification in advanced manufacturing and connections with local businesses.

ELG Utica Alloys processes, sources and supplies high performance alloys and metals for customers worldwide. The company has about 400 employees across multiple sites.

About 100 of the employees are local — with about 80 in Herkimer and 20 in Frankfort, said Sarah Goetz, of human resources for ELG

Utica Alloys.

Goetz said the company is hiring, so the connections made through the tour could benefit everybody. "I think this is great," she said. "Just introducing opportunities. Just to get students in the door. It's local too."

Zachary said he liked the tour. "It's pretty cool how much time is spent looking at the metal making sure it's clean and that there isn't contamination," he said.

VP-TECH sophomore

Drew Randall, of Central Valley, said it was interesting how the machines do a lot of the work but that it's up to the operators to make sure the work is being done correctly. "I liked how large scale it is," he said.

The tours help VP-TECH students realize that what they learn in school can be applied in jobs at multiple companies, Drew said. "I think it's good that it's right across the street from us," he said.

## Senior News Line: Study: Mild exercise just won't cut it

by Matilda Charles

Some of us suspected it was too good to be true: that mild exercise of any type was good for us and helped us live longer. A new study shows that, unfortunately, we may be right.

New research out of Brigham Young University (published in Preventive Medicine journal) shows that we can slow the type of aging that happens in cells if

we do intense exercise. (Not what I had in mind. How about you?) To quote from one of the study's principals: "The more physically active we are, the less biological aging takes place in our bodies."

Specifically the study talks about telomeres. As we age, there is less telomerase in each cell, which counteracts the shortening of telomeres on our chromosomes. Without that telomerase, the telomeres wear down and cells wear out. High activity exercise levels can give up to a nine year biological age advantage; moderate exercise nets us seven years.

Translated into real terms, it means that women need to engage in physical cardiovascular activity 30 minutes a day.

That's five days a week. For men it's 40 minutes. While there are benefits to light to moderate exercise, we would have to do it longer than the 30-40 minutes.

For a list of moderate intensity physical activity, go online to the National Heart, Lung and Blood Institute arm of National Institutes of Health ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)) and search for Guide to Physical Activity. The chart will tell you how you can fit

common chores into your exercise schedule. Washing and waxing a car qualifies, as do raking leaves and washing floors. If we have to get more exercise, we might as well get the household chores done at the same time, right?

And before jumping into a strenuous exercise program, find out what your doctor thinks.

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# Herkimer County Dairy Princess links Diamond Dawg's baseball and dairy

by Elizabeth A. Tomlin

Connie Louise Frasier of Mohawk, NY, crowned Herkimer County's 2017-2018 Dairy Princess during the 54th annual pageant in April 28, says one of the reasons she pursued the Dairy Princess title was to support her family.

"My grandparents, parents, two brothers, and sister-in-laws all milk cows," reports the home-schooled, 16-year-old daughter of Harvey and Connie Frasier.

Frasier grew up on a certified organic grass fed dairy.

"We all rely on our farm income for all of our efforts. It is a love for the industry! The farmers put in many hours and don't always have time for promoting products. This is why the Dairy Princess

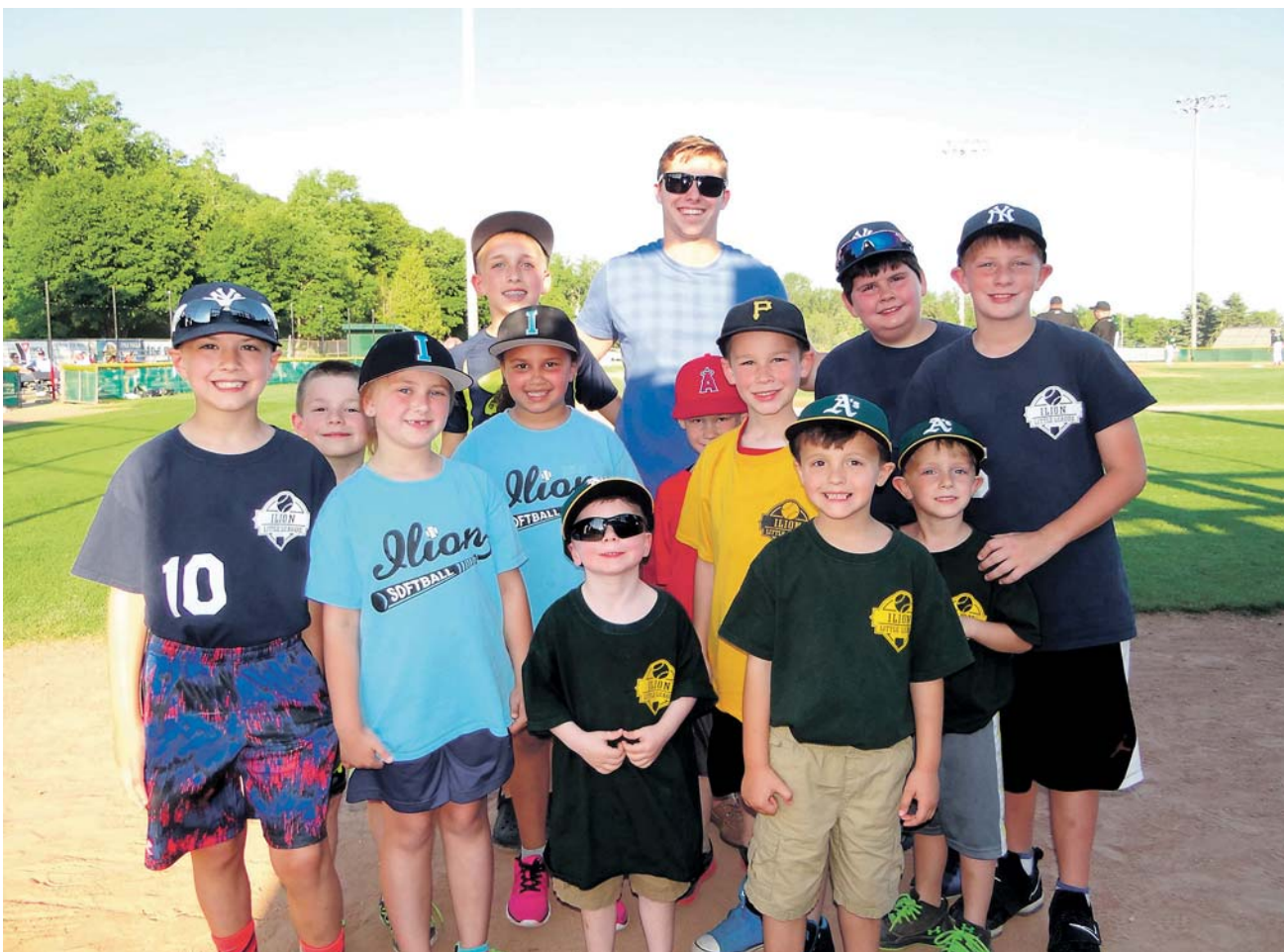
and her Court take over!"

Frasier's Court consists of Dairy Princess Alternate Ashley Teachout and Ambassador Natalie Teachout, daughters of Scott and Heather Teachout of Richfield Springs; Ambassador Katie Livingston, daughter of Donald and Karen Livingston of West Winfield; and Ambassador Izabella Allen, daughter of Jason and Courtney Vickerson of Richfield Springs.

"Being crowned the Herkimer County Dairy Princess for 2017 has placed me in a new environment — in a good way!" remarked Frasier. "I am finding out what the public does not know about farming."

Recently Frasier and her Court had the opportunity to educate not only

**HERKIMER COUNTY 7**



Ilion Little League members and Diamond Dawgs Assistant General Manager Derek Raux celebrated June is Dairy Month at the June 11th game.



Herkimer County 2017-2018 Dairy Princess Connie Louise Frasier of Mohawk throws out the first pitch at the Diamond Dawgs June is Dairy Month game. Photos by Elizabeth A. Tomlin

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**HERKIMER COUNTY** from 6

the public but baseball players, as well, when they took part in a dairy/ petting zoo presentation at the Diamond Dawgs vs the Glens Falls Dragons baseball game in the Veteran's Memorial Park in Little Falls.

"Events like these are very important," commented Frasier. "Due to a slumping economy and farmers losing milk markets, we really need to educate!" she emphasized, admitting that at events like these she discovered that she takes her knowl-

edge for granted.

Richfield Springs dairy farmer/Herkimer BOCES School To Career (STC) Agriculture Committee member, Tina Douglas has been active in the Herkimer County Dairy Princess Program for several years.

"This is a fun event for the girls," said Douglas. "They get to interact with the fans in a relaxed and social way. They work as a team to share the free ice cream and yogurt. Connie supplied the announcer with dairy facts



Herkimer County 2017-2018 Dairy Princess Connie Louise Frasier of Mohawk and her Court, including Dairy Ambassadors Ashley Teachout, Katie Livingston, Izzabella Allen and Natalie Teachout, join Pandora the Painted Cow and her new calf at the Diamond Dawgs baseball game to promote dairy.

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Pictured Left to Right: Nick Giglio, Ed Lapante, Bob Brady, Stan Lewosko & Tom Marrotta

to tell the fans." "I had many opportunities to talk one-on-one to

the game fans myself," said Frasier enthusiastically. "And my court was able to

hand deliver ice cream and yogurt to everyone."

Pandora the Painted Cow, from Mike Settle's dairy farm in St. Johnsville, attended the event with her new calf and owner Stephanie Arndt.

Settle, a New York Farm Bureau Foundation for Agricultural Education committee member, provided an opportunity for folks to milk Pandora, so they could see where their milk actually comes from.

Settle says, "It's important that people involved

in the animal industry reach out whenever they can in order to not only tell the truth about agriculture, but also to give people a good experience with animals. This will help people to recognize statements that are false or misleading and they will have the memories that make them question the falsehoods. It is a good event. Many people who normally are not at agricultural events get exposure during this baseball game."

Douglas says that items, with dairy messages, are taken home by attendees to remind them to eat 3 servings of dairy every day.

Frasier said she would also like to thank the Herkimer Veterinarian Associates and all other sponsors "for sponsoring Dairy Day at the Diamond Dawgs' game."

Invite Herkimer County Dairy Princess Connie Louise Frasier and her Court to your event! Contact her at 315-868-2231 or [conniefrazier@gmail.com](mailto:conniefrazier@gmail.com).

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 Sunday Worship 10:30 AM  
 Tuesday Bible Study 7 PM

**GRACE BAPTIST CHURCH OF DOLGEVILLE**  
 Paster Len Byarty  
 12 Van Buren St.  
 Sunday School (All Ages) 10-11 AM  
 Morning Worship 11-12:30 PM  
 Lunch 12:30-2 PM  
 Afternoon Worship 2-3 PM

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

**DOLGEVILLE CHRISTIAN FELLOWSHIP**  
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 Phone 429-8390  
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 Mid-week Service Tuesday 7 PM

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 Worship 11 AM

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 Rev. T. Healy, Sacramental Minister  
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 Saturday Evening Vespers 4 PM  
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 Holy Day Liturgy 9:30 AM

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 Phone 866-4240  
 Saturday Vigil Mass 4 PM  
 Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS ANTHONY and JOSEPH**  
 Rev. Quy Vo, Pastor  
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 Phone 866-6373  
 Saturday Vigil Mass 6 PM  
 Sunday Mass 10 AM

**REDEEMER CHURCH**  
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 Sunday 9 & 11 AM

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 Worship 10 AM  
 Wednesday Worship 6:30 PM

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 Morning Worship 11 AM

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 Sacrament Meeting 10 AM  
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 Phone 866-1523  
 Worship 9:30 AM  
 Sunday School 11 AM  
 Shepherd's Table:  
 Tuesday 11-12:30 PM  
 Thursday 11:30-12:30 PM  
 Shepherd's Table Dinner:  
 First & Third Tuesday 6 PM

**CHRIST EPISCOPAL CHURCH**  
 Rev. Jill Stellman  
 300 N. Main St.  
 Church Office 866-0551  
 Email christherk@verizon.net  
 Sunday Services:  
 Sunday School 9:00 AM  
 Holy Eucharist 10:15 AM

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 Junior Church (K-4) during Morning Worship Service  
 Sunday School Classes 9 AM (nursery through adult)  
 Morning Worship Service 11 AM and is broadcast live over radio station WIZR, 930 on the AM dial with a one week delay.  
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 Tuesday Trustee Meeting 7 PM  
 Wednesday Final Bible Study & Prayer Time at homes 7 PM  
 Thursday Choir Practice 7 PM

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 Sunday Mass 11 AM

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 Sunday Service & Religious Education 10 AM

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 Rev. T. Healy, Sacramental Minister  
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 Saturday Vigil Mass 4 PM  
 Sunday Mass 10:30 AM

**EMMANUEL EPISCOPAL CHURCH**  
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 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  
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 Thursday Bible Study 6:30 PM

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 Sunday School 9 AM  
 Wednesday Services 12:10 PM & 7 PM

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 www.presbylf.org  
 Sunday Worship 10 AM  
 Sunday School 10 AM

**MIDDLEVILLE**  
**MIDDLEVILLE UNITED METHODIST**  
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 Sunday School 9:30 AM  
 Worship Service 9:30 AM

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**GRACE EPISCOPAL CHURCH**  
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 Holy Eucharist 10 AM

**MOHAWK**  
**DENNISON CORNERS COMMUNITY CHURCH**  
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 Sunday:  
 Sunday School 9:45 AM  
 Morning Worship 11 AM  
 Evening Worship 6 PM  
 Wednesday Prayer 7 PM

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 Adult Sunday School (Men, Women & Couples) 9:30 AM  
 September - June

**EMMANUEL BIBLE CHURCH**  
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 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

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 Morning Service 11 AM

**COLD BROOK UNITED METHODIST CHURCH**  
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 Sunday Worship 10:30 AM

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## Mohawk Valley Rotary Club celebrated its Annual Changing of the Guard dinner

HERKIMER — In a time honored tradition the Mohawk Valley Rotary celebrated its "Changing of the Guard" ceremony on Tuesday, June 27. The traditional gavel exchange took place between now Past President Heather Irons and President Cindy Bennett with numerous guests, family members, and Rotarians on hand. The Club also recognized its incoming 2017-2018 Board officers, President: Cindy Bennett, President Elect: Francesca Magro, VP, Bonny Brownrigg, Treasurer, Travis Olivera, Secretary, Elyse Enea Bellows.

Past President Heather Irons, along with the club members accomplished many tasks during the year including a back to school supply drive, organizing community events, setting up an award scholarship for a high school senior, and establishing a Rotary Interact Club in the Central Valley Academy school system.

During the dinner President Cindy Bennett presented 13 club members with recognition awards for being an active member in the club for more than 10 years. These members were Paul Kucerak, 61 years of membership and he is one of the first club charter members. Roger Skinner for 31 years, Johannes Neckermann for 30 years, Tony Vennera for 26 years, Mindy Barstein for 20 years, Frank Green for 20 years, Rocco Lamanna for 18 years, Andria Heath for 15 years, Fred Northrup for 15 years, Kate Reese for 15 years, and Audrey Dunning for 10 years. The club also made Maria Hunt an Honorary member for years of meritorious service and contributions to the club.

Learn more about The Mohawk Valley Rotary Club through their Facebook page at [www.facebook.com/mohawkvalley.rotaryclub](http://www.facebook.com/mohawkvalley.rotaryclub).



Left-Right: 2017-2018 Officers, Treasurer Travis Olivera, Secretary Elyse Enea Bellows, President Cindy Bennett, Vice-President Bonny Brownrigg, Past President Heather Irons, President-Elect Francesca Magro.

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**MISC. SAWMILL EQUIPMENT:** 2 slab bunks, 9 new lumber carts; Mellott 3 strand log deck with fire damage

**CHICKEN FARM EQUIPMENT:** Thermo King reefer unit; 2-9 ton grain bins; nesting boxes; water lines; hanging feeders; egg drive belt; other misc items.

**MISC ITEMS:** Auto steer cart; open buggy; household items etc.

**GUNS:** 12 ga. 870 Remington; 16 ga. Model 12 Winchester; Harrington & Richardson sidekick 50 cal. muzzle loader; Remington 700 30-06 left hand, like new; Marlin 12 ga. Slugmaster w/scope.

**SELLING FOR Ephraim and Rebecca Reihl:** 1 Jackson Lumber Harvester 52" blade circle mill; hydra. motors and pumps have been rebuilt; 4 extra blades; 3 strand live log deck; stop and load log turner; live lumber deck; off feed lumber belt; slab chop saw; 250 671 Detroit diesel, good shape; New 36" 10 grove pully on husk; extra 371 Detroit diesel, good shape; 100HP electric motor, good shape.

**SELLING FOR Ammon and Miriam Swarey:** 1-Heartwood Model 300 bandmill with 85hp Perkins diesel approx., 3,000 hrs., 18' log deck; electric sawdust conveyor; 2 slab racks.

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## Valley Health Services welcomes King

Tammi King, director of Staff Development /Infection Control, has joined the staff at Valley Health Services (VHS). In her role, King is responsible for implementing, tracking, and overseeing nursing and non-nursing educational instruction, infection control maintenance/prevention, and employee health. King indicates that her work at VHS assists the healthcare worker in providing a continuous resource for ongoing education, evaluation of competency, and support to ensure we are providing our residents with quality care.

"I became a registered nurse over 16 years ago and

my love for nursing has always been with the geriatric population. I've found my passion with providing education instruction to the healthcare team which allows for the residents to receive the best care." King says when you provide instruction which means explaining the reason why and showing them how to complete a task correctly and safely, the outcome is good care. "It's all about doing it right for our residents; they deserve the best." King lives in Utica with her son and significant other.

Welcome, Tammi King!



Tammi King

Photo courtesy of Valley Health Services

## Now here's a tip

by JoAnn Derson

• "A go green and lose weight tip: Shut off your car and walk inside banks, restaurants, etc. You'll burn less gas than sitting in the drive-thru, and the walk will flatten your figure." — S.S. in South Carolina

• "Here is my tip: When closing a plastic bag, use a clip-type wooden clothespin with a metal springform. It holds much better than a 'twist tie' and takes less time and effort to use. Keep a bunch in a kitchen drawer with rubber bands and other handy things. They're not expensive and can be used over and over again." — S.L. in Illinois

• If you are sensitive to the smell of leftover coffee grounds, here's a tip from E.O.B. in Delaware: "Line a 34.5 ounce coffee can with a plastic bag and dump

the filter and grounds in it every day. Keep lid on. At week's end, or trash day, tie up the bag and put in trash." (Or the compost pile! — JoAnn)

• If you're watching what you eat, try food logging for a week. You may be taking in more calories than you think. Write down everything you eat and drink — including tiny treats or spoonfuls you eat while cooking! — and use an

online calorie counter or get a book from the library. You might surprise yourself.

• M.A. in Oklahoma has a novel tank for her fish: a coffee pot! It's economical — most thrift stores sell glass coffee pots for \$1 or less — and easy to handle, too. She has two pots, and when it's necessary to clean one, she pops the fish right into the other pot with no fuss. She can even trans-

port her fish easily around her apartment.

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# LITTLE FALLS CHEESE FESTIVAL

SATURDAY, JULY 8, 2017 10AM-5PM



THE THIRD ANNUAL

# LITTLE FALLS CHEESE FESTIVAL

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## Poland's Class of 2017 honored during 83rd Annual Commencement Ceremony

POLAND — Poland Central School District Class of 2017 valedictorian Sarah Braunlich began her graduation speech by highlighting the progress the graduates made from when they started school to now.

She said that graduates will take Poland with them as they go through life, and she advised her classmates that as they face life's uncertainties, they should take the unknown and turn it into opportunity.

"To the Class of 2017, today is your day," she said.

The 83rd Annual Poland Central School District Commencement took place on Friday, June 23, with 48 graduates in the Class of 2017. Students received their diplomas, and dozens of

special awards, recognitions and scholarships were given out during the ceremony, which also featured performances by fourth grade teacher Maria DeIorio and graduates James Kattato and Katherine Burritt.

Salutatorian Kaitlyn Barlow gave a speech about not defining your happiness by comparing yourself to others. She also said that although perfection isn't achievable and shouldn't be required for happiness, it is a good goal because goals motivate us, so perfection is a goal you can continuously strive for.

Joanne Truman, who is a former elementary teacher at Poland and West Canada, a reading specialist, building principal, elementary principal and adjunct professor, gave the commence-



Poland Central School District Class of 2017 graduates receive cheers after making their entrance for the 83rd Annual Poland Commencement Ceremony on Friday, June 23.



Poland Central School District Class of 2017 Valedictorian Sarah Braunlich gives the valedictory address during the 83rd Annual Poland Commencement Ceremony on Friday, June 23.

ment address through the theme that everyone has a story to tell. She talked about the many people that have helped students along the way, but she reminded students that they are the main characters of their own story.

"Your effort, your hard work, has brought you here today," she said.

Poland Principal Greg Cuthbertson highlighted the variety of academic, extracurricular and service achievements by the Class of 2017.

As he closed his comments, Cuthbertson said he had one last message for

POLAND 15

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**POLAND** from 14

the graduates as they go through life's trials and tribulations and successes and failures.

"Believe in yourself," he said.

The following is a list of the Poland Central School District Class of 2017: Taylor Allen; Frederick Amacher; Brittany Anderson; Kendra Anna; Kaitlyn Barlow; Ryan Baron; Jordan Batson; Lily Billings; Brady Blanchard; Sarah Braunlich; Robert Brinkerhoff; Katherine Burritt; Whitney Butler; Michael Clemons II; Brenda Coe; Sydney Comstock; Rachael Cook; Andrej Fedorov Jr.; Gavyn Flansburg; Joseph Gillespie; Anthony Goff; Preston Hart; Shiane Irwin; Rebecca Jarvis; Jesse Johnson; Kory Kasprzyk; James Kattato; Samantha Kraszewski; Quentin McKerrow; Tempest Mor-

rissey; Dakota Mower; Alma Musedinovic; Alexandria Neal; Gabriel Nellis; Laura Pinto; Jesse Pritchard; Dylan Quayle; Jamie Rickard; Zachary Rickard; Roger Rommel; Nicole Ryan; Zoe Scialdone; Rebecca Sergott; Michael Shannon; Kiersten Tabor; Brett Taylor; David Watrous and Eric Wells.



Poland Central School District Class of 2017 graduates James Kattato and Katherine Burritt perform during the 83rd Annual Poland Commencement Ceremony on Friday, June 23.



Joanne Truman, who is a former elementary teacher at Poland and West Canada, a reading specialist, building principal, elementary principal and adjunct professor, gives the commencement address during the 83rd Annual Poland Commencement Ceremony on Friday, June 23.



Poland Central School District Principal Greg Cuthbertson speaks to the Class of 2017 graduates during the 83rd Annual Poland Commencement Ceremony on Friday, June 23.

Photos courtesy of Poland Central School

# CONGRATULATIONS

*Class of 2017*



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**JUST LISTED**

**637 E Monroe St, Little Falls**



Beautiful home in the City of Little Falls! This spacious 4Br, 1.5 bath colonial has beautiful hardwood floors, LR, FR, formal DR, kitchen with breakfast bar, deck, porch, detached garage, yard. What is not to love! Prequalified buyers only please.

**JUST LISTED 502 Trenton Rd, Utica**



Great Cape Cod with new roof, siding, gutters, windows, insulation, furnace, electrical box: 200 amps, solar panels & shed. New addition with 2 stall attached garage with lovely, large new Master Bath & Attic above. Spacious Liv Rm, eat in Kitchen, full bath/laundry & bed. on 1st floor, Spacious Master bed. on 2nd. Semi finished Fam Rm in basement with pool table/bar; & workshop area. Enjoy the lovely yard with perennial gardens, covered deck and above ground pool. Waiting for your Special Touch

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Wow don't miss out on this cute 3BR Cape with 2 baths, large lvr w fireplace, beautifully remodeled kitchen with updated appliances and quartz counters, dining area. Master bedroom on first floor with master bath. 2 bedrooms are on second floor with full bath. Attached garage and large lot 100 x 178. Prequalified buyers

**53 Taber Rd, New Hartford**



Freshly painted ranch home in a great location. Including 3BRs, 2 full baths, LR w fireplace, kitchen, DR, very nice sunroom/den. Nice yard & attached garage. Conventional financing only. Being sold as is as seen corporate owned.

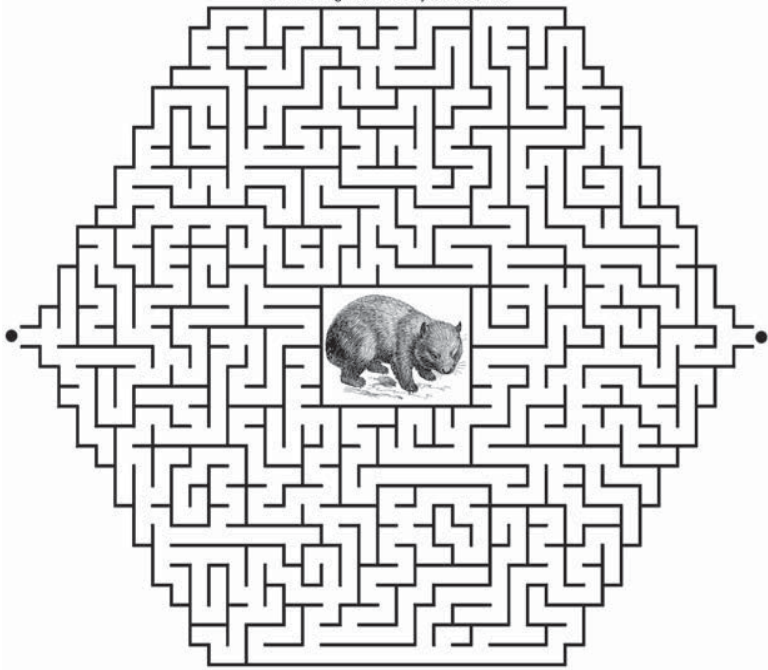
**18 Fulmer St, Mohawk**



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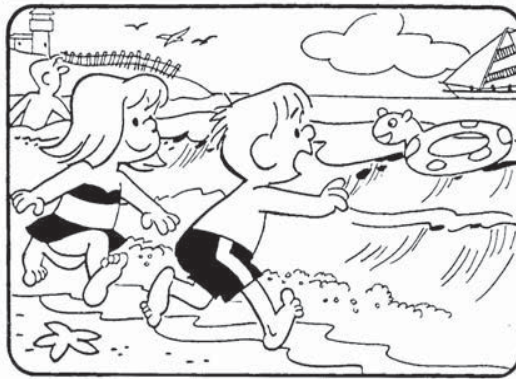
# Mega Maze

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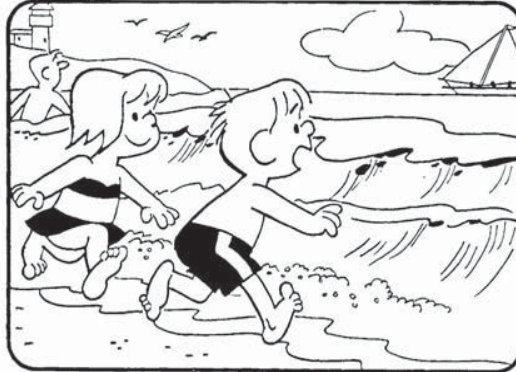


# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is missing. 2. Hair is different. 3. Starfish is missing. 4. Arm is moved. 5. Swimming tube is missing. 6. Sail is different.

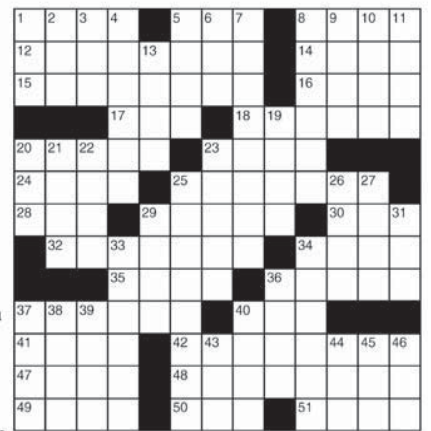
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# King Crossword

**ACROSS**

- 1 One of the Three Bears
- 5 Unhappy
- 8 Stare
- 12 Exhibit "A," e.g.
- 14 Figure-skating leap
- 15 Give a home a makeover
- 16 Actress Sorvino
- 17 18-wheeler
- 18 Toxin
- 20 Support for a painting
- 23 Plant with fronds
- 24 Small salamanders
- 25 Went back on a promise
- 28 Put (down)
- 29 Partners
- 30 Churchill's gesture
- 32 Changed the title
- 34 Tempo
- 35 Matterhorn's range
- 36 Bamboo-eating critter
- 37 Nervous system disorder
- 40 Relatives
- 41 Frau's mister
- 42 Hertz deal
- 47 Too
- 48 Geometric



- 31 Greek vowel
  - 33 Not wide
  - 34 One of the bunch?
  - 36 Pocket bread
  - 37 Fellow
  - 38 War, to Gen. Sherman
  - 39 Approximately
  - 40 Make a sweater
  - 43 Before
  - 44 Hollywood trickery, for short
  - 45 The whole enchilada
  - 46 In medias
- DOWN**
- 1 Apiece
  - 2 "Hail, Caesar!"
  - 3 Bowling target
  - 4 Worships
  - 5 Unseen problem
  - 6 Performance
  - 7 Intensified
  - 8 Casino doings
  - 9 Center of
  - 10 Nil
  - 11 Verve
  - 13 Satan's specialty
  - 19 Raw minerals
  - 20 Moray, for one
  - 21 In the distance
  - 22 Eyelid woe
  - 23 Big parties
  - 25 "O'er the — we watched ..."
  - 26 Divisible by two
  - 27 Out of play
  - 29 Masculine

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# GRIN & BEAR IT



"First, a moment of silence for the archery instructor."

# LAFF-A-DAY



"Have you ever thought this might not be your line of work?"

# Americanisms



# Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦♦**

- ♦ Moderate ♦♦ Challenging
- ♦♦♦ HOO BOY!

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# Just Like Cats & Dogs

by Dave T. Phipps



# Amber Waves



# JOE'S JUNKYARD



ONE MAN'S JUNK is another man's treasure! See if you can correctly count up all of the items shown at Joe's. You have 30 seconds to browse.

**A FEAT OF JUGGLING!** Here's a neat coin catching stunt. Bend your arm back to your shoulder, palm up, and place a stack of coins on your elbow. Next, snap your arm down and try to catch the coins in your hand. With a little practice, you'll "out juggle" your friends every time.

# Junior Whirl

by Charles Barry Townsend



**IT'S MAGIC!** Use the numbers 1 through 10 to fill in this Magic Square. The numbers in each horizontal row and vertical column should total 35. We've filled in six of the squares. The rest is up to you.

	11	15	
14			12
	17		
			16
[ 35 ]			

**A RARE DISCOVERY!** Let's see if you can discover the answers to the following puzzles in under five minutes. In this type of problem you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed RARE to FIND in four moves. See if you can change the following words in four moves each.

1. FULL to TIME
2. BALK to LINE
3. CAPE to HORN
4. GIRL to TALK

Answers: 1. FULL, FILL, FILE, TILE, TIME  
2. BALK, BANK, BANE, LANE, LINE  
3. CAPE, COPE, COBE, COBE, HORN  
4. GIRL, GILL, TALL, TALK  
5. HALF, HALE, HOLE, NONE, NONE

# MAGIC MAZE • FOLDED FOOD

E S P N K I F C A X V S Q I I  
O L J E H E C P A X C V T Z T  
C H I M I C H A N G A R P O T  
N L J H F K D R B A L Y X A E  
V T T R P O O W S M Z L K I L  
I G E E D B Z O E X O E P J L  
W U T L R Q M N C P N D O N E  
L J I G E A G T F D E U C A P  
Y X W Y S M V O T I R R U B P  
T S R R E V O N R U T T C P A  
O N L O C A T F K J I S G F C

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Burrito Crepe Omelet Turnover
- Calzone Fried pie Samosa Wonton
- Cappelletti Gyro Strudel Wrap
- Chimichanga Jiaozi Taco

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# Puzzles4Kids

by Helene Hovanec

## CODED RIDDLE

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

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

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIZ BSF NPTRVJUPFT BOOPZJOH?

CFDBVTF UIFZ HFU VOEFS

ZPVS TLJO.

# STICKELERS

by Terry Stickers

Below are four squeezer puzzles. Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end? Here's an example of how it works: ever G R E E N horn

- 1) bottle \_\_\_\_\_ tie
- 2) farm \_\_\_\_\_ fast
- 3) air \_\_\_\_\_ craft
- 4) iron \_\_\_\_\_ wall

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# To your good health: Treatment not fading dark patches on face

by Keith Roach, M.D.

**Dear Dr. Roach:** A few years ago, despite regular use of sunscreen, I noticed a couple of small, dark patches on my face. I began using a product that contained two percent hydroquinone, which the package says is a “targeted skin lightener.” The problem is, those dark patches haven’t changed at all, except that they are a lot bigger. My questions are: Is this product really effective? Would my skin discoloration be even worse if I hadn’t used it? Does the product perhaps make the problem worse? Finally, what is your recommendation for treating skin discolorations? — NC.

**Answer:** Hydroquinone inhibits an enzyme necessary for

making melanin, so if the darkening of the skin on your face is due to melanin (and most are), then hydroquinone ought to work. If it’s not, it’s possible that of the more than 50 conditions that can cause dark coloration of the skin listed in my textbook, you have one not due to melanin production.

It’s also possible that the two percent strength of hydroquinone isn’t strong enough for you. Concentrations over two percent (up to four percent) are available only by prescription. Also, sunlight can reverse the effect of hydroquinone, so you need to stay out of the sun. I’d recommend both sun protective clothing (e.g., a hat) AND a sunscreen of level 35 or higher.

Not only will sunlight reverse the lightening effect, but your skin is more sensitive to the harmful and potentially cancer causing effects of the sun after using hydroquinone.

Hydroquinone can be very irritating to some people. A rare complication is ochronosis, a blue-black discoloration of the skin. The safety of hydroquinone is argued: It has been banned in Europe, although ochronosis happens primarily in Africa, where large portions of the body often are treated and the purity of the product is, at best, questionable.

It’s unlikely that hydroquinone has made the problem worse, but I can’t answer if things would be worse if you

hadn’t used it. As far as my recommendation goes, think twice before lightening the skin at all, and consider other options, including covering make-up or laser surgery. If you decide to continue hydroquinone, I would first visit a dermatologist to diagnose the type of dark coloration, give you your personal options and then use prescription grade hydroquinone, if appropriate.

**Dear Dr. Roach:** I had tinnitus. I read a lot and found a research study at the Mayo Clinic that tests the effectiveness of magnesium 500 mg daily for moderate to severe tinnitus.

I took a 500 mg tablet of magnesium (over the counter) and got relief fairly rapid-

ly from the tinnitus. I stayed on the magnesium for about a year. Occasionally, it returned, and I went back on that supplement. — Anon.

**Answer:** The results of the study you found are not yet available, but I think there has been enough published on the possible effectiveness and safety of magnesium supplementation that it is reasonable to give it a try. Magnesium deficiency is common, especially in people taking diuretics (“water pills”) for high blood pressure. The major side effect of magnesium supplementation is diarrhea, which is unlikely at a low dose.

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## Paw’s Corner: Soldier’s transfer may strand pets

by Sam Mazzotta

**Dear Paw’s Corner:** My wife recently received orders to transfer to a new duty station in Germany. I’m excited to go with her, but the problem is that we can’t take our two cats. I don’t want to give them up to a shelter, and I’ve asked relatives nearby if they can take them, but they can’t. What can I do? — Proud Army Spouse in Maryland

**Dear Army Spouse:** Is there a health

reason why you can’t bring along the cats? From my research, pets are allowed to accompany military families to Germany when transferring to a new assignment, or what’s known as a permanent change of station (PCS). The article “PCS and Your Pet” in military.com explains many of the details involved in moving to an overseas base with your pet.

If your cats are too sick or old to han-

dle the trip, then you should look at finding them a new home. However, if they’re healthy, several resources are available to help you plan and bring them along.

Get a certificate of health from your veterinarian as soon as possible to avoid any problems with bringing them to a new country.

Coordinate with the military offices that handle the details of PCS — you likely must contact several — to make

travel arrangements for you, your wife and the cats. Find out if more documentation is needed for the cats. You may need to pay for the cats’ transportation, and you’ll have to buy airline rated pet carriers.

Contact the agency helping you complete the move to Germany. Also contact the base veterinarian, who may have additional advice in helping you and your cats move smoothly overseas.

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### King Crossword — Answers

Solution time: 21 mins.

P	A	P	A	S	A	D	G	A	Z	E	
E	V	I	D	E	N	C	E	A	X	E	L
R	E	N	O	V	A	T	E	M	I	R	A
	R	I	G	P	O	I	S	O	N		
E	A	S	E	L	F	E	R	N			
E	F	T	S	R	E	N	E	G	E	D	
L	A	Y	M	A	T	E	S	V	E	E	
R	E	N	A	M	E	D	B	E	A	T	
	A	L	P	S	P	A	N	D	A		
C	H	O	R	E	A	K	I	N			
H	E	R	R	E	N	T	A	C	A	R	
A	L	S	O	T	R	I	A	N	G	L	E
P	L	O	W	S	E	T	A	I	L	S	

### Sticklers Answer

- 1) bottle NECK tie
- 2) farm STEAD fast
- 3) air SPACE craft
- 4) iron STONE wall

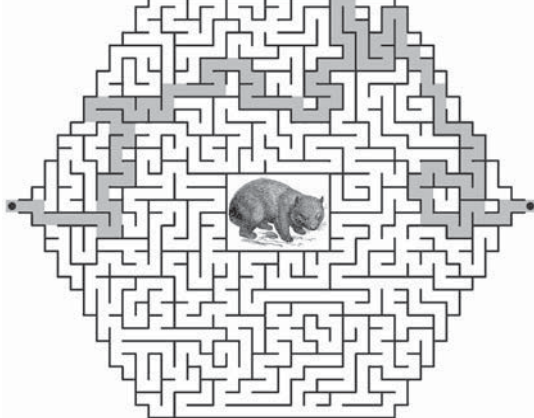
### Weekly SUDOKU

Answer

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



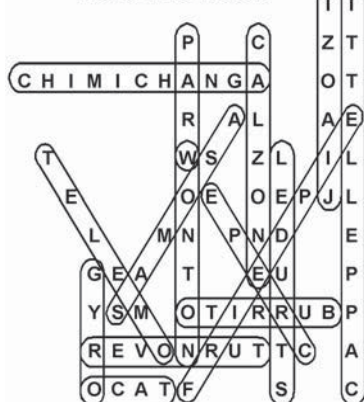
### Mega Maze Solution



### Puzzles4Kids Answer

Why are mosquitoes annoying?  
Because they get under your skin.

### FOLDED FOOD

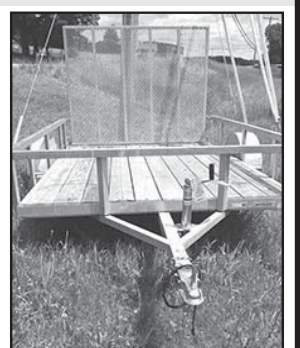


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## Food truck night at Valley Health Services

Valley Health Services (VHS) is hosting a food truck night in the employee parking lot at 690 West German St., Herkimer, on Wednesday, July 19, from 4 to 7 p.m. The food truck night, sponsored by Servomation Refreshments, Inc., is open to the public, a family friendly fun event with something for everyone!

There will be five food trucks in attendance to tantalize your tastebuds — Sarita's Spanish Food with an American Twist; Mr. Z's Street Eat; Mangia Macrina's Wood Fired Pizza; The Grapevine; and, Utica Coffee!

Additionally, there will be activities for children including stilt-walker and balloon twist artist, Annalee Okalani Kraii; face painter, Marissa Perkins of Once Upon a Party; and an assortment of arts and crafts activities at tables staffed by Valley Health Services' staff.

The food truck night event is a fundraiser to benefit the programs and services of the Activities Department and Adult Day Health Care, which is one of the most rapidly growing areas at VHS. The Adult Day Health Care program provides nursing, health care and social

services to area seniors in both Little Falls at Little Falls Hospital and in Herkimer at the VHS facility. Programs are designed for adults to maintain or improve current levels of wellness and functional ability.

For more information regarding the Food Truck Night event, contact the Community Relations and Fund Development Department at Valley Health Services at 315-866-3330 ext. 2329.

## Problems that can lead to lawn damage

A beautiful lawn is a goal for many homeowners. Some homeowners may find that lovely lawns may last momentarily, only to disappear when damage — be it pest-, weather- or child-related — sets in.

While well-established turf can be resilient, even the most well-maintained lawns can be vulnerable. Preventing lawn damage first involves getting to the root of the problem.

- **Lack of sunlight:** All plants need the proper ratio of sunlight to grow. Too much sunlight and plant blades can scorch. Too little sunlight and grass may turn brown and die. Although there are shade-tolerant varieties of grass, homeowners also can explore alternative landscapes. Work in a garden bed or create a design that utilizes gravel or mulch. Avoid aggressively pruning back trees to give the lawn more sunlight in that area, as this may just damage the trees.

- **Chemical spills:** Gasoline and fertilizer spills and pesticide applications in high concentrations can cause the lawn to yellow or brown in spots. Carefully refill lawn gas tanks and fertilizer spreaders on the sidewalk or driveway to avoid overflow onto the lawn. If spills occur, flood the area promptly with water to dilute.

- **Foot traffic:** Lawns can take a pounding from foot traffic, leading to compaction and spots of dead lawn. Try to redirect the traffic elsewhere to give worn down areas a break. Aeration can relieve soil compaction. If a certain area has become the de facto pathway, install a paver, gravel or concrete walkway in that spot.

- **Debris:** Leaving a tool, kids' toys, piece of wood, or any debris on the lawn can quickly suffocate the grass beneath and cause the lawn to die quickly. Make sure that no items are left on the lawn for an extended period of time.

- **Mowing patterns:** Running the mower in the same pattern over and over can cause ruts in the grass that lead to damage, so avoid mowing in the same direction on consecutive cuts. Avoid mowing on very hot days or when the lawn is soggy. Both can cause tracks to form in the lawn.

- **Mowers:** Dull lawn mower blades can damage lawns, as can mowing too fast. Grass blades can be torn, snapped and more, resulting in brown spots.

- **Wildlife:** Animals and insects can destroy turf roots. Animals or insects

may feed on the grass from underneath its surface, compromising the lawn's ability to procure nutrients and water. Animals like moles or raccoons may feed on grubs in the lawn, and treating for grubs can alleviate torn-up turf.

Lawns can be hearty, but they're also highly susceptible to damage. Even seemingly harmless things can compromise the integrity of a lawn. Understanding the causes of lawn damage can help homeowners protect their lawns.



Walking on the lawn can cause soil compaction that eventually leads to damage.

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## Whatchamacallits

This will round out the foxhole / trench series of our Whatchamacallits. The third and final item we have falls into the category of "trench art." According to Collectors Weekly, trench art is a phrase that describes folk art created by soldiers while serving in the trenches during WWI (strictly speaking), but has now been broadened to include folk art from many military conflicts.

Our example of trench art is a matchbox case made from a German soldiers belt buckle. A quick Google image search brought up a plethora of examples of matchbox cases and many featuring the design seen here.

The motto embossed on the cover "Gott Mit Uns" is German for "God

with us." According to Wikipedia it is a phrase commonly used in heraldry in Prussia and later by the German military (1871-1918).

Soldiers would find a piece of flat scrap metal (of various kinds), fold it over to make a sort of squared-off horseshoe that fit over the match box and then would solder cap badges, tunic buttons and sectioned bullets to decorate the piece.

It is said that tobacco related items were the most commonly made trench art.

Source: Trench Art: A Brief History and Guide 1914-1939 by Nicholas J. Saunders.

*Disclaimer: We at Lee Newspapers in no way endorse or encourage smoking at any age; we just like really cool folk art.*



**Do you have your own Whatchamacallit?**

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

# Herkimer BOCES honors 2017 Adult Literacy graduates

HERKIMER — Thirty-three local adults recently earned their diplomas through the Herkimer-Fulton-Hamilton-Otsego BOCES adult education program.

Herkimer BOCES Chief Operating Officer James Picolla told the adult students at their graduation that deciding to go back to school is one of the bravest things they could do.

“You should be proud of yourself,” Picolla said. “Congratulations, all of you.”

Students who graduated from either taking the National External Diploma program or the high school equivalency test called the Test Assessing Secondary Completion or TASC were honored at the Adult Literacy Graduate Recognition Program on Wednesday, June 14, at the Herkimer BOCES William E. Busacker Complex in Herkimer.

High school equivalency graduate Annaliese Pasquale gave the keynote speech during the ceremony — noting it was the first speech she has ever given in front of more than three people. Pasquale talked about anxiety being something she deals with at all times.

When anxiety grips her and her heart races, she stays determined to not let it prevent her from taking opportunities such as going back to school to earn her diploma or give the graduation speech, she said.

“I can’t let anxiety or anything else stop me from what I want to do with my life,” she said.

Pasquale talked about her upbringing and high school experiences, discussed the question of the meaning of life and said life can get you down, but you have to overcome your doubt.

“I think it’s about finding out who you are,” she said.

Following the ceremony, other graduates spoke with Pasquale about how they related to her struggles bat-



Herkimer-Fulton-Hamilton-Otsego BOCES adult literacy graduates who attended a Graduate Recognition Program on Wednesday, June 14, outside the Herkimer BOCES William E. Busacker Complex in Herkimer. From left: Anthony Castillo, Kevin Crane, Annaliese Pasquale, Cassandra Barnes, John King, Khadejah Clemente, Jessenid Rodriguez and Theresa Dupuis.

ting anxiety. Pasquale said during the speech that overcoming anxiety is a step by step process, and she expects college will be in her future.

“Now that I’ve graduated, I want to see where life takes me next,” she said.

During the ceremony, Herkimer BOCES Board of Education member Thomas Shypski also spoke to graduates.

“Congratulations, and good luck in the future,” Shypski said.

Herkimer BOCES Adult, Early Childhood and Outreach Education Director Mary Kline spoke to graduates and continued her tradition of reading a children’s book that has a strong message for the graduates by reading “I Wish You More.”

Herkimer BOCES Assistant Superintendent for Instruction Laurie Hedges closed the event by sharing

some thoughts with the graduates and asking the graduates’ families and friends in attendance to take a moment to thank each other for helping the graduates along their journeys.

“Ladies and gentlemen, I present to you the graduates of 2017,” she said.

The following is a list of this year’s adult literacy graduates:

National External Diploma graduates: Gary Bandel Jr.; Cortney Foti; Danielle Murrieta.

High school equivalency graduates: Stephen Ammermann; Cassandra Barnes; Chloe Bryant; Anthony Castillo; Khadejah Clemente; Elizabeth Collette;

Garth Coveny; Kevin Crane; Noah Curriere; Theresa Dupuis; Trevor Frazier; Tylan Gee; Kristen Gray; Ryan Hibbard; Kallianne Jackson; John King; Cody Lewter; Shana Mankouski; Michelle McGurk; Tyler Moerler; Christopher Murray; Annaliese Pasquale; Kamyryn Perez; Chad Pollard; Daniel Powers; Jessenid Rodriguez; Andrea Sanzo; Reggie Sullivan; Kayleigh Sweet and Shaquita Washington.

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Herkimer-Fulton-Hamilton-Otsego BOCES adult literacy graduate Annaliese Pasquale delivers the keynote speech on Wednesday, June 14, during the graduation ceremony at the Herkimer BOCES William E. Busacker Complex in Herkimer.

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**Number / Classification**

- 20 Air Compressors
- 25 Air Tools
- 35 Announcements
- 45 Antiques
- 55 Appraisal Services
- 75 ATV
- 80 Auctions
- 82 Auto Body
- 110 Bedding Plants
- 120 Bees-Beekeeping
- 130 Bird Control
- 140 Books
- 155 Building Materials/Supplies
- 157 Building Repair
- 160 Buildings For Sale
- 161 Bulk Foods / Spices
- 165 Business Opportunities
- 170 Butchering Supplies
- 173 Carpentry
- 175 Cars, Trucks, Trailers
- 180 Catalogs
- 182 Catering
- 190 Chain Saws
- 195 Cheesemaking Supplies
- 205 Christmas
- 214 Clocks & Repair
- 215 Collectibles
- 216 Clothing
- 235 Computers
- 253 Consignment
- 265 Construction Equipment For Rent
- 275 Construction Machinery Wanted
- 277 Construction Services
- 280 Construction Supplies
- 312 Crafts
- 325 Custom Butchering
- 330 Custom Services
- 360 Deer-Butchering & Hides
- 370 Dogs
- 410 Electrical
- 415 Employment Wanted
- 440 Farm Machinery For Sale
- 445 Farm Machinery Wanted
- 447 Farm Market Items
- 460 Fencing
- 470 Financial Services
- 480 Fish
- 483 Flooring
- 494 For Lease
- 495 For Rent
- 500 For Sale
- 510 Fresh Produce, Nursery
- 525 Fruits & Berries
- 527 Furniture
- 529 Garage Sales
- 530 Garden Supplies
- 535 Generators
- 537 Gifts
- 575 Greenhouse Supplies
- 585 Guns
- 587 Hair Styling
- 589 Hardware
- 600 Health Care/Products
- 605 Heating
- 610 Help Wanted
- 653 Hotel / Motel
- 683 Jewelers
- 700 Lawn & Garden
- 711 Lessons
- 760 Lumber & Wood Products
- 790 Maple Syrup Supplies
- 805 Miscellaneous
- 810 Mobile Homes
- 811 Monuments
- 812 Multi Media
- 813 Music
- 815 Motorcycles
- 817 Nails
- 820 Nurseries
- 910 Plants
- 950 Real Estate For Sale
- 955 Real Estate Wanted
- 960 RVs & Motor Homes
- 975 Rentals
- 980 Restaurant Supplies
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- 1075 Snowblowers
- 1080 Snowmobiles
- 1096 Sports
- 1109 Thrift
- 1140 Trailers
- 1147 Trains
- 1148 Travel
- 1165 Trees
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10,000BTU Frigidaire air conditioner, used four months, asking \$265, includes mounting brackets; 7ft. pre-lit Christmas tree w/colored lights, \$75/OBO. Call 315-823-4833 between 8am&8pm.

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# Country Editor

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## Garage Sales

**YARD SALE:** 8am-?, Saturday, July 8th & Sunday, July 9th, 194 O'Hara Rd., Little Falls. 94 Low fishing boat & trailer w/25hp motor, 2004 Kawasaki Vulcan 1500cc, dining table w/chairs; computer w/printer, computer desk, washer, glassware; kitchen items, clothes & misc.

## Help Wanted

**EXPERIENCED FENCE WORKERS,** must have own transportation to Poland, NY. Work away during week. Prevailing rate & benefits. Drug test required. Fax resume & references to Rommel Fence 315-826-7224 or email mallen@rommelcompanies.com

**LITTLE FALLS DAIRY** Conventional barn. Chores include assisting milking, care of young stock and assorted barn chores, 5am to Noon. Reliable transportation needed. 315-823-1309 leave message or 315-717-7032.

## Hogs

**HAPPY PIGLETS FOR SALE.** \$50.00. Call Farmer Dan 315-823-1633

## Lawn & Garden

6hp Craftsman lawnmower, \$80; 3½hp Poulan rototiller, \$130; 15½hp Craftsman riding lawn mower, 42", \$230. 315-823-0672

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## Miscellaneous

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**STAG PARTY TICKETS.** Free Shipping. Call Beth at Lee Publications 518-673-3237 or 518-673-0101 or bsnyder@leepub.com

## Mobile Homes

**3 BEDROOM TRAILER,** living room, kitchen, washer dryer double load, refrigerator. 315-894-8352

## Real Estate For Sale

**VILLAGE OF ILION:** Single family/3 bedroom. Motivated Seller due to relocation. Managed by Crossett Real Estate Services. Take a visual tour [www.crossettres.com](http://www.crossettres.com) Smoke Free. **Asking \$49,000.00.** All Broker inquiries welcome.

**VILLAGE OF ILION:** Two Family. All electric/separate meters for all utilities. Smoke free. Large yard (surveyed). All appliances included. Managed by Crossette Real Estate services. Take a visual tour [www.crossettres.com](http://www.crossettres.com) **Asking \$119,000.00.** All Broker inquiries welcome. 315-894-8557

**FORT PLAIN:** 24 River Street, 13339. FSBO on Zillow.com. Amazing investment property. 2-family, 6-bed, 3-bath, 3-stall garage with store-front. Both units occupied generating \$16,800/year income. Only expenses are \$2,800/year property taxes and \$2000/year water/sewage/insurance. Making \$1,000/month profit! Eric 718-544-7744

**VILLAGE OF ILION:** Commercial-Former Laundrymat + Floral Shop Survey site. **Asking \$265,000.00** Take a visual tour [www.crossettres.com](http://www.crossettres.com) All Broker inquiries welcome. 315-894-8557

**VILLAGE OF FRANKFORT:** Vacant building lot, 6,350 Sq.Ft. (50x127). Owner financing available. Take a visual tour [www.crossettres.com](http://www.crossettres.com) **Asking \$10,000.00** All Broker inquiries welcome. 315-894-8557

**VILLAGE OF FRANKFORT:** Beauty Shop includes equipment. Great visibility and location/ample parking. Excellent investment. Owner retiring. **Asking \$49,900.00.** Take a visual tour, [www.crossettres.com](http://www.crossettres.com) All Broker inquiries welcome. 315-894-8557

**LAND FOR SALE:** Brewer Rd., Town of Columbia, Herkimer County, NY. 30.8 acres, 1/2 field, 1/2 woods, great view, \$59,000; 24.9 acres, 1/3rd field, 2/3rd woods, nice view, \$49,000. Owner Financing. Helderberg Realty 518-861-6541, 518-256-6344

## Rentals

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## Wanted

**WANTED: OLD Quilts, Cigar Molds/Cutters, Bottles, Cow Bells, Saw Blades, Wood Planes.** 315-823-1177

## Wood For Sale

**SPRING SPECIAL:** Cut and split seasoned hardwoods, 10-face cord loads, \$600. Free delivery. 315-894-0117

## Calendar of Events

### COUNTRY EDITOR

**NOTE: Calendar entries must arrive at the Country Editor's office by Thursday a week before our Friday publication date for them to be included in the calendar of events. Send events to Lee Publications c/o Country Editor, 6113 State Highway 5, or PO Box 121, Palatine Bridge, NY 13428 or e-mail to: [kkelly@leepub.com](mailto:kkelly@leepub.com).**

### JUL 8

#### The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. 518-673-5820. For more information visit [www.amesmuseum.weebly.com](http://www.amesmuseum.weebly.com)

### JUL 13

#### Rabies Clinic

East Herkimer Fire Department, 193 Main Rd., East Herkimer. 5:30-7 pm. \$5 donation. For more information or to pre-register email [www.herkimercounty.org](mailto:www.herkimercounty.org) or call 315-867-1176.

### JUL 15

**Bus Trip to visit The Windmill in Penn Yann** \$45 pp. For more information or to sign up, contact the Herkimer County Historical Society at 315-866-6413.

### JUL 15

#### Stratford Seniors 3rd Annual Craft Fair

Stratford Community Center, Town Hall, Piseco Rd., Stratford. Hand-crafted items, bake sale, Chinese auction. For more information and an application contact Caroline Drake at 315-360-7582 or email [ckrddrake12@gmail.com](mailto:ckrddrake12@gmail.com)

### JUL 15

#### Stratford Seniors 3rd Annual Craft Fair, Chinese Auction, and Bake Sale

Town of Stratford Community Hall, Piseco Road, Stratford. 10 am-4 pm. For more information or application call 315-360-7582.

### JUL 22

#### One Day Bus Trip to Visit Three Wineries Along The Cayuga Lake Vineyard Trail

Departing from Herkimer and Clinton. \$75 pp with lunch included. \$60 if you bring your own. To sign up or for more information call 315-866-6413.

### JUL 22

#### Family Fun Day

ARC Mall, 55 Central Plaza, Ilion. 11 am-3 pm. For more information visit [www.ilionchurch.com](http://www.ilionchurch.com), email [ilioncommunitychurch@gmail.com](mailto:ilioncommunitychurch@gmail.com) or call 315-235-5447.

### AUG 12

#### The Village of Ames Museum

611 Latimer Hill Road, Ames. Open for tours 9 am-3 pm. Registering vendors and 5K runners for Sept. 16 festival. Vendor space is free. For more information visit [www.amesmuseum.weebly.com](http://www.amesmuseum.weebly.com) or call 518-673-5820.

### AUG 12

#### Blueberry Festival

Fairfield Restorations Association looking for Vendors. Contact Terri at 315-272-8203 for more information.

### AUG 31

#### Rabies Clinic

Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. 5:30-7 pm. \$5 donation. For more information or to pre-register email [www.herkimercounty.org](mailto:www.herkimercounty.org) or call 315-867-1176.

### CLIP & SEND

MAIL OR CALL



# Country Editor

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## Farmers Market coupons

Coupons can be used to purchase fruits and vegetables at any participating Farmer's Market. You qualify if you are at least 60 years of age AND have a monthly income at or below: \$1,860 for a one person household, \$2,504 for a two person household, \$3,149 for a three person household, or are at least 60 years of age and currently receiving or eligible to receive SSI, food stamps, public assistance, or Section 8 housing subsidy. This year, the booklets are not restricted to one per household. Each

eligible senior living in a household may receive their own booklet, but they must be present to sign for them.

Coupons will be distributed at the following centers on a first come, first served basis. You can pick up coupons at any of these sites.

### 2017 Distribution Centers

- Tuesday, July 11: 9 a.m. - Noon: London Towers, 100 W. Main St., Ilion; 1-3:30 p.m.: Prindle Apartments, 80 E. North St., Ilion.
- Wednesday, July 12: 9 a.m. - Noon:

- Litchfield Manor, 402 S. Litchfield St., Frankfort; 1-5 p.m.: Mohawk Farmers Market, Wellers Park Main St., Mohawk.
- Thursday, July 13: 9 a.m. - Noon: Rockton Plaza, 550 E. John St., Little Falls; 1-3:30 p.m.: Valley View Courts, E. Monroe St., Little Falls.
- Friday, July 14: 9-11:30 a.m.: Galinsky Apartments, 105 Protection Ave., Herkimer; 2-4 p.m.: Old Forge Farmers Market, Park Ave., Old Forge.
- Saturday, July 15: 9-11:30 a.m.: Little Falls Farmers Market Albany St.,

- Little Falls.
- Monday, July 17: 9-11 a.m. General Winfield Scott House 56 South St., W. Winfield; 1:30-3 p.m. Corey Hose Company 41 N. Main St., Middleville.
- Tuesday, July 18: 9 a.m.- Noon: Parkside Courts, 53 S. Main St., Dolgeville; 1-3:30 p.m.: Midtown Apts. 315 N Prospect St., Herkimer; 9 a.m.-Noon: Schuyler Firehouse, Newport Rd., Newport.
- Thursday, Sept. 7: 10 a.m.-2 p.m.: First United Methodist Church, 127 North Prospect St., Herkimer.

## Shade-tolerant plants help to complete landscapes

Plants need sunlight to thrive and grow, but some need less sunlight than others. People who find their landscapes are less supportive to sun-loving plants can choose from a variety of shade-tolerant plants, shrubs and trees.

Shade tolerance refers to a plant's ability to withstand low levels of light. Certain plants have adapted this feature to survive in the wild. Plants that grow at the base of forest floors, for example, will get less sunlight than others outside of the tree canopy. Such adaptations enable a wide variety of foliage to grow even though they are not exposed to much sunlight.

While sun-loving plants often have broad leaves and expend significant energy to capture sunlight for photosynthesis, shade-tolerant plants expend less energy and tend to be more efficient consumers of soil nutrients and sunlight.

Penn State Extension's Plant and Pests division says the amount of shade a plant is growing under will directly affect the density of the foliage and the plant's flowering and fruiting characteristics. Blending shade-tolerant plants into the landscape can be an effective use of space. Before choosing plants for an existing landscape, it's important to assess the level of shade or sun the plants will receive.

• Heavy shade: Heavy shade is when no direct sunlight reaches a plant. This occurs at the base of northern-facing walls or beneath thick tree canopies.

• Full sun: Areas that receive full sun enjoy direct sunlight between six and eight hours per day.

• Moderate shade:

These sites have reflected sunlight that may come off of water features.

• Light shade: Plants in these areas will get partially filtered or dappled sunlight.

Once homeowners understand which type of shade they are dealing with, they can then visit plant nurseries and select their plants. Most greenery comes with care instructions that include recommendations regarding the amount of shade/sunlight the plant will need to do well. If further assistance is needed, a knowledgeable employee can make suggestions based on landscape needs.

Those who are looking for some preliminary guidance when it comes to selecting shade-tolerant shrubs, plants or trees can consult the following list.

• Bleeding heart: Bleeding heart, or Dicentra spectabilis, is typically found in woodlands. It's a perennial in the poppy family that produces mounded foliage and arching vine-like stems of heart-shaped flowers in the spring.

• Amethyst flower: Browallia hybrids offer star-shaped blooms of blue and violet. These plants will billow out of hanging baskets or containers, and they prefer warm shade or filtered sunlight.

• Coleus: The coleus, Solenostemon scutellarioides, is another perennial that can have a variety of different leaf colors and striations.

• Witch hazels: These are a genus in the family Hamamelidaceae, which has four different species in North America. This shrub or small tree features arching branches with dense, multi-



Shade-tolerant plants, such as coleus, can add color and appeal to shady areas of a landscape.

stemmed clumps. Witch hazel produces flowers in the late autumn when most other plants are sparse.

• Bayberry: Myrica pensylvanica can grow in partial shade as a hedge or natural property divider. The leaves of this shrub are aromatic when crushed. The shrub will produce tiny, gray/white fruits in late summer.

• English Ivy: Also known as Hedera helix, this trailing plant is widely cultivated as an ornamental plant. It will spread easily and can become invasive.

Those searching for shade-tolerant trees can choose among Sugar maple, Black alder, Flowering dogwood, and White spruce, among others. Shade-tolerant plants

can make welcome additions to the landscape, offering greenery and color in the darker areas of a property.

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## Strange but true

by Samantha Weaver

• It was American civil rights leader Martin Luther King, Jr., who made the following sage observation: "We all too often have socialism for the rich and rugged free market capitalism for the poor."

• If you go on a road trip to the Northwest Territories of Canada, keep an eye out for the unusual license plates — they're shaped like polar bears.

• When he was 66 years old, American novelist Edgar Rice Burroughs — beloved creator of Tarzan and Mars explorer John Carter — served as a war correspondent, going along on bombing runs during World War II.

• Did you ever wonder what makes French vanilla different from other kinds of vanilla? Evidently, French vanilla contains egg yolk.

• If you're like me, you have fond memories of a bookmobile visiting your neighborhood. For more out-of-the-way locales, though, there are other kinds of mobile libraries. For instance, residents of some parts of Norway look forward to the arrival of Epos, a library on a boat. In addition to space for 6,000 books, the boat has room for author readings and other literary events.

• In Vietnam, the conflict that Americans commonly call the Vietnam War is known as the Resistance War

Against America, or just the American War.

• You might be surprised by the strength of the mantis shrimp. When it swings its claw at its prey, it doesn't have to hit the creature — the shock wave from the attack is often enough to stun or kill the animal.

• Social scientists say that the first businesses to get setup in a new neighborhood — and the last ones to flee a dying community — are churches and liquor stores.

Thought for the Day: "My country is the world, and my religion is to do good." — Thomas Paine  
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## Have a rodent problem?

*PA SPCA to transport working cats to farms*

The Pennsylvania SPCA has a great need to find homes for their working cats! These are special cats in need of caretakers and, in return, they will get your pest problem under control and be an adorable presence around your property! The shelter is currently at capacity for working cats and in desperate need to find placements. All of these

cats have come to the shelter through Humane Law Enforcement after being rescued from cruelty/neglect and many have been waiting for months to years to find somewhere they can live and patrol the grounds for rodents. All get along with other cats.

They are generally unsocial to humans, and therefore not well suited to a

home environment, but instead will thrive as outdoor or indoor/outdoor cats. These cats are an easy and environmentally friendly alternative to traps and poison for your warehouse, barn or stable. All of the working cats are spayed/neutered, microchipped, ear tipped, fully vaccinated and FIV/FelV tested. All they need from you is food

and water daily, shelter, and veterinary care when necessary. There is no adoption fee and the Pennsylvania SPCA will be happy to help transport them to you and help with startup supplies.

If you can help or have any questions feel free to contact the Working Cat Coordinator at the PSP-CA, Kelsie Kelly.

## Valley Health Services residents and staff picnic at Ilion Marina



(L-R), front row: Betty Comstock; Howard Steenburg; Dorothy Scanlon; Pat Seymour, Curtis Tucker, and Marilyn Nagle. Second row: Laura Campbell; Melinda Vedder; Lynn Shepherd; Julie Goodman.

The weather could not be more beautiful for a picnic as residents from Valley Health Services

(VHS), along with Activities Department staff gathered at Ilion Marina. Among them are residents, Betty Comstock, Howard Steenburg, Pat Seymour, Marilyn Nagle, Dorothy Scanlon, and Norma Kelly. Staff includes Laura Campbell, Assistant Activities Director; Julie Goodman, LPN; Lynn Shepherd, CNA; and Melinda Vedder, CNA. The Activities Department

staff plan outings and gatherings for the residents both onsite and off in an effort to energize them in fun activities that fosters socialization with peers and staff. Additionally, by engaging the residents these opportunities it gives purpose to life as well as positive, enjoyable experiences for them during their stay at Valley Health Services.

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## Bus trip to Burlington, VT

A One Day Bus Trip to visit Burlington, Vermont on Lake Champlain with a stop at Lincoln Peak Vineyard will be held on Saturday, Aug. 5, departing from Herkimer and Clinton.

We will be dropping off at the Church Street Marketplace with one-of-a-kind shops, great restaurants and live entertainment. The cost is \$55 per person and is being sponsored by the Herkimer County

Historical Society.

For more information or to sign up, call 315-866-6413. For a complete listing of upcoming bus trips, visit the Society's Facebook page and website.

## Good Housekeeping: Ribs Supreme

Only 15 minutes of grilling time! The trick: Steam the ribs for an hour in the oven up to two days before barbecuing.

- 4 teaspoons grated, peeled fresh ginger
- 2 teaspoons freshly grated lemon peel
- 3/4 teaspoon salt
- 2 garlic cloves, crushed with garlic press
- 4 racks pork baby back ribs (about 1 pound each)
- 2 cups Secret Recipe BBQ Sauce

1. Heat oven to 350 F. In cup, mix ginger, lemon peel, salt and garlic until combined. Rub ginger mixture all over ribs.

2. Place ribs in a large roasting pan (15-1/2 x 11-1/2 inches), overlapping slightly. Pour 2 cups boiling water into roasting pan. Cover pan tightly with foil. Steam ribs 1 hour.

3. Carefully remove foil from roasting pan (escaping steam is very hot). Remove ribs from roasting pan, discard water. Ribs may be grilled immediately, or refrigerated up to 2 days before grilling.

4. Place ribs, meat side up, on grill over medium heat, cook 5 minutes, turning once. Turn ribs over, brush with some BBQ sauce and grill 5 minutes. Turn ribs over again, brush with more BBQ sauce, and grill 5 minutes longer. Cut racks into 2 rib portions, serve with remaining sauce. Makes 6 servings.

\* Each serving: About 490 calories, 34g total fat (12g saturated), 28g protein, 17g carbohydrate, 34g total fat (12g saturated), 77mg cholesterol, 655mg sodium.

### Secret Recipe BBQ Sauce

Brush this over anything — from hamburgers to chicken. The recipe makes almost five cups, so you'll have enough for several dishes.

- 1 tablespoon olive oil
- 1 jumbo onion (12 ounces), chopped
- 2 tablespoons chopped, peeled fresh ginger
- 3 tablespoons chili powder
- 3 garlic cloves, crushed with garlic press
- 1 can (8 ounces) crushed pineapple in juice
- 1 can (28 ounces) crushed tomatoes in puree
- 1/3 cup ketchup
- 1/4 cup cider vinegar
- 3 tablespoons dark brown sugar
- 3 tablespoons mild molasses
- 2 teaspoons dry mustard
- 1 teaspoon salt

1. In 5 to 6 quart saucepot, heat olive oil over medi-

um heat until hot. (Do not use a smaller pan; sauce bubbles up and splatters during cooking — the deeper the pan, the better.) Add onion and ginger and cook 10 minutes or until onion is tender and golden. Add chili powder and cook 1 minute, stirring. Add garlic and crushed pineapple with its juice, and cook 1 minute longer.

2. Remove saucepot from heat. Stir in tomatoes with their puree and remaining ingredients.

3. Spoon one-fourth of sauce into blender. At low speed, blend sauce until smooth. Pour sauce into bowl; repeat with remaining sauce. Return sauce to saucepot; heat to boiling over high heat. Reduce heat to medium-low and cook, partially covered, 25 minutes or until reduced to about 4 3/4 cups, stirring occasionally.

4. Cover and refrigerate sauce if not using right away. Sauce will keep up to 1 week in refrigerator or up to 2 months in freezer. Makes about 4 3/4 cups.

\* Each 1/4 cup serving: About 60 calories, 1g total fat (0g saturated), 1g protein, 12g carbohydrate, 0mg cholesterol, 310mg sodium.

For thousands of triple tested recipes, visit our website at [www.goodhousekeeping.com/recipes](http://www.goodhousekeeping.com/recipes).

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