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# Country Editor

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## Herkimer BOCES recognizes Special Programs graduates

### *Donation made to Guardians of Freedom Memorial*

HERKIMER – The Herkimer-Fulton-Hamilton-Otsego BOCES Special Programs Class of 2018 graduation ceremony included students introducing their family members, giving flowers to their families, receiving awards and recognitions and providing some final thoughts before graduation.

Herkimer BOCES Special Education Principal Brittany DerCola gave the graduates her well wishes during the ceremony.

"On this special day, I would like to congratulate you on a job well done," DerCola said. "Today, and for the rest of your lives, may all your dreams come true. Congratulations."

The Special Programs graduation ceremony took place on Wednesday, June 13, at the Herkimer BOCES William E. Busacker Complex in Herkimer.

The members of the Herkimer BOCES Special Programs Class of 2018 are Tren Carroll, Catherine Cromie, Shannon Cromie, David Edwards, Jason Fox, Aylalakin Hart, Arianna Heckwolf, Danyol Pacciarelli, Jacob Riley and Matthew Stevens.

Human Technologies employees Patty Birch and Kevin Canastar were the guest speakers for the event.

Herkimer BOCES Board of Education President Daniel LaLonde, District Superintendent Sandra Sherwood and Director of General Education and Special Education Roberta Matthews also spoke to students during the ceremony.

Sherwood thanked attendees and talked about the important role the love and support of family and friends played in helping the students graduate.

"Please enjoy the celebration," she said. "You all earned it. Congratulations."



Herkimer County Legislator John Brezinski thanks Herkimer-Fulton-Hamilton-Otsego BOCES special education teacher Georgia Waite's Career Preparation class during the Herkimer BOCES Special Programs Graduation on Wednesday, June 13, at the Herkimer BOCES William E. Busacker Complex in Herkimer for making a donation to Brezinski's plans for a Guardians of Freedom Memorial in Herkimer County to honor military and police service dogs and their handlers.

*Photo courtesy of Herkimer BOCES*

DerCola also said that as much as the graduation is a celebration of the students on stage, it is also a celebration of their families.

"The students wouldn't be graduating here without you," she said.

#### **Donation to Guardians of Freedom Memorial**

During the ceremony, graduate David Edwards presented a \$400 check to Herkimer County Legislator John Brezinski on behalf of Herkimer BOCES special education teacher Georgia Waite's Career Preparation class as a donation to Brezinski's plans for a Guardians of Freedom Memorial in Herkimer County.

The bronze statue would be of U.S. Marine Sgt. Adam Cann, of Florida, who died in a suicide bombing in 2006, and his military dog, Bruno, Brezinski said. The goal is for the statue to serve as a memorial for all service and police dogs and their handlers, Brezinski said.

Waite said her Career Preparation students raised funds for the donations last school year and this school year through efforts such as selling coffee, empanadas and fried dough. The students saw the Guardians of Freedom Memorial efforts on the news and voted for it as the cause they wanted to donate to.

Waite said she was glad the students wanted to get involved in a local effort.

"It's right here," she said. "This is where they grew up. It's them."

After receiving the check during the ceremony, Brezinski said that when students and others involved walk by the memorial, they would be able to know that they were part of making it happen.

"I'm really honored over the whole situation – that young people will recognize what veterans do," Brezinski said, noting that he is a veteran. "I'm so proud of these young people who did this for a veteran and his dog."

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## Poland Central School District appoints board member until next regular election

POLAND – It turns out the Poland Central School District Board of Education will be keeping a familiar face for most of one more school year.

The Poland Board of Education voted on May 31 to appoint current member Melissa Allen, whose term expires on June 30, to fill the seat until the next regular school election in May 2019.

Board members have appointed a current member to fill a temporary vacancy in the past, and it proved beneficial, Poland Board of Education President Robert Batson said.

"We found it helpful to have a full set of points of view and to have some continuity – if we have the good fortune to have someone stay a little bit over their term," he said.

The current terms of Allen and board member Tristan Abend end on June 30 this year, and they didn't run for re-election during the school budget vote and board election on May 15.

Only one person, Chris Fullem, of Cold Brook, filed a petition to run, and he was elected with 131 votes to a five-year term from July 1, 2018, through June 30, 2023. The other open board seat would then go to the write-in candidate with the most votes if that person chose to accept the position.

Oneida-Herkimer-Madison BOCES food employee Nora Ricci, who works in the Poland school cafeteria, received the most write-in votes with five. Ricci, who didn't file to run for the board or campaign for the position, filed in writing within a five-day deadline after the election that she would be declining the position.

"I appreciate being elected for a seat on the school board, but at this time, I feel the need to decline due to my plans for retirement," Ricci said. "I don't feel I would be able to devote all the time that is needed to properly serve the school and community as would be required."

The Board of Education then had four options:

1. Call a special election to fill the vacancy (which would result in additional school costs for voting machines and requirements for publicizing the vote);
2. Leave the position vacant and allow the state education commissioner to appoint someone to fill the position until the next regular election;
3. Leave the position vacant and allow the BOCES

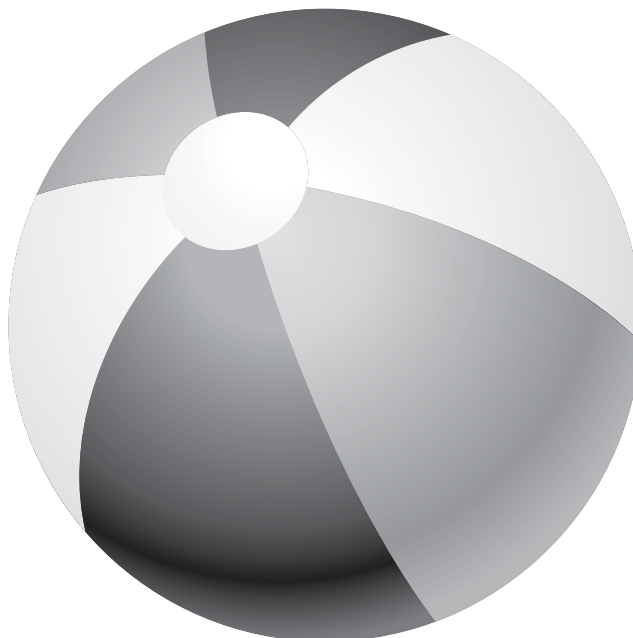
district superintendent to appoint someone to fill the position until the next regular election; or

4. Vote as a board to appoint someone to fill the position until the next regular election.

Board members voted on June 1 to appoint someone to the vacant seat until the next regular election. In a second motion, the board appointed Allen to the seat from July 1, 2018, through May 21, 2019.

Allen received the second most write-in votes on May 15 with three. The board wasn't required to select her for the seat, but chose to do so because of the reasons Batson previously noted and because she was willing to continue on the board for a limited time.

Batson said board members thank Allen and her family for her decision to stay with the board.



"It's a family commitment – spending the time away from home and missing dinners," he said.

During the June 1 meeting, the school board also voted to create a Facilities Committee. The expectation is that the committee will make recommendations to the board about the continued development of facilities including the completion of the Capital Project 2020 approved by voters in May 2017.

If interested in volunteering for the Facilities Committee, district residents may reach out to Donna Wellington, the district clerk and secretary to the superintendent, at 315.826.0203.

## Country Editor

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## Poland girls track team keeps 'that underdog feeling' on way to first sectional championship

POLAND – All track and field races start with one step, but they don't always start with a track.

Despite just launching the outdoor track program in spring 2013 and not yet having a track at the school, the Poland girls track and field team recently won both the league and sectional championships.

"It feels awesome," said Poland third-grade teacher John Allen, who co-coached the outdoor track teams with his brother this year. "I think in only the sixth year, I think that was a pretty great accomplishment. I think we built pretty quickly."

Poland Central School District students used to join West Canada Valley teams for outdoor and indoor track for girls and boys. After starting its own outdoor track program in 2013, Poland also started its own indoor track team in the 2015-2016 season.

John Allen has been a part of the track and field team since 2013, and his brother, Joel Allen, joined him as co-coach this year for both the boys and girls outdoor track and field teams. Joel Allen is a teacher at New York Mills, previously coached girls modified basketball at Poland for about five years and has coached track at Mount Markham, Clinton and Frankfort-Schuyler.

When starting the program without a track at the school, John Allen didn't imagine winning a sectional championship six years later.

"The first couple years, I wouldn't have," he said. "I thought it would be pretty difficult – almost impossible."

The girls track team now has 17 members, and 14 were able to compete at sectionals.

The Poland Capital Project 2020 approved by voters in May 2017 includes the construction of a track at the school. In the meantime, students practice around the school – sometimes running in the hallways and sometimes practicing at West Canada Valley. When students practice at the neighboring district, they usually travel there at about 4:15 p.m. and return at about 6 p.m.

"We're looking forward to not traveling and to having our own practice field for sure," John Allen said.

### The season

Leading up to the league and sectional championships was going well with the girls track and field team winning most of its meets, John Allen said.

Mother Nature, however, presented a challenge.

"With the weather, the season was so short," John Allen said.

Most of the competitions took place within a two-week period. During that time, students had to try to qualify for sectionals, and the team had to figure out where each student fit best among the various events.

The Poland girls track and field captains – junior Tayler Clark, 17; sophomore Carliza Roark, 16, and sophomore Leah Basel, 16 – said the team was up to the task of dealing with the compressed season.

"I feel like we kind of had to push ourselves a lot harder with the short season we did have," said Clark.

Roark agreed.

"It was a rushed deal, but being able to get it done in this short of a timeframe was an amazing feat for all of us," she said.

Seven of the 17 girls on the team were in outdoor track for the first time this year, so students had to figure out where they fit on the team and what events they could succeed in, the coaches said.

"Just trying out what you're good at," Joel Allen said.

Many of those early attempts were successful, Joel Allen said.

Joel Allen said allowing new members of the team to find their spot, dealing with the shortened season and being willing to put in the time and travel to West Canada Valley and back for practice showed what the team is made of.

"I think that says a lot about our athletes," he said.

Basel said being able to still practice at West Canada Valley helped prepare the team for the meets, and the opportunity is appreciated.

The boys team also had first-year athletes who did well, three boys qualified for sectionals and the team finished eighth in sectionals, so the boys team is still growing as well, the coaches said.

### The underdogs

The Poland girls team won the Center State Conference Division III league championship on May 15 at New York Mills.

"The girls all performed at a really high level," John Allen said. "That was kind of an eye-opener for us and a good barometer for where we fit going into sectionals."

The league championship showed the girls that they could compete at sectionals, he said.

POLAND 6



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Members of the Poland Central School District girls track and field team pose outside the school on Tuesday, June 11. The team won the league and sectional championships this year. From left, front row: eighth-grader Madison Altamura, junior Tayler Clark, sophomore Carliza Roark, junior Savannah Neal, freshman Erin Powers and freshman Rickelle Wright. Back row: eighth-grader Lody Powers, eighth-grader Alexis Bates, junior Peyton Hulihan, seventh-grader Stefania Grimaldi, sophomore Leah Basel, junior Sarah Ahles, freshman Paige Grimaldi, junior Gabrielle Stemmer, freshman Jadyn Lowe, sophomore Pearl Gates, freshman Sara Borner and co-coach John Allen, who is a Poland third-grade teacher. Not pictured: co-coach Joel Allen, who is a teacher at New York Mills. Photo courtesy of Herkimer BOCES

## POLAND from 5

"It was our first time winning the league, so it was a big shock to us," Roark said, "and winning sectionals was an even bigger shock."

Entering the sectional championships on May 22 at New York Mills with close to 20 schools to compete with, the team found itself in the unfamiliar spot of coming in as league champions, John Allen said.

"Which is not the position we were usually in – to be one of the favorites," he said. "For the first time, at sectionals, we were feeling the nerves."

Even considering the success and the added pressure that comes with it, many of the girls felt like they had a lot to prove at sectionals.

"Still, you have that underdog feeling because you don't have a track, you're short on numbers and you've got the odds stacked against you," Roark said.

### The championship

Poland didn't win first in as many events at sectionals as last year, when the team had five first-place finishes. This year, the only first place was Clark winning first in high jump for the second year in a row.

As the sectionals meet continued, however, students began to realize that they could still win by racking up points from finishing in second place through sixth place, John Allen said.

"I think this year especially – it was so much of a team effort," he said. "I think being able to realize that the points matter all the way down to sixth place."

Poland had competitors in 15 of the 19 events and scored in 13 of the 19 events. About half of the total points were scored with second-place finishes, and about a third of the points came from third place and below.

"They competed and they were able to do what they can do," John Allen said. "Everybody kind of did what they needed to do to be successful."

The students also pointed out that the variety of finishes from first to sixth was important for the win.

"Everybody contributed," Basel said.

As the meet wound down, Poland students were trying to figure out if they won before it was announced, Roark said.

"We were all nervous because it was close," she said.

The track team members huddled up together waiting for the organizers to announce the sectional champi-

ons.

"When they did, we went crazy," Roark said. "We were jumping up and down, screaming, dancing – just about everything."

"I felt really surprised," Clark said.

"Definitely unforgettable," Basel said.

### The future

Basel said one reason she was surprised the team won sectionals was because there were so many new members of the team.

"It was great to see them really grow to love track," she said.

The team also didn't have any seniors, so it's possible the whole team could be returning, Basel said.

"We have very good potential for next year," she said.

Roark said that winning sectionals will also make members of the team more determined to work hard next year.

It could also lead to additional new members, Clark said.

"I think people realizing how good the track team actually is will make them want to join because you don't have to come in first to score or even make a big impact," she said. "Every point matters."

The coaches agree with the students' assessment of the team heading into next season.

"We've got a great group coming back, and everybody knows us now," John Allen said.

There will be more pressure on the team going into next season as league and sectional champions, but the coaches have to use that pressure to help motivate and push the students, John Allen said.

"It's just another hurdle to overcome," he said.

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## Brookwood Point History & Garden Tours this summer

COOPERSTOWN, NY — Otsego Land Trust (OLT) is pleased to announce a series of tours at Brookwood Point this summer for the community to come and not only enjoy the site, but also learn about its significance to the region. One set of tours will focus on the

historical aspect of the site, while the other set will focus specifically on Brookwood's garden.

OLT volunteer Ed Rowley will be hosting the Brookwood Point History Tour, which will cover Brookwood from the time of Native American presence, to the founding of

Cooperstown, to present day. The dates of the history tours are Tuesday, June 26; Monday, July 23; and Wednesday, Aug. 22.

The Brookwood Point Garden Tour will be led by OLT volunteer Pat Thorpe, who knows horticulture like the back of her hand. She will dis-

cuss how the garden has evolved over time and identity the myriad of flowering plants that call Brookwood home. The dates of the garden tours are Thursday, Aug. 16 and Monday, Sept. 10.

All of the tours at Brookwood Point will begin at 6 p.m. and will last

a half hour to 45 minutes.

OLT's mission is to conserve the natural heritage of woodlands, farmlands and waters that sustain rural communities, promote public health, support wildlife diversity and

inspire the human spirit. To RSVP or for more information about Otsego Land Trust, email OLT's Communications and Outreach Manager Becky Talbot at [becky@otsegolandtrust.org](mailto:becky@otsegolandtrust.org) or call 607.547.2236.

## Rabid bat confirmed in Little Falls

Herkimer County is reporting a case of a confirmed rabid animal in the city of Little Falls. A bat was sent to Wadsworth Laboratory and confirmed to be infected with the rabies virus.

Residents of Herkimer County are reminded that rabies is endemic in the county and surrounding counties. All bite or possible exposures need to be reported to your local Health Department. An exposure to the rabies virus is fatal to people, pets and domesticated animals but very preventable. It is important that pets including indoor animals are vaccinated and kept up-to-date with their vaccinations to prevent infection. Our pets are a bridge between wildlife and us; by protecting them you are protecting yourself and others. An unvaccinated animal exposed to a positive rabid animal will require the decision of a six-month quarantine or to have the animal euthanized. Both are completely avoidable if the animal is up to date on its rabies vaccination.

Vaccination Clinics are listed online. Please visit our website for the 2018 rabies clinic schedule at [www.herkimercounty.org](http://www.herkimercounty.org), or make an appointment with your veterinarian. In addition, you can find more information about rabies on the Center for Disease Control's website at [www.cdc.gov/rabies](http://www.cdc.gov/rabies). If you have any questions, please call Herkimer County Public Health at 315.867.1176.

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## Kuyahoora Rotary 23rd Annual Fishing Derby



The grand prize winner with a trout of 16 3/4 inches was Alexander Congdon of Central Valley School.



Brayden Rath was one of the two runners with a 15-inch trout.

**Submitted by Tom Lindsay, Club President**

The Kuyahoora Valley Rotary Club held its 23rd annual Youth Fishing Derby at Kluttschowski's Ponds on Saturday, June 2, and it was a hit. Ninety-two kids registered to fish and over 100 adults attended to help chaperone. There was free food, free bait and lots of prizes for everyone who fished. We thank Morgan Bait of Camden for supplying us with hundreds of worms. We also thank Stewarts Shops, Moody's, Walmart, Hometown Bait and Tackle, Adirondack An-

glers, Ollies and Rome Specialty Co. for contributing to our prizes. Individuals such as Jason Bartlett also contributed to the Derby.

The grand prizewinner with a trout of 16 3/4 inches was Alexander Congdon of Central Valley School. The two runners up were Brayden Rath with a 15-inch trout and Hannah Lubeck with a 15 1/4-inch trout. Many fished in the second pond for bass and sunfish as well. A good time was had by all and the Rotary Club plans to do it again next year.

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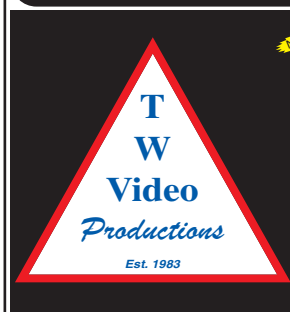
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# Rabid cat confirmed in Town of Manheim

Herkimer County is reporting a case of a confirmed rabid animal in the township of Manheim. A stray cat was sent to Wadsworth Laboratory and confirmed to be infected with the rabies virus. This cat was part of a specific colony of cats in the village of Dolgeville.

Residents of Dolgeville and Herkimer County are reminded that rabies is endemic in the county and surrounding counties. All bite or possible exposures need to be reported to your local Health Department. An exposure to the rabies virus is fatal to people, pets and domesticated animals but very preventable. It is important that pets including indoor animals are vaccinated and kept up-to-date with their vaccinations to prevent infection. Our pets are a bridge between wildlife and us; by protecting them you are protecting yourself and others. An unvaccinated animal exposed to a positive rabid animal will require the decision of a six-month quarantine or to have the animal euthanized. Both are completely avoidable if the animal is up to date on its rabies vaccination. Vaccination Clinics are listed online. Please visit our website for the 2018 rabies clinic schedule at [www.herkimercounty.org](http://www.herkimercounty.org), or make an appointment with your veterinarian. In addition, you can find more information about rabies on the Center for Disease Control's website at [www.cdc.gov/rabies](http://www.cdc.gov/rabies). If you have any questions, please call Herkimer County Public Health at 315.867.1176.

# Good Housekeeping

**Grilled Pork Chops with Mango Sauce**

A smoky, but still sweet, mango sauce adds brilliant, sunny color and a kick of flavor to these simply grilled pork chops.

1 tablespoon vegetable oil  
1 small (4- to 6-ounce) onion, finely chopped  
1 chipotle chile in adobo, seeded, finely chopped  
1/4 teaspoon dried oregano  
2 large ripe mangoes, peeled and chopped  
2 tablespoons water  
1 tablespoon packed brown sugar  
4 (6 ounces each) bone-in pork loin or rib chops, 3/4-inch thick  
Salt  
Pepper  
1 green onion, thinly sliced, for garnish  
1/4 cup fresh cilantro leaves, for garnish

1. Prepare outdoor grill for covered direct grilling on medium.

2. Prepare mango sauce: In 12-inch skillet, heat oil on medium-high. Add onion and cook 2 to 3 minutes or until browned, stirring occasionally. Add chipotle and oregano; cook 1 minute, stirring. Add mangoes, water and sugar; cook 10 minutes or until mangoes are soft, stirring occasionally.

3. Meanwhile, sprinkle pork with 1/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper to season both sides. Grill, covered, 8 to 9 minutes or until browned outside and still slightly pink inside, turning over once.

4. Transfer pork chops to cutting board; let rest 5 minutes.

5. Spoon mango sauce over pork. Garnish with green onion and cilantro. Serves 4.

\* Each serving: About 385 calories, 15g total fat (4g saturated), 80mg cholesterol, 4g dietary fiber, 27g protein.

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

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## Calendar of events

**June 23, 29 and 30**

**Pierogi Sale.** 11 a.m. -1 p.m. Fridays. 9:30 a.m.-2 p.m. Saturdays. St. Mary's Ukrainian Orthodox Church. 324 Moore Ave. Herkimer. Traditional pierogi \$8 dozen.

**June 25**

**Dan Duggan and Peggy Lynn Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**Starts June 26**

**Brookwood Point History & Garden Tours this summer.** June 26, July 23 and Aug. 22. 6 p.m. Brookwood Point Garden. Cooperstown. NY. To RSVP or for more information about Otsego Land Trust, email OLT's Communications and Outreach Manager Becky Talbot at [becky@otsegolandtrust.org](mailto:becky@otsegolandtrust.org) or call 607.547.2236.

**June 27**

**Nelson Brothers Band Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**June 28**

**Lunch & Learn event cancelled.** Little Falls Hospital. The next Lunch & Learn is scheduled for July 26 at 12 noon, in conference room A. Seats are limited, call 315.823.5326 to reserve.

**June 30**

**Golumbki & Pierogi Sale.** 9:30 a.m. - 2 p.m. St. Mary's Ukrainian Orthodox Church. 324 Moore Ave. Herkimer. Golumbki \$26 dozen; \$13 half dozen.

**July 4**

**Annual Strawberry Festival.** 12-4 p.m., the reading of the Declaration of Independence and the 2018 Fort Klock Art Contest Show. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**July 10**

**Herkimer County Chamber Gold Ball Golf Tournament.** Registration at 8:30 a.m. and tee time at 10 a.m. Holland Heights Golf Course. 1228 Steuben Hill Road. Herkimer. Please contact Michele Hummel at 315.866.7820 or [mhummel@herkimercountychamber.com](mailto:mhummel@herkimercountychamber.com) for more information.

**July 11**

**The Oldies Show Band Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**July 12**

**2018 Rabies Clinic.** 5:30 - 7 p.m. East Herkimer Fire Department. 193 Main Rd. East Herkimer. NY. Pre-register by calling 315.867.1176.

**July 18**

**Double Image Band Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**July 25**

**Wednesdays at Fort Klock.** 6:30 p.m. Kevin Richard-Morrow, Captain of the Mabee Farm Bateaux "DeSager", will discuss the Mohawk River's role in 18th century commerce. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**July 27**

**Stone Soup Concert.** 7 p.m. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**Aug. 1**

**Jamie Notarthomas Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**Aug. 7-9**

**Young Pioneers Program.** For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**Aug. 8**

**Small Town Big Band Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**Aug. 15**

**Old Tyme Fiddlers Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. For more information, call 315.858.0964.

**Aug. 18**

**"Celebration of the Spirit" concert.** Noon-5 p.m. Arc Park. 420 E. German Street. Herkimer. For more information visit: [www.archer-herkimer.org](http://www.archer-herkimer.org) or call 315.574.7000.

**Aug. 22**

**New Horizons Barbershop Chorus and Individual Quartets Concert.** 7 p.m. Bandstand. Route 20. Richfield Springs. New York. For more information, call 315.858.0964.

**Wednesdays at Fort Klock.** 6:30 p.m. Fort Klock Historic Restoration founding member Skip Barshied will review lighting through the ages. For more information visit [www.fortklockhistoric.org](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**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](mailto:cfeditor@leepub.com)**

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Foundation awards scholarships to Herkimer-region students

HERKIMER – The Herkimer Region College & Career Scholarship Foundation recently awarded \$9,250 in scholarships to local students during the foundation’s 27th annual awards ceremony at Herkimer-Fulton-Hamilton-Otsego BOCES.



Herkimer BOCES Child and Family Services instructor Sarah Weeks, who is a graduate of Herkimer BOCES and a former recipient of a scholarship from the foundation, was the ceremony’s guest speaker. She reflected on being at the ceremony as a high-school senior, preparing to leave BOCES and go to college.

“Looking back on my

**FOUNDATION 11**

The Herkimer Region College & Career Scholarship Foundation’s 27th annual awards ceremony took place on Wednesday, May 30, at the Herkimer-Fulton-Hamilton-Otsego BOCES William E. Busacker Complex in Herkimer. General foundation scholarships were presented to local high school students, and alternates for the scholarships were recognized. Winners and alternates who attended are pictured here, from left, front row: Mackenzie Adamek, of Herkimer; Shaylynn Smith, of Central Valley; Chloe Springer, of Poland; Alexis Rowe, of Herkimer, and Pumray Pett, of Central Valley. Back row: Patrick Reardon, of Little Falls; Drew Harrigan, of Central Valley; Griffin Parker, of Mount Markham; Anthony Hampel, of Poland, and Gabrielle Ippolito, of West Canada Valley.

Photo courtesy of Herkimer BOCES



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FOUNDATION from 10

where I am today,” Weeks said. “I look out and see all of these seniors about to graduate with an honorable scholarship already under their belt, and I know the hard work and dedication that put them here.”

The scholarship ceremony and dinner took place on Wednesday, May 30, at the Herkimer BOCES William E. Busacker Complex in Herkimer.

The goal of the Herkimer Region College & Career Scholarship Foundation is to expand access to higher education for students in the region who are in career and technical education fields. To date, the foundation has provided more than 300 scholarships – totaling \$168,500.

At the ceremony, foundation President Sharon Baisley conducted the welcome and introductions, and thanks were given to the foundation’s board of trustees and the dinner sponsors: M&T Bank and Human Techno

Retired Superintendent William Whitehill provided the history of the foundation, and Baisley and foundation Vice President Terry Dangle awarded the scholarships. Certificates. Cargo work van, 144k miles.....

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During her speech, Weeks recognized the award recipients and foundation organizers.

“I also see a room full of dedicated educational leaders, administrators, community members and teachers who are involved in making these scholarships possible for these students in front of us,” Weeks said. “Students, these individuals are here because they believe in your future. They have invested a lot of time and effort into funding, preparing and selecting you for this honorable scholarship award. All the students in this room receiving this award I believe are seen as a leader, a friend, a lifelong learner and a great student.”

The general scholarship winners receive \$650 for the first year and then are awarded another \$650 for a second year of college if they maintain a grade point average of at least 3.0 and provide a copy of their freshman year transcript and enrollment verification for their sophomore year.

The scholarships are open to students who are majoring in vocational education in their high schools or at Herkimer BOCES and plan to go to college the next school year.

The following students won the foundation’s general scholarships:

- Mackenzie Adamek, of Herkimer;
- Joshua Douglas, of Mount Markham;

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- Anthony Hampel, of Poland;
- Drew Harrigan, of Central Valley;
- Gabrielle Ippolito, of West Canada Valley;
- Griffin Parker, of Mount Markham;
- Pumray Pett, of Central Valley;
- Patrick Reardon, of Little Falls;
- Alexis Rowe, of Herkimer; and
- Chloe Springer, of Poland.

Jordan LaSalle, of Poland, and Shaylynn Smith, of Central Valley, were named as alternates to receive scholarships.

There also are special incentive awards available each year for students pursuing careers in certain areas that awards were established for through donations.

The following students won special incentive awards of \$100 each this year:

- Hampel won the Chris Brockway Memorial Scholarship, which goes to a student completing the Criminal Justice program at Herkimer BOCES and attending college for a career of the recipient’s choice.
- Rowe won the William E. Whitehill Jr. Scholarship, which goes to a student in the Herkimer BOCES Career Tech Center who has demonstrated perseverance and has set clear goals for the future.

• Harrigan won the Robert A. Moore Memorial Scholarship, which goes to a student who has completed the Herkimer BOCES Visual Communications Media Arts program with a final two-year average of at least 80 and consistently exhibits the qualities of cooperation and professionalism.

• Reardon won the Paul A. Bouck Memorial Scholarship, which goes to a student who will be attending college and majoring in an agricultural/rural or related field, and the Papaleo/Dady Family Scholarship, which goes to a student who has completed a two-year program at the Herkimer BOCES Career Tech Center with an average of at least 85 and has demonstrated good attendance, teamwork and commitment to a career field through participation in classroom activities, work experiences and/or community involvement.

• Adamek won the William E. Busacker Memorial Scholarship, which goes to a student who displays characteristics such as the student plans to attend college, a career training institute or vocational licensure school; has been actively involved in school and/or community programs that promote political, religious or social ideologies and; has been actively involved in school and/or community activities that foster personal growth such as sports, theater, journalism or career/academic interest organizations, and has demonstrated leadership in causes that promote change to the status quo, compassion for the less-fortunate, animal rights or other issues.

• Douglas won the David Congdon Jr. Memorial Scholarship, which goes to a student completing the Building Construction program at Herkimer BOCES and furthering a career of the recipient’s choice.


• Springer won the Hummel Family Scholarship, which goes to a student who has completed a Herkimer BOCES career program with a final two-year average of at least 80 percent, plans to attend college for further training in the field of business and has demonstrated community-minded focus throughout high school.

• LaSalle won the Mower Family Farm Scholarship, which goes to a high-school graduate who will be pursuing occupations in the field of agriculture.

Additionally, \$650 scholarships were awarded to two adult licensed practical nursing program students: Crystal Barton, of Dolgeville, and Alysha Clifford, of Cold Brook. Gabrielle Gomez, of Palatine Bridge, was named as the alternate for the nursing scholarships. Also, Alesha Miles, of Gloversville, received the \$650 special nursing scholarship.

The foundation’s largest fundraiser each year is the Herkimer Region College & Career Scholarship Foundation Golf Tournament, which takes place this year at 10 a.m. on Aug. 6 at the Cedar Lake Golf Club. Last year’s golf tournament raised \$9,100.

For information on registering for the golf tournament or making a donation or sponsorship, send an email to smaxson@herkimer-boces.org or call 315.867.2023.



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## Local women aim to inspire students through Herkimer BOCES School to Careers event

HERKIMER — Herkimer-Fulton-Hamilton-Otsego BOCES Spring Career Inspirational Experience keynote speaker Christine Benedetto told students how she decided 16 years after college to go back and study to become a school counselor.

During this time period, her father, Michael Amodio Sr., battled and passed away from leukemia. She had a long discussion with him before he died, and one piece of advice he offered has stayed with her: "Determination is key."

Benedetto, who is now an elementary school counselor for Herkimer BOCES Special Programs, told students in attendance that life is a journey that goes in directions you don't expect, and she encouraged them to try things they might not think they are capable of.

"Push yourself beyond limits," she said.

The Spring Career Inspirational Experience took place on Thursday, May 31, at the Herkimer BOCES William E. Busacker Complex in Herkimer. The event is for students in grades 10-12 in Herkimer BOCES, its 10 component districts and Valley Pathways in

Technology Early College High School. It is targeted at female students and others who are interested.

Students are encouraged through the experience to start thinking about their career opportunities, employability and independence. Benedetto served as the keynote speaker and one of the four speakers who talked in breakout sessions with smaller groups of students.

The three other breakout-session speakers were:

- Laura Howard, the community resource coordinator for BRIDGES' LGBTQIA Initiative of Madison County.

- Shahida Dar, the program coordinator of the engineering science and physics programs at Mohawk Valley Community College.

- Sarah Muccio, a mathematician for the Cyber Assurance Branch of the Information Directorate at the U.S. Air Force Research Laboratory in Rome.

### 'In front of you'

The Herkimer BOCES School to Careers program organizes the Spring Career Inspirational Experience, and STC liaison/work-based learning coordinator



Christine Benedetto, an elementary school counselor for Herkimer-Fulton-Hamilton-Otsego BOCES Special Programs, talks to local students during a breakout session at the Herkimer BOCES School to Careers Spring Career Inspirational Experience on Thursday, May 31, at Herkimer BOCES.

Photo courtesy of Herkimer BOCES

MaryBeth Napolitano welcomed students to the event.

"Today is simply about being inspired to be the best version and interpretation of you," Napolitano said.

During her keynote speech, Benedetto also

advised students not to

get too stressed or discouraged as they face

challenges.

"You're young," she said. "You've got your

LOCAL 13

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LOCAL from 12

whole life in front of you.”  
Going back for more college studies while raising a family paid off for Benedetto by allowing her to find a career that makes her happy.

“I absolutely love what I do,” she said. “It is not a drudgery to go to work. I look forward to it.”

**‘Take on fear’**  
During one of her breakout sessions, Howard told students that during her career path, she overcame her fears of leaving home, not being good enough, making a mistake, speaking out and failure.  
Howard challenged students to feel fear and push through it, and she said they have already gained power from the experiences they have gone through thus far in life and as high-school students.  
“Resiliency is in the room,” she said.  
Before the event started, Howard talked about why she felt it was important to discuss fear with students and how overcoming it can lead to

more opportunities.  
“I want them to be able to not shy away from fear – and be ready to take on fear,” she said.  
Howard also was excited about the Spring Career Inspirational Experience and looking forward to it getting underway.  
“I really hope the students find some joy today and hear from folks who have gone through various journeys, and I hope it relates to their journeys and it brings them some positive energy,” she said.  
Allowing students to see four local female leaders together is another benefit of the event, Howard said.  
“It can’t be underestimated how important that is,” she said.  
**‘In your life’**  
Before moving to the United States to get her doctorate in theoretical high energy/particle physics from the University of Delaware, Dar graduated from Punjab University in Lahore, Pakistan, with a Master of Science in physics degree and then earned a one-year post graduate

diploma in high energy physics at the Abdus Salam International Center for Theoretical Physics in Trieste, Italy.  
Ever since, she has been working at Mohawk Valley Community College as a physics and engineering science faculty member.  
She said there is a need to push women toward STEM (science, technology, engineering and mathematics) careers, and 30 of her 32 current students are male.  
“We need a lot more women,” she said.  
Dar recommended that students make sure their career goals line up with a path to reach them.  
“Do what you want to do and what you like to do, but be realistic also,” she said.  
Dar also advised students to take math classes.  
“Learn how to love math,” she said. “Don’t be scared of it. Math is everywhere in your life.”  
**‘Their journey’**  
In the field of information assurance, Muccio works with scientists to mathematically model systems and analyze in-

formation. She conducts research on the science of mission assurance, emerging technologies and maps mission essential functions to their cyber assets.  
She told students she believes there are three ingredients to career success: communication, balance and being passionate about your career choice.  
“My recommendation is: Try things,” she said.  
Muccio also is an adjunct faculty member at Syracuse University – educating future cyber security leaders through several Syracuse University graduate and undergraduate courses that she co-created.  
She said the Spring Career Inspirational Experience is a great opportunity for local students.  
“I think it’s really exciting for students to see a wide range of careers to choose from, she said. “I hope that they walk away with more confidence that they can do anything they want to do and that they can start their journey right now. They don’t have to wait.”

Now here’s a tip

- by JoAnn Derson
- “Restore the shine on dull buttons by painting them with a coat of clear nail polish. I’ve renewed the buttons on my cardigan several times this way. I think it also strengthens the threads holding the buttons on.” — R.H. in Maine
  - “Turn a regular bra into a racerback strap with a simple paperclip. Just tuck both arm straps into the paperclip and adjust the point on your back where they come together. This has saved me when I had a nice tank top under a light jacket but then wanted to remove the jacket without my straps showing.” — A.J. in California
  - A paintbrush makes it really easy to clean out the crevices in your car. You can tape it to a ruler to get a longer reach and use it between the chairs and the center console, where there are a lot of crumbs but it’s hard to reach.
  - “I found an all-plastic mattress cover, meant to be a protection against spills or wetting the bed. I use it instead to protect my outside picnic table when the kids are doing messy crafts, like painting or working with glue or dyes. Because it’s a fitted sheet, it grips the table in any amount of wind, so it never flies up. I can hose it off to clean up, and when it’s dry I just store it until next time.” — M.W. in Minnesota
  - Thrift store pillowcases make an excellent dust cover for stored purses and bags. They can be trimmed to size, if necessary, and tied closed with a bit of string.
  - “For fun pancake shapes, use a turkey baster. Fill it with pancake batter, then spell or draw on a heated and oiled pan. Just make sure your letters are backward to start with; they look better when flipped!” — E.L. in Washington
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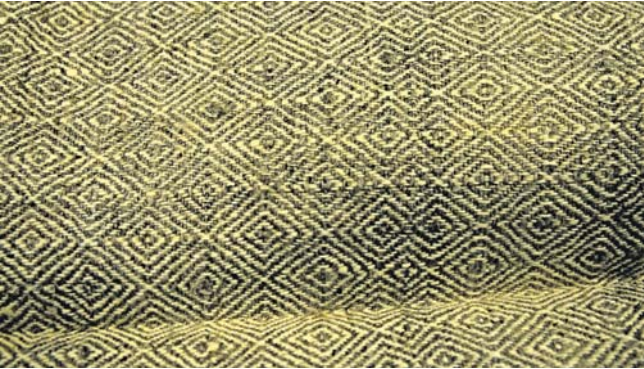
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# Whatchamacallits



Some of the items featured in Whatchamacallits may be true whatchamacallits. Others are very well known. This is Whatchamacallit is a piece of handwoven fabric.



Weaving is thought to have started in the Paleolithic era, 27,000 years ago. Although that is the current theory, it is well known that weaving has been around as early as 7,000 B.C. Early textiles were made from flax, cotton,

wool or silk, depending on the civilization and materials available.

Weaving requires a basic but repetitive process. First, some thread is set up vertically on a type of board, becoming the taught warp that is the base of the project. Then more thread is interlaced horizontally, moving around the warp to create different patterns and textures. This piece is called the weft or fill.

The pattern used in this Whatchamacallit is called the diamond twill. It is a pretty pattern and rather popular, but not the most basic method of weaving. This pattern starts with passing the weft over one or more warp threads and then under two or more warp threads. This is continued back and forth across the width of the project until the desired length is achieved.

Weaving always requires a great amount of time and effort, but the type of loom used could help the process along.



Last week's Whatchamacallit is still a mystery and we are looking for any information about what it could be.

If you have a guess or know what these items are, then we would like to hear from you.

You can call Camden at 518.673.0144 or email [cbarden@leepub.com](mailto:cbarden@leepub.com).

**Do you have your own Whatchamacallit?**

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## Herkimer BOCES Pathways Academy students build game boards for Whitestown Vets Club

Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy students in teacher Adam Spatto's trade industries class recently built 16 red, white and blue cornhole boards for a new league the Whitestown Vets Club is starting.

Pathways Academy student Casey Elthorp, 14, of Central Valley, said he knows people who have served in the military, so

The request was just for the boards to be painted blue with no pattern, but the class collectively decided "that's not good enough," Spatto said. After trying out many design options, the class settled on red, white and blue boards with 15 stars on them.

### Building the boards

Spatto said he just guided students as needed and answered ques-

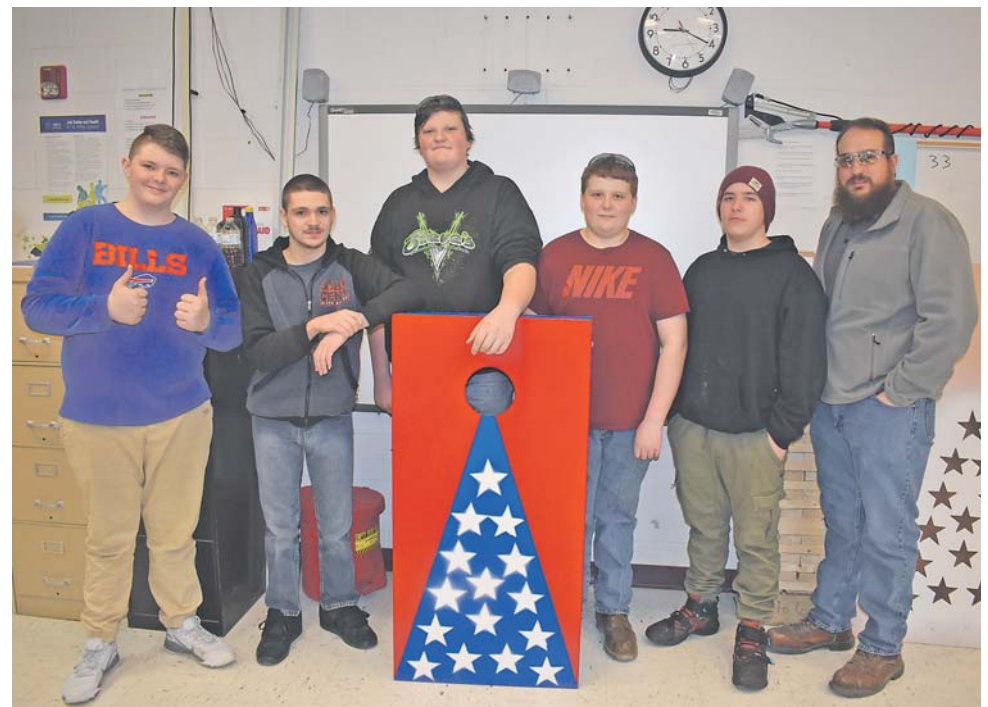
Building the boards for the Whitestown Vets Club helped the students practice a variety of trade industries skills, surpass the number of work-based learning hours they need and already earn all of the New York State Career Development and Occupational Studies Commencement Credentials — commonly

**HERKIMER 15**



The Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy trade industries teacher Adam Spatto and his students Ethan Williams, 14; Brent Riesel, 14; Casey Elthorp, 14, and Robert Rose, 16, pose for a photo with members of the Whitestown Vets Club on Monday, April 16, when the trade industries class delivered cornhole boards they built for the veterans.

Photos courtesy of Herkimer BOCES



The class poses with one of the boards they built. (L-R) Pathways Academy students Ethan Williams, 14, of Central Valley; David Edwards, 18, of Frankfort-Schuyler; Brent Riesel, 14, of Central Valley; Casey Elthorp, 14, of Central Valley, and Robert Rose, 16, of Central Valley, with trade industries teacher Adam Spatto.

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he appreciated the opportunity to do something for local veterans.

"I felt happy to do something like that," he said. "It's just nice to give back to someone who has fought for our country."

The trade industries students built the boards in class over the course of several weeks. The boards were delivered to the Whitestown Vets Club on Monday, April 16. Cornhole is a game in which you throw corn-filled bags similar to beanbags onto an angled board or through a hole in the board.

Herkimer BOCES math teacher Mike Ferris, who is a member of the Whitestown Vets Club, first mentioned the idea to Spatto, who then followed up with the club.

"A good cause like the Whitestown Vets Club, we would do it for them," Spatto said, of how he and his students responded.

tions, but they did "95 percent" of the work.

Students looked into regulation sizes, the pattern and design options and the list of materials they would need. They also did the measuring, marking where the holes should go, the cutting, the assembling and the painting.

"It's a great experience for these guys," Spatto said.

Cutting the star template out was one of the challenges, and they put a lot of thought into how they wanted to display the stars, Spatto said.

The class built 20 cornhole boards and gave 16 of them to the Whitestown Vets Club. They built the extra ones in case there were any issues with some of them, and they also will use the extra ones during Positive Behavioral Interventions and Supports (PBIS) activity days at Pathways Academy, Spatto said.

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# Country Preacher

by Pastor Dan West

In **James chapter 3** James uses our control of our tongue (signifying the things we say) as a gage of our faith. The word “perfect” in **verse 2** means complete or to have reached a goal. Just as a small bit in a horse’s mouth can change its direction and a small rudder on a large ship changes its course, so our diminutive tongue can alter the course of our life and others’ around us!

James, in **chapter 3, verse 5**, points out that a “little fire” (think “match”) can start a “great matter” (think “wild fire”). He then likens the tongue to a match that can “set on fire the course of nature!” One person’s gossip can damage the lives of many people. You’ve seen it as well as I have. James says in **verse 8** that the tongue is “full of deadly poison!” The old war-time saying “Loose lips sink ships” is just a modern

version of James’ admonition here.

**Verse 10** says that we both bless and curse from the same mouth; this should not be so he says, and gives several examples in the following verses of how unnatural and wrong it is.

The apostle Paul tells us in **Ephesians 4:29** that everything we say should build up, strengthen (edify) those who hear it. Let’s all work on that.

HERKIMER from 14

referred to as CDOS credentials — that they’ll

need for graduation, Spatto said.

“That’s just huge,” he said.

**Visiting the veterans**  
Spatto delivered the boards to the Whitestown Vets Club after school on

Monday, April 16, and some students’ parents

brought them to the delivery as well. About 20

veterans attended and the veterans got pizza for the students.

“It was nice to go up there,” Spatto said. “It was like these kids were famous when they walked in the door.”

It seemed like the veterans, students and parents were all appreciative of the experience, and the veterans took time to talk with the students, Spatto said.

Pathways Academy student Brent Riesel, 14, of Central Valley, said it was a great atmosphere at the Whitestown Vets Club.

“You could almost feel it in the air — they were really appreciative of what we did,” Brent said. “You could really tell they liked them.”

When it came time to unload the boards from the delivery vehicle, everyone followed over, Spatto said.

“They all wanted to see them,” he said.

The veterans were very happy with how the boards came out and will be using them for their new cornhole league, Spatto said.

Pathways Academy student David Edwards, 18, of Frankfort-Schuyler, said he enjoyed building the boards and felt “proud” to give them to local veterans.

Pathways Academy student Ethan Williams, 14, of Central Valley, said it was good to have the experience of making the boards and doing work such as cutting the materials.

“It felt pretty cool to make them for people that served our country,” Ethan said. “It seemed like they really appreciated the job we did for them.”

Pathways Academy student Robert Rose, 16, of Central Valley, said it was a good feeling to see that the veterans liked the boards.

“I felt honored doing it for someone who served our country,” he said. “I loved doing it. If I could do it again, I would.”

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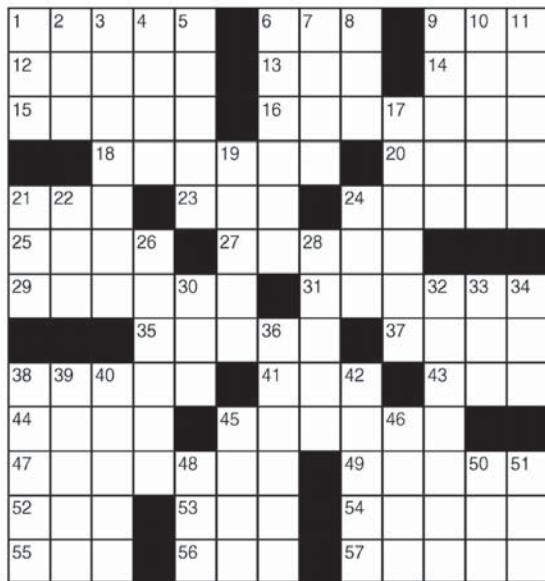
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## King Crossword

## ACROSS

- 1 Hamstrings  
6 Poorly lit  
9 Moreover  
12 Take as one's own  
13 Elizabethan, e.g.  
14 Luau side dish  
15 Suitor  
16 Sponge  
18 Logic  
20 Clue  
21 Sapporo sash  
23 Drench  
24 Papa  
25 File's partner  
27 Women's home, said John Gray  
29 Power source  
31 "The — Cometh"  
35 Because  
37 Portrayal  
38 Pop  
41 Expert  
43 Feedbag tid-bit  
44 Reed instrument  
45 Askew  
47 In a temperamental way  
49 Archipelago component  
52 Emeril's interjection  
53 Lennon's lady



- 54 African capital city  
55 Pigpen  
56 A Bobbsey twin  
57 Private student  
8 Chinese chairman  
9 Garden pest  
10 Incessantly  
11 Filthy  
17 Second drink?  
19 Lucky roll  
21 Raw rock  
22 Prohibit  
24 French noble title  
26 Showed affection  
28 Sis' kid  
30 Little louse  
32 Having a romantic glow, maybe  
33 Carte lead-in  
34 Profit  
36 Big gorge  
38 Gets zero stars  
39 WWII vessel  
40 Spacious  
42 Oust  
45 Radius neighbor  
46 Birthright barterer  
48 Charged bit  
50 Before  
51 Pirouette pivot

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## MAGIC MAZE • CONSECUTIVE TWO-WORD PHRASES

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

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

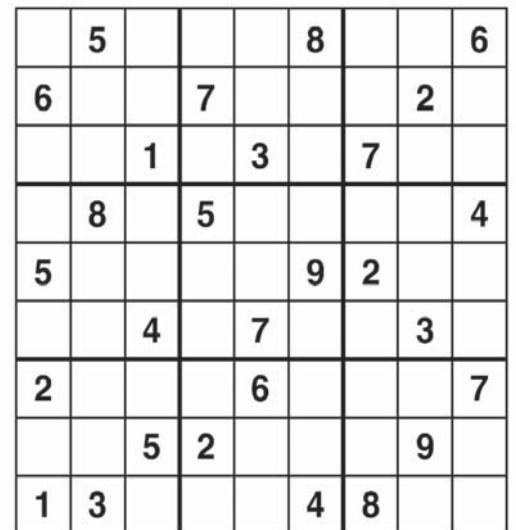
Animal House Cat Food Coloring Book Cover Letter Box Kite (clue answer) Instrument Landing Craft Fair Weather

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## Weekly SUDOKU

by Linda Thistle



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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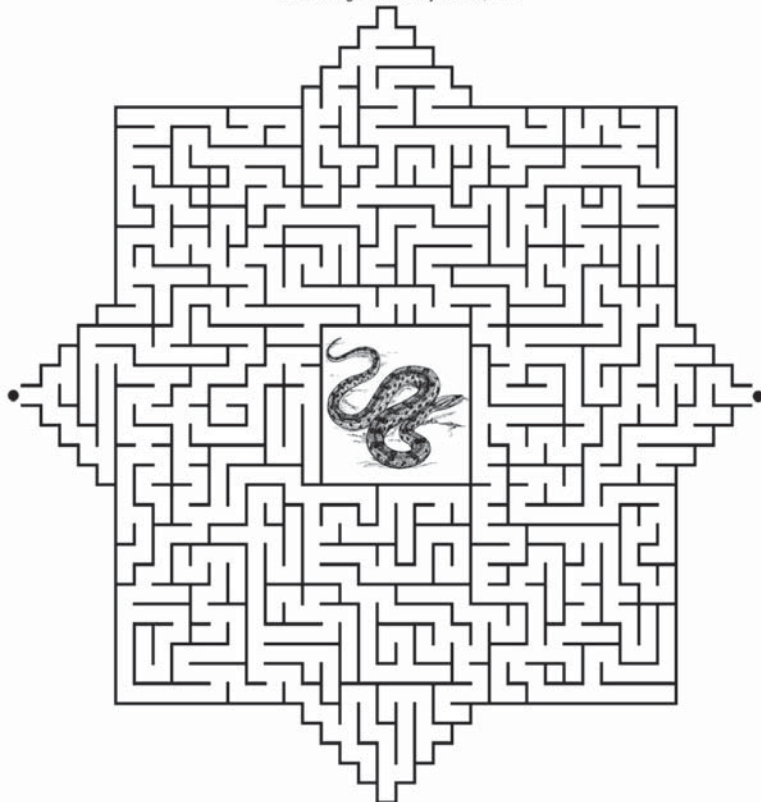
## Amber Waves



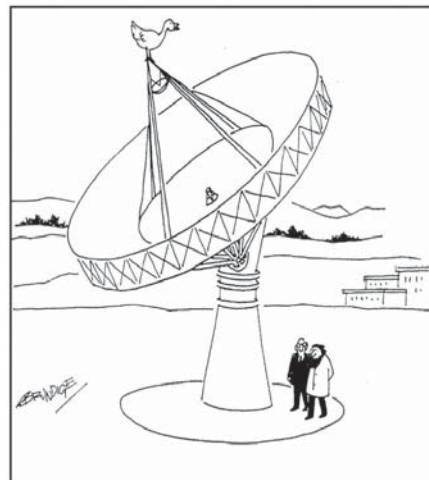
by Dave T. Phipps

## Mega Maze

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## LAFF-A-DAY



"Lately we seem to be picking up a confusing profusion of space debris."

## STICKELERS (sic) by Terry Stickels

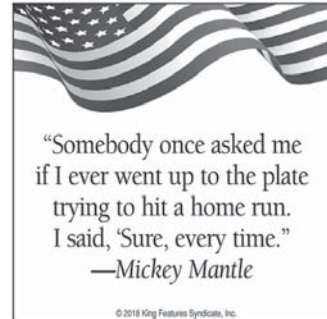
Unscramble the letters to come up with a common, everyday 17-letter word ...

Beginning with "I."

I	U	A	D
Z	T	R	I
N	S	L	I
T	O	N	A

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## Americanisms



"Somebody once asked me if I ever went up to the plate trying to hit a home run. I said, 'Sure, every time.'"  
—Mickey Mantle

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light is different. 2. Box is smaller. 3. Collar is missing. 4. Shirt design is different. 5. Hat is missing. 6. Picture is missing.

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## To your good health

by Keith Roach, M.D.

### The case against hydrogen peroxide

**DEAR DR. ROACH:** My dental hygienist recommends rinsing your mouth with hydrogen peroxide to kill germs after flossing. Lately I have heard that using too much hydrogen peroxide can be harmful. What are your thoughts? — T.W.

**ANSWER:** Hydrogen peroxide is a powerful antiseptic that has some usefulness for household objects; however, I don't recommend it as an oral rinse. It is too toxic to tissues. In a 1993 study, even hydrogen peroxide solutions diluted to half and quarter strengths caused damage to mucous membranes and caused "overwhelmingly negative subjective reactions." Thus they were not recommended for oral care. A regular mouthwash is a much better choice, and your dentist can prescribe a medicated mouthwash if needed.

Incidentally, I don't recommend hydrogen peroxide for cleaning cuts and abrasions, either. It isn't effective at inhibiting bacterial growth. I recommend care-

ful cleaning with mild soap and water or saline and an antibiotic ointment like Bacitracin.

**DEAR DR. ROACH:** I have heard of yeast infections, but I don't know what causes them. How do they affect the body, and what can be done to get rid of them? — C.R.

**ANSWER:** Certain yeasts, but especially the *Candida* species, are found on our skin, mucus membranes and GI tract. They normally live in balance with the 100 trillion or so bacteria we carry around. However, yeast can cause disease that ranges from fairly mild, like thrush of the mouth or vagina, to life-threatening, like a blood-borne, widely disseminated invasive infection.

*Candida* infection of mucus membranes is usually caused by changes in our bacteria, especially after the use of antibiotics. The antibiotics kill the bacteria they are supposed to (hopefully), but they also may kill the healthy bacteria that assist us in digestion (leading to diarrhea or worse), and this allows the other bacteria and yeast to grow.

Some people with genetic faults in their immune system are predisposed to chronic candida infections. These are uncommon but can be severe, and may require treatment by specialists, such as infectious disease doctors and immunologists.

The life-threatening yeast infections generally happen in people with severe illness and with poor immune system function.

**DEAR DR. ROACH:** I have been diagnosed with Fuchs' corneal dystrophy by an ophthalmologist, whom I saw for an eye exam recently. Would you please tell me more about this disease? Is there any treatment? What can I expect in the future? It is getting harder to read and do close work. — N.O.

**ANSWER:** Fuchs' dystrophy is a condition of older eyes, which happens when the cells in the innermost lining of the cornea (the translucent, colorless front part of the eye) degenerate, causing, initially, deposits in the cornea and later swelling of the cornea. The disease has a complex genetic pattern of inheritance, and tends to progress slowly. Treatments include soft contact lenses to "bandage" the cornea, and eyedrops. Transplant surgery of the affected lining of the cornea (called Descemet's membrane), or the whole cornea, is the definitive treatment.

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## Senior News Line

by Matilda Charles  
**Here's How to Stay Cool This Summer**

Summer isn't officially here, but there is at least one location in the country where the temperature reached 100 degrees F. Much of the Sunbelt already is seeing highs in the 90s. All of those numbers are going to rise in the coming weeks. It's the time of year for seniors to beware the heat. Here are some tips:

- If you have window air conditioners that someone installs for you each year, schedule it earlier rather than later. Once the interior walls in your house get warm, it's hard to bring those temperatures down.

- Consider sun-blocking drapes for windows on the south and west side of the house. Keep them closed during the heat of the day.

- Join afternoon activities at the library and senior center. That way you'll be in air conditioning when the heat is at its worst. If you can get to the mall, go there. Sit in the food court and read a book, or walk some laps for exercise.

- Plan your errands for early or late in the day.

- Call your doctor's office and ask about your water intake. Be sure to tell them all of your medications; some drugs can make it too easy to become dehydrated, especially if you take diuretics. Remember that sugary

drinks don't count as liquid intake.

- Keep an eye on your neighbors if they're out in the yard. If you go out, use a wide-brim woven hat. Check the weather and keep an eye on the heat index. Wear loose cotton clothing.

Remember: We seniors don't always know when we're getting overheated. Heat exhaustion or heatstroke can creep up on us because our circulatory system doesn't work like it used to. Know the symptoms of heat exhaustion: weakness, headaches, dizziness and muscle cramps. The more serious heatstroke can follow only 10-15 minutes later.

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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  
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812 Multi Media  
813 Music  
815 Motorcycles  
817 Nails  
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950 Real Estate For Sale  
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960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
1180 Trucks  
1187 Vacuum  
1190 Vegetable  
1200 Veterinary  
1205 Wanted

## Announcements

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## Announcements

### ★ ★ ★ ★ ★

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## The basics of mulching

Mulch is available in various forms. Like other land and garden products, mulch can go a long way toward helping plants thrive.

Mulch comprises just about any material that is spread over the surface of soil. Its purpose is primarily to help soil retain moisture. In addition, mulch can staunch weed growth, keep soil cool, improve the aesthetics of garden beds, and even improve soil nutrient composition. When the right mulch is chosen, it can reduce the amount of time homeowners spend watering and weeding their gardens and insulate plants from dramatic changes in weather.

Gardeners may not realize that mulch also can prevent garden soil from becoming overly compacted, according to HGTV. This can mean beneficial earthworms can move easily through the soil, creating channels for water and depositing their nutrient-rich waste products.

Gardeners can choose organic or inorganic mulch. Organic mulches are derived from natural materials that will decompose over time, lending organic matter as well as various nutrients to the soil. Organic mulches also may contain beneficial microorganisms that can

fight against plant diseases. Inorganic mulches may be made of stones, landscape fabrics and plastic. Both types will need to be amended or replaced as they degrade. Those who want the most

environmentally-friendly mulching materials can choose all-natural mulches instead of synthetic alternatives.

To work effectively, mulch should be applied in a two- to three-inch lay-

er of material, state the experts at Old World Garden Farms. This is the ideal amount to retain soil moisture and suppress weed growth without choking plants. Also, mulch that is too thick

may make it impossible for water to penetrate, or it may prevent the soil from airing out, causing continuously wet conditions that lead to root and stem rot.

The University of Connecticut Home & Garden Education Center says mulch should not be placed directly against plant crowns or tree bases, as this can promote the development of disease. It may also serve as a habitat for bark- and stem-eating rodents. The center also suggests watering newly installed bark or wood mulches to prevent fungi from colonizing in dry mulch and causing problems like a water-repellent surface on the

mulch.

Home landscapers considering mulch types may find that compost, manure and grass clippings (from nonpesticide-treated lawns) can be inexpensive and versatile in garden beds. The home advice site The Spruce notes that newspaper may also be effective. Many newspapers have switched over to organic dyes, especially for their black and white sections. Newspapers are an inexpensive way to suppress weeds and act like organic mulch in beds. They can be covered with other organic mulch, like shredded bark, for more visual appeal.



Mulch can be a versatile asset when doing gardening projects around home landscapes. And the benefits are more than just aesthetic.



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**Sat. June 30th** – Sale held on the farm Ilion, NY. 9:30AM. Wedgenock Farm Complete Machinery Dispersal. 7 late model tractors, 8 trucks, Self-Propelled Chopper, JD 9500 Combine – complete line of tillage, harvest & support equipment & misc. items. Watch for complete ads to follow! 45 years of accumulation around the farm come spend the day! GPS address: 391 Cedarville Road, Ilion, NY 13357. Owners: Terry & Bobbie Jones 315-822-5342. Full listing and pictures on our website – [www.hoskingsales.com](http://www.hoskingsales.com). Watch our facebook page for weekly pictures as we get things lined up.

**THIS SALE HAS BEEN CANCELLED -----Sat. July 14th** – Sale held on the farm Cazenovia, NY. Meadows Farm Complete Registered Waygu Beef Dispersal. We will be selling over 100+ Purebred cattle – Cows, Cow calf pairs, heifers, bulls & steers.

**Fri. Sept. 7th** – 11:30 AM sale held at the sale barn. Nutmeg Acres Complete Registered Brown Swiss & Holstein Dispersal. Selling 80 head – 60 Swiss 20 Holsteins. 45 milking age balance youngstock. Showage calves & heifers in this group all by popular sires! Owners: Lewis & Trudy Tanner, Warren CT. 860-868-2120 cell: 860-685-0708. Watch for more complete details.

**Sat. Sept. 22nd** – Sale to be held at Sale barn – New Berlin, NY. 12:00 PM E.S.T. Empire State Farms Complete Final Chapter Complete Fullblood Wagy Dispersal. Approx. 100 lots sell including: Young & Mature cows, Bred & Open Heifers, herd sire prospects, preg. Recipients, cow calf pairs, embryos & semen. Watch for more complete details.

**\*\*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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# Avoid Lyme disease while gardening

by Dr. Leonard Perry, Horticulture Professor Emeritus, University of Vermont

Lyme disease is a potentially disabling disease of joints and the nervous system, spread by deer ticks. Knowing about this disease, how it is spread and steps to avoid it will allow you to continue gardening or enjoying the outdoors, along with your pets, without concern for these spider relatives.

Although this disease is rarely fatal, it can cause debilitating illness including heart irregularities, facial paralysis and impairment of the nervous system. Early symptoms to watch for include minor symptoms such as skin rash, fever, headaches and muscle and joint pain. Very characteristic, but not always present, is a skin rash called "erythema migrans". This rash appears as a red circular patch at the site of a tick bite within three days to one month. As it enlarges, this patch often takes on a "doughnut" or "bulls eye" appearance.

As ticks like warm spots, parts of the body to watch are thighs, groin, trunk, scalp and armpits. Ticks don't fly or jump, so you must come in contact with them and they crawl once on a body. Ticks are generally present within 18 to 24 inches of the ground.

Although there are no vaccines to prevent Lyme disease, it can be treated with antibiotics once diagnosed. Prompt treatment, however, is important.

Three types of ticks can carry Lyme disease, but deer (black-legged) ticks spread this in the Northeastern and North Central states. Ticks feed on small rodents, birds and deer that may carry the Lyme disease but not be affected by it. This is where the ticks pick up the bacterium and then transmit it to humans.

Although deer are what most think of as carrying ticks, field mice in many cases may be spreading them more widely. Opossums aren't usually thought of regarding deer ticks, but they're a huge help with them. As most mammals wandering through grass and brush,

they attract ticks but, being very effective groomers, they kill 95 percent of ticks that try to feed on them.

Obviously, avoiding places where ticks live or checking for tick bites if you are in such areas is a primary means of the prevention of Lyme disease. Ticks like cool, wet places such as wooded areas, piles of debris, stone walls and high grasses.

Since a deer tick must remain attached for 36 to 48 hours to cause infection, frequent checking for ticks is important. Both the nymph and adult stages of deer ticks can transmit Lyme disease.

If you find ticks, remember not all carry this disease. Half or more of tick bites cause an allergic reaction, but all such symptoms shouldn't be confused with the symptoms of Lyme disease. Such non-serious allergic reactions appear within a few hours or days, do not expand or have the bulls-eye feature, and disappear within a few days. Infections from Lyme disease usually start out about two inches wide, then expand. If the red area from a bite is under the size of a quarter, this is likely not Lyme disease and should disappear soon.

No matter what kind of tick you find, deer or otherwise, you probably want to remove it. DO NOT try to remove it with heat as from a match, or alcohol. This will only irritate the tick and cause it to more quickly insert more toxin. Instead, use a pair of fine-tipped tweezers to grasp the mouthparts of the tick as close to the skin as possible and firmly pull straight out. Fine-tipped is important, rather than normal tweezers that will simply squish ticks. Best to use is an inexpensive tick removal tool you can find at most drugstores.

Tips to prevent tick bites, in addition to avoiding their habitats, include:

- Wear light-colored clothing so you can spot ticks more easily.
- Wear long-sleeved shirts and pants to minimize exposure.

• Tuck pant legs inside socks or boots to keep ticks on the outside.

• Use an insect repellent containing 20 to 30 percent DEET, 10 percent for children, or picaridin. Most effective at killing ticks is permethrin, but only use this on clothing as it becomes ineffective on skin.

You also may find any number of repellents based on essential plant oils. Recent research ([www.cdc.gov/lyme](http://www.cdc.gov/lyme) under prevention/natural repellents) showed effectiveness of several such oils such as rosemary, garlic, lemongrass, geranium and others.

• After being outdoors in high risk areas, inspect body surfaces closely. Place clothes in a hot drier to kill any ticks if on clothes.

About 70 percent of people that contract Lyme disease catch it from ticks in their own yards. Tips to minimize ticks in your landscape include:

- Keep your yard clean and free of debris, grass clippings, and leaf litter.
- Keep grass mowed, especially along property edges.
- Trim shrubs near walks and patios and keep groundcovers away from these and play areas.
- Create a three-foot wide barrier, three inches deep, between lawns and wooded areas using gravel, mulch or wood chips.
- Keep woodpiles away from gardens and lawns.
- If you have deer nearby, or visiting your landscape, begin deer-proofing techniques. There are some articles on this on my website ([perrysperennials.info](http://perrysperennials.info)).

While one of the original web resources for tick information was from the University of Rhode Island ([www.tickencounter.org](http://www.tickencounter.org)), many states now have excellent resources too, as does the National Centers for Disease Control and Prevention ([www.cdc.gov/ticks](http://www.cdc.gov/ticks)).

— King Crossword —

Answers

Solution time: 27 mins.

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

Mega Maze

Solution

Weekly SUDOKU

Answer

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

Stickelers Answer

The answer is "industrialization."

CONSECUTIVE TWO-WORD PHRASES

## Good Housekeeping

### Raspberry-Lemonade Granita

Here's a cool way to celebrate the start of raspberry season.

- 2 to 3 lemons
- 3/4 cup sugar
- 3 cups water
- 1 pint raspberries
- 1. From lemons, grate 1 teaspoon peel and squeeze 1/4 cup juice.

2. In 1-quart saucepan, heat sugar, lemon peel and 1 1/2 cups water to boiling over high heat, stirring to dissolve sugar. Remove saucepan from heat; stir in raspberries. Cool sugar syrup to room temperature.

3. In food processor with knife blade attached, blend mixture until

pureed. With back of spoon, press puree through sieve into bowl; discard seeds. Stir in lemon juice and remaining 1 1/2 cups water. Pour into 13-by-9-inch metal baking pan.

4. Cover and freeze mixture about 1 1/2 hours or until frozen around the edges. With fork, scrape ice, mixing it from the edge to the center. Repeat process about every 30 minutes or until mixture turns into ice shards, about 1 1/2 hours.

5. Serve granita right away, spooning shards into chilled dessert dishes or wine goblets. Or, cover and freeze up to 1 month. To serve, let stand about 5 minutes at room temperature to soften slightly. Makes about 8 cups, or 16 servings.

\* Each serving: About 45 calories, 0g protein, 11g carbohydrate, 0mg cholesterol, 0mg sodium, 1g fiber.

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

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## Tips to improve memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot re-

call where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to

process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

- Embrace recognition instead of trusting recall. Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at

recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told.

- Recognize the value of repetition. The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repetition increases the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same ap-

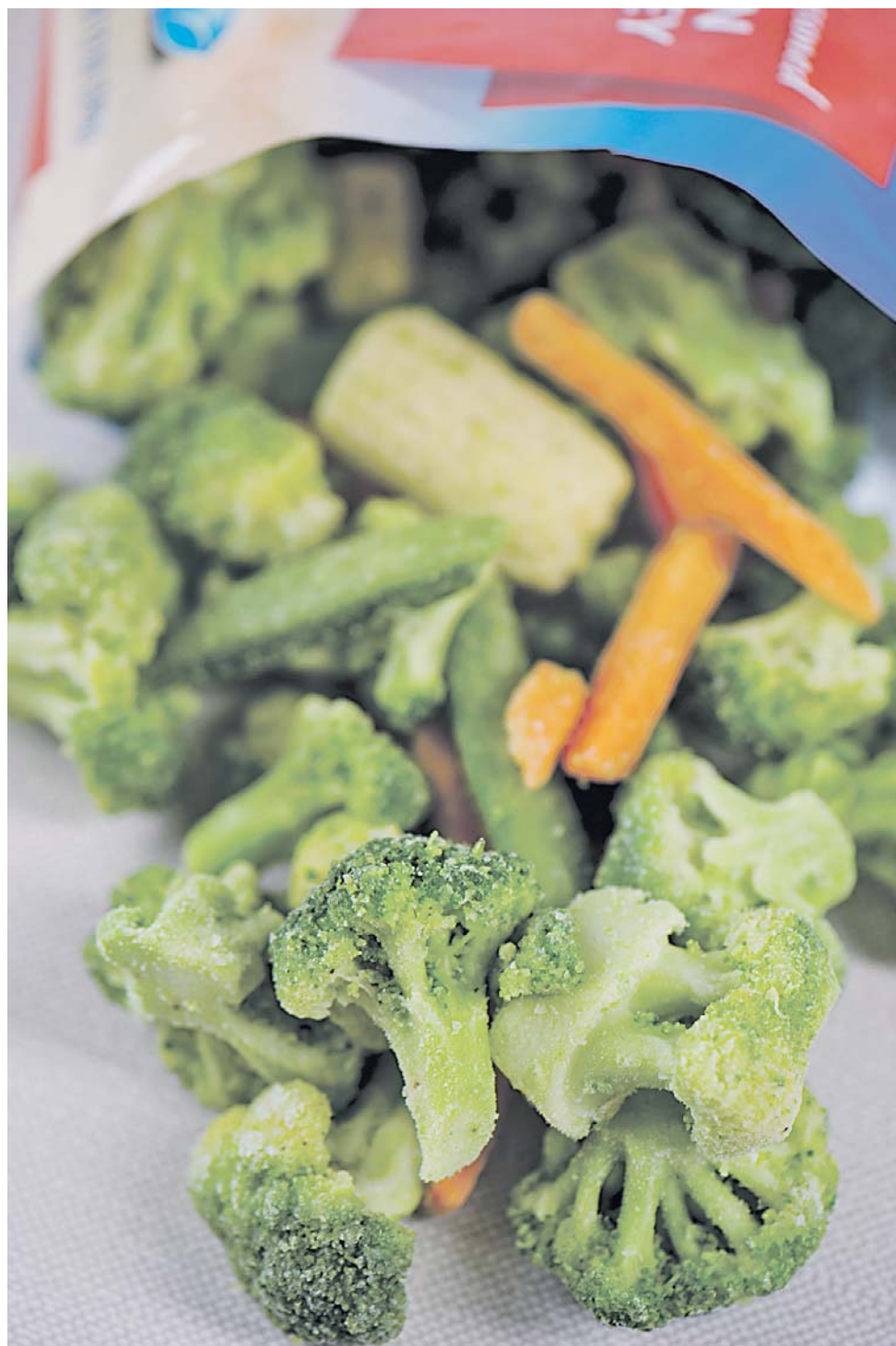
proach can be applied by adults who are trying to improve their memories.

- Eat a healthy diet. A study published in 2015 in the journal *Neurology* found that people who eat healthy diets with lots of fruits, vegetables, nuts and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease.

Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

- Break things down. Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.



*A diet that includes lots of vegetables can help men and women reduce their risk for cognitive decline.*





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## Strange but True

by **Samantha Weaver**

• It was French author, philosopher and journalist Albert Camus who made the following sage observation: "Nobody realizes that some people expend tremendous energy merely to be normal."

• Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-alike contest — and she lost.

• If you're a sailor you're probably familiar with the hazards of being out on the water: high seas, storms, hidden reefs. You probably wouldn't count whales among the dangers, but you'd be wrong. In 2010, on a day sail out of Table Bay Harbor in South Africa, a couple on a 30-foot sailboat were whale-watching when one got too close for comfort. A 40-ton whale they had been viewing breached right next to the boat and landed on the deck, breaking off the mast and then thrashing around before sliding back into the water. The whale lost some skin and blubber, but was otherwise

unharmful; the couple were lucky to still have a seaworthy craft and made it safely back to the harbor.

• Married women aren't likely to be surprised by the following tidbit of information: Studies show that women with husbands typically do 30 percent more housework than single women do.

• If you're heading to the state of Washington with mischief on your mind, you'll need to keep in mind this state law: "A motorist with criminal intentions [must] stop at the city limits and telephone the chief of police as he [or she] is entering the town." I bet that one has been really effective in stopping crime.

• It's been reported that singer Sting doesn't use deodorant. In fact, after interviewing him for a concert once, the journalists nicknamed him "Stink."

Thought for the Day: "It's far better to be unhappy alone than unhappy with someone." — Marilyn Monroe

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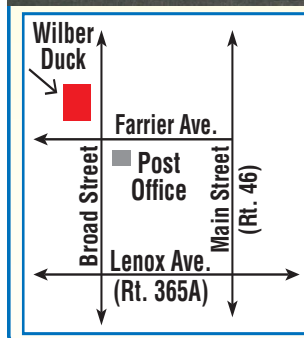


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