

# Country Editor

July 20, 2018

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Volume 8  
Number 9

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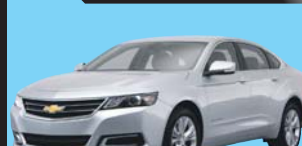


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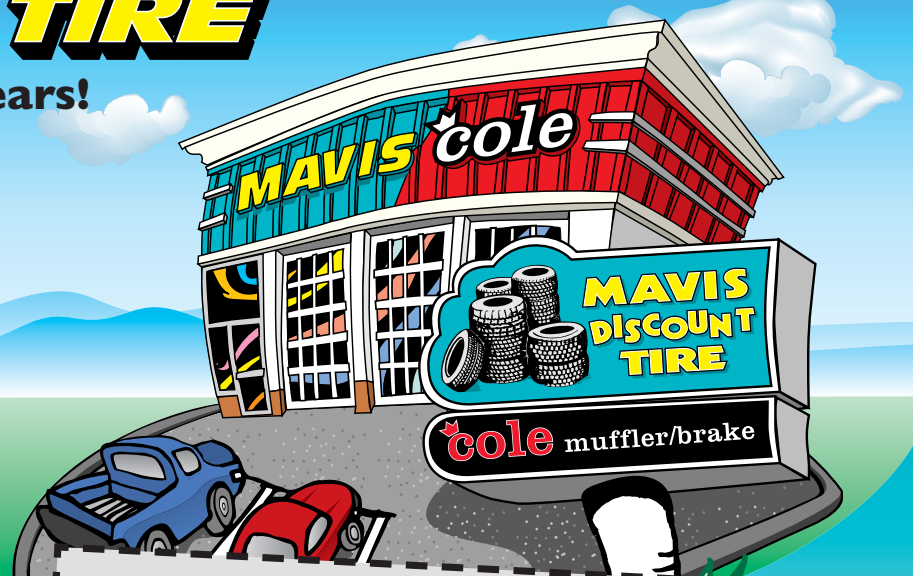
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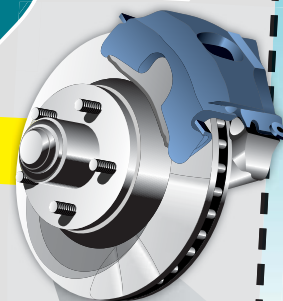
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## Heatstroke and kids in cars

Children should never be left alone in vehicles which can heat up to deadly temperatures in minutes and quickly kill a child. Last year, 30 children in the U.S. died from heatstroke in hot cars — including a baby in New York State. These deaths are even more tragic because they are preventable.

Diane Ward, CHN of Herkimer County Public Health, said, "Kids and hot cars are a deadly combination. In just 10 minutes, a car's temperature can rise by 10 degrees, and continues to climb and stay hot. That means on a 90-degree day, the temperature inside a car can quickly surpass 107 degrees — which is the internal body temperature at which children die from heatstroke."

"Adding to this dangerous situation is that children get overheated up to five times more quickly than adults," she said. "More than half of the heatstroke deaths in cars are children less than two years old. In fact, not counting crashes, heatstroke is the leading cause of motor vehicle deaths for children 14 and younger."

Ward urges everyone to follow simple preventive tips to reduce the number of children who die in hot cars because they are accidentally forgotten by parents and caregivers (53 percent); who get into cars to play and then become trapped inside (29 percent); and who are left in the car by an adult who was running errands, visiting or attending to other business and could not or did not want to take the child with them (18 percent).

• **Use reminders.** Keep a toy or large stuffed animal in your child's car seat. When you buckle in your child, move the animal/toy to the front seat. It will remind you that a child is in the car seat. Put your briefcase, cell phone or diaper bag in the backseat so you

need to open the back door to get it and see that your child is waiting for you. Ask your childcare provider to call you if your child doesn't show up as expected, especially if there is a change of routine. Set the alarm on your phone as a reminder for drop off and pick up times. This is important if your routine changes, or you are tired or overwhelmed. Put a "sticky" note where you will see it — on your dash or another spot. Remind yourself where your children are and when to pick up or drop them off.

• **Look before you lock.** Always check the backseat and trunk or cargo area. Keep your keys and remote-access devices out of a child's reach. Don't let kids play with them. Teach kids to never play in or around cars. They can become trapped inside and die from heatstroke.

• **Never leave a child alone in a car.** There is no safe amount of time or any reason to leave a child behind. Cars heat up fast and stay hot. Even on a cooler or cloudy day, a child is at risk for heatstroke. Rolling down windows or parking in the shade will not safely cool down the car. A car can still reach deadly temperatures when it's only in the 60s. Always take kids with you. Use a drive-thru so you don't need to leave the car. And pay for gas at the pump.

If you see a child in a hot car, call 911 right away and follow instructions. Emergency personnel are trained to respond.

To learn more on hyperthermia and children in cars, visit the National Highway Traffic Administration website at [www.safercar.gov/parents/InandAroundthe-Car/heatstroke.htm](http://www.safercar.gov/parents/InandAroundthe-Car/heatstroke.htm).

## Good Housekeeping

### Summer Squash with Herbs

*Fresh mint, oregano and lemon accent tender summer squash.*

2 tablespoons olive oil  
1 small onion, finely chopped

3 small zucchini (about 6 ounces each), cut lengthwise in half, then crosswise into 1/2-inch-thick pieces

3 small yellow summer squashes (about 6 ounces each), cut lengthwise in half, then crosswise into 1/2-inch-thick pieces

1 garlic clove, crushed with garlic press

1 teaspoon chopped fresh oregano

1/2 teaspoon salt

1/4 teaspoon coarsely ground black pepper

2 tablespoons chopped fresh mint

1 teaspoon grated fresh lemon peel

Fresh oregano sprigs for garnish

1. In nonstick 12-inch

skillet, heat oil over medium heat until hot. Add onion and cook 5 to 7 minutes or until onion is golden, stirring frequently.

2. Increase heat to medium-high. Add zucchini, yellow squash, garlic, chopped oregano, salt, pepper and 1 tablespoon mint; cook 10 minutes or until vegetables are tender and golden, stirring often.

3. Transfer vegetables to bowl and toss with lemon peel and remaining 1 tablespoon mint. Garnish with oregano sprigs. Makes 6 servings.

\* Each serving: About 75 calories, 5g total fat (1g saturated), 2g protein, 7g carbohydrate, 3g fiber, 0mg cholesterol, 200mg sodium.

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## Country Preacher

by Pastor Dan West

In **James 4:10** James writes that we are to "humble [ourselves] in the sight of the Lord. This word humble means to "feel insignificant".

Why would I make myself feel insignificant? I've been taught by my parents and the school system that I am number one, there is nothing I can't do. In my career and civil life I strive for power, for prominence, to be influential!

The answer to that question is in the second half of **verse 10**. When we submit ourselves to God and rec-

ognize Him as Lord and Master of our life, He will lift us up.

When the Lord lifts us up we know there is no corruption involved, no regrets, no toes stepped on that will come back and bite us in the future. He gives us His wisdom which is "...peaceable, gentle, easy to be asked for, full of mercy and goodness, without partiality and without hypocrisy." (**James 3:17**) His ways are so far above our ways. That's what I want for my life, how about you?

## Community Views ~ A snapshot of all the best in our neighborhood

Starting Sept. 1, we will print readers' photos in the Original Valley Pennysaver. Monthly themes will allow you to show off your photography skills within your community.

The September focus is 'Summer Fun' so start snapping your best shots of barbecues, family picnics, beach fun, hiking or whatever gets your family and friends together during the summer.

High resolution photos may be emailed to Gabbie Albrecht at [galbrecht@leepub.com](mailto:galbrecht@leepub.com) with Community Views in the subject line.

Please note not all photos may make the paper so be sure to check our Facebook page!

Deadline for 'Summer Fun' submissions is Aug. 22, 2018.

Let the FUN begin!

## Good Housekeeping

### Mixed grill

1/2 cup orange marmalade

2 tablespoon lemon juice

1 tablespoon fresh rosemary, or 1 teaspoon dried rosemary leaves, chopped, crushed

3/4 teaspoon salt

6 fully cooked bratwurst, knockwurst or frankfurters

1 (3 1/2-pound) chicken, cut into quarters

Tomato wedges, for garnish

1. In small bowl, mix orange marmalade, lemon juice, rosemary and salt.

2. Cut a few slashes in each bratwurst to prevent them from bursting while cooking.

3. Place chicken quarters on grill over medium heat; cook until golden on both sides, about 10 minutes. Then to avoid charring, stand chicken pieces upright, leaning one against the other. Rearrange pieces from time to time and cook until fork-tender and juices run clear when pierced with knife, about 25 minutes longer. During last 10 minutes of cooking, place bratwurst on same grill. Brush chicken quarters and bratwurst frequently with orange-marmalade mixture.

4. Garnish with tomato

wedges to serve. Makes 6 servings.

\* Each serving without tomatoes: About 613 calories, 39g total fat (13g saturated), 41g protein, 30g carbohydrate, 162mg cholesterol, 875mg sodium.

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## The Brussels hustle

by **Terry Berkson**

For some reason when we went to buy seedlings for our vegetable garden a few days before Memorial Day, my wife Alice didn't want to buy Brussels sprouts. They happen to be one of my favorites, especially the way Alice prepares them, first boiling them in chicken broth and then pouring a bit of honey over them before serving. "I thought you liked Brussels sprouts," I said to my wife as we loaded tomatoes and broccoli into our basket.

"Picking them off the stalk in cold weather is too much trouble," she replied before wandering off to look for marigolds.

I was disappointed but I

couldn't resist the temptation of sneaking the sprouts into the basket while she was gone. I knew she'd surely take them out when she returned, so, I took a label from a red romaine lettuce pot and switched it with the one that said Brussels sprouts. She didn't notice the difference as I wouldn't have in that early stage of growth. Back home, we planted our vegetables and as each day passed evidence of my deception became more and more obvious but the label I placed in the ground at the beginning of the row continued to make Alice think that red romaine was on its way.

I was eager to share the ruse with someone, so when six-year old Joseph, one of my three visiting grandsons, was inspecting the garden, and in way of bonding, I shared my secret with him. A real trooper, Joseph kept a tight lip right up until his parents ended their visit and returned the family to Tennessee.

The secret remains intact as is the rapidly growing "romaine lettuce." I haven't told anyone else about the switch but since Alice is always the first one to read a new story, I'm expecting some flack when she learns she's been hustled.

Sure enough, after an early reading of what I thought was nearly a finished draft, Alice called me in from the garden saying, "I want to talk to you."

"I'm not finished water-

ing," I called in an attempt to postpone a confrontation. When I finally entered the house my wife while sitting at my desk said, "I want to talk to you about honesty."

"I know," I said while trying to look guilty.

"I have a confession to make."

"You have a confession to make?"

"Yes, it's about last year's Brussels sprouts," Alice said sheepishly.

"What about last year's Brussels sprouts — besides the fact that they were very good?"

"Well, after I picked them I left them in the barn too long and they started turning brown — so I threw them out."

"You threw them out! After all the watering and weeding and picking you threw them out?"

"Actually I gave them to the chickens. You were eating store bought Brus-

sels sprouts all winter."

"You could've told me," I said hypocritically.

"No," my wife said. "It was my secret. The only one I told was Joseph —

before he left for Tennessee. He seemed to have a particular interest in the garden — so I told him."



The author's secret-keeping grandson Joseph.  
Photo by Terry Berkson

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# Cherry Valley-Springfield CSD announces 4th quarter honor rolls

**Following is the 4th quarter Honor Roll and Principal's List for the Cherry Valley-Springfield Central School District.**

**Principal's List**  
*Grade 12*  
David Collins  
Hailey Diani  
Kaitlyn Ehlers  
Whitney Fink  
Skyler Girard  
Avalon Kubis  
Marcus Mosenson  
Jasmine Olsen  
Samantha Patterson  
Amanda Pressly  
Althea Jo Prime  
Bryana Reckeweg  
Samantha Rockwell  
Alexis Stasilli  
Megan Wilmot  
*Grade 11*  
Ryan Burr  
Alexander Cronkhite  
Matthew Dawson  
Hailey Erway  
Michael McCallion  
Tyler Richards  
Noah Young  
*Grade 10*  
Luke Bartlett  
Morgan Collins  
Rylee Dea  
Josephine Herzog  
Larry Kroon  
Luke Loveland  
Kendra McGovern  
Matthew Mosenson  
Austin Yerdon  
*Grade 9*  
Marrisa Abbruzzese  
Brady Benson  
Caleb Carpenter  
Zoe Climenhaga  
Loial Davis Fralick  
Mia Horvath  
Jaelyn Jaquay  
Owen Johnson  
Allison Lennebacker

Sarah Lewis  
Andrew Oram  
Rebecca Phillips  
Dylan Smith  
*Grade 8*  
Arianna Bresee- Kelsey  
Cendra Crawford  
Barry Ellis III  
Vanessa Erkson  
Kyle France  
Madison Hastings  
Dylan Huff  
Marijke Kroon  
Gabriel Oakley  
Joseph Pressly  
Brandon Preston  
Maeve Rauscher  
Madisyn Reyome  
Alyssa Rockwell  
Andrew Rockwell  
Jack Seeley  
Camilla Tabor  
Oskar Webster  
Sean Webster  
*Grade 7*  
Julianna Abbruzzese  
Chase Benson  
Ariana Bosc  
Tranquility Cleveland  
Trynity Dewey  
Emma Goldsmith  
Jeremiah Hillhouse  
Xavier Jillson  
Jillian Johnson  
Emily Kroll  
Sydney Kukulech  
Cadence Lefevre  
Joleen Lusk  
Lydia Lusk  
Arianna Mosenson  
Katrina Rivera  
Lana Rockwell  
Jade Thalheimer  
Olivia Webster  
Madison Westerman  
Stephanie Whiteman  
Meredith Wilson  
*Grade 6*  
Mina Aramini  
Kailey Barnes  
Karis Brodie

Ava Calhoun  
Trevor Campagna  
Camden Decker  
Amelia Dubben  
Evelyn Gallup  
Sullivan Hopkins  
Max Horvath  
Morgan Huff  
Curtis Hurley  
Gabrielle Jicha  
Duane Lefevre  
Hope Morrison  
Kelan O'Leary  
Bryent Rockwell  
Colin Ross  
Dalton Stocking

Anjelia Sturtevant  
Mason Thalheimer  
Erin Williams  
**Honor Roll**  
*Grade 12*  
Nathan Climenhaga  
Garret Fassett  
Zoey Horning  
Kathleen Jacoby  
Savannah Jicha  
Jennifer Kiltz  
Gabrielle Proper  
Jacob Wilson  
*Grade 11*  
Makayla Gwinn  
Allison Hoke

Ian Johnson  
Justin Riavez  
Zoe Smith  
Noah Young  
*Grade 10*  
Natalie Davis  
Kyrarh Decker  
Kelsey Girard  
Matthew Kroll  
Phillip Kubis  
Alana Latella-Devine  
Jeb Magruder  
Cierra Reynolds  
Felicia Van Buren  
*Grade 9*  
Zoe Dewey

Luke Dubben  
Brittany Keator  
Lillian Lighthall  
Jesse Mance  
Abigail Peterson  
Miranda Snyder  
Jordan Sprague  
Chloe Thalheimer  
*Grade 8*  
Brooke Cavaco  
Jesse Fink  
Cameran Flint  
Kalvin Grimm  
Landon Hamilton

**CHERRY VALLEY 7**

7th Annual

## Dolgeville Consignment Auction

### Friday August 10th and Saturday August 11, 2018

#### Proceeds to Benefit Little Falls Amish Schools

**Dolgeville Athletic Field, 240 Lotville Road, Dolgeville, NY 13329**

*Directions: From Johnstown: Take 29 West to Lotville Rd on right.  
From Little Falls: Take Route 5 to 167 North to 29 East to Lotville Rd on left.*

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## Whatchamacallits

From May 1 to Nov. 2, 1901, eight million people made their way to Buffalo, NY for the Pan-American Exposition. This Whatchamacallit is a souvenir of that time.

In 1897, the Pan-American Exposition Company began to organize the exposition, originally planning to host it in Niagara Falls. The location was moved to Buffalo after the dust settled from the Spanish-American War due to Buffalo being the eighth largest city in the U.S. at the time, thus being more accessible by train than Niagara Falls. Congress agreed to supply \$50,000 towards the event, which had cost seven million dollars in total. Tickets sold for 50 cents, equivalent to \$15 now.

The exposition attracted attendance through several means — technological innovations, improvements for the home and music. A popular way used to get people excited about the exposition was the song entitled “Put Me Off at Buffalo.” However, electricity was one of the biggest draws.

The alternating current power transmission system allowed designers of the exposition to use power generated from Niagara Falls to light the buildings and plots, in total 350 acres. At night, the views of these buildings were very awe-inspiring, although the electricity was not installed inside some of the buildings themselves, such as the exposition’s hospital. A video of the lights can be viewed at [www.youtube.com/watch?v=t6WmPL98s4M](http://www.youtube.com/watch?v=t6WmPL98s4M).

Despite the wonders shown at the exposition, it is actually known for the assassination of President William McKinley. While visiting the Temple of Music and greeting fair attendees on Sept. 6, an anarchist by the name of Leon Czolgosz fired two bullets. One bullet grazed the President, but the other went into his abdomen, through his stomach, colon and kidney. The President died on Sept. 14 of gangrene and the bullet was never found.

It is conjectured, however, that if the attending doctor allowed the use of Thomas Edison’s X-ray machine, on display at the exposition at the time, then the President might have survived. It is also thought that if the hospital at the exposition was equipped with electricity, then the doctors could have operated better.

Due to the assassination of President McKinley, President Theodore Roosevelt took to office and the Secret Service became full-time protectors for the president instead of a unit for the Treasury. Prior to this event, the President could refuse protection, which is what President McKinley did on the day of his visit to the Temple of Music.

It took about a year for the buildings to be dismantled at the end of the Pan-American Exposition. There was an effort to save The Electric Tower, viewed as the crowning feature of the exposition, but the money wasn’t raised in time. The land is now commercial and residential areas of Buffalo. However, remnants still remain. One such remnant is “A Trip to the Moon,” a dark ride which was later moved to Luna Park in Coney Island. Other remnants are the souvenirs, such as this brass-plated plate.





CHERRY VALLEY from 6

Allan Parker  
Mackenzie Templin  
Mary Beth Wait  
Adam Whiteman  
Emma Whiteman  
Grade 7  
Ryan Barnes  
Trevor Carley  
Tyler Douglas  
Lillian Gallup  
Ivan Latella-Chicaiza  
Riley Mance  
Oren Prime  
Zachary Smoot  
Eleanor Van Spanje  
Grade 6  
Declan Delaney  
Mathew Freer  
Markel Grimm  
Jacob Johnson  
Caitlyn Ray

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

Blossom end rot, early blight and powdery mildew are some of the common vegetable diseases that you might find in our region.

Blossom end rot begins as a water-soaked spot near the blossom end of the fruit. This spot (lesion) soon enlarges and turns dark, just as the green fruit is beginning to ripen. This lesion may become leathery and crack, with other diseases then taking hold.

Blossom end rot sounds like a disease caused by

an infection, but it is not. Rather, it is caused by a calcium deficiency, often associated with too little water or drought. It often occurs after rapid growth early in the season, followed by hot and dry weather, or conditions alternating between the two. This physiological “disease” is most common on the earliest to set fruits, plants put out early into cold soil, or plants spaced too close together.

Blossom end rot is often prevented by:

- keeping soils uniformly moist, and deeply watered during drought (using mulches can help),
- avoiding root damage

Common vegetable diseases

by not cultivating too close to plants,

- using fertilizers in subsequent years early in the season that are high in phosphorus and low in nitrogen, and
- spraying plants early in the season, especially after heavy rains, with a dilute calcium chloride solution. Mix one level tablespoon of calcium chloride (as used in making pickles) into one gallon of water.

Another disease that attacks stems, leaves and fruit of tomatoes, but also those of potatoes and eggplant, is early blight. This disease is caused by either of two fungi, beginning as circular or irregularly shaped spots one-quarter to one-half inch in diameter. If these spots have a yellow halo on the outside and concentric lines inside, they are likely from the Alternaria fungus. This fungus also can cause sunken, dark areas (cankers) in stems. Infected fruit have sunken, dark, leathery spots on the stem end.

If the leaf spots are gray with dark centers, they are likely from the Septoria leaf spot fungus. This fungus also may infect stems. Although fruit aren't attacked, they may be burned by the sun (sunscaud) from infected leaves dropping off.

Ways to minimize or prevent early blight include:

- selecting resistant varieties,
- growing tomatoes in a different part of the garden each year,
- watering early in the morning if overhead watering, to allow leaves to dry during the day, and
- using a fungicide labeled for this disease. If using such a chemical, read and follow all label directions for best control, and for your safety and that of the environment.

Powdery mildew can attack many plants, but is most commonly seen on cucurbits such as squash and pumpkins. High humidity promotes this disease, but it does not require rain to spread, as

do many diseases. In fact, rain may help to prevent the spread of the disease spores (microscopic structures which spread such diseases). Often the spores don't last over winter in the north, but blow in from southern areas. Once infected, a single leaf can produce tens of millions of spores.

Symptoms are a quite visible white spotting or growth on leaves, eventually causing them to turn yellow, then brown, and finally die. Methods to control this disease include:

- choosing resistant varieties,
- planting in areas with good air circulation, and
- using appropriate fungicides. Again, to use these properly, read and follow label directions.

More on these and other vegetable diseases and how to control them can be found online from the University of Massachusetts Extension ([ag.umass.edu/vegetable/fact-sheets/diseases](http://ag.umass.edu/vegetable/fact-sheets/diseases)).



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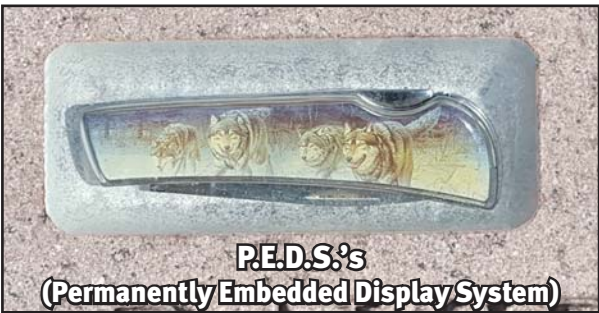
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## To Your Good Health

by **Keith Roach, M.D.**  
**Hearing loss indeed possible after surgery**

**Dear Dr. Roach:** I recently had a hip replacement. I am 84, with hearing loss. My family says my hearing is worse after the operation. My daughter talked with several seniors who experienced the same thing. They think it has to do with the anesthesia. Fact or fiction? — D.W.

**Answer:** Possibly fact. Hearing loss is a known and rare occurrence after surgery, and there are several ways in which it can happen. You mentioned anesthesia: Several anesthetic agents, especially nitrous oxide, can cause temporary hearing loss, but nitrous oxide is not used as often during surgery as it once was. Changes in the fluid pressure in the ear also can cause both temporary and permanent hearing loss. Finally, antibiotics given around the time of an operation can cause hearing loss.

**Dear Dr. Roach:** I recently attended a free introductory visit at my local health spa. It's an interesting process. There is a circuit with 12 machines and 12 mats for doing cardio. Each exercise is done for 30 seconds, then you move to the next station. The circuit is supposed to be done twice at each session, three times per week. Can this really work to help you lose

weight and get fit? Need I say again, 30 seconds ... really? Your opinion please. — E.Y.M.

**Answer:** There are two questions, and the first is on fitness. There, the answer is a resounding yes. High-intensity interval training has been clearly proven to improve muscle and cardiovascular fitness. If you were to follow the program at the gym, working hard but not overdoing it, you certainly would find that your ability to do the exercises would improve, your stamina would increase, and you'd likely feel better and have more energy. A 24-minute workout (24 stations of 30 seconds each, done twice) is enough (and a LOT better than no workout at all).

Unfortunately, just doing the exercise will not make you lose much weight. Losing weight comes from better dietary habits, which can help you eat less food and still feel satisfied. The combination of increased exercise and a little less food, especially less low-quality ("junk") food, may help you lose a few pounds.

Losing weight shouldn't be the goal, in my opinion. Losing weight and keeping it off is tough to do, but by exercising regularly and eating well, you can dramatically improve overall health and well-being even without weight loss.

**Dear Dr. Roach:** I have an itchy-ear problem. It

even wakes me up at night. I've tried Cortizone-10, hydrogen peroxide solution, ear baths and cotton swabs. Nothing seems to work for long. Can you help me? — G.P.

**Answer:** Stop the hydrogen peroxide — it is very drying and can damage the sensitive skin in the ear. The hydrocortisone should work for

many common conditions, but if it hasn't, then your regular doctor, a dermatologist or ENT doctor should take a look in your ear and see what is going on. Seborrheic dermatitis and eczema are common conditions that can affect the skin in the ear.

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## Calendar of events

**July 20, 21 and 27**

**Pierogi Sale.** July 20, 21 and 27, 28. 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 22**

**Old-time radio adventure podcast takes stage.** 2 p.m. at The Shop, 590 East Main Street in Little Falls. Guests are welcome to attend this live stage reading of The Brass Lantern. Project information is also available at [www.lift-theater.org](http://www.lift-theater.org) and "LiFT Theater Company" on Facebook. Admission is free with a suggested donation of \$5.

**Ends July 22**

**32nd Annual Ilion Days.** July 14-22. Week long celebration includes parade, fireworks, races, garage sales and more. For schedule, information to participate in events, entry forms visit [iliondoodah.com](http://iliondoodah.com). For general info call 315.894.2308.

**July 23 and Aug 22**

**Brookwood Point History & Garden Tours this summer.** 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.

**July 23**

**New York State Canals: Presentation by Dr. Duncan Hay, National Park Service.** 7 p.m. Dish to Pass picnic at 6 p.m. Norway Community Center, 3114 Military Rd, Village of Norway, NY. Bring a dish to pass and your own place setting and join the Kuyahoor Valley Historical Society for their annual picnic and program. All welcome. Free. New York.

**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](http://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](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.** Aug. 8 18. 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](mailto: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](http://www.fortklockhistoric.org), call 518.568.7779 or find us on Facebook!

**Aug 16**

**Workshop featuring Dr. Brad Bennett.** 11 a.m. - 2 p.m. Francesca's, 144 E. Main Street in Ilion. Presenter is Dr. Brad Bennett, Ph.D., licensed psychologist at Arc Herkimer and Clinton Therapy & Testing Center. The workshop is free and open to individuals, families, and professionals and lunch is included. To ensure that the venue accommodates registrants and for lunch reservations, Arc Herkimer is asking those interested to register by Friday, Aug. 10 at [www.archerkimer.org](http://www.archerkimer.org) under upcoming events. To register by phone, please contact Janet LaRock at 315.574.7780 or email: [jarock@archerkimer.org](mailto:jarock@archerkimer.org).

**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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## Old-time radio adventure podcast takes stage in Little Falls

LITTLE FALLS – When imaginative individuals work together, ideas are shared and new artistic creations are born. That's exactly what has happened with two Herkimer County Community College educators. Andrew Devitt and Matt Powers have teamed up to bring

listeners an original tale of a city torn apart by corruption and crime, and the beacon of justice who is fighting it all – the Brass Lantern. The project merges classic radio drama with modern media podcast to broadcast the action-packed story, and a live reading will be

held on Sunday, July 22 at The Shop in Little Falls.

Last year, Powers began exploring the possibility to create a podcast with LiFT (Little Falls Theater) to rekindle traditional radio theater. "Radio drama began in the 1920s and became internationally

popular in the 1940s," explains Powers. "Entertainment has transformed throughout the decades with audio podcasts gaining momentum this past decade." As director of LiFT, Powers is no stranger to directing stage theater in front of live audiences; however,

producing a purely auditory experience was unfamiliar territory. "I was excited for a new challenge in an area of theater that is different from my norm. Relying on voice, music and sound effects alone to build a world means that the listeners really have to invest their imagination."

"When Matt Powers mentioned his interest in creating a podcast for LiFT, I told him I had just the thing. Something old reborn for something new," shares Andrew Devitt, creator and author of

"The Brass Lantern." Devitt had thought up a vigilante character more than twenty years ago. Devitt explains, "I first created the character two decades ago for a series of comic books, but it wasn't until podcasting brought back audio-plays as a viable medium that I realized the character's true home should be old time radio." When asked about his inspiration, Devitt explains, "The Brass Lantern is my love letter to the pulp magazine and radio heroes of the Great

OLD-TIME 10

# First Annual CANJO 4'S SAND SLAM

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**OLD-TIME** from 9

Depression. The best of them would pit a lone hero, often morally questionable, against a larger than life villain in plots so wild, so dizzying and so kinetic that you'd never have to invest in a book-mark."

Once Devitt and Powers laid out a game plan, Powers began work on securing funding for the multi-episode podcast project. He says, "I approached the Mohawk Valley Center for the Arts and am thankful they agreed to serve as an umbrella agency, allowing me to seek two different grants from CNY Arts. I was pleased to have been awarded both grants so that we can make 'The Brass Lantern' podcast what it truly deserves to be."

The cast of characters is as intense as the story itself. Devitt brings to life the voice of Matthew Arnold (AKA the Brass Lantern), who is heir to the LuxArn fortune. Upon returning home from the war, Arnold takes up the role of Beacon City's protector – the Brass Lantern. The characters take us into a world where insurance companies own the police and the uninsured have no recourse. Matthew Arnold faces off against the wickedest man alive, John Countryman, who is portrayed by local author C.T. Avis. Joining Devitt and Avis on stage will be Laura Powers, Alix Stolzer, Dave Dellecese, Ginny Clapp and Blake



The cast of "The Brass Lantern," (left to right) Laura Powers, C.T. Avis, Alix Stolzer, Andrew Devitt and Matt Powers, will be lending their voices to a new style of radio drama to the stage in Little Falls.

Photo courtesy of Laura Powers

Pitcher, who is also a local author. Mikey Wood, the illustrator who provides the project's cover art, is coming in from Pittsburgh, PA to take the stage as well. Wood will give voice to the Brass Lantern's predecessor, St. John Dare, in place of renowned storyteller and New York City theater artist Edgar Oliver, who

offers his voice in the podcast. Local jazz musician Oscar Stivala will also provide his musical

stylings for the original podcast.

With blinding light and blazing guns, crime has

nowhere to hide. Guests are welcome to attend a live stage reading of "The Brass Lantern" on Sun-

day, July 22 at 2 p.m. at The Shop, located at 590 East Main St. in Little Falls. This old-time radio adventure podcast will come to life on stage with the voice actors behind the microphone. According to Powers, "We have taken an amazing original story styled for radio theater, repackaged it for a modern podcast and are now sharing it live with listeners. We invite all to join us!"

For more information, follow "The Brass Lantern" on Facebook and check out the "The Brass Lantern Podcast Live" Facebook event. Project information is also available at [www.lift-theater.org](http://www.lift-theater.org) and "LiFT Theater Company" on Facebook. Admission is free with a suggested donation of \$5.

The podcast series is currently in episode four with two more in production. Free episodes are available at [www.lift-theater.org](http://www.lift-theater.org), Spreaker, iTunes, SoundCloud and YouTube. This project was made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts, with the support of Gov. Andrew Cuomo and the New York State Legislature, and administered by CNY Arts.




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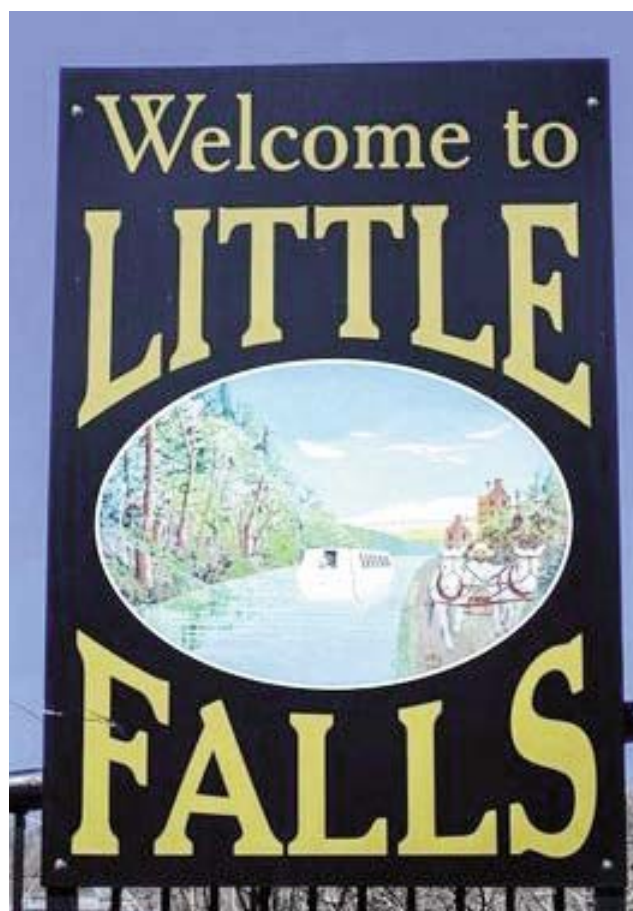
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## Golf tournament to raise money for local scholarships

The 16th annual Herkimer Region College & Career Scholarship Foundation Golf Tournament will raise money to provide scholarships to students attending college following a vocational education in high school.

This year's golf tournament is scheduled for Monday, Aug. 6, at the Cedar Lake Club. Registration is at 9 a.m., and there will be a shotgun start at 10 a.m.

To date, the Herkimer Region College & Career Scholarship Foundation has provided more than 300 scholarships totaling \$168,500. Last year's golf tournament raised more than \$9,000.

Interested sponsors for this fundraiser, which will benefit students in the Herkimer BOCES region, are asked to

contact Herkimer BOCES District Clerk Shawn Maxson at 315.867.2023 or [smaxson@herkimer-boces.org](mailto:smaxson@herkimer-boces.org).

The Herkimer Region College & Career Scholarship Foundation is a not-for-profit community scholarship foundation. A group of local citizens from many professions works voluntarily to generate scholarship funds for graduates of technical programs in the region.

These technical programs may be those in place at Herkimer BOCES or the technical programs of the 10 component school districts. The component school districts are: Central Valley, Dolgeville, Frankfort-Schuyler, Herkimer, Little Falls, Mount Markham, Owen D. Young, Poland, Richfield Springs and West Canada Valley.



The members of the winning team from the 15th annual tournament are (L-R) Jim Humphrey, Gary Tutty, Dick Keeler, and Garrett Olds of the Central Valley Academy team. The team also won the event's Challenger's Cup. The tournament raised \$9,100 for scholarships for local students.

Photo courtesy of Herkimer BOCES

## New York State Canals: Presentation by Dr. Duncan Hay

Dr. Duncan Hay of the National Park Service will offer a program on the New York State Canals on Monday, July 23 at 7 p.m. in the Town of Norway Community Center, 3114 Military Rd., Norway. The program will be preceded by a pot luck picnic at 6 p.m. Bring a dish to

pass and your own place setting and join the Kuyahoor Valley Historical Society for their annual picnic and program.

All are welcome. The event is free to the public and is sponsored by the Kuyahoor Valley Historical Society.

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## Donna's Day: Creative family fun

by **Donna Erickson**

### Plaster casting art at a sandy beach

Heading for the beach by the sea or a lake? Along with towels, sun-screen and flip-flops, bring along a carton of plaster of Paris, a paper cup and an empty quart-size can or plastic recycled food container to make a unique piece of natural art that will last — and decorate your yard or deck when you get back home.

You can even make a terrific creation in your own backyard sandbox if you don't live near the water. If your kids have made plaster handprints in school, they'll be familiar with the following and easy how-tos.

To make a mold in damp sand:

Use your hands to scoop out a free-form design at least 2 inches deep. If you are at an ocean beach, just be sure the tide won't be coming in for at least a couple of hours. You also can make a mold using toys such as a plastic fish or crab. Press the toy into the sand to make the shape, and then remove the toy. Any connecting areas in your design should be at least 2 inches wide to keep the final plaster project from breaking. To add interest, press some natural objects you collect on the beach into the base of the sand mold, such as shells, rocks, twigs and bark or driftwood.

Pour a cup or two of fresh or seawater into the disposable container. Add

the powdered plaster according to directions on the box and stir with a stick. The mixture should

be smooth and thick like a milkshake. Don't over-stir, however, as this causes the mixture to set

up too quickly and weakens the final product. Immediately pour the mixture into your sand mold,

essary.

To make a hanger for your art:

Poke a paper clip halfway into the plaster at the center top as the plaster thickens. If the project is large, you may wish to position two paper clips evenly spaced from each side.

Allow the plaster to harden for about an hour and a half, depending on the size of the mold, and then carefully remove the plaster souvenir from the sand. Dispose of leftover hard plaster in a trash can.

Take a picture of your pleased kids holding their creations before you head home. Wrap your art loosely with newspaper, and let it dry and harden completely. Glue on additional decorations, if you wish.

Note: Never pour liquid plaster down a drain.

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## The Kitchen Diva

by Angela Shelf Medearis

### Soup in the summer?!

When I think of summer recipes, I seldom think of soup. However, a well-balanced soup is the perfect way to highlight all the sweet, crisp flavors of freshly picked summer corn. Soups are a perfect dish in the winter, but they're easily a seasonal recipe with the right ingredients. Using both the corn kernels and the corn cob in a soup is a great way to quickly and deeply infuse the broth with flavor, creating a spoonful of summer with each bite.



Corn on the cob is an essential part of a summer meal and provides many health benefits year-round. The average serving of corn on the cob has about a quarter of your daily requirement for thiamin, which helps maintain

memory, as well as beta-cryptoxanthin, which aids in lung health. Corn is high in folic acid, which is needed by women who are taking oral contraceptives. It also is a good source of fiber and thiamine, and contains fair amounts of vitamin C, magnesium, niacin and potassium. One serving or one ear of corn has about 83 calories.

Here are some tips from the Utah State Extension Service for selecting and storing fresh corn:

- Look for corn with good green husk color, silk ends that are free from decay or worm injury, and stem ends that are not too discolored or dried. Select ears that are well-covered with plump, not too mature kernels. Avoid ears with undeveloped kernels, ears with very large kernels and dark yellow kernels because they can be tough and not very sweet.

- Husk one side of the corn. Press a fingernail into one of the kernels to test the liquid. Ripe corn should have a milky-looking liquid; overripe corn will have either a clear liquid or none at all.

- It is important to pick corn and process it within 2-3 hours. The sugar in corn is quickly lost, so for optimum quality process it as soon after picking as possible. If you can't cook fresh corn immediately, store it in the refrigerator.

This recipe for Sweet Corn Soup with Spicy Guacamole is the perfect showcase for fresh corn and summer vegetables. Soup in the summertime? Yes, please!

### Sweet Corn Soup with Spicy Guacamole

8 ears fresh sweet corn  
2 tablespoons olive oil  
2 chopped green onions, white and green parts, roots discarded,  
1/2 fresh, small serrano pepper, chopped  
2 jarred fire-roasted red peppers, chopped  
2 cloves garlic, minced  
3 1/2 cups reduced-sodium chicken or vegetable broth

1/2 medium tomato, diced  
2 tablespoons snipped fresh cilantro  
1 teaspoon minced lime peel  
2 tablespoons lime juice

1/2 teaspoon coarse salt  
1/4 teaspoon coarsely ground black pepper  
1 large avocado, halved, seeded, peeled, and coarsely chopped

1/2 cup crumbled queso fresco cheese

1. Using a sharp knife, cut the corn kernels off the cobs (should have about 4 cups). Set aside 3/4 cup of the corn for the guacamole. Set aside three of the corn cobs; discard remaining cobs.

2. In a large skillet heat 1 tablespoon olive oil over medium heat. Add 2 tablespoons green onions, half the chopped serrano, half the chopped fire-roasted pepper and half of the garlic. Cook and stir for 4 to 5 minutes or until vegetables are tender. Remove from skillet and set aside.

3. Add 1 1/2 cups of the broth and reserved corn cobs to the skillet. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Using tongs, remove corn cobs and discard; reserve broth in skillet.

4. Add the 3 1/4 cups corn kernels to broth in the skillet. Bring to boil; reduce heat. Cover and simmer 4 to 5 minutes or until corn is tender. Cool slightly.

5. In a blender or food processor, combine cooked corn and pepper mixture. If using a blender, remove the center cap and cover the lid with a dish towel. Blend or process until almost smooth.

6. Return pureed mixture to the skillet. Slowly whisk in enough remaining broth to reach desired consistency; heat through. Keep soup warm while preparing guacamole.

7. For guacamole, in a large skillet, heat remaining 1 tablespoon oil over medium-high heat. Add the 3/4 cup reserved corn kernels. Cook 8 to 10 minutes or until kernels are tender and lightly browned, stirring occasionally. Remove from heat and cool slightly.

8. In a medium bowl combine toasted corn, the remaining garlic, green onion and peppers, the tomato, cilantro, lime peel, lime juice, salt and black pepper. Add the avocado. Lightly toss to combine. Ladle soup into bowls. Top with guacamole and sprinkle with crumbled queso fresco cheese.

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Adirondack style

The Adirondack style started with a chair in 1903. Many wealthy folks from the East Coast wanted a cool place to live for the summer, so they started building homes in the Adirondack mountain area. Thomas Lee was vacationing in Adirondack town of Westport, NY, and he wanted comfortable outdoor chairs for his house. He made the chair from 11 pieces of wood and finally decided on the reclining chair with wide armrests now known as the Adirondack or Westport chair. Lee had a local carpenter friend named Harry Bunnell, who made the chairs to sell. Bunnell patented the design in 1905. Lee never received any of the profits.

The houses in the Adirondacks led to other pieces of furniture that were made of local wood, twigs and carving as decoration. The style was very much like Western or Rustic style today. It originally was all hand-made of local wood by nearby carpenters. Sometimes there was added paint, or cut-out and applied figures like stars or animal profiles. Pieces are heavy-looking and since they are made of logs, they are heavy to move.

An Adirondack bookcase on chest was in a Skinner auction and sold for \$6,150. It had carved diagonal lines on the trim around the two lower cabinet doors, two upper glass doors, plus a decorated center on each cabinet door and some applied burl decoration. Inside are three drawers and two shelves.

**Q:** Can these be sold? I have a pair of Royal Purple nylons, with back seam, in their

original box. It reads "10 1/2 style 704/4 nutria 1/4" on the end of the box. Are they of value, or should I just give them away?

**A:** Collectors of vintage clothing are interested in vintage stockings. Royal Purple was a trademark of Sears & Roebuck. Silk stockings were fashionable until nylon was invented. Nylon stockings were introduced at the 1939 New York World's Fair and were first sold in 1940. Stockings went out of fashion when pantyhose became popular in the 1960s. Royal Purple stockings have sold online for \$6 to \$35 a pair. The empty box has sold for \$4.50.

### Current Prices

- Sugar bowl, turquoise-blue milk glass, relief grapevines with bunches of grapes, footed, dome lid, grape cluster finial, 1920s, 6 inches, \$60.

- Bronze bookends, big rig truck, molded, protruding from arched plaque, flared rounded base, hammered, 1930s, 6 x 6 inches, \$405.

- Sand pail, Kewpie Beach, Kewpie Castle, Scootles Tourist, tin lithograph, Rose O'Neill, 1937, 3 x 3 inches, \$800.

- Friendship Quilt, red and white pinwheels, 450 embroidered names, made by women of a church in Iowa, c. 1910, 76 x 92 inches, \$2,550.

TIP: Acorn by Georg Jensen, Audubon by Tiffany & Co. and Francis I by Reed & Barton still are very popular sterling-silver flatware patterns wanted by new brides.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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This is a bookshelf and cabinet made for a house furnished in Adirondack or Rustic style. It is 86 inches high and 46 inches wide. The chest is signed "DZ JR" in the wood. Its price is \$6,150.

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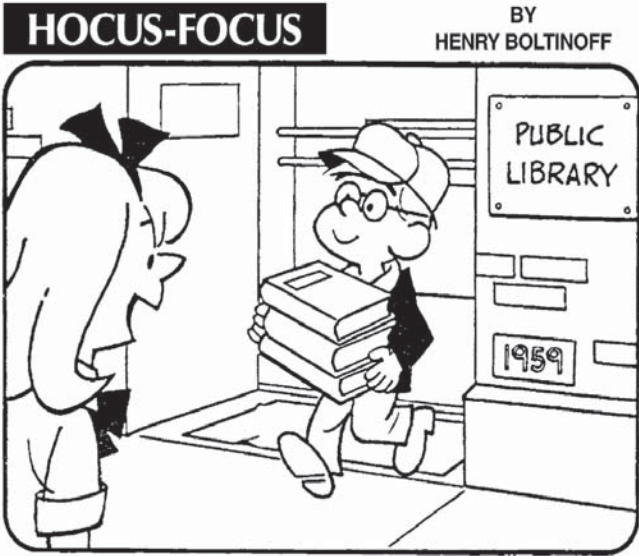


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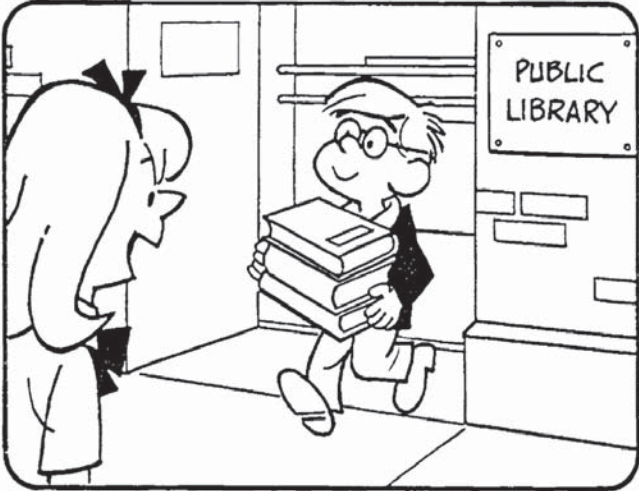
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Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Sleeve cuff is missing. 3. Cap is missing. 4. Book is reversed. 5. Mat is missing. 6. Cornerstone is missing. HOCUS FOCUS puzzles \$3.50 • 30 Volumes • Order at: rbmamall.com

Weekly SUDOKU

by Linda Thistle

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

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: ♦

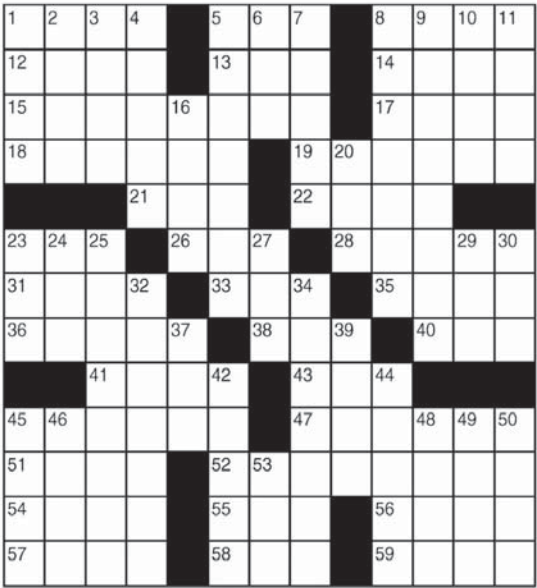
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Departed  
5 "Gosh!"  
8 Capri or Wight  
12 Wheelbase terminus  
13 Scepter  
14 Mast  
15 Punishing, in a way  
17 Erstwhile acorns  
18 Fares, at times  
19 British P.M., 1945-51  
21 "— the sea-son ..."  
22 Crucifix  
23 Lived  
26 AAA job  
28 Grand tales  
31 Rose fruit  
33 Unruly bunch  
35 Within (Pref.)  
36 Give a speech  
38 Kids' card game  
40 Understand  
41 Hear the alarm  
43 Decay  
45 Film festival city  
47 Rock concert staffer  
51 Low-pH  
52 Sending unwanted



- emails  
9 Big name in sporting goods  
10 Victoria, for one  
11 Gaelic  
16 Make booties  
20 Sock part  
23 Personal question?  
24 Atmosphere  
25 Generating  
27 "Holy mackerel!"  
29 B-F link  
30 Drunkard  
32 Stunt double,  
e.g.  
34 Rapid out-pouring  
37 — out a living  
39 Space  
42 German city  
44 Domesticates  
45 Lot wares  
46 Antioxidant berry  
48 "Thank You" singer  
49 Race place  
50 Hollywood clashers  
53 Opposite of "post-"

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STICKELERS [sic].  
by Terry Stickels

Match the words on the left with their respective meanings on the right.

1. sanative a. having webbed feet  
2. vafrous b. healing, curative  
3. dizen c. to dress up  
4. palmate d. cloudy  
5. nubilous e. cunning, sly

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Americanisms



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."  
—Maya Angelou

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Amber Waves



by Dave T. Phipps

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

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

- Alamosa Frisco Keystone Silverton  
Avon Gold Hill Leadville Telluride  
Dillon Granby Ouray Yampa  
Eagle-Vail Gunnison Salida

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## Number / Classification

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

## Announcements

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## Announcements

## Announcements

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**VENDORS/CRAFTERS WANTED:** Living History Weekend, Mohawk NY, September 15th, no fees. For application contact Carol email [pvercz@twcny.rr.com](mailto:pvercz@twcny.rr.com)

**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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# Herkimer BOCES auto show raises more than \$3,200

HERKIMER – East Herkimer resident Ken Pokorny brought his 1964 Ford Custom to the recent Herkimer-Fulton-Hamilton-Otsego BOCES Cruise-In Bike Night & Chicken BBQ and enjoyed the variety of vehicles, the setting, the food and the fact that it supports student activities.

“It’s a good event,” he said. “It’s for a good cause.”

The annual Herkimer BOCES Cruise-In Bike Night & Chicken BBQ on June 14 raised more than \$3,200 to help stu-

dents in the Herkimer BOCES chapter of SkillsUSA attend regional, state and potentially national conferences. At the conferences, students can put to use the career and technical education skills they learn at BOCES by competing against peers from other schools.

SkillsUSA, which is a national organization for students who are enrolled in technical or trade programs, aims to help students develop leadership abilities through participation in educational, occupational, civic, recreational and

social activities.

Bill and Chris Schwerdt, of Frankfort, brought a 1956 Chevrolet pickup truck to the cruise-in and said they enjoy the event and that it supports SkillsUSA students.

“It’s a good thing,” Bill Schwerdt said.

George and Rebecca Dieffenbacher, of Salisbury, attended the cruise-in with their 1930 Ford Model T Coupe. When George asked for more details about the SkillsUSA events the cruise-in supports, he celebrated when he found out

that many of the competitions allow students to practice their trade industry skills.

“It’s always good to be able to support students,” he said, noting that he worked in trades for about 30 years. “We need tradesmen.”

The cruise-in brings out various type of cars and motorcycles, George Dieffenbacher said.

“You get the old cars and the really new ones,” he said. “We come every year. We wouldn’t miss it. We enjoy it.”



George and Rebecca Dieffenbacher, of Salisbury, pose with their 1930 Ford Model T Coupe during the Herkimer-Fulton-Hamilton-Otsego BOCES Cruise-In Bike Night & Chicken BBQ on June 14 at Herkimer BOCES. The event raised more than \$3,200 for the Herkimer BOCES chapter of SkillsUSA.

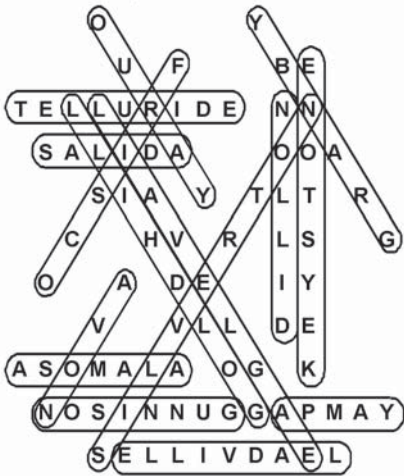
Photo courtesy of Herkimer BOCES



Bill and Chris Schwerdt, of Frankfort, pose with their 1956 Chevrolet pickup truck during the Herkimer-Fulton-Hamilton-Otsego BOCES Cruise-In Bike Night & Chicken BBQ.



## COLORADO CITIES OVER 7,000 FEET



## Weekly SUDOKU

Answer

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

## King Crossword — Stickelers Answer

Answers

Solution time: 25 mins.



Just Like Cats & Dogs by Dave T. Phipps



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# Overcome wedding weather obstacles

Summer approaches with the promise of warm temperatures. Weather is one reason why summer is such a popular season to tie the knot. But just because sunny skies and rising mercury are par for the course, that does not mean Mother Nature won't invite herself to the festivities — and attempt to upstage happy couples in the process.



Some feel it's good luck for couples to get rain on their wedding days, but many couples would trade in a little of that luck for clear skies. However, weather can be fickle, and couples who build contingency plans into their wedding festivities are much more likely to overcome inclement weather than couples without such plans.

- Have solutions for sun and heat. Couples don't want their wedding guests or bridal party members passing out due to heat exhaustion. Make sure to offer shade if the ceremony or reception is outside. Stock the area with cold bottles of water or a chilled lemonade stand. Have fans and umbrellas available just in case guests need a way to protect themselves from the sun.

- Strong storms. Over the course of hot and humid days, storm clouds can develop and roll in. Afternoon thunderstorms are quite common on summer days. Accommodate for sudden downpours by hosting early luncheon receptions or ensure there is a plan B that includes a covered area. Couples can stash spare shoes or even rain slickers in a car to keep their wedding attire protected against rain as they dash between venues or take photos.

- Embrace the rain. Vivid skies with lightning or overcast days can make for unique and striking wedding photography. Couples needn't look at the downside of rain, but rather they should see the opportunities for one-of-a-kind memories.

- Keep a generator on standby. Storms may knock out power. Some reception halls or banquet facilities may have their own backup power, but be sure to ad-



Some feel it's good luck for couples to get rain on their wedding days, but many couples would trade in a little of that luck for clear skies.

dress how power outages are handled. If need be, bring in a portable generator to keep the reception room cooled by fans.

- Plan for wind. Coastal outdoor weddings present beautiful backdrops for weddings. But being near the shore may mean accepting windy conditions. Tie down tents and use weights to keep wedding programs or other papers from catching a current. The bride and her wedding party should opt for free-flowing tresses so they needn't worry about intricate updos coming undone.

- Maintain a sense of humor. It's impossible to predict wedding day weather, but staying calm, going with the flow and laughing at things they can't control can help couples make memories that last a lifetime.

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## Herkimer BOCES board re-elects president, vice-president

**HERKIMER** – Herkimer-Fulton-Hamilton-Otsego BOCES Board of Education President Daniel LaLonde and Vice President Thomas Shypski were recently re-elected to their sixth consecutive one-year terms in the positions. Herkimer BOCES board members re-elected LaLonde and Shypski during the board's annual reorganization meeting on July 5.

LaLonde has been serving on the Herkimer BOCES Board of Education since 2004 including four years as vice president and the past five years as board president. He was elected to the Iliion Board of Education in 1999 – serving part of his time as board president. He served on the Central Valley board

since its inception, and did not run for re-election this year. He retired from the Iliion Fire Department after a career-ending injury in 1992.

Shypski, who also serves on the Richfield Springs Board of Education, was elected to the Herkimer BOCES Board of Education in 2009. Shypski has a business management/economics degree from Albany State, worked most of his career in agribusiness on the family Cullen Pumpkin Farm just outside of Richfield and is now retired from his position as water superintendent for the village of Richfield Springs. During the July 5 reorganization meeting, newly elected board member Mike Clements, of Frankfort-Schuyler, was

sworn in. Shypski and board member William Miller were also re-elected to the board. Miller, who also is the current New York State School Boards Association president, has served on the Herkimer BOCES Board of Education since 2002. The board members were voted on by Herkimer BOCES component district school boards on April 18, and were elected to three-year terms from July 1, 2018, through June 30, 2021. Additionally, the reorganization meeting included setting the schedule of meetings for the 2018-19 school year. The board's meetings will all take place at 5:30 p.m. on the following Thursdays (with one exception noted below):

• Aug. 9

- Sept. 6
- Oct. 11
- Nov. 14 (a Wednesday)
- Dec. 13
- Jan. 17
- Feb. 14
- March 14
- April 25
- May 16
- June 13

The board also scheduled its 2019-20 reorganization meeting for July 11, 2019; the career and technical education open house for a date to be finalized in March 2019 and the Herkimer BOCES Annual Meeting for April 4, 2019.

## Did you know?

Standing water is a common sight at many homes during summer. Rainstorms may not last as long in summer as they do during other times of year, but the water they leave behind can still be harmful.

According to the United States Environmental Protection Agency, standing water is a breeding ground for various microorganisms. When those microor-

ganisms become airborne, they can be inhaled by men, women and children, potentially triggering allergic reactions.

In addition, the Centers for Disease Control and Prevention notes that studies have indicated that female mosquitoes like to lay their eggs in water that collects or is stored in manmade containers. If it rains and water covers mosquito eggs, the eggs can hatch and

become adults in roughly one week. The CDC advises men and women to protect themselves from mosquitoes by walking their properties once per week, turning over, scrubbing and covering any containers that hold or may hold water.

Vases, pet water bowls, flowerpot saucers, buckets, and pool covers are just a handful of the items that can make attractive places for mosquitoes to lay their eggs.

## 2018 Natural Homes: Nests, Burrows, Caves & Trees exhibition entries sought

**OLD FORGE** – View, a multi-media arts center, seeks artists working in all mediums for the 2018 "Natural Homes: Nests, Burrows, Caves & Trees" exhibition. Artists are encouraged to creatively interpret the theme of natural homes and will have the chance to receive over \$1,000 in awards.

This year's juror is Jean Stephens, a Rochester, NY native. Stephens re-

ceived a Bachelor of Fine Arts and a Master's degree in Art Education from Rochester Institute of Technology. Stephens's paintings have been selected for national juried exhibitions and are included in private and corporate collections.

All entries must be made online through OnlineJuriedShows.com. For full prospectus and to enter, visit [www.online-juriedshows.com/Default.aspx?OJSID=25014](http://www.online-juriedshows.com/Default.aspx?OJSID=25014).

The deadline to apply is Sept. 22, 2018.

View is located at 3273 State Route 28 in Old Forge. For more information visit [ViewArts.org](http://ViewArts.org) or call 315.369.6411.



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## Chow Line: USDA warns: Wash your hands properly to prevent foodborne illness

by Tracy Turner

**Q: My husband gets frustrated with me because I'm always reminding him to wash his hands multiple times when cooking. He says washing before he cooks is enough. Which one of us is right?**

**A:** In this case, you are right.

In fact, the U.S. Department of Agriculture sent out a warning recently urging people to wash their hands throughout the food preparation process, not just at the beginning of cooking.

And when you wash your hands, the USDA is urging people to take their time and wash their hands properly.

This warning comes as a new USDA study in collaboration with North Carolina State University and RTI International, a North Carolina-based nonprofit research institute, found that people are failing to properly wash their hands 97 percent of the time when they are cooking, and instead are rushing through the process.

The study was conducted in six test kitchen facilities. It found that most people failed to wash their hands for the recommended 20 seconds, and most did not dry their hands with a clean towel. Many, instead, wiped their hands on their clothes or other objects.

Rushed handwashing can lead to cross-contamination of food and other surfaces, resulting in foodborne illness.

For example, the study found that 48 percent of participants spread bacteria from raw meat on their hands onto spice containers; 11 percent spread bacteria to refrigerator handles; and 5 percent of the time, bacteria was spread to salads.

One way to avoid cross-contamination is to always follow handwashing recommendations as advised by the Centers for Disease Control and Prevention:

- Wet your hands with clean, running water.
- Apply soap and lather to your hands by rubbing

them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.

- Scrub your hands for at least 20 seconds — the amount of time it takes to hum the "Happy Birthday" song from beginning to end twice.

- Rinse your hands well under clean, running water.

- Dry your hands using a clean towel, or air dry them.

If soap and water are not available, you might alternatively use an alcohol-based hand sanitizer that is at least 60 percent alcohol, CDC says. However, it is important to note that while these sanitizers can reduce the number of pathogens on your hands in many situations, they don't remove all types of pathogens.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, OSU Extension and the Ohio Agricultural Research and Development Center.



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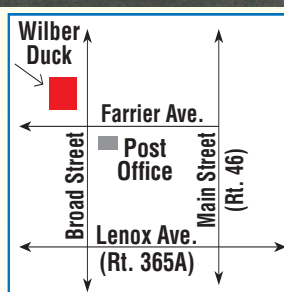
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