

Country Editor

July 13, 2018

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Volume 8
Number 8

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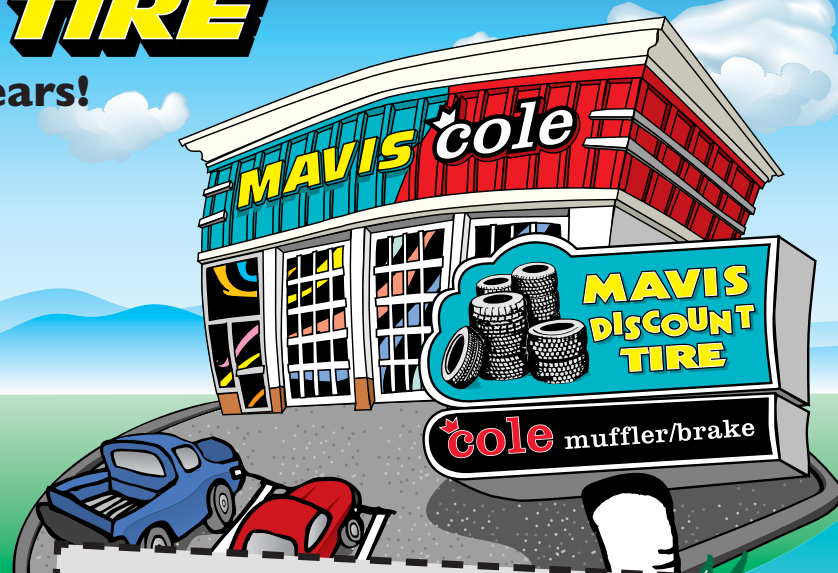
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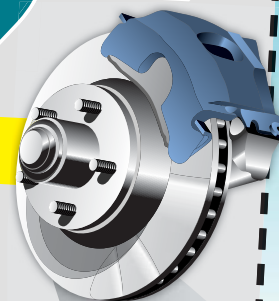
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Little Falls says "Cheese!" on Saturday, July 14

LITTLE FALLS — Join the city of Little Falls on Saturday, July 14 and say "Cheese!" for the 4th annual free Little Falls Cheese Festival. This celebration of area cheesemakers and the city's historic roots will be located on Main Street from 10 a.m. - 5 p.m. featuring more than 50 vendors. Cheesemakers will present over 120 different varieties of cheese and others will offer food/elements related to cheese. Guests will enjoy a variety of live music all along Main Street and LiFT Theater also returns this year with "Where's the Cheese Cake?", penned by local playwright Angela Harris and directed by Matt Powers. This will be the fourth in the series of original plays written specially for the festival. Guided walking tours will also be offered to points of interest related to the historical cheese trade within the city.

This annual festival celebrates artisan cheesemakers in New York State and highlights the impact that the city had on the emerging cheese industry dating

back to the third quarter of the 19th century, when it was coined "the Cheese Capital of the U.S." By revisiting this piece of history, the Little Falls Cheese Festival has fashioned an opportunity for guests to come to the scenic community and explore all that it has to offer.

While the festival has continued their keen focus on New York State cheese, the event has been expanded to include new features. Committee member Kyrie Felio explained, "We continue to maintain the heart of our mission, which is to celebrate New York State artisanal cheesemakers and historical involvement with Little Falls. Our committee has done a great job of finding ways to add new pieces to the festival without taking away from its purpose."

"Makers on Main" is being introduced this year on the west end of Main Street. According to the website, "It will celebrate the importance of small makers of exceptional products in New York State. Expect to be surprised and delighted by



Join the City of Little Falls on Saturday, July 14 and say "CHEESE" for the 4th annual free Little Falls Cheese Festival on Saturday, July 14.

Photo courtesy of Laura Powers

what people are doing to produce upscale, hand-crafted items of an amazing variety. This lively section of the city of Little Falls has a cool vibe going on and the Cheese Festival Committee is showcasing its charms as a backdrop for a small, juried celebration of artisan vendors. You will discover makers of unique, quality products - local food products, traditional arts, blown glass, handmade jewelry, natural skincare products, alpaca clothing and much, much more."

The outdoor wine tasting returns to the festival

this year for adults with a new feature — tastings of mead. This honey wine is thought to be the oldest alcoholic beverage known to man and gained fame in ancient wedding celebrations. Modern day apiaries Heartsease Hill Meadery and Wild Mountain Apiaries join the festival this year. Traditional wine tastings return with Prospect Falls Winery, Hummingbird Hills Winery and Thousand Islands Winery. They will offer samplings of their New York State wines to guests. Woodland Farm Brewery also joins and

will be set up in The Shop offering their craft beer.

Local businesses welcome the festival's visitors and appreciate the opportunity to meet new patrons. Committee member Elaine Cobb explained, "The festival is located on Main Street, but the entire city will be full of energy. We encourage everyone who comes to the festival to explore Little Falls and see all we have to offer. You'll find locally owned shops, delicious food, historic architecture, access to the Erie Canal, unique outdoor recreation and amazing people in our city."

As attendance continues to grow for this unique event, exposure for this historic "Rock City" does as well. Committee member Laura

Powers shared, "We've had a lot of excitement here in recent years with Water Music NY, the dedication of Lock 17, visits by the Draken Viking ship and the Corning Glass-Barge, and of course Paramount Pictures filming scenes from 'A Quiet Place' right here on Main Street, to name a few. The dedication of our community to enhance and promote the quality of Little Falls is what makes it all work. This festival is a shining example of that and demonstrates the positive impact of attracting visitors to our city."

Support for the festival has been strong going into the fourth season. Feldmeier Equipment and WKTV News Channel 2 return as Platinum sponsors, with Enea Family Funeral Homes and Stewart's Shops returning as Silver sponsors. According to the festival website, there are even more additional supporters. Special thanks are given to Main Street First, the City of Little Falls, the Little Falls Family YMCA and the Little Falls Tourism Committee for their ongoing support.

Guests are encouraged to bring a small cooler to keep their purchases cool while they enjoy the day. Entry to the festival is free and there is free parking throughout downtown. Visit www.littlefallscheesefestival.com or like "Little Falls Cheese Festival" on Facebook for more information.

Source: Laura Powers

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Children's activities at VHS's annual Food Truck Night

If you want something to do on a summer weeknight, come on out to Valley Health Services (VHS) for Food Truck Night in the employee parking lot at 690 W. German St., Herkimer, on Wednesday, July 18 from 4 - 7 p.m., sponsored by Servomation Refreshments, Inc. This family-friendly fun event is open to the public with something for everyone.

There will be a number of children's

activities to engage and inspire kids to get involved. Local children's author Barry Cavanaugh of Tree Trolls Books will have a coloring activity from his book "Tree Trolls and Their Secret Gifts." He will also have books available for purchase. How about painting with Jill from Easels on the Gogh? Shaina Saporito will be offering up some great fun with spray paint art. Diana DiPri-

mo, local jewelry artist, will have a plethora of beading so children can make their own bracelets. Additionally, Mary Fessia will be at VHS to do both face-painting and henna.

There will be cotton candy, great food via nine of the best food truck establishments in the Mohawk Valley, music and a classic car show to round out the night. Take part in our gift basket raffle.

Enjoy this family-friendly event, which is also a fundraiser to benefit Valley Health Services's programs and services of the Activities Department and Adult Day Health Care.

For more information regarding the Food Truck Night event, contact the Community Relations and Fund Development Department at VHS at 315.866.3330 ext. 2329.

Yesterday's Senior Ensemble to perform at VHS' Food Truck Night

For your listening pleasure, Yesterday's Senior Ensemble will perform at Valley Health Services' (VHS) Food Truck Night in the main parking lot at 690 West German Street, Herkimer, on Wednesday, July 18, from 4 p.m. to 7 p.m., sponsored by Servomation Refreshments, Inc. In addition musical performances will include the Albert Izzo and Sue Mariani Duo.

Yesterday's Senior Ensemble is a senior citizen band which began at the invitation of Kelly Walters at the Parkway Senior Center with eight senior musicians. Today, the band, led by Rose Hosp, has about 20 participants who perform at area nursing homes, for special occasions and local senior centers. The members of the group are area senior professional musicians as well as senior novices who play music ranging from the mid-50's to the mid-90's. The common thread that

binds them together is their love of music and bringing that love to others.

In addition to Yesterday's Senior Ensemble, this family-friendly fun event will have a number of children's activities to engage and inspire kids to get involved. There will also be cotton candy, great food by nine of the best food truck establishments in the Mohawk Valley and a classic car show to round out the night. The event is open to the public with something for everyone.

Come on out and enjoy this family-friendly event which is also a fundraiser to benefit Valley Health Services' programs and services of the Activities Department and Adult Day Health Care. For more information regarding Food Truck Night event, please contact the Community Relations and Fund Development

Department at Valley Health Services at 315.866.3330 ext. 2329.

Now Here's a Tip

by JoAnn Derson

• Road-trip organization: Put items you'll need along the way into a laundry basket or two, which can be easily accessed during your trip. There's no need to undo the Tetris-like organization job of the other items, because everything you need to have at hand is in the basket.

• "I love to work in the yard, and I always wash my hands before coming in. I put a bar of soap inside a piece of mesh from a potato sack and tie it with a string; then I tie

the string to my water faucet outside. Now I can easily wash my hands with soap before coming in. The sack kind of works as a scrubber as well." — F.A. in Texas

• "If you want a lighter foundation for summer and sun protection, try mixing a little foundation with a sunblock. It might take a bit of experimenting to find the right ratio for the coverage you want, but I find that the sunblock helps the foundation to glide on, and my face feels moisturized as well." — T.L. in Georgia

• "I moved to a much smaller house and have very little storage, so now everything I keep must be necessary. I had several banker's boxes of old papers that I had been storing for years. I still think there's a chance I'd need to access the information in them, but I didn't want to devote a lot storage space to boxes of docu-

ments. I bought a small scanner that you feed paper into, and I have used it to scan in all my papers. I'm down to a small box of keepsakes and originals that are important, and the rest is there digitally in case I ever need it." — A.D.F. in Florida

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Eat healthy at the fair

Fairs, carnivals, rodeos, and roving amusement parks are popular summer attractions. Rides and raffles may attract the majority of revelers, but fairs and carnivals also are great places to enjoy mouth-watering food.

Fried dough, meats on sticks, pretzels, cotton candy, cheesesteaks, and other aromas waft through the air at carnivals. However, fairs have not always been so great for people watching their calories. And while fairs might not be diet-friendly, it's not impossible to adhere to one's diet while visiting the fair.

Fill up at home

Prior to heading out to the fair, be sure to eat a

filling, healthy breakfast. This will provide ample nutrients and decrease the likelihood that you will overindulge in less healthy fare while at the carnival.

Foods that are comprised of protein and fiber can help you to feel fuller longer. Pack a snack that can provide a boost of energy prior to indulging in any fair foods. Trail mix or a low-calorie protein bar may be enough to tide you over until you leave the fair.

Stay hydrated

The Academy of Nutrition and Dietetics says that mild dehydration produces similar symptoms to hunger. If you feel hungry after eating, your body may only need flu-

ids and not food. Therefore, reach for water or a hydrating sports drink (particularly when it is hot outside) as a first step to abating hunger symptoms, especially if you've recently eaten.

Choose healthy food vendors

Look for vendors that offer things like yogurt cups, roasted vegetables, lean meats, and fresh fruits. Kabobs that include lean meats that are low in calories can make a great carnival meal. Corn on the cob without gobs of butter also can be

a filling snack. Smart dessert options include fruit smoothies, water ice, frozen yogurt, and even a candied apple, which may be rich in fiber. A small dose of cotton candy, which is just 100 calories per ounce, can offer a sweet fix while you avoid deep-fried concoctions. Keep in mind that cheese curds can set you back 650 calories and a funnel cake 720 calories, according to the YMCA. It can take several miles of traversing the fair to burn all those calories.

Watch portion sizes

If you splurge on a treat or two, consider sharing it with a friend or family member to cut the portion size. A single bite of a calorie-rich food can be enough to satisfy a craving.

Pay attention to beverages

Before you fill up on lemonade or visit the beer tent, remember some beverages contain lots of calories. Weigh your options carefully. You may need to skip that chocolate-covered banana.



Fair foods are delicious but often high in calories. Smart choices can ensure dining at a fair does not derail your diet.

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Celebrate National Ice Cream Day with a Sundae Run

The Millers Mills Sundae Run and Walk and its finish line treat of homemade vanilla and chocolate ice cream is just around the corner. This year’s 5K Run and two-mile fun walk happens on Sunday, July 15, with a start time of 9:15 a.m. Prizes are awarded to the overall top male and female finishers, the top three male and female age group finishers and the “middle of the pack” finisher. All runners receive a race day giveaway. The after race party features ice cream and toppings, music by DJ Ron Lioacono and a chance for runners and walkers to win great door prizes (must be present to win).

The race course begins at the bridge by Little Lake Unadilla in downtown Millers Mills and continues to the

Valley Health Services receives Slocum-Dickson Foundation grant

HERKIMER, NY — Valley Health Services has received a grant of \$3,239.57 from the Slocum-Dickson Foundation to provide educational material for patients of cardiac rehabilitation, Valley Health Services Home Health Aide Training Program (HHATP) and continuing education of its nursing staff in the areas of cardiopulmonary resuscitation, intravenous therapy, infection control and staff management.

Lisa M. Betrus, Valley Health Services president, stated, “We are extremely grateful to the foundation for choosing to support the work of Valley Health Services.” Betrus affirmed how vital ongoing training, education and professional development is to ensure competency in quality patient care. VHS staff who avail themselves of these training opportunities confirm their commitment to attaining professional knowledge and maturity within the healthcare profession in an effort to provide person-centered care to patients placing an equal emphasis on mind, body and spirit.

Max Scialdone Band featured in Summer in Arc Park Events

Arc Herkimer is hosting the Max Scialdone Band as part of the Summer in Arc Park series on Monday, July 16, from 6 p.m. to 8 p.m.

Admission is free, and families can also enjoy a concession stand and the playground. Bring a blanket or chairs and listen to the music from the park’s bandstand at 420 E. German Street in Herkimer, NY.

Max Scialdone is a professional solo guitarist and singer who has played FrogFest as well as in Virginia Beach, Florida, and throughout New York State. He performs for weddings, festivals, corporate events, parties, clubs, and bars. He sings everything from oldies, country, blues, classic rock, new rock, pop rock, and shares his own original music. According to Scialdone, putting on a show and getting the crowd going is a big part of his act.

Summer in Arc Park events also features a 3-

on-3 Youth Basketball Tournament on Aug. 5 as part of Herkimer’s Diamond Days; The band, Last Left, Tuesday, Aug. 7 from 6 p.m. to 8 p.m.; Learn N’ Play: Kid’s Wellness Fair on Aug. 10, from 10 a.m. to 1 p.m., co-hosted by Arc Herkimer and Herkimer County Healthnet; and Celebration of the Spirit concert featuring The Mark Bolos Band, and Flame, the band, and other area musicians on Aug. 18, from noon to 5 p.m.

Arc Park enriches lives by bringing together people of all abilities for a unique recreational, wellness and social experience that fosters community for all. The park provides recreation with special playground equipment and surfaces, age-designated play areas, a bandstand, family pavilion, fitness trail, baseball field, basketball court, and more.

For more information, please call 315.574.7000 or visit archerkimer.org.

top of Richfield Hill and back. Entries postmarked by Monday, July 9 or done online by noon Friday, July 13, are only \$15 with a special rate of \$13 for those 60 and over. After these deadlines, the entry fee becomes \$25 for everyone. The walker’s fee is \$5 with no discounting. Race day registration runs from 7:30 - 8:30 a.m.

In addition to the race, the Millers Mills Grange will offer its homemade ice cream for sale in dishes or quarts until noon on race day. Ice cream toppings and other refreshments will also be available. The Millers Mills Community Baptist Church will have pies and other goodies for sale. Local artisans, free children’s activities, a historical display and a raffle offering two great prizes of Amish outdoor furniture – a love seat

and an Adirondack chair – will round out the morning’s activities.

The Grange will open its doors to the public on Friday evening, July 13, from 6 - 8 p.m. with an Early Bird Ice Cream Social to demonstrate the freezing process and to enjoy the freshly made ice cream. Raffle tickets will also be available Friday or from any Grange member prior to the events.

The hamlet of Millers Mills is located in southern Herkimer County. It’s easy to find from Routes 20, 28 or 51. Race day parking is located off Jones Road. For more information or to register for the race, visit the Millers Mills Grange website at millersmillsny.com or RunsignUp.com.

Calendar of events

July 13, 14, 20, 21, 27, 28

Pierogi Sale. Fridays 11 a.m. - 1 p.m. Saturdays 9:30 a.m. - 2 p.m. St. Mary’s Ukrainian Orthodox Church 324 Moore Ave., Herkimer. Traditional potato and cheese and potato and sauerkraut sell for \$8 per dozen. New York.

July 14-22

32nd Annual Ilion Days. Week long celebration includes parade, fireworks, races, garage sales and more. For schedule, information to participate in events, entry forms visit iliondoodah.com. For general info call 315.894.2308.

July 15

Millers Mills Sundae Run and Walk. 9:25 a.m. The race course begins at the bridge by Little Lake Unadilla in downtown Millers Mills and continues to the top of Richfield Hill and back. The hamlet of Millers Mills is located in southern Herkimer County. For more information or to register for the race, visit the Millers Mills Grange website at millersmillsny.com or RunsignUp.com.

July 16

Max Scialdone Band featured in Summer in Arc Park Events. 6 - 8 p.m. Arc Park’s bandstand at 420 E. German Street in Herkimer. For more information, please call 315.574.7000 or visit archerkimer.org.

July 18

Food Truck Night. 4 - 7 p.m. Valley Health Services (VHS). 690 West German Street. Herkimer. For more information regarding the Food Truck Night event, please contact the Community Relations and Fund Development Department at Valley Health Services at 315.866.3330 ext. 2329.

Wednesdays at Fort Klock. 6:30 p.m. Wade Wells, Historic Site Manager Johnson Hall, will discuss the 18th Century Funeral and mourning practices. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook.

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

July 19

Chicken BBQ. 4-6 p.m. Christ Episcopal Church, Main St., Herkimer. \$10. Take-outs available.

July 23-27

Christian Lake Bible Conference. The Christian Lake Bible Conference at 355 Perkins Mill Rd., Stratford, NY. Speaking will be Ephraim Stoltzfus, former Amish, from New Holland, PA. He will be preaching from the Scriptures each evening at 7:30 p.m. Monday through Friday. Drive in’s are welcome. For more information on conference activities, or for camping rules and regulations at Christian Lake, call 315.429.3515 or 315.429.3659.

July 25

Third Annual Car Show. 3 - 7 p.m. Parkside Drive-In, St. Johnsville. Presented by St. Johnsville Chamber of Commerce. If interested in putting in a car or a truck, contact: Carmen Licari at 518.727.6024 or Dawn Lamphere: 518.332.6956.

Wednesdays at Fort Klock. 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, call 518.568.7779 or find us on Facebook!

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

July 27

Norway Historical Society Bake Sale. 9 a.m. - 3 p.m. (or until sold out). M&T Bank, 3078 Bridge Street, Newport, NY. Homemade pies, cakes and more for sale. Proceeds to be used toward restoration of historic 1831 Baptist Church in Norway, NY (currently home of Norway Historical Society).

Stone Soup Concert. For more information visit 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 6

16th annual Herkimer Region College & Career Scholarship Foundation Golf Tournament. Registration 9 a.m. Shotgun start 10 a.m. Cedar Lake Club. Registration 9 a.m. Shotgun start 10 a.m.

Aug 7-9

Young Pioneers Program. For more information visit 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 11

Annual Blueberry Festival. 11 a.m. - 3 p.m. Fairfield Community Hall, Fairfield. Enjoy vendors (all day) Bob Morse Band (11 a.m. - 3 p.m.) Quilt show. Contact Linda at r4lin@ntcnet.com for more info.

Aug 15

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

Wednesdays at Fort Klock. Paul Supley will discuss drinking chocolate in the 18th Century. Sample his chocolate preparations. For more information visit www.fortklockhistoric.org, call 518.568.7779 or find us on Facebook.

Aug 16

Arc Herkimer Summer/Fall Workshop. 11 a.m. - 2 p.m. Francesca’s in Ilion, NY. New York. Requires registration at www.archerkimer.org. Please visit www.archerkimer.org to register. For questions, please contact Arc Herkimer Outreach Coordinator Mona Fermin-Fennell at 315.574.7822 or email: mfermin@cfeditor@leepub.com

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

Heat advisory and older adults

Submitted by Herkimer County Office for the Aging

High temperatures combined with high humidity can potentially be dangerous for elderly individuals, particularly those with chronic illness or other medical conditions that require medications.

Seniors and caregivers should also be aware of the symptoms of heat exhaustion and heat stroke, which include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, disorientation, nausea or vomiting and fainting. If you or someone you know experiences these symptoms, call a doctor or 911 immediately.

According to Kathy Fox, director of the Herkimer County Office for the Aging, “Here in Herkimer County we are always concerned about seniors during the winter months because of the cold and snow, but summer comes with risk for senior citizens also. We are asking that the family, friends and neighbors of elderly individuals be aware of the extreme conditions that come with summer, and check on those frail and vulnerable older family members or friends who may be at risk. Please check to see that your elderly friend or neighbor is not experiencing unusual symptoms that may indicate heat exhaustion or heat stroke.”

Director Fox urges all seniors to take the appropriate precautions during extreme heat, and everyone should take extra effort to reach out to check on their elder friends and neighbors who may be isolated, prone to heat-related illnesses or simply not aware of the extreme risk.

To avoid heat-related illnesses, follow these recommendations in extreme heat conditions:

- Avoid the sun, exertion and strenuous activity.
- Drink plenty of water or diluted fruit juices, and avoid caffeine and alcoholic beverages.
- Keep rooms well ventilated – open windows and draw the blinds to block the sun’s direct rays. Use an air conditioner to cool down a room.

- Avoid the midday heat. Complete errands during the cooler morning or evening hours.
- Wear lightweight, light colored, loose fitting clothing; wear sunscreen and a hat when outdoors.
- Rest in an air conditioned area. Consider going to cooling centers, air conditioned senior centers, libraries, stores, malls or other public areas where you can stay cool during the day.
- Cool down with a bath or shower.

How to recognize heat stroke

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What to do

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate emergency medical assistance by dialing 911 while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101 - 102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim’s muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring him or herself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Director Fox said, “You may always call us at the Herkimer County Office for the Aging for assistance, but if you suspect that anyone may be suffering from heat stroke or heat exhaustion, do not hesitate to call 911.”

For more information contact the Herkimer County Office for the Aging/NY Connects at 315.867.1415 or go to www.herkimercounty.org (go to Departments then Office for the Aging).

History mystery quest at museum

Looking for something to do with the kids this summer? The Herkimer County Historical Society welcomes all young sleuths and their parents for an adventure around the museum. Enjoy a walk in the past as children of all ages look for answers to the questions about the history of our community. It is a great time to learn about our local history in a fun and adventurous way. The children will enjoy their time and receive a small reward for a correctly completed quest. The adventure begins at the society’s Eckler Building, 406 N. Main St., Herkimer, NY, open Monday - Friday, 10 a.m. - 4 p.m. and Saturdays in July and August, 10 a.m. - 3 p.m. For more information, call 315.866.6413.

A day without sunshine is like, you know, night.
- Steve Martin

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Monday, July 2nd – Sold 222 head. Cull Ave. \$.53 Top Cow \$.65, Bulls/Steers None, Bull calves top \$.90, beef calves \$1.60, heifer calf top \$ 1.70, Dairy milking age top \$1275, bred heifers top \$925

Mon. July 16th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. July 23rd – Normal Monday Sale & Monthly Organic Day

Mon. July 30th – Normal Monday Sale

Wed. Aug. 8th – Langdon New Hampshire. Morrill Farm Reg. & Grade Milking Herd Dispersal – 300 head sell with 100 R&W – many more RC and 100 milking in their 1st lactation. Super herd of Freestall cows. Mgrs: Northeast Kingdom Sales & Raymond LeBlanc. Assisting as Ringman – call with your bids.

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 Wagyu 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.

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From Little Falls: Take Route 5 to 167 North to 29 East to Lotville Rd on left.

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Local fifth grade writers honored by Arc Herkimer

Nine Herkimer County schools participated in the Arc Herkimer's 2018 "Project Respect" Fifth Grade Disabilities Awareness Essay Contest.

Essay winners, along with parents and teachers, were honored at a luncheon in May. Schools were asked to take part in the learning through language project to increase community understanding of the abilities and contributions made by people with developmental and other disabilities. The essay winners were each given a certificate and a gift card to Walmart.

Each participating school's fifth graders were assigned a specific disability to research and write about. They wrote from a first-person perspective on what assistance they might need now and in the future to achieve their dreams and goals. Members of the Arc Herkimer People Are Beautiful self-advocacy group visited seven of the schools to create a better understanding of disabilities and

to develop empathy and respect for all people.

This year's essay finalists included Stella Brown, West Canada Valley Elementary; McKenna Gargas, Herkimer Elementary; Camryn Donley, Mount Markham Middle School; Mori Reichenbach, St. Francis de Sales Regional Catholic School; Ellie Bartlett, Town of Webb Union Free School District; Jeremy McRedmond, Jarvis Middle School; Joey Wiediger, Frankfort-Schuyler Elementary; Dominick Izzo, Benton Hall Academy, Little Falls; and Braelyn Edick, Dolgeville Middle School.

Over 300 essays were received, which in turn were reviewed and voted upon by the Project Respect Committee and the People Are Beautiful self-advocacy group. In the end, this project serves as a lifelong lesson for students that all people are more alike than different.

Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout our community. For more information, call 315.574.7000 or visit archerkimer.org.



Project Respect winners along with Arc Herkimer People Are Beautiful (PAB) self-advocacy members at the luncheon include: front row, from left: Stella Brown, West Canada Valley Elementary School; McKenna Gargas, Herkimer Elementary School; Camryn Donley, Mount Markham Middle School; Mori Reichenbach, St. Francis de Sales Regional Catholic School; Ellie Bartlett, Town of Webb Union Free School District; Jeremy McRedmond, Jarvis Middle School; Joey Wiediger, Frankfort-Schuyler Elementary School; and Mary Rose Trask, PAB. Back row, from left: Renee Gollegly, PAB secretary; Jason Marlowe, Arc Herkimer assistant director Compliance & Quality; Bruce Archer, PAB President; Brian Wedemeyer, PAB vice-president; and Jason Yero, Tuesday Beach, Amanda Jeffreys, PAB.

Photos courtesy of Arc Herkimer



Braelyn Edick, seated, from Dolgeville Middle School, could not make the first Project Respect luncheon as a winner of the essay contest so the People Are Beautiful (PAB) self-advocacy members invited her back with her family to enjoy pizza and to give her a gift card and certificate on June 29. She is joined by, from left, Brian Wedemeyer, PAB vice-president, and Bruce Archer, PAB President.

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To Your Good Health

by **Keith Roach, M.D.**
Making an informed health decision

Dear Dr. Roach: I am 71. I'm overweight at 300 pounds and have had Type 2 diabetes for 15 years. I haven't had any chest pain or heart problems, but a recent nuclear stress test led my doctor to suspect buildup in one of my arteries, and he wants to do a cardiac catheterization.

I do not want to do this, partly because I feel that once you let doctors start messing with your body, you will only experience more problems (like a stent or something) and your life will never be the same. I don't want to offend the cardiologist, but I really do not want

to do this. Am I completely wrong? — P.R.

Answer: Making a decision after knowing all the pertinent information isn't wrong, even if it isn't the decision the doctor recommends. I'd like to be sure you have all the right information.

A nuclear stress test uses a radioactive dye to look at blood flow to the heart. Although they are very accurate, like almost every test, they can be mistaken. This is why your cardiologist ordered the cardiac catheterization — the best test we have to look for blockages in the arteries. The risk in a cardiac catheterization, also called an angiogram, is low. If there are no blockages, that informa-

tion is helpful and might allow your cardiologist to have you stop some medications.

If you do have blockages, you have a choice of medical treatment (such as a statin, beta blocker and aspirin), catheter treatment (such as angioplasty with or without a stent) and surgical treatment. Knowing more about the location and severity of any blockage can allow you to make a more informed decision about what treatment is better. Stents and surgery would be less commonly used in someone without symptoms, unless the blockage were very severe or in a critical artery.

It's not unreasonable, given your medical history, to assume that there is a blockage

that might need medical treatment. In addition to the medications I mentioned, taking excellent care of your diabetes, losing some weight, making sure your diet is proper for someone with suspected heart disease, and participating in a monitored exercise program all can reduce your risk of a heart attack. In fact, these are important even if you do get a stent or surgery.

I don't think your cardiologist will be offended if you can give him your reasons for declining an angiogram, even though he and I are recommending it in order to provide the best information to decide whether further intervention is necessary.

Dear Dr. Roach: Since

turmeric is said to be a powerful anti-inflammatory, would it be beneficial to drink a cup of tea made with it? Especially for something like ulcerative colitis? — J.B.

Answer: Curcumin, an active ingredient in turmeric, releases two compounds (TNF-alpha and nitric oxide) that can reduce inflammation. In ulcerative colitis, one study showed that there were fewer exacerbations in people who took curcumin along with their usual medications for U.C., compared with those taking a placebo. It holds some promise but is by no means a cure.

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Food Truck Night at Valley Health Services

Valley Health Services (VHS) is hosting their food truck night in the employee parking lot at 690 West German St., Herkimer, on Wednesday, July 18, from 4 - 7 p.m., sponsored by Servomation Refreshments, Inc. This family-friendly fun event is open to the public with something for everyone.

There will be nine food

trucks in attendance to tantalize your tastebuds – Sarita's Spanish Food with an American Twist; Mr. Z's Street Eat; Gypsy Girl Wood Fired Pizza; The Grapevine; Come Fry With Me; Bahama Mama; The Kettlecorn Truck with Squeezer's Lemonade; Mr. McGill's; and Mr. Soft Serve! Additionally, there will be activities for children including spray

paint art by Shaina Saporito, coloring with children's book author Barry Cavanaugh and bracelet making with Diana DiPrimo, as well as music for your listening pleasure.

New this year will be a classic car show with up to 30 car-owners eagerly awaiting to show attendees their awesome rides. There will be a "People's

Choice Award" opportunity for attendees to select their favorite classic car and the chosen car-owner will be awarded a cash prize.

Come on out and have some great food – whether it is Italian, Greek, Spanish, barbecue or ice cream coolers! There will also be cotton candy whipped up to tantalize your taste buds.

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 Hospi-

tal 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, please contact the Community Relations and Fund Development Department at Valley Health Services at 315.866.3330 ext. 2329.

Good Housekeeping

Hot fruit salad

A few turns on the grill transform fresh fruit into a sumptuous finale.

- 1/2 cup honey
- 1 tablespoon fresh lemon juice
- 1/4 cup loosely packed fresh mint leaves, thinly sliced
- 1 medium pineapple, cut lengthwise into 6 wedges, with leaves attached
- 2 large bananas, each cut diagonally into thirds

- 3 medium plums, each cut in half
- 2 medium nectarines or peaches, each cut into quarters
- 1. In cup, stir together honey, lemon juice and 1 tablespoon mint leaves.
- 2. With tongs, place all fruit pieces on grill over medium heat. Grill fruit 10 to 15 minutes, until browned and tender, turning fruit occasionally. Brush fruit with some honey mixture during last 3 minutes of cooking.
- 3. To serve, arrange grilled fruit on large platter; drizzle with any remaining honey mixture. Sprinkle grilled fruit with remaining mint. Makes 6 servings.

- * Each serving: 215 calories, 1g total fat, 5mg sodium, 55g carbohydrates, 2g protein.
- For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.
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Whatchamacallits



This Whatchamacallit is the J.D. Willoughby fruit jar stopper. During a time when everyone was looking for ways to preserve food, this item emerged as an easier way to accomplish the task.

On Jan. 4, 1859, James D. Willoughby of Pennsylvania obtained patent no. 22,535 for improving sealing cans

and bottles. The method was not about the bottle or jar that was used, but the lid or stopper to close the lid.

The stopper is comprised of roughly six parts. The first two are disks made of metal or wood. Their diameter would be slightly smaller than the neck of the jar. In between the disks would be a piece of rubber. A screw would then hold the disks and rubber together, being attached to the lower disk. A metal arm would be on the top side of the screw, made of thin metal and capable of attaching to the outside lips of the jar. (This part wasn't really necessary and is not included in the stopper shown.) Finally a thumb screw would be placed on the very top of the screw.

This is how all the pieces would work for food preservation: Tightening the screw would cause the metal or wood disks to compress the rubber, expanding it to seal the neck of the jar.

The stopper was the first of its kind to make a debut on the market, but was followed by other patents. The production of the stopper was only roughly 10 years.

Currently, the jar that was manufactured for the stopper, "The Ladies Favorite," is one of the most rare and collectable jars for jar collectors. As always, the better condition of the jar brings more value to it, and I had found one to be sold at over \$3,000. The stopper itself is not so prominent for collectors.



The Kitchen Diva

by **Angela Shelf Medearis**

'Beet' the Heat!

It's hot here in Texas, and there's nothing better than a cool, refreshing pitcher of ... beet lemonade?! Yes, that's right, beet lemonade. It's not only delicious, it's also packed with nutrients. While beets aren't typically showcased in summer recipes, they should be. If you're trying to improve your health and beat the heat, give beets a try.

Beet greens are the tops, and beet roots, or tap roots, are the bottom of the plant. Beet varieties in North America are known as table beets or garden beets, red beets or golden beets. Beets are a popular ingredient worldwide and are used for food coloring, medicinal purposes and sugar production. Sugar beets are a special type of beet that contains high concentrations of sucrose and are grown commercially. These beets are an important part of the sugar industry, and the United States is a leader in its production.

Beets are versatile. They can be juiced, roasted, steamed or pickled. They also can be bought precooked and canned for convenience. When selecting beets, choose ones that are heavy for their size with fresh, unwilted green leafy tops still attached.

Beets are packed with essential vitamins, minerals and plant compounds, and have an impressive nutritional profile. They are high in vitamins and minerals, and low in calories. The roots are especially concentrated in folate or vitamin B-9, providing more than five times the amount as the beet leaves. Folate is important because it helps with DNA synthesis and repair. It also encourages cell and tissue growth.

Beets also contain a high concentration of nitrates, which have a blood pressure-lowering effect. This may lead to a reduced risk of heart attacks, heart failure and stroke. The dietary nitrates contained in beets are converted into nitric oxide, a molecule that dilates blood vessels, increasing oxygen use and causing blood pressure to drop. This is particularly beneficial for athletes. Dietary nitrates are water soluble, so it is best to avoid boiling beets. The nitrates help increase blood flow to the brain, improve cognitive function and possibly reduce the risk of dementia. However, more research in this area is needed.

Beets are a good source of fiber, which aids in digestive health, as well as reducing the risk of several chronic health conditions. Beets also have a high water and low-calorie content, which are beneficial for weight loss.

Try these ways to add more beets to your diet:

Beetroot salad — Grated beets make a flavorful and colorful addition to coleslaw.

Beetroot dip — Blend beets with Greek yogurt to make a delicious and healthy dip.

Beetroot juice — Fresh beetroot juice is best, as store-bought juice can be high in added sugars and may only contain a small number of beets.

Beetroot leaves — Cook and enjoy like spinach, add to smoothies and use in pesto.

This summer is going to be hot, so make this recipe for Beet Lemonade, and enjoy beets for a cool and refreshing treat.

Beet Lemonade

If you don't have a food processor, you can shred the

beets by hand (no need to peel). Finely grate one bunch beets on a surface lined with cheesecloth on top of wax paper. The more finely grated, the more juice you'll get. Gather the grated beets in the cheesecloth, tightly twist the top closed and squeeze the juice into a large liquid measuring cup. It's intense, so blend it with lemon juice as directed below, or with fruit or vegetable juice, like orange or carrot. Transfer the juice to a container and refrigerate up to three days.

1 small beet

1/2 cup lemon juice (approximately 5 lemons)

1/2 cup sugar or stevia

6 cups cold water, divided

1. Cover your work surface with wax paper or plastic wrap before you begin peeling the beet. Wear disposable gloves or rub any stains off your skin with a halved lemon. Use a vegetable peeler to remove the beet skin.

2. Attach the shredding blade to a food processor and shred the beet chunks equaling about 1 cup of shredded beets. Scoop shredded beets into a bowl and set aside.

3. Remove food processor bowl from base and rinse out; replace the clean bowl onto the food processor and insert the regular processor blade. Add shredded beets, lemon juice, sugar or stevia and 1 cup of water and process until smooth.

4. Strain the beet mixture through a sieve into a large bowl, pressing with the back of a spoon to extract as much liquid as possible. Transfer liquid into a pitcher and dilute with remaining water. Adjust sugar or water levels to taste. Refrigerate before serving. Makes 8 cups.

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This summer is going to be hot, so make this recipe for Beet Lemonade, and enjoy beets for a cool and refreshing treat.

Photo by Depositphotos

Seven wedding tricks to make the big day easier

Wedding planning is no small task. From sending out engagement announcements to gifting guests with take-home favors, a couple will pour over scores of details as they plan their weddings.

As if selecting a photographer or choosing the right passed appetizers isn't challenging enough, some unknown variables are sure to pop up on the big day as well. Couples can take their cues from others who have walked the aisle before them with these tricks of the trade, which may help couples' wedding days go smoothly.

1. Host everything at a single location. Couples who want to simplify their wedding day can select a site that can host the ceremony and reception and also house guests. The cost of such facilities may be more affordable than couples think, as transportation costs will be minimal and the venue may offer discounts on group packages.

2. Think about a day coordinator. Couples who cannot afford a wedding planner to handle all of the details often find that a day-of-service provider is within their budget. This person can handle all of the details

of the wedding day so brides and grooms can fully immerse themselves in the festivities.

3. Bring extra cash. Unexpected expenses may pop up. Couples may have to feed an extra member of the band or a guest who was able to get a babysitter at the last minute. Brides and grooms may want to offer a bigger tip than anticipated to the waitstaff or deejay who went above and beyond.

4. Learn how to bustle. Walking around with a free-flowing train all day can become tiring for brides. Brides should make sure that one person practices how to bustle the train and will step in to do so for the reception. Also, it may not be the height of fashion, but having a garbage bag on hand can keep the train clean during inclement weather, or if the bride has to trek across grass or soil for photo opportunities.

5. Give an outgoing person a job. Enlist a boisterous friend or family member to wrangle guests for photo opportunities. He or she can be the photographer's helper and give the happy couple one less thing to do.

6. Stock the bathroom. Some venues will have courtesy items for their guests, but couples also should bring their own necessities, such as breath mints, toothpaste, extra pantyhose, hairspray, lip gloss, and/or sanitary pads.

7. Be all smiles. Couples can't predict everything that will happen on their wedding day, but they can help create the mood. Smiling couples can make things better for everyone, even when zippers break or someone gets the chicken instead of the salmon.

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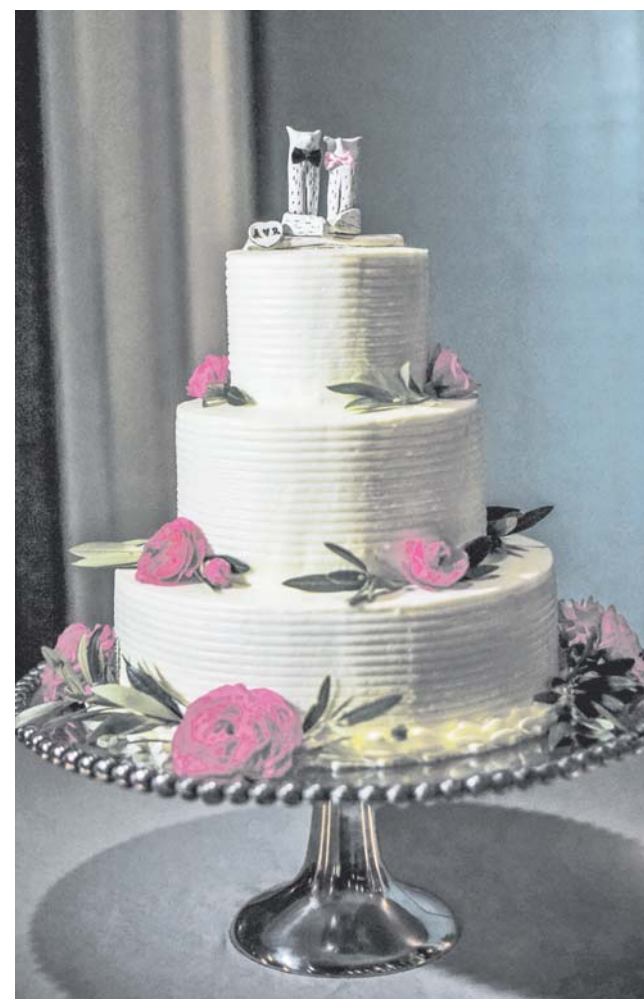
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No matter a couple plans, some unknown variables are sure to pop up on the big day.

*Being deeply loved by someone gives you
strength, while loving someone
deeply gives you courage.*

- Lao Tzu

Kovels: Antiques and Collecting

by **Terry and Kim Kovel**
Weather vane

Tennis started in the 12th century and was played without a racquet. The ball was hit with the hand. It was not until the 16th century that the game was called "tennis" and players used a racquet. By the 1960s, important tennis matches were open to both amateurs and professionals, and winning players got a large sum of money as a prize. But there are many collectibles from early tennis events as well as equipment from the past 100 years.

Since about 1870, some steins, vases, plates and even figurines pictured players and other tennis scenes. Old balls and racquets, even appropriate tennis clothing, are wanted. One of the most unusual tennis items sold recently is a pre-1950s tennis-racquet weather vane. It was made of copper and included copper-

wire racquet strings. The racquet was attached to a mounting rod with a tennis-ball top. The weather vane sold at a James Julia auction for \$1,815. It probably will be installed near a tennis court.

Q: I have a tiny bisque doll, which is about four inches tall. It has molded hair, painted brown eyes and rope joints. Marked on the back is "Sarah S. Putnam, Germany." I'd like to know who this is and the age of the doll. It is in perfect condition.

A: Your doll was designed by Grace (not Sarah) S. Putnam. Born in California, Grace Storey Putnam (1877-1947) was divorced and trying to earn some money when she started designing dolls' heads. In 1922, she copyrighted a wax doll's head designed to look like the head of a 3-day-old infant. Within a couple of years, the doll, called "Bye-Lo Baby," went into production,

distributed by George Borgfeldt & Co., a New York importer.

The first dolls' heads were bisque and made in Germany. Bodies were cloth, made by the K & K Toy Co., a subsidiary of Borgfeldt, which also assembled them. They came in several sizes. Later, heads were composition, wood, vinyl, wax or celluloid, made in Germany or the U.S. Other dolls were all bisque, all composition or a combination. They were sold until 1952. Your doll's value depends on size, condition, age, and head and body type. Your doll was made sometime after 1925 and is worth about \$200.

Current Prices

- Compact, silver-tone metal, black, red and white paint, strolling couple, tree, hinged lid, mirror and powder puff, c. 1930, 3 1/2 in diameter, \$15.
- Beverage dispenser,



Unique or unusual items sell quickly at shows and auctions. So this weather vane featuring a copper tennis racquet got bids up to the winning \$1,815 at an auction in Maine.

stoneware, pale blue crock with "Iced Tea" stamped in navy blue, brass spout, lid, 1960s, 16 x 11 inches, 4 gallons, \$120.

• Golf sign, hand-carved wood, The golfers arms, golfer on course, arched top, multicolored

paint, 1950s, 40 x 27 inches, \$400.

• Asparagus set, Majolica, rectangular server with handles, eight round plates, scalloped, molded stalks, leaves, c. 1905, 16 inches and 9 inches, \$960.

Tip: Plastic furniture

from the 1950s often scratches. A good polishing with automobile wax might help cover the blemishes.

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

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Paw's Corner

by **Sam Mazzotta**

Safely color pet's hair

Dear Paw's Corner: I really would like to color my dog's hair. "Sheera" is an all-white poodle mix, and when she's groomed and coiffed she looks better than purebred poodles. (She's beautiful to me even when her coat is all grown out and she needs a bath, of course!) However, I've seen news reports that dyeing a dog's coat could be dangerous. Can you tell me if it's safe? — Jenna H. in San Diego

Dear Jenna: Using hair dye made for humans is very dangerous for all pets. Chemicals in hair dye can be life threatening, as a Florida pet owner found out earlier this year. Not only can the pets' skin react to the chemicals, but dogs and cats tend to lick at any area that irritates them, and then they ingest the dye.

It may be possible to dye Sheera's hair using food coloring. Also, special semi-permanent hair dyes and sprays for pets are available at many pet stores, as are special chalks that can be rubbed onto their fur.

These wash off in one or two shampoos.

Like any topical treatment, however, your dog could have a reaction to any of these products, even though they're listed as nontoxic.

Further, some animal advocates feel that dyeing a pet's fur can be stressful for them. If Sheera isn't used to the process, she certainly could get upset and stressed out. If she has a tough time at the groomer's, she probably won't like the dyeing process either.

Remember, Sheera is a beautiful dog even without that funky color. If she isn't bothered at all by the process or the look

of her newly colored fur, that's great. But give it a lot of thought.

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Arc Herkimer's Golf Open raises \$61,377



Arc Herkimer's Golf Open Winning Team: Reese Pieces with golfers, from left, Paul Hagen, Dan Reese, and John Reese. Missing from photo: Shaun Brennan.

Photo courtesy Arc Herkimer

Arc Herkimer's sponsors and golfers helped to raise \$61,377 at the June 2018 Golf Open.

Proceeds will support underfunded and unfunded Arc Herkimer programs for individuals with disabilities.

The golf open was held at Mohawk Valley Country Club. The winning top team for the second year in a row was "Reeses Pieces" which included John Reese, Dan Reese, Shaun Brennan and Paul Hagen.

Arc Herkimer President/CEO Kevin Crosley said, "This year the weather was perfect for a great day of golf for a great cause. Golfers keep

telling me how fun and accommodating our event is and that our volunteers are outstanding. One golfer said he feels like he's at a PGA event. We can't thank our sponsors, volunteers and golfers enough for creating such an outstanding golf open year after year and for their continued support of individuals with disabilities and others in our community."

To learn more about the agency's mission of empowering people with disabilities and enriching lives throughout the community, and other Arc Herkimer events, visit arckerkimer.org or call 315.574.7000.

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Lightning beetles — light up my life

by **Tim Gibb, Professor of Entomology Purdue University**

Names have become a problem in the world of insects. The particular insect I am referring to goes by several names, and no one can agree on which one is correct.

I discovered this dilemma after putting a few thoughts together while preparing for this column. I wanted to house them in a folder on my computer but when it came to naming the folder, I was stuck.

Should I name the folder fireflies, or lightning bugs, or lightning beetles, or firefly beetles, or glow flies, or golden sparklers, or fire devils, or moon bugs, or big dippers, or blinkies, or flying embers, or little sparks? How about the name peenie wallies? All of these are common names for the same insect. And each is apparently used by someone, sometime, somewhere, for some good reason — although I have my doubts about the name peenie wallies.

For my folder, I settled on “magic, glow in the dark thingies,” and hoped I would remember the name later.

The name game even got the attention of some Harvard linguistics professors. In 2003, they conducted a dialect survey that asked, “What do you call the insect that flies around in the summer and has a rear section that glows in the dark?”

The researchers found

that 29.07 percent of Americans surveyed call them lightning bugs, 30.43 percent call them fireflies and 39.91 percent use the two names interchangeably. A disappointing 0.32 percent call them by other names such as glowworms or lightning beetles. Mercifully, only 0.02 percent of Americans call them peenie wallies.

Leaving etymology aside, entomologically speaking, these insects are not worms, flies, or bugs at all. Rather, they are beetles that belong to the insect group or family that insect scientists call Lampyridae. Thus, the proper and most scientifically accepted common name should be Lampyrid, or lightning beetle, and I will henceforth refer to them as such.

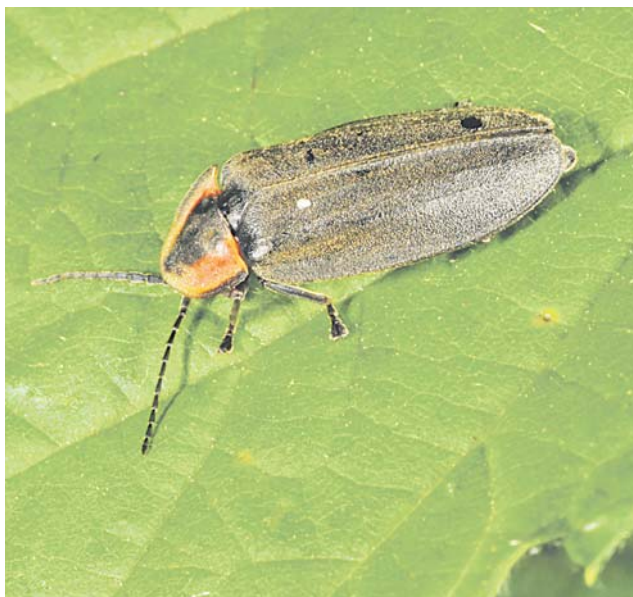
Regardless their name, the Lampyridae family is composed of more than 2,000 species of lightning beetles. Some are nocturnal and some are not. Only the nocturnal species have the ability to produce light flashes. In the United States, most lightning beetles are found in the Midwestern and Eastern states, typically where it is warm and humid.

Lightning beetles live in various habitats, but most live near heavy vegetation, near large stands of trees, or in agricultural or prairie fields, and you can most often see them flashing in the margins between. They deposit their eggs in the ground

near ponds, streams, marshes, rivers, lakes, small depressions that hold water, or near soils that are kept moist. Hatched larvae (called glowworms) feed mostly on worms, snails, and slugs.

Most people do not even notice lightning beetle eggs or larvae until they become adults but they are hard to forget after

camera flashes). Others appear as a single sustained glow or burn of up to a full second in duration. While flying upwards or in the shape of a letter J, these are reminiscent of children waving glow sticks in the dark. In some places and times, certain lightning beetle species synchronize their flashing such that the whole population



A lightning beetle.

Photo by John Obermeyer

witnessing the spectacular pyrotechnic lighting displays they create.

On March 23, 2018, Indiana (my home state) joined only two other states in the Union to declare the firefly (lightning beetle) as its state insect.

The flashes that lightning beetles produce are species-specific communications. They vary in color (yellow, amber, or green) and pattern (in a single or in a series of multiple sparkles like

flashes together, creating a mesmerizing spectacle — an enchanted, magical, romantic utopia.

As much as we would like to think that the light show is all put on for our pleasure — to beautify our world or entertain our children who chase and capture them on hot summer evenings — the true purpose of the light-producing flashes and patterns is for lightning beetles to find and recognize each other.

It all comes down to sex and romance. Male lightning beetles flash to court females, and female lightning beetles flash to instigate mating.

But even knowing why lightning beetles produce their signature and romantic glow is not always enough to appreciate that they are among only a handful of animals that can actually manufacture or produce light within their own bodies.

The process (called bioluminescence) is a chemical reaction wherein an enzyme called luciferase reacts with a chemical called luciferin in the presence of oxygen. The result of the reaction is the most energy-efficient light in the world — nearly 100 percent of the reaction is emitted as light rather than heat. Compare that to artificial light efficiency — 90 percent in LED, 85 percent in fluorescent and less than 10 percent in incandescent

light bulbs. The insect regulates the duration and the intensity of the flash by controlling the size and timing of the bursts of oxygen into the reactions.

Since their discovery in lightning beetles, luciferin and luciferase have been synthesized and have inspired toys such as glow sticks, LED lights and even some medical tools. They have been used in medical research of multiple sclerosis, cancer and other important medical problems.

So, the next time you see lightning beetles doing their thing on a warm summer evening, remember that their unforgettable displays of bioluminescence and pyrotechnics may not only light up your own life, but they can also provide a benefit to science.

Just don't spoil the magic by calling them peenie wallies.

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Donna's Day: creative family fun

by **Donna Erickson**
Kids and chores

The word was out from the fire marshal in California's Santa Cruz mountains to remove dry brush, firewood and debris close to cabins and homes, to help protect them from possible wildfires.

My summer neighbor, Stephanie Timmerman, and her three granddaughters heeded the call and worked together to move logs from a downed tree near their cabin porch.

"When we woke up, we were going to go to play at a nearby park," said nine-year-old Mercedes Lopez. "But we first wanted to help Grandma with the big chore, before she went home to San Francisco."

All morning long, they hoisted split wood onto a wagon, and rolled larger loads down the hill to the edge of the property.

"Sharing chores is essential to family life," said Stephanie. "The home is a little community, and there are basic things

that need to be done to maintain it. I tell my grandkids that we have to cook and eat, so we need clean pots and pans and dishes and silverware to do that. Neatness and order are important, too, as we complete daily chores, including today's task of stacking wood. Plus, we have a good time together getting a job done. Maybe you heard us laughing as we attempted to roll those big logs that take a lot of muscle," she said to me.

Indeed, I had, which made me think about chores and how they are important to building healthy families.

Here are my tips as your family starts a new season. Everyone can share in tasks and celebrate the satisfaction of jobs well done.

Preschoolers: For the under-fives, work and play are essentially the same. Hanging out with you, whether doing kitchen chores, cleaning the house or tackling yard work is fun. Give them tasks in small doses, and cheer them on

with praise.

Don't be too picky. They'll develop standards later. For now, let them be proud to be making a contribution.

School age: As they develop skills, emphasize giving them tasks doing things they like to do. Don't just hand off drudgery chores, especially those you don't like. Match their passions with a chore. If your pre-teen likes cooking, teach him how to use a good knife, and let him do the slicing and dicing for your next ratatouille.

Teens: Give them responsibility, not just tasks. Let her make the basic plans for your next vacation. Or, your young driver might take charge of care and repair of the family vehicle.

(c) 2018 Donna Erickson

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

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

- DempseyLeahyRafterSwayze
EwingMcEnroeRoyWarburton
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Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

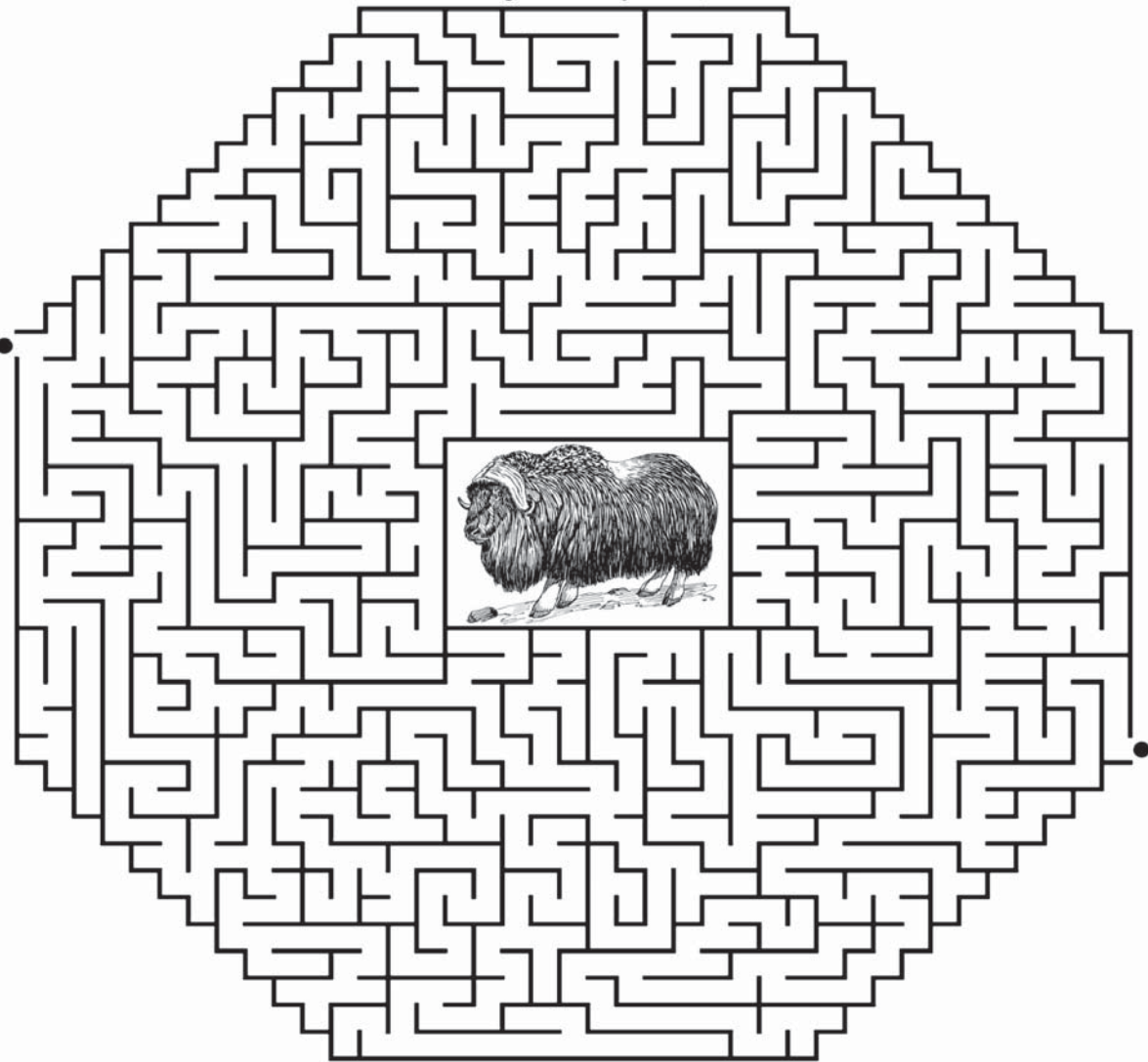
ACROSS
1 Piquant taste
5 Winter ailment
8 Painter Chagall
12 Thought
13 Arctic bird
14 Met melody
15 Slaughter
17 Vend
18 Type squares
19 Doctor's due
20 Any of 150 in the Bible
21 Doorstep item
22 Lemon meringue, e.g.
23 Sacrifice site
26 Spa fixture
30 The Red and the Black
31 Formal wear
32 Start a garden
33 Popular place to socialize
35 Heredity factors
36 Pick a target
37 Existed
38 Animal
41 Purse
42 Mauna —
45 Not pizzicato
46 "Manon" composer
48 Opposed
49 Pismire
50 Unaccompanied

DOWN
1 Fourth dimension
2 Leading man?
3 Untouchable
4 Petrol
5 Aspect
6 Entice
7 Guitar's cousin
8 Some physiotherapists
9 Vicinity
10 Small stream
11 At peace
16 Somewhere out there
20 Snapshot
21 Chief who befriended the Pilgrims
22 Latin for "peace"
23 Fire residue
24 Zodiac cat
25 Tit for —
26 Stick out
27 Buddhist sect
28 Wye follower
29 Egos' counterparts
31 Male turkey
34 Fruit stone
35 Jokes
37 Squander
38 False god
39 Sea eagle
40 Performances
41 Poison
42 Door opener
43 Morays, e.g.
44 On
46 Crazy
47 Superlative suffix

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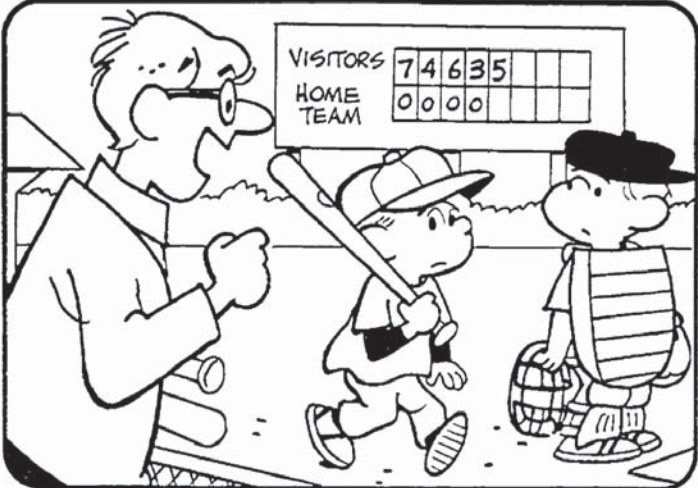
Mega Maze

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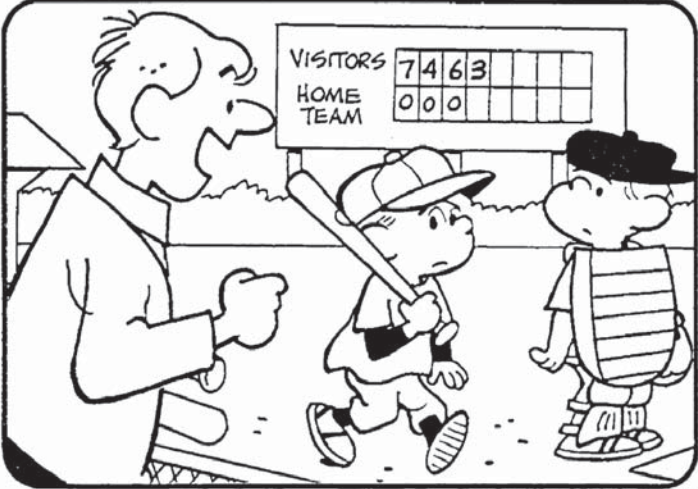


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Glasses are missing. 2. Arm is moved. 3. Bat is shorter. 4. Pants are shorter. 5. Scoreboard numbers are missing. 6. Mask is missing.
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Poland students have ‘African Animals’ book published

POLAND – Poland Central School District second graders in teacher Michelle Garrett’s class recently learned about researching, making citations, writing and illustrating on their way to having a book published.

The end results were collected and sent out to be printed as the book “African Animals.”

“When we received them, they were very excited to see their own books,” Garrett said. “They loved it. They really enjoyed it.”

Students chose animals from Africa to write about and researched the animals using books in the school library and PebbleGo.com. They then wrote about what they learned, made citations and drew pictures of the animals.

Garrett said she wanted the students to learn more about researching and making citations through the project.

“And I just wanted them to enjoy writing,” she said.

Second grader Hannah Bullock, 7, said she chose the rhinoceros as her animal because she wanted to be able to select it “before it goes extinct.”

“It was interesting,” she said of the research process. “Their horns are made out of keratin, the same thing as your fingernails.”

When she received her copy of the book, Hannah showed her mom and dad.

“I was excited,” she said.

Second grader Julia Metzgie, 8, chose hyenas as her animal.

“I wanted to know if they actually have tails,” she said.

Through her research, Julia found that hyenas do have tails, and she discovered some other memorable facts about hyenas.

“They actually eat bones,” she said. “They digest bones.”

Julia enjoyed the writing and drawing aspects of the project.

“I like both,” she said. “I think it was pretty fun.” It was also nice to receive printed copies of the books, Julia said.

“I felt pretty excited because I wanted to show it around,” she said. “I wanted to show other people what my class did.”

Second grader Avery Malta, 7, wrote about chimpanzees.

“It made me want to do it because their feet look like their hands,” he said.

Avery found out more facts about chimpanzees during the project.

“When I researched them, I learned that they’re also called ‘chimps,’” he said. “It sounds like ‘chips.’”

Avery enjoyed the writing part the most, he said. He has made comic books at home, but hasn’t had anything published before, he said.

“It’s the first time I ever wrote a book,” he said.



Poland Central School District second-grade teacher Michelle Garrett’s class poses with books titled “African Animals” that they created and had published. From left to right, front row: Christian Whitaker, Trinity Lyman, Hannah Bullock, Emma Stanko and Kaylee Lewandrowski. Back row: Joseph Goff, Hunter Gee, Julia Metzgie, Emily Pope, Avery Malta, Kylie McGurk, Cooper Farber and Ben Grimshaw. In back: Garrett.

Photo courtesy of Herkimer BOCES

VHS Hearty Hearts program features speaker Whitney Hadley of Alzheimer’s Association

HERKIMER, NY — Valley Health Services’s Hearty Hearts Club participated in a lunch and learn program featuring speaker Whitney Hadley of the Alzheimer’s

Association on June 27 in the facility’s sunroom.

Hadley’s discussion, “Healthy Living for Your Brain and Body,” provided an in-depth look at the brain and how it works, lifestyle choices vs. aging, the heart and brain connection, what people can do to increase physical health and exercise to keep their heart healthy, and how nutrition and diet play into one’s overall well-being, as well as other informative areas. Hadley provided attendees resources and tips for living healthy and how to take care of the brain and the body.

The Hearty Hearts Club is a group that meets for lunch, socialization and occasional programs. The luncheons are held quarterly at Valley Health Services and are free of charge. Coordinator of the Hearty Hearts Club is Marcia Thomas-Bruce, RN, BSN, Cardiac Rehabilitation Program Director. For more information about the Hearty Hearts Club or the Cardiac Rehabilitation Program at VHS, please contact Thomas-Bruce at 315.866.3330 ext. 2236.

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Senior News Line

by **Matilda Charles**

Mastered cell phone? Step up to tablet

What do you buy after you have your cell phone but you’re not ready for a full-size computer? Chances are a tablet would be a good next step.

Tablets are like oversized cellphones in their capabilities, only better. With tablets you can check mail, watch videos, make a grocery list, share pictures, check the weather, play games and look around the Internet. Some tablets have drawing capabilities with a special pen.

If you have Wi-Fi in your house, a tablet can connect to it without incurring additional fees to connect to the phone carrier.

Tablets are portable – easier to tote around. If you want to take your tablet out to lunch and read online news while you eat, assuming the restaurant has Wi-Fi, you can do that. If you have a reading app for books you’ve downloaded, you don’t even need the Wi-Fi.

Chances are a tablet won’t come with a keyboard, un-

Senior News Line

less you get one fancy enough to attach to a Bluetooth keyboard. Otherwise you’ll type right on the screen. You won’t need a mouse.

How to pick out a tablet:

- * Try to sample different types in stores, such as Apple iPads and Android, and the various sizes. The 9.7- to 10.1-inch display sizes are a good place to start; the 12-inch models can be heavy.
- * Read the reviews online. You’ll care about battery life, weight, price and ease of typing.

Don’t forget to add in the cost of any extra goodies you want, like the drawing pen if your tablet can use it, and a new case. (I recommend the Speck Balance Folio, for the sturdiness and the locking cover that protects the glass front. See them at www.speckproducts.com.) If you enjoy playing music, investigate the cost of Bluetooth speakers.

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330 Custom Services
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370 Dogs
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480 Fish
483 Flooring
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495 For Rent
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537 Gifts
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589 Hardware
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605 Heating
610 Help Wanted
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700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
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811 Monuments
812 Multi Media
813 Music
815 Motorcycles
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820 Nurseries
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Announcements

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Announcements

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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY at 2:00 PM- **Week Prior** to Each Friday Dated Paper. Call Peg at **1-800-836-2888** or **518-673-0111**

ATTENTION CRAFTERS: ILION DAYS CRAFT FAIR, Saturday, July 21st, 10am-3pm, outdoor show at central plaza, will also be a DJ, petting zoo, bounce house, and more. 315-894-2308

BOTTLE RETURN SHOP West Schuyler, next to Dari Del Dairy, Route 5 & Dyke Road. Thursday, Friday, Saturday, 10am-5pm. 315-940-1900

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

CHICKEN BBQ: Christ Episcopal Church, Main St., Herkimer. July 19th, 4-6pm or all sold. Includes Chicken, Potatoes, ColeSlaw, Roll, Dessert, \$10.00. Take-outs.

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MERSEY SIDE FIVE Classic Rock, Friday July 13th, 6-9pm, Waterfront Grille, Herkimer.

Announcements

Announcements

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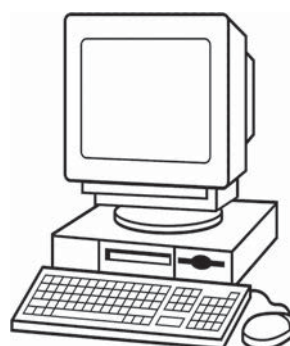


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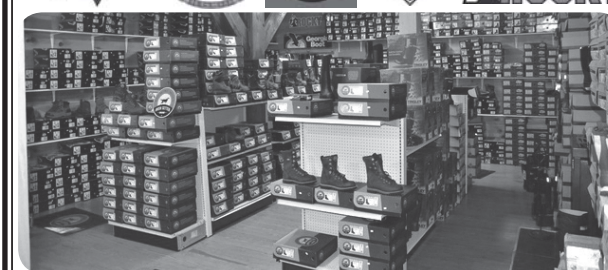
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Good Housekeeping

Chewy Chocolate Chip Oatmeal-Raisin Cookies

If you thought the words “delicious” and “low-fat” could never be used to describe one cookie, think again. This one’s chewy, sweet and chock-full of chocolate bits, yet it still packs only two grams of fat per serving.

Nonstick cooking spray

1/2 cup (1 stick) light corn-oil spread (56 to 60 percent fat)

3/4 cup packed dark brown sugar

1/2 cup sugar

2 large egg whites

1 large egg

2 teaspoons vanilla extract

2 cups all-purpose flour

1 cup quick-cooking oats

1 cup low-fat semisweet-chocolate pieces

1/2 cup dark seedless raisins

1 teaspoon baking soda

1/2 teaspoon salt

1. Heat oven to 375 F. Spray 2 large cookie sheets with nonstick cooking spray.

2. In large bowl, with mixer at low speed, beat corn-

oil spread, brown sugar and sugar until combined. Increase speed to high; beat until light and fluffy.

3. Add egg whites, egg and vanilla extract; beat until smooth.

4. With spoon, stir in flour, oats, chocolate pieces, raisins, baking soda and salt until combined.

5. Drop dough by level tablespoons, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 10 to 12 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool.

6. Repeat until all batter is used. Store cookies in tightly covered containers.

* Each serving: About 90 calories, 2g total fat (1g saturated), 4mg cholesterol, 65mg sodium, 16g carbohydrate, 1g protein.

Cookie Baking Tips

- To prevent cookies from becoming hard and tough, avoid adding more flour than necessary to the cookie dough or batter. Also, avoid overmixing once the flour is added.
- For even baking, be sure to shape cookies to roughly

ly the same thickness.

- If you have a problem with your cookies being too brown on the bottom, avoid dark-colored cookie sheets. Instead, use heavy-gauge metal cookie sheets with a dull finish (aluminum is ideal).
- To avoid burning your cookies, check cookies at the minimum baking time suggested in the recipe, and then watch them closely during their last few minutes in the oven. Also, after baking be sure to remove small cookies from cookie sheet to wire rack right away because they’ll continue to bake on the hot sheet.
- Don’t place cookies on top of each other when cooling — this will cause them to become soggy and lose their shape.
- Do your cookies turn hard the next day? Placing a slice of bread in the cookie jar can soften cookies; change the slice every other day. A bread slice also will also keep soft cookies soft, just as it softens hardened brown sugar.

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

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Applications being accepted for
42nd Herkimer County Arts & Crafts Fair

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HERKIMER, NY — Vendor applications are available for the 42nd Herkimer County Arts & Crafts Fair at Herkimer County Community College on Saturday and Sunday, Nov. 10 - 11, 2018. Booth spaces are \$155 for both days. Applications can be found at www.herkimer.edu/ac or by calling the Herkimer County Community College Foundation at 315.866.0300 ext. 8459.

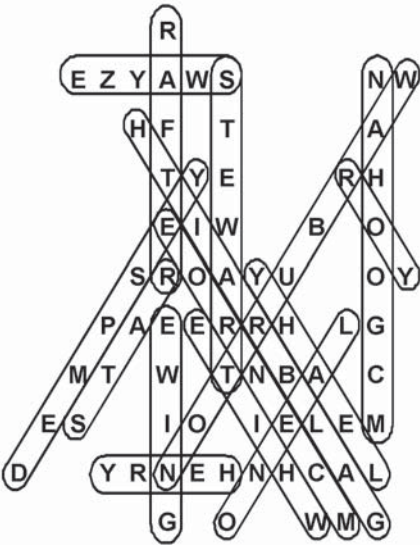
This long-established fine arts and crafts

fair, presented by the Herkimer County Community College Foundation, is one of the largest and most well respected in the region. The juried show features top artisans showcasing their works including pottery, gourmet foods, wood working, textiles, weaving, oil painting, dolls, soaps, jewelry and more. Pride of New York producers and select New York State wineries and distilleries will also be showcasing their products dur-

ing this two-day event.

The fair will be held Saturday, Nov. 10 from 10 a.m. - 5 p.m. and Sunday, Nov. 11 from 10 a.m. - 4 p.m. Admission is \$4. The campus is handicapped accessible, with plenty of free parking available directly adjacent to the show. There is easy access off New York State Thruway exit 30. Cafeteria services are available during the fair.

PATRICK —



— King Crossword —

Answers

Solution time: 21 mins.

T	A	N	G		F	L	U		M	A	R	C
I	D	E	A		A	U	K		A	R	I	A
M	A	S	S	A	C	R	E		S	E	L	L
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			A	I	M		W	A	S			
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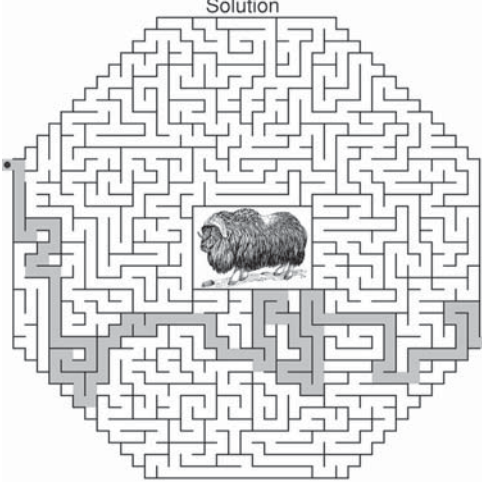
Weekly SUDOKU

Answer

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

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Solution



Herkimer summer/fall workshops

Save the dates for Arc Herkimer summer/fall workshops

As a leader in Central New York in bringing renowned experts on autism and developmental disabilities to area professionals, individuals supported and families, Arc Herkimer will host three workshops in the summer/fall of 2018.

All workshops are free and open to the public but require registration at www.archerkimer.org.

Brad Bennett, Ph.D., will present “Understanding & Working with the Needs of Individuals with Autism Spectrum Disorder and Other Developmental Disabilities” on Thursday, Aug. 16 from 11 a.m. - 2 p.m. at Francesca’s in Ilion, NY.

Nancy Musarra, Ph.D., will present her book “The New Normal: 7 Things to Know as You Care for & Love a Child with Special Needs” on Thursday, Oct. 4 from 5 - 7 p.m. at Herkimer High School in Herkimer, NY. She will also host a book signing from 7 - 8 p.m.

On Friday, Oct. 5, Dr. Musarra will also lead a workshop titled “A Look at Criminal Justice and Legal Proceedings Related to Autism and Other Neurodevelopmental Disorders” from 9 a.m. - 3 p.m. at Herkimer County Community College, Herkimer, NY.

Please visit www.archerkimer.org to register. For questions, please contact Arc Herkimer Outreach Coordinator Mona Fermin-Fennell at 315.574.7822 or by email at mfermin@archerkimer.org.

Arc Herkimer’s mission is empowering people with disabilities and enriching lives throughout the community. For more information regarding Arc Herkimer call 315.574.7000.

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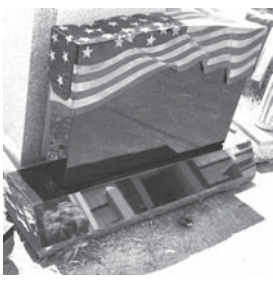
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How to create a wedding day schedule

Wedding days can be hectic. In fact, many couples note after tying the knot that their wedding days were so busy that the ceremonies and receptions were over before they knew it.

Creating a wedding day schedule can seem like a daunting task. Couples tend to have lots of things to do before saying "I do," and organizing everything so ceremonies begin on time can seem as puzzling as a brain teaser. But certain scheduling strategies can help couples ensure

photographers to determine how much time they will need for photos and where they want to take the photos. Bridal parties may need transportation to the photo session, so determining when and where to take photos before the ceremony gives couples an idea of when to arrange for pickup.

- Confirm when the wedding venue is open to the wedding party. Before booking hair and makeup appointments, couples should confirm when they will be able to access their

time is needed for hair and makeup. Weddings that feature large bridal parties will require more time for hair and makeup than ceremonies with small bridal parties. Grooms and groomsmen often take care of their own hair, though some grooms might want to schedule hot shaves for themselves and their groomsmen. Grooms should ask groomsmen if they want a hot shave and then work with their barbers to determine how much time it will take to tend to all par-

time. Wedding hair and makeup sessions can last several hours for large bridal parties, so brides should schedule their sessions early if their parties are big.

- Make lunch arrangements. Some couples choose to tie the knot and host their receptions at the same venue. In such instances, if brides are getting their hair and makeup done at the venue, ask the venue representative if lunch can be

provided to the bridal party. Some venues may include small lunch buffets in their reception costs, while others might charge extra. Confirm the availability and costs, and if it's unavailable or too expensive, then arrange for lunch to be delivered. Either way, couples should not skip lunch, as it may be their only chance to eat until after the ceremony.

- Distribute your schedule to one another and the bridal party. Once the

wedding day schedule has been devised, couples should share it with each other and their wedding parties. Grooms' wedding day to-do lists might not be as extensive as brides', but grooms should still be kept in the loop regarding the schedule so they can help if anyone has questions or if something goes awry. Sharing the schedule with the wedding party decreases the chances of someone being late or missing an appointment.



they look their best and make it to the altar on time.

- Start with the ceremony. Couples can establish a framework for their wedding day schedule by working back from the ceremony. Once the ceremony time is set, couples who plan to take photos before their ceremonies can then work with their

wedding venue. Brides may want to get their hair and makeup done at the ceremony site, but that may only be possible if the venue opens early for the wedding party. If it does not, then brides must account for transportation time to the ceremony site when making their wedding day schedules.

- Determine how much

participants. Brides with large bridal parties may need to book more than two hair and makeup artists so everyone can get done on

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Heat, humidity and children

With winter days behind us, it's important to pay attention now to the dangers of excessive temperatures and humidity. Although anyone can suffer from heat-related illnesses, infants and young children are at a greater risk than other people. According to the American Academy of Pediatrics their bodies are more sensitive to the effects of high temperatures because they have more surface area than

body weight. This makes children gain heat at a faster rate while their immature sweat glands slow the release. Acclimatization (process of adjusting to the heat and humidity) is a slower process for children.

"Give your child time to adjust to the weather conditions around them. Their bodies need to find a temperature that is right and comfortable. Meanwhile, they need us to keep them safe and

prevent heat-related illnesses," said Diane Ward CHN of Herkimer County Public Health.

She offered advice on how to keep your children safe during the hot and humid days ahead:

Drink plenty of fluids.

Regardless of your child's activity level they must stay hydrated. Avoid sugar filled drinks because they cause the body to lose fluid.

Avoid very cold drinks to prevent stomach

cramps. Replace salt and minerals lost when sweating. Sports beverages will replenish your child's salt and mineral level.

Wear appropriate clothing and sunscreen.

Children and infants should be dressed in as little clothing as possible. Clothing should be lightweight, light-colored, and loose-fitting. A hat, sunglasses, and sunscreen of SPF 15 or higher must be applied often.

Adjust your schedule.

Plan outdoor activities for the morning or evening hours. Cool off. Air conditioning is the number one

protective factor. If your home is not air conditioned, spend time in public places that are, like the shopping mall or public libraries. Call Herkimer County Public Health to find heat-relief shelters in your area. Also take cool baths and showers.

Stay informed. Listen to local news and weather channels during extreme heat conditions. Contact Herkimer County Public Health for health and safety updates.

Monitor children closely. Regulate their environment and apply all of the above tips to pro-

tect not only your children, but yourself as well.

"By applying all tips you can protect your child. But in the unfortunate case that they are not protected, it's important to know how to recognize the illnesses and treat it accordingly. Keep everyone protected so you can enjoy the warm weather ahead," Diane Ward, CHN said. For more information on heat, humidity and children visit the State Health Department's website at www.health.ny.gov/publications/1243 or call Herkimer County Public Health at 315.867.1176.

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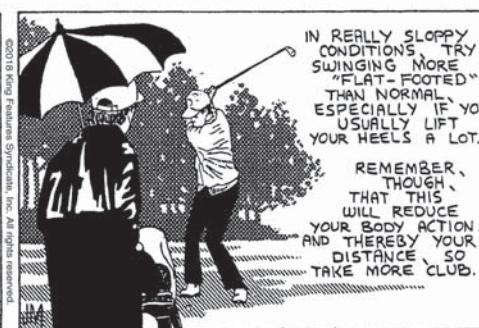
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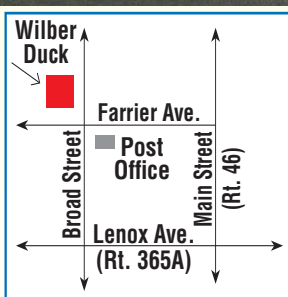
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