

Country Editor

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Number 11

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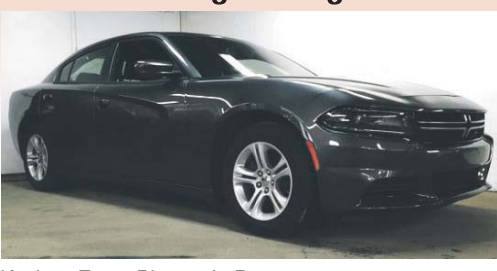
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A celebration of Learn N' Play: A Wellness Fair for Kids

HERKIMER – Join Herkimer County HealthNet and Arc Herkimer for a free community event, Learn N' Play: A Wellness Fair for Kids, on Friday, Aug. 10 from 10 a.m. - 1 p.m. in the Arc Park, 420 E. German St., Herkimer.

Enjoy a fun-filled day of kids' activities, playful learning, a bounce house, face painting, Easels on the Gogh,

games, W.C Pope Caricature drawings, the Utica Zoomobile and music. There will be a wonderful variety of activities for all ages!

Learn N' Play: A Wellness Fair for Kids is a day designed to learn about healthy eating and exercise in a fun, casual day of exhibits, demos and entertainment. The goal is to increase community

awareness of health and family resources in Herkimer County and to encourage parents and guardians to be involved in active play with their children.

Herkimer County HealthNet's Program Coordinator Elyse Enea said, "Many of the local agencies will be showcasing their products and services to our community. We are excited to be able to

bring such a fun event to our community, and best of all it is free to attend."

Herkimer County HealthNet's mission is to promote the health and wellbeing of individuals who live, work, play and learn in Herkimer County.

For more information, contact Program Coordinator Elyse Enea at 315.867.1552 or eenae@herkimercounty.org.

Fall prevention: Simple tips to prevent falls

1. Talk to your doctor

Begin your fall prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking? Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.

- Have you fallen before? Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall prevention strategies and pinpoint any particular areas that need improvement – i.e., getting in and out of the shower/bath tub.

- Could your health conditions cause a fall? Certain eye and ear conditions may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and your walking form.

2. Keep moving

With your doctor's OK, consider activities such as walking, water workouts or Tai Chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

3. Keep your living space bright

- Place night lights in your bathroom, bedroom and all hallways.

- Place a light close to your bed for any middle of the night instances.

- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated

switches.

- Turn on the lights before going up or down stairs.

- Store flashlights in easy-to-find places in case of power outages.

For more information or

questions on fall prevention contact the Office for the Aging/NY Connects office at 315.867.1371 or

visit the OFA website at www.herkimercounty.org (go to Departments, then to Office for the Aging).



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The Mohawk Homestead sponsors third annual golf outing

The Mohawk Homestead will be hosting their third annual golf outing on Friday, Aug. 17. The event will be at Hidden Valley Golf Club, 189 Castle Rd. in Whitesboro. The activities will begin at 9 a.m. with registration. Golfers will tee off at 10 a.m. Participants will play 18 holes of golf and be treated to both lunch and dinner. The fee per person for playing is \$75 and in-

cludes a cart and the two meals.

The event was planned by the Board of Directors of the Mohawk Homestead as a fundraiser. Profits from the event will be used for improvements to the facilities.

Co-chair of the event Larry Briggs noted that captain and crew golf players should register for the outing by Aug. 8. He added that walk-ins will

also be able to participate by registering at the golf course on the morning of the event. To register, call event Co-chair Deb Marley at 315.558.9788. Participants (at \$75 each) are requested to send a check for each player, payable to the Mohawk Homestead, to 62 East Main St., Mohawk, NY 13407. Sponsorships for the event by businesses or individuals are encouraged and available, starting at \$50.

Marley said that there will be several special features for this event including a 50/50 raffle, cash prizes for low scores and raffles for skins and mulligans.

The Mohawk Homestead is a not-for-profit adult care facility located at 62 East Main St. in Mohawk. According to Joe Franco, administrator, inquiries from potential residents and families are always welcomed with tours available upon request. For information or to schedule a tour contact the admissions coordinator at 315.866.1841 ext. 306.



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What to do after suffering a sunburn

out of the sun at the first sign of sunburn, and then take the following steps to treat their skin.

- Cool the skin down quickly. People sitting near cool water, whether it's the ocean or a backyard pool, should take a quick dip to cool their skin. Make this dip quick so your skin is not further exposed to the sun. After taking a dip, cover up your skin and get out of the sun, continuing to cool the skin with a cold compress. Do not apply ice directly to sunburned skin. Some people may want to take a cool shower or bath after suffering a sunburn. While that's alright, the SCF recommends keeping the bath or shower short, as long baths or showers can dry the skin, and avoiding harsh soap that can be irritating.

- Moisturize skin while it's still damp. Apply a gentle moisturizing lotion while the skin is still damp, and continue doing so to affected areas for a few days. Avoid petroleum- or oil-based ointments, as they can trap the heat and make burns worse.

- Decrease inflammation. A nonsteroidal anti-inflammatory (NSAID) like aspirin, ibuprofen or naproxen can help sunburned men and women manage the pain and discomfort associated with their sunburns. Sym-

toms such as redness and swelling may be mitigated with a 1 percent over-the-counter cortisone cream applied as directed for a few days.

- Wear the right clothing. Tight clothing can rub up against sunburned skin and irritate it even further. Until sunburned skin returns to normal, wear loose, soft and breathable clothing to keep irritation to a minimum.

- Make a conscious effort to stay hydrated. Sunburns draw fluid to the surface of skin, taking it away from the rest of the body. So it's important that men and women who have suffered a sunburn make a conscious effort to drink more fluids until their skin heals so they can avoid becoming dehydrated.

- Report severe sunburns to a physician. Symptoms of severe sunburn include blistering of the skin, fever, chills, wooziness, and/or feelings of confusion. Report such symptoms to a physician immediately, and avoid popping blisters, as doing so can lead to infection.

Sunburns can always be avoided. Men, women and children planning to spend time in the sun should take every measure to avoid sunburn, which can produce long-lasting damage to the skin.

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20th Annual Brewfest at the Utica Zoo

UTICA – On Saturday, Aug. 4 from 6 - 9 p.m., the Utica Zoo will host its 20th Annual Brewfest fundraising event, the zoo's largest adult fundraiser of the year. The beer tasting event takes place on the beautiful grounds of the Utica Zoo under large tents and a pavilion, rain or shine. More than 110 craft beers will be on tap for you to sample; enjoy samples of wine, hard seltzer and hard cider too. The first 3,000 attendees will receive a commemorative 2018 "20 Years of Beers" Brewfest pint glass featuring the adorable and endangered cotton-top tamarin. Tickets include pint glass, beer, cider, hard seltzer and wine samples, admission to the zoo, live music by China Pig and Soup Bone Charlie, and food samples from Applebee's, Domino's, Celtic Harp, Texas Roadhouse and

UNO Pizzeria & Grill. Participate in a silent auction inside the zoo's auditorium, where you can bid on and win electronics, gift certificates, lawn and garden equipment, jewelry and more. Ashley Lynn Winery will be selling their famous wine slushies. Complimentary water and soda will be available for all attendees. Brewfest is a 21 and over event, and you must have a ticket and photo ID to enter.

All proceeds from Brewfest benefit the animals and exhibit enhancements at the Utica Zoo. Free parking is available at the Utica Zoo on a first come, first served basis, with overflow parking at MVCC Payne Hall Lot and the Parkway Rec Center. Free shuttle buses will take you to and from the zoo. Attendees may be dropped off and picked up at the zoo. Drive safely. Ride sharing

from Uber and Lyft are encouraged. Visit utica-zoo.org/brew for the latest information on Brewfest.

Ticket prices:

- General admission: \$40 in advance and \$45 at the door.

- Utica Zoo members: \$35 in advance and \$40 at the door. Member tickets are only available at the Utica Zoo Gift Shop and uticazoo.org/brew. (Members, if you are ordering online, enter your email as the promotional code first to get the member discount.)

- Designated drivers: \$25 in advance and at the door. Designated drivers will not be served alcohol at the event.

Ticket locations accepting cash or check: 16 Stone Brewing, Beer Belly Bob's, Beer Here, Chana-try's, Copper City Brewing, Fulton Chain Brewing, Gems Along the Mohawk, Marcy Discount

Beverage, Saranac Brewery Shop and Woodland Brewery. Credit or debit cards can be used at utica-zoo.org/brew, eventbrite.com and the Utica Zoo Gift Shop.

Breweries (breweries in bold are New York State breweries): **16 Stone, Beak and Skiff 1911, Brooklyn Brewery, Browns Brewing, Butternuts, Cooperstown Brewing, Copper City Brewery, Crazy Williez Brewery, Critz Farms Cider, Ellicottville Brewing, Empire Brewery, Four Mile Brewery, Fulton Chain Brewery, Genesee Brewery, Good Nature Farm Brewery, Gun Hill Brewery, Ithaca Brewery, Lake Placid Brewery, McKenzie's Cider, Middle Ages Brewery, Mill House Brewery, Nightshift Brewery, Ommegang Brewery, Saranac, Sixpoint Brewery, Southern Tier Brewery, The**

Bronx Brewery and Zero Gravity Brewery. Also included are 21st Amendment, AleSmith Brewery, Firestone Walker, Lagunitas, Sierra Nevada, Stone Brewing Co. (California); Left Hand Brewery, New Belgium, Oskar Blues Brewery (Colorado); Stoney Creek Brewery, Two Roads Brewery (Connecticut); Mike's Hard, Social Sparkling Wine,

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20TH 5

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Please note that the Utica Zoo is open from 10 a.m. - 2 p.m. on this day and will reopen at 6 p.m. for Brewfest.

To stay up to date on all things Utica Zoo, visit UticaZoo.org. Daily updates are on Facebook, Twitter and Instagram @UticaZoo.

by Chad Storlie

The challenge soldiers face every day is how to make an impact when there is so much to be done, there is not enough time or resources to accomplish everything, and the environment to accomplish the missions is changing, dangerous, and unknown. These challenges of peril, time constraints, and change are not unlike what we face daily in all our lives regardless of age, occupation, socioeconomic status, and geography.

Soldiers have determined how to mitigate these daily challenges by running towards the danger, solving problems, leading others, and responding positively to change. There are six attributes that we can take from soldiers and incorporate into our daily lives that focus on action, awareness, performance and leadership to make our lives better.

1. Exercise. Exercise is the start of a great day. Exercise is anything that challenges you, gets your heart rate up, makes you sweat, focuses your intensity, and makes you look forward to doing it the next day. Exercise is walking the dog, doing pullups on the monkey bars at a local park, or working out at the gym. Exercise is first in your day because once it's done, you take the feeling of accomplishment and enthusiasm with you throughout the day. Soldiers always use the morning to exercise.

2. Lead. Leading both yourself and others is the next most im-

portant task of the day. At work, at school, in your family, and throughout life, every person is a leader even if they do not have an "official" team assigned. A leader looks to organize to the most important tasks. A leader takes care of others while still accomplishing the mission. A leader sets the example for others and chooses the "right" action even when no one is looking. Society and business need more leaders that "act" as leaders as opposed to the multitude that "appear" as leaders. Great soldiers, no matter their role, always lead.

3. Confront. Confrontation is a strong word but a vital and powerful focus for daily tasks. Confrontation is saying "No!" to the continuation of major problems and stepping in boldly to solve those problems. Soldiers constantly seek to find and to solve the most pressing problems that are reducing the effectiveness of the team and impinging on mission accomplishment. Confrontation is vital for an effective day because you must seek to identify problems, test and create solutions, and then implement the solutions. Great soldiers use an initiative based mindset to seek, to confront and to solve problems.

4. Respond. Plans, schedules, and well-meaning charts never work out 100 percent — that is the nature of the world. Soldiers are unsurprised by changing conditions and seek to respond proactively and with initiative to

surprises, competitor actions, and new information. As with confrontation, a focus on response makes you a leader and a contributor because you are responding to changes and threats. Waiting idly by for instructions, or worse, ignoring the threat are actions that cause missions to fail. Change happens and the best plans go awry. Great soldiers seek to respond immediately and effectively to changes.

5. Teach. Soldiers are teachers and great soldiers are incredible teachers. Teaching is a commitment to making the future better and a commitment to helping the younger generation be better than yourself. Soldiers know that injury, promotion, and orders may take them from a leadership position at any moment. Therefore, the best way to prepare soldiers and the team is to teach and train everyone to learn new skills, be better leaders, and be ready to move up into a more important role. Few leaders in any organization realize the importance of teaching. Soldiers know that teaching is a core foundation of being a great soldier.

6. Improve. A simple daily commitment to get better at just one thing is the foundation of an improvement ethos. Look around any U.S. Army base and what do you see? Soldiers running, mechanics fixing vehicles, sergeants teaching units of soldiers how to shoot better, and soldiers in a classroom learning

about different cultures. A U.S. Army base is literally as focused as a college campus on understanding and improvement. Great soldiers know that they are never done with their skills. Great soldiers always improve.

Do the best you can and do the best you can every day to live your life as a soldier. Soldiers know that some days are better than others, but each day offers the opportunity to be an even better soldier, a better leader, and a better servant leader to the country.



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Paw's Corner

by Sam Mazzotta

More ways to foil high-flying felines

Dear Paw's Corner: I read with interest the recent column where a reader put aluminum pie plates on surfaces, like the stove, where cats weren't allowed. That sounds like a good solution to stopping cats from jumping onto the coun-

tertops.

Our cats, when they were young, would jump 5 feet straight up to the tops of kitchen cabinets. Needless to say, this was annoying and more than a little concerning.

My wife got some plastic rug runners that had knobby things on the bottom to keep the runners from moving on a

carpet. She cut pieces and laid them on top of the cabinets with the knobby side up. It took only a few times for the cats to realize the cabinet tops were not comfortable.

The knobby things could not hurt the cats, but they certainly didn't feel good. — Bob R., via email

Dear Bob: Thank you for the suggestion! Readers, if you try this solution, be sure to use rug runners with nylon or softer plastic nubs. Essentially, discouraging cats from jumping onto surfaces where you don't want them requires you to put something on those surfaces that they don't like, but which

won't hurt them. An unfamiliar texture will keep them from hanging around on those surfaces.

High-pitched noises can send them away, such as the rattle of an aluminum pie plate. Some cat owners keep a "shaker can" handy — a small can with a lid, like a potato chip can, filled with pennies or

other objects that make a jangling, high-pitched noise when shaken.

Keep in mind that these are all forms of negative reinforcement, so try to limit their use to stopping very specific behaviors that might endanger your cat.

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Farmers Market coupons

A limited number of farmers market coupons are still available for Herkimer County seniors. These coupon booklets have a value of \$20 and may be used to purchase produce at any participating farmers market. To qualify, you must be over the age of 60, reside in Herkimer County and have an income of \$1,872 per month or less (\$2,538 per month for a two-person household). State regulations require that a person must sign for the coupons themselves so coupons cannot be mailed and someone cannot pick up the coupons

for someone else. This year, the booklets are not restricted to one per household. Each eligible senior living in a household may receive their own booklet, but they must be present to sign for them.

Coupons are currently available on a first come, first served basis at the Herkimer County Office for the Aging, 109 Mary St., Herkimer, from 8 a.m. - 4 p.m. Monday through Friday. Coupons will be available until supplies last. If there are any questions, contact David Gutowski at 315.867.1414.

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Good Housekeeping

Grilled Southwestern Pasta Salad

Here's a hearty summer salad made with grilled steak, fresh vegetables and multigrain pasta, with just the right amount of cumin, fresh cilantro and lime juice.

8 ounces multigrain or whole-wheat penne

8 ounces lean boneless sirloin steak

1/2 teaspoon each ground cumin, salt and pepper

3 medium poblano chile peppers, halved and seeded

1 ear fresh corn, husked

1 medium sweet onion, sliced 1/2-inch thick

Nonstick spray

2 large ripe tomatoes

1 tablespoon olive oil

1/4 cup lime juice

1/2 cup chopped cilantro

1. Cook pasta in a large pot of lightly salted water as package directs. Drain; rinse under cold water and drain again. Transfer to a large serving bowl.

2. Heat outdoor grill. Rub steak with 1/4 teaspoon each of the cumin, salt and pepper. Coat steak, peppers, corn and onion with nonstick spray.

3. Grill steak 4 to 6 minutes, turning once, for medium-rare. Remove to

cutting board; let stand 5 minutes. Grill peppers, corn and onion 8 to 10 minutes, turning as needed until lightly charred and tender.

4. Cut peppers and onion into bite-size pieces and cut corn off cob; add to bowl with pasta. Slice steak thinly against the grain and add to bowl.

5. Add remaining cumin, salt and pepper and remaining ingredients to bowl; toss to mix and coat. Serves 4.

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

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Calendar of events

August 4

Fairview Farm and Homestead annual "Fairview Cruise In" 11 a.m.-3 p.m. Fairview Farm and Homestead offers annual car show to benefit the development of educational programs and demonstrations. All years, makes and models from classic, custom & muscle cars, trucks, rat rods, imports, motorcycles and tractors are welcome. 908 Hillman Hwy, Abingdon, VA. For more information contact Mike Hagy 276.623.3381.

August 19

Pea for Grain Production Meeting

12 - 2 p.m. Pea is an emerging specialty grain crop in the Carolinas that offers growers an opportunity to diversify their rotations and enhance profitability. Pea grain is generally planted in December/January and harvested in late May or early June prior to wheat. Register by July 17. Adelio's Restaurant, 111 West Third Street, Lumberton, NC. For more information or to register, contact Mac Malloy, Extension Field Crops Agent, at 910-671-3276 or mac_malloy@ncsu.edu.

August 22 - 24

39th International Carrot Conference For more information visit <https://vcru.wisc.edu/carrotconference>.

August 23 -September 3

Maryland State Fair The Maryland Department of Agriculture will highlight many of the services it provides to improve the quality of life in Maryland during the 137th Maryland State Fair at the State Fair Grounds in Timonium. The 12-day festival will feature thousands of home arts and agricultural exhibits, daily livestock and horse shows, a wide variety of midway rides and games, thoroughbred horse racing, and national entertainment. For more information visit www.maryland-statefair.com

September 15-20

All-American Dairy Show Pennsylvania Farm Show Complex and Expo Center in Harrisburg. Exhibitors can save big on entry fees by registering by Friday, Aug. 17. Visit www.allamerican.pa.gov for more information.

September 22

Farm Aid annual music and food festival featuring family farmers, homegrown food, inspiring music and agrarian experiences will head to Connecticut for the first time at the XFINITY Theatre in Hartford, CT. Tickets are on sale now. For event updates, follow Farm Aid on Twitter (@FarmAid), Facebook (facebook.com/farmaid) and Instagram (instagram.com/farmaid), and visit farmaid.org/festival.

September 28-October 7

Virginia State Fair The State Fair is held each fall at its permanent home at The Meadow Event Park in Caroline County. The fair's mission is to increase agricultural and natural resource awareness and interest through educational programs, exhibitions and competitions in a fun, family-friendly setting. For more information visit StateFairVa.org.

October 11-21

North Carolina State Fair Livestock entries will begin Aug. 1. Paper entry forms must be submitted by 5 p.m., and online registration forms must be submitted by 11:59 p.m. on Sept. 15. 1025 Blue Ridge Road, Raleigh, NC. For more information visit www.ncstatefair.org

November 3-5

Angus Convention Head to Columbus, Ohio, to attend the American Angus Association's premier event. Registration and hotel reservations open July 1, and more information will be available online at www.angusconvention.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 jkarkwren@leepub.com

Compost happens, or does it?

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

A compost pile only makes desirable compost for the garden if conditions are proper. If you've begun composting in a bin or pile, and it isn't turning into that rich dark organic matter that you see in photos and buy in bagged compost, the process may need some help.

If your compost has a rotten smell, this may mean your compost is too wet or too compacted. In either case, sufficient air isn't getting to the microorganisms that are what make materials decompose into the final compost. To add more air, turn the pile with a garden fork or similar tool every few days. You can add a dry, porous material such as sawdust or straw if the pile seems too wet. Another option is to break the pile into smaller ones. If you do this, though, it may not get hot enough for these microorganisms.

If, on the other hand, your compost is too dry it won't decompose. If you're in a dry area, or drought without much natural rain, moisten layers as you add materials to your pile, and re-wet them as needed. They should be as moist as a wrung-out sponge.

If you smell ammonia, this indicates that there is too much nitrogen and not enough carbon. These same microorganisms use carbon for food, and nitrogen to make proteins. Without these, or with the improper balance, the microorganisms won't do their job effectively. So if you smell ammonia, add more high carbon material such as straw and less high nitrogen materials such as grass clippings.

You should aim for about 30 parts carbon to one part nitrogen, by weight, although this doesn't have to be exact. A rule of thumb that some use is to add two to three parts (by volume) of brown materials (carbon containing) to one part green (nitrogen containing). If your compost is decomposing slowly, perhaps you

have too much brown material and need to add more green.

Fallen leaves, straw, sawdust (not from pressure treated wood), paper (shredded paper decomposes more quickly), cardboard and woody material such as twigs (again, best shredded) are high in carbon. Moist, dense material such as manures, coffee grounds, vegetable and fruit trimmings, and green gardening trimmings are high in nitrogen. Lush, green grass clippings are a great source of nitrogen, even greater if you fertilize your lawn. However, in general, it is best to mow regularly and to leave the clippings on the lawn to decompose there.

Even with the right ratio of brown and green materials, your compost may proceed slowly or not at all if there are no microorganisms. This is the reason many add layers of soil in between layers of green and brown materials. You might aim for about five to eight inches deep of the brown, two to three inches deep of the green, and then a layer of soil or composted manure one to two inches deep. Repeat these layers until your pile is high enough or bin is full.

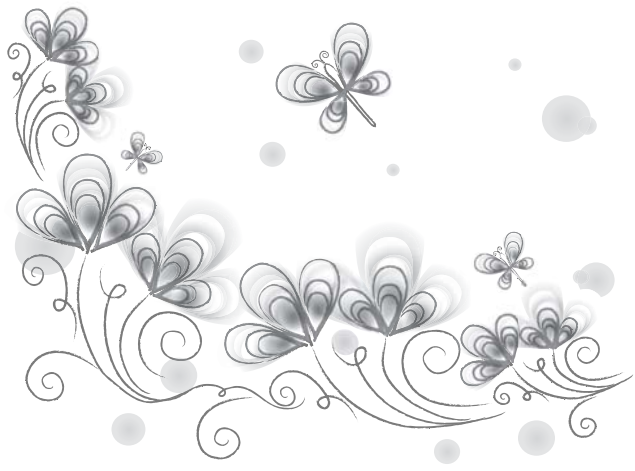
A problem that many, including me, have in our colder northern climate is the compost pile not heating up properly. Composting microorganisms do their job in the range of 95 to 160 degrees F. Too low a temperature and they work slowly, if at all. Ideal temperature in the interior of compost piles is about 120 to 130 degrees (F). Temperatures can be measured with compost thermometers — basically a dial on a long rod — obtained at complete garden supply stores or online.

If, over weeks or months your compost just isn't progressing, or the season is cool, consider if your pile is too small. Large piles hold heat in the interior better. Not enough moisture, poor air circulation, and lack of nitrogen also are reasons the compost pile might not be heating up properly. In addition to tips already

mentioned, try insulating the pile with straw to hold in heat more effectively.

Another reason compost might be progressing slowly, if at all, is that the acidity (pH) is too acid, or too alkaline. These same microorganisms prefer a neutral to slightly acid environment. Many materials you add to compost are acidic, hence the reason a sprinkling of lime often is recommended (to raise the pH). Too much lime, or too many wood ashes which serve the same purpose, and the pile will be too alkaline (high pH). You can check this with inexpensive soil test kits from garden stores. Add more materials if the pH is too high.

Follow all these tips for an "active" pile, and you should end up with good compost, eventually. Be patient, as in cooler climates and with small piles or bins as in most home gardens, compost may take up to a year to be ready. But your soil will be better for it in the end, and you'll be recycling all these great organic materials into your garden rather than into a landfill.



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Whatchamacallits

Candlesticks have long served the purpose of securing or "sticking" a burning candle, often employing a cup or a spike to keep the candle in place. Candlestick design runs the gamut from strictly utilitarian to elaborately ornamental.

The introduction of electricity throughout the world phased out the necessary use of candles, but candlesticks and candelabra are still used in many homes as decorative elements or to create atmosphere on special occasions.

In the time before lightbulbs, candles were brought into the bedroom using chambersticks, which were shorter than ordinary candlesticks and featured a wide pan to catch wax drippings.

This particular candlestick may have been used in a bedroom based on its wide pan. Made of cast bronze, this candlestick is part of a set which also includes a mouse seated with a paddle and a rabbit with paddle. Many other examples of candlesticks like this one have wide, flat candle bases rather than the acorn slot on the mouse's back for

the candle. Its owner would use the curve of the mouse's tail to grip the candlestick.

Described as "the Intrepid Mouse Candle Holder," this example is most likely from the 1920s, when much of the UK and U.S. were still transitioning from candles and oil lamps to electricity. A newer version of this candlestick is currently manufactured by the John Lewis brand, based in London, England. John Lewis is a retail company that was founded in 1864. It started as a drapery shop, acquired a second store in 1905 and began the John Lewis Partnership in 1920, widely expanding its selection of household items available.

The small, flat-bottomed cast bronze mouse figure was most likely used only for decoration or possibly as a paperweight.



Area Church Services

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Helmer Ave. Phone 429-8338 Mass 9 AM Sun, Mon & Wed</p> <p>FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 pm; Sunday 9:00 am; Tuesday & Thursday 9:00 am</p> <p>HERKIMER SS PETER and PAUL ORTHODOX CHURCH Rev. Thaddeus Franta 305 Main Rd., East Herkimer Phone 866-3272 Wednesday Vespers 5PM Saturday Evening Vespers 4 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM</p> <p>TEMPLE BETH JOSEPH Rabbi Ronald Kopelman 327 N. Prospect St. Phone 866-4270 Friday 8 PM • Saturday 9 AM</p>	<p>HERKIMER ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM</p> <p>CHURCH OF SAINTS ANTHONY and JOSEPH Rev. Quy Vo, Pastor 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 4 PM Sunday Mass 10 AM</p> <p>REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM</p> <p>OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Sunday School (All Ages) 9:30-10:20 AM Worship Service 8:30-10:30 AM with iPraise for the children (K-5th grade) Phone 866-0575</p> <p>UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336</p> <p>NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM</p> <p>TRINITY EVANGELICAL LUTHERAN CHURCH Rev. Ann Zimmerman, Pastor Corner of West German & Henry Streets Phone 866-6474 Sunday Services 8 AM Spoken Sunday Worship Service 10:30 AM with Music Bible Studies on Thursday Mornings at 10 AM</p> <p>THE SALVATION ARMY Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM</p> <p>FIRST UNITED METCHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship 8:30 & 10am Sunday School 10am during school year</p>	<p>HERKIMER CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189</p> <p>HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM</p> <p>CHRIST EPISCOPAL CHURCH Rev. Jill Stellman 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street</p> <p>ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10am Child Care/Kids Church Available ilionchurch.com</p> <p>SAINT AUGUSTINE'S EPISCOPAL CHURCH Bishop - Dan Herzog 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM</p> <p>FIRST PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30am Church Service 10:30am 315-894-2070</p> <p>FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Sunday Worship 11 AM</p> <p>MORNING STAR UNITED METHODIST CHURCH 36 Second Street Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion</p>	<p>ILION ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 pm; Sunday 11:00 am; Monday & Wednesday 9:00 am</p> <p>LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. Morning Worship will begin at 10:15 AM Rev. Chris J. Wintermute will be speaking this morning. Nursery (infants through age 4) Junior Church (K-4) during Morning</p> <p>FIRST BAPTIST CHURCH CONTINUED Worship Service Sunday School Classes 9 AM (nursery through adult) Morning Worship Service 11 AM and is broadcast live over radio station WIZR, 930 on the AM dial with a one week delay. Monday School Board Meeting 6:30 PM Tuesday Trustee Meeting 7 PM Wednesday Final Bible Study & Prayer Time at homes 7 PM Thursday Choir Practice 7 PM</p> <p>HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH Father Rafael Dadello 615 E. Gansevoort St. Phone 823-0793 Sunday Mass 11 AM</p> <p>ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM</p> <p>HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM</p> <p>EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment</p> <p>FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursday Bible Study 6:30 PM</p>	<p>LITTLE FALLS HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM</p> <p>FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email lfirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM</p> <p>MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Rev. Robert Lindsay 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM</p> <p>MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM</p> <p>DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM</p> <p>MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June</p> <p>EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. 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Robert Lindsay Phone 845-8730 Sunday School 11 AM Morning Service 11 AM</p> <p>KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM</p> <p>ST. JOHN THE BAPTIST CATHOLIC CHURCH Rev. Quy Vo, Pastor St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 6 PM Sunday Mass 8 AM</p> <p>PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM</p> <p>SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service</p>
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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Cutwork picture

The very thin, graceful lines, the black-and-gilt frame, and the cutwork initials and date "JB/1760" added up to a bid (with premium) of \$2,460 at a Skinner auction in Massachusetts. Cutwork, or paper-cutting, has been an art form since the second century, after paper was invented in China. Most of the pictures were made by women as a hobby. Today, cutting is enjoyed in many countries. Each picture is a single sheet, not a collage. Scissor cuts are used with up to eight sheets of paper held to-

gether. Knife cutting is made with a few layers of paper on a soft waxy surface. It takes skill — there is no erasing errors. The auctioned picture has a vase made by folding the paper, so the finished piece is symmetrical with many branches of flowers cut as single images. The white cutwork paper is attached to a black paper background.

Q: My mom has two blue glass lightning rod balls from my great-grandfather's house. She was trying to find out how much they are worth. Any suggestions on where to take them or what to look for?

A: Lightning rods are used on barns and houses to divert lightning strikes. Lightning rod balls fit onto the rod and are ornamental, designed to make the lightning rod more attractive. They come in many colors and different shapes. The most common are round and light blue or white. The colorful glass balls are collectible and often sell at bottle shows, Depression glass shows and auctions. Common balls sell for about \$35 or less, while those with rare shapes and colors can sell for more than \$100.

Q: Warwick Castle is pictured on my inherited Royal Doulton coffeepot. What can you tell me about it?

A: Warwick Castle is part of Royal Doulton's Castles & Churches series, which was made from about 1908 to the early 1950s. It is one of eight castles and five churches in the series. Retail price about \$80.

Current Prices

• Charcoal grill, metal wire basket, portable,

hamburger and steak hanger, two handles on top, scroll feet, 1940s, 12 x 13 inches, \$75.

• String holder, Cheerful French Chef, figural, chef's head, hanging hook, hand painted, Chalkware, 1950s, \$150.

• Glove box, papier-mache, kissing fairies,

flowers and scrollwork, rectangle with rounded ends, lid, Art Nouveau, c. 1910, 11 x 4 inches, \$330.

• Badge, Deputy Sheriff, State of Washington, metal, shield shape, spreading eagle, marked George F Cake Co., c. 1935, 3 x 3 inches, \$705.

Tip: "Liquid silver" jewelry can be cleaned with a soft cotton cloth or rubbed with dry baking powder. Do not use dips.

Need prices for your antiques and collectibles? Find them at Kovels.com, our website for collectors.

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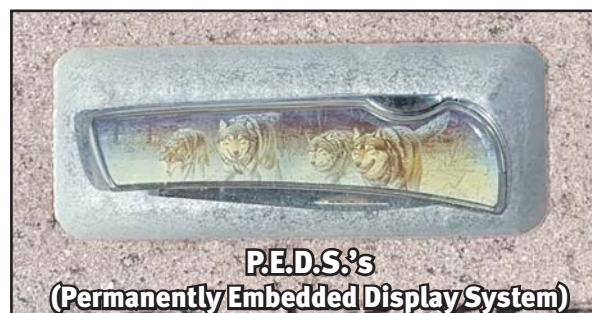


It took a skilled person to cut the tiny branches of flowers in this 18th-century cutwork picture. It is only 12 by 16 inches and sold for \$2,460.

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Donna's Day: Creative family fun

by Donna Erickson

Make this summer the craftiest ever

Summertime invites all ages to experience a big dose of creativity, be-

cause you can enjoy so many artful, and sometimes messy, activities outdoors.

If you have a block party coming up in your

neighborhood, a family reunion or a birthday party, here are classic ideas with clever twists to engage kids' imaginations and show off their creative side.

The basics? A long portable covered with newspaper and the supplies to draw everyone in.

Face painting

Set out hand mirrors for "selfie" face painting using watercolor pencils dipped in water or use this face-paint recipe. Hold a mirror in one hand while drawing with the other. Kids and adults also will have fun painting one another's faces.

Face paint recipe:

1 teaspoon cornstarch

1/2 teaspoon water
1/2 teaspoon cold cream

Liquid food coloring in a variety of colors

Small paintbrush
Small recycled yogurt-style container for each color

1. Stir together cornstarch and cold cream in a container until blended. Add water and stir. Add coloring, one drop at a time, until you get desired color.

2. Paint on faces with a small paintbrush or use a cotton swab.

Goopy goop

Kids enjoy just about anything that's goopy, slithery and slimy. Here's a crowd-pleasing concoction.

8-ounce bottle of white household glue, such as Elmer's

8 ounces water
Liquid poster paint (optional)

Small and large mixing bowls

1 cup warm water
1 1/2 teaspoons borax powder

1. Stir together glue, 8 ounces water and a few drops of paint (optional) in large bowl.

2. In small bowl, mix warm water and borax. Slowly pour the borax mixture into the glue mixture. Swirl mixture with your hands, and in seconds goop will form

into goopy glops as it oozes from your grasp.

3. Pick it up, squeeze it, and play.

NOTE: If it gets on clothing, wash out quickly with soap and water.

Salad spinner art

1. Remove the lid of an old salad spinner that you use for crafts and set a round paper plate in the middle. Fix it to the nodule at the center of the bottom of the spinner with a piece of clay.

2. Pick three liquid poster paints and drop puddles near the center

of the plate.

3. Pop the top of the spinner back on and give the crank a whirl for 5-8 seconds. Let it wind down and remove the top. See the explosion of color spread in all directions. If you wish, add more paint and a pinch of glitter, and spin again.

4. Remove plate, let it dry, and display spin art when you get back home.

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Water safety

It's still time to fire up the barbecues and put on the bathing suits. While everyone enjoys the warm weather, Herkimer County Public Health wants us to enjoy the season safely.

This summer, make sure everyone is safe in and around the water. Drowning claims the lives of more than 4,000 people every year, but most of these deaths can be prevented.

Children up to four years old have the highest death rate due to drowning. In most cases, a drowning or near-drowning experience can occur quickly – for in-

stance, when a child falls into a pool or is left alone in the bathtub.

"Constant adult supervision is the best way to keep young children safe in and around the water," said Diane Ward, CHN of Herkimer County Public Health.

Ward advises following these water safety rules:

- Always swim with a "buddy." Never swim alone.
- Parents with small children should share supervisory responsibilities with a lifeguard.
- Never leave a child alone near water at the pool, the beach or in the tub. A tragedy can occur in seconds.

• Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal flotation device, when around the water.

• Do not use air-filled swimming aids (such as water wings) in place of personal flotation devices.

• Don't overestimate swimming ability or underestimate the water depth. Currents can be deceiving and treacherous, posing a risk for even the strongest swimmers.

• Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.

• Enter headfirst only when the area is clearly marked for diving and has no obstruction.

• Do not mix alcohol with swimming, diving or boating. Alcohol impairs judgment, balance and coordination, and affects swimming and diving skills.

Properly fence in your swimming pool and always supervise children using the pool. Remove toys from in and around the pool when not in use.

Power or manual covers will completely cover a pool and block access to the water, but be sure to drain any standing water from the surface of the pool cover. A child can drown in very small amounts of water.

"Enroll children over age four or when they are developmentally ready in swimming classes taught by qualified instructors. Keep in mind that lessons don't make your child 'drown-proof,'" Ward said.

When you are in or around water, watch out for the dangerous "too's" – too tired, too cold, too far from safety, too much sun or too much strenuous activity. Try to be knowledgeable about the water environment you are in and its potential hazards. Deep and shallow areas, currents, depth changes, obstructions and entry and exit points are all important to note. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of inclement weather.

Always have a first aid kit and emergency phone contact handy. Parents should be trained in CPR.

For more information on water safety, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health at <https://tinyurl.com/pm9bpplg>.

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HOPE Ministries Program to expand

Volunteer program helps seniors

ILION – Catholic Charities of Herkimer County and the Community Foundation of Herkimer & Oneida Counties have partnered to make an impact in the community that will assist seniors in Herkimer County to promote independent living through the use of volunteers. According to Rae Raffle-Maxson, program director, "The services provided by HOPE Ministries' volunteers are vital to the health and well-being of the growing senior population in the county and will be provided at no cost to anyone 55 years of age or older who resides in Herkimer County." Volunteers will provide the following services: laundry assistance, light housekeeping, meal preparation, non-medical transportation, shopping

for or with a care receiver, telephone reassurance and friendly visiting.

Care receivers and volunteers are needed. If you are looking for an exciting and rewarding volunteer experience, consider joining the HOPE Ministries Program. Any amount of time you can give makes a difference. Volunteering gives you a hand in creating a supportive, healthy environment for our seniors. If you need our assistance, or know of anyone needing our help and would like more information about HOPE Ministries, contact Program Coordinator Lori Joy at 315.894.9917 ext. 254 or email ljjoy@ccherkimer.org.

The HOPE Ministries Program project is made possible by a grant from the Faxon Street Home Fund of the Community Foundation of Herkimer & Oneida Counties.

How to travel on a budget and still have fun

Many people are passionate about traveling. Travel, whether it's domestic or international, can be an invaluable way to experience other cultures, meet new people and get a sense of history.

As valuable as travel can be, many people feel they cannot afford to travel. However, there are ways to travel on a bud-

et and still have fun.

- Stay close to home. Men and women traveling on limited budgets can save money and still have fun by staying close to home. The closer your destination to your home, the less costly your trip figures to be. By visiting destinations that are within driving distances, travelers can save money on the cost of airfare,

which is typically among the most expensive components of traveling. Road trips also afford travelers ample flexibility that might not be available to travelers who are traveling abroad. That flexibility can make road trips more fun than more structured vacations.

- Choose affordable destinations. Overseas travel is not necessarily

more expensive than domestic travel. Certain destinations are ideal for bargain hunters year-round. Research affordable destinations via a Google search or utilize the "deals" sections on travel websites such as Orbitz®.

- Cook some of your meals. Food is among the most costly expenses for travelers. Men and

women can save some money by cooking some of their meals during their vacations. Doing so saves money on dining out, and travelers willing to experiment by cooking dishes native to the places they're visiting can have some fun in the kitchen.

- Travel during the off-season. Avoiding certain destinations during the height of their tourism seasons is another great way to save. The cost of lodging and airfare peaks during tourist season, but travelers willing to travel during the off-season can save substantial amounts of money. In addition to saving money on lodging and airfare, trav-

elers who plan their vacations during the off-season may also save money on local attractions.

- Do your homework regarding your destination. Thanks to websites such as TripAdvisor®, travelers can now learn as much as they want to learn about a given destination before they ever visit it. Such websites can be invaluable resources to travelers who want to enjoy their vacations but must do so on a budget. Research affordable tourist attractions and restaurants, even looking for free activities. Such research can be fun and make for more enjoyable trips.



Travelers who must travel on budgets can still have fun and make lasting memories on their vacations.

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Creative ways to thank teachers

by Katie Workman, Associated Press

A great teacher is a gift that can last a lifetime. So how to show our thanks?

Many teachers say their favorite gifts are homemade. Presents that speak to a child's genuine feelings for the teacher, or reflect the teacher's interests, are the most authentic. Time and thought trump money.

Gifts can be from your individual child, or something a whole class can participate in.

Oh, and don't forget to also show gratitude to your school's security folks, kitchen staff, administration, maintenance crew ... all the people who make the school tick.

At my kids' school in New York City, a small group of parents created a Cookie of the Month initiative. Every month, a couple of grades are asked to bake a specific type of cookie, which changes month to month. Parents and kids can volunteer to bake a batch, and then the cookies are collected in the cafeteria on a certain day and distributed in cookie jars and cute containers with signage saying thanks. The baking responsibility is distributed among all grades throughout the year, and many parents and kids take the opportunity to bake together.

Some other ideas:

Crafty projects

Older kids can make tote bags with appreciative messages written in permanent markers, or decorate the classroom door with notes and artwork as a surprise. Little kids can create a tote bag with, say, handprints in non-washable paint; word clouds with words and phrases that the kids associate with their teacher; thumbprints collected on a sturdy poster board that can be turned into a bouquet of balloons or leaves on a tree.

"I loved when my students put together a 'Thank You' teacher booklet where all the children completed a page and the book was bound with a spiral type of binding," says Kathleen Casey, who teaches second grade in Fairlawn, NJ. "My favorite all-time gift was an original superhero comic book starring me as the superhero who saves the world by teaching important lessons!"

Pam London, a preschool art teacher in Springfield, VA, said, "One year a family gave me an envelope with a bunch of Polaroids of their child with her favorite creations from class. I just loved that."

It's simple to have each kid in the class make a card, and bind them together with a pretty ribbon.

Anna Moshura, an assistant principal at the Brooklyn School of Inquiry in New York and a former science and kindergarten teacher, fondly remembers receiving a personalized calendar adorned with student artwork and class pictures.

A good old-fashioned handwritten note, drawing or

other type of artwork would also make a teacher happy, she says.

Individually inspired items

If you know your teacher loves a particular smoothie or coffee drink, get a gift card from his or her favorite place. Keep the amount small if it's from a single child, but if the whole class is chipping in, then you can think about larger purchases, like a certificate for a pottery class or new running shoes.

Antonia Fusco, an elementary school reading teacher in New York City, appreciated receiving "a charm bracelet with different trinkets, symbolizing my different likes and interests."

Or consider a ball jar of a teacher's favorite color pencil (with a cute label), a baseball cap from her favorite team or a mug with a funny on-point saying.

Add a personal note to any store-bought item.

Gifts that last

Name a star for a teacher, adopt a penguin in their name from the World Wildlife Fund, or give a personalized leather book cover to the teacher who likes to journal.

"Perennial plants are lovely gifts and help me to remember my students," Casey added. "I've been gifted tiny rose bushes over the years that are now enormous!"

And there's no statute of limitations on saying thanks. Jennifer Preuss, a first-grade teacher in Encino, CA, recently received an email from a mom whose son she had taught five years earlier. The boy was asked during an interview for middle school which four people he would most like to have dinner with, and he included his first-grade teacher. She was delighted to know her teaching had made such a lasting impact.


Homemade food

A prettily wrapped quick bread, a small basket of cookies, jams and other preserves, herbed vinegars, homemade granola — there are many delicious ways to express appreciation for a teacher.

Moshura loves getting baked goods from students, sometimes with the recipe attached.

Finally, you can always go with the classic shiny red apple (a hand-picked one is a good call)

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Arc Herkimer Summer Concert to feature local musicians

Arc Herkimer's Spirituality Committee invites the community to the tenth annual "Celebration of the Spirit: Expression of Faith through Music" concert, which will feature local musicians on Saturday, Aug. 18.

The nondenominational event, which is free and open to the public, will begin at

noon and end at 5 p.m. at Arc Herkimer's Arc Park, 420 E. German St., Herkimer.

The park welcomes people of all abilities to enjoy recreation with playgrounds for various ages, basketball courts, a fitness trail, exercise stations and more. Enjoy the bandstand and bring chair or blankets for picnic-style seating. A con-

cession stand will be open, and there will be vendors selling various merchandise. Reservations are not required.

Local performers include Yesterday! A Senior Ensemble, Donna Mucks & Mike Woolheater, Revelation, Pastor Wayne Clemons, Dylan Negron, Makenzie Murphy & Julianne Allen and Paul Whitney.

Arc Herkimer's Spirituality Committee works to provide opportunities for participation for persons with developmental and other disabilities, along with their families and the community, in meaningful spiritual activities. For additional information, contact Tammy Helmer-Bergen by calling 315.574.7850.

Carbon monoxide safety

Carbon monoxide (CO) poisoning is a serious health and safety concern during the warm weather months when many people use tools or boats with gasoline-powered engines.

"The danger is that small gasoline-operated engines and tools produce high concentrations of carbon monoxide, an odorless, invisible gas that can rapidly accumulate, even in areas that appear to be well-ventilated," said Diane Ward, CHN of Herkimer County Public Health. "Within minutes, carbon monoxide can build up to dangerous levels, causing unconsciousness. The result can be illness, including permanent, neurological damage, such as learning and memory impairments, or death.

"That's why it's critical to recognize the symptoms of CO poisoning and practice prevention. If you suspect you or someone else has CO poisoning, call 911 and get emergency assistance immediately," she said.

Symptoms of CO exposure, which can occur within minutes of exposure, include headache, dizziness, nausea, weakness, a feeling of tightness in the chest, visual changes, slowed reaction time, altered driving skills and confusion.

As exposure to CO poisoning increases, individuals may become less capable of making decisions and that could endanger their lives.

When operating small, gasoline-powered engines and tools using gasoline-powered compressors or generators, follow these safety precautions:

- Do not operate gasoline-powered engines or tools inside buildings or partially enclosed areas such as porches or carports. Use of gasoline-powered tools indoors is extremely dangerous and can kill.
- Always place the pump and power unit of high-pressure washers outdoors, away from air intakes and downwind of buildings so the engine exhaust is not drawn indoors. Run only the wash line indoors to where the work is being done.
- Keep all gasoline-powered generators and engines outdoors and away from windows, doors and air intakes. Also, keep this equipment away from the windows, doors and air intakes of neighbors. Don't use generators, pressure washers or other gasoline-powered tools anywhere indoors, including

in a garage, carport or basement.

- Consider the use of tools powered by electricity or electric air compressors if they are available and can be used safely. Be aware, however, that electrically-powered tools can present an electrocution hazard and require specific safety precautions.

- Install a CO detector in your home, but do not use it as a replacement for proper use and maintenance of your gas-powered tools and engines. With any CO detector, look for Underwriters Laboratories (UL) certification. Follow manufacturers' instructions for its placement, use and maintenance.

If you own or operate a boat, install a battery-operated CO detector and test it daily. Carbon monoxide from engine exhaust builds up inside the boat and outside in areas near exhaust vents. Stay away and do not swim near these areas while engines or generators are running. Ventilate these areas before using them once the engines have stopped. Schedule regular engine and exhaust system maintenance inspections by trained technicians.


If you have symptoms of CO poisoning get fresh air immediately. Open doors and windows and go outdoors. Turn off equipment if you can. Call 911 or another local emergency number for medical attention or assistance. Do not drive a motor vehicle. Get someone to drive you to an emergency room or health care facility. Tell the physician that you suspect CO poisoning.

For more information on CO poisoning and prevention, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health website at <https://tinyurl.com/ybdjlu7e>.



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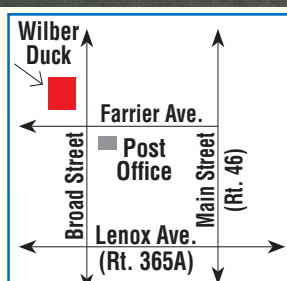
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Preparing your teen for college dorm life? Don't over-pack

by Lisa A. Flam, Associated Press

You've shared a home for a lifetime and felt secure knowing that child of yours was just a bedroom away. Now, you're shipping your teenager off to begin a new chapter in an unfamiliar place, possibly hundreds of miles away — all without you.

Dropping a child off at college for the first time can be an emotional transition. And in that overwhelming run-up to the eventual goodbye, overbuying and over-packing are easy mistakes to make as parents hope to inoculate their teens against every collegiate scenario. "Sometimes we don't

know what to do with emotions," so parents channel them into packing and shopping to feel productive, said Beth Miller, a coordinator for residence life at University of Wisconsin-Madison who has been involved in campus life for the past 17 years. "But sometimes parents are purchasing things based

on emotion and not necessarily based on need."

It's natural to want to send your child with all the dorm supplies necessary to start college off right, and overbuying is "an expression of love," says Mary Dell Harrington, co-founder of Grown & Flown, a website for parents of high school and college students.

"But their success doesn't have anything to do with the perfect comforter," she says. "It has to do with them actually doing the work and making friends and having a feeling of belonging. Those aren't things we can impact at all as their parents. What we can do is help with the comforter shopping."

Some packing tips from the experts:

Before the first set of twin XL sheets is even selected, the first stop on the road to buying just the right amount should be the college website.

Many universities list the items and amenities that come with each room. Some include di-

mensions for the room, the under-the-bed space and the best size carpet for the space. They also list prohibited items (possibly certain appliances) and have a packing list.

Check whether the room comes with a trash can or lamp. Is there a convenient printing center or does the student need a printer? Will your student walk down the hall, or across the quad, to do laundry? Some campuses allow twinkle lights, others don't. "Each one of these things will determine what your purchases will likely be," Harrington said.

Your child won't need — or have room for — everything on the college packing list, Harrington says. "These are all the millions of things your kid might possibly need," Harrington says. "Like an alarm clock: Maybe your kid is accustomed to using their phone as an alarm clock."

When shopping, focus on your child's needs for their specific dorm room, Harrington advises. Get the basics and a few extras,

and then plan on running to the store after move-in to pick up a few helpful items, like a hook for that wet towel or a fan if it's hot. Of course, students can order online as well.

Get your child involved. "Have students lead the way," Miller says. "Ask them what they think they will need."

To save precious dorm space, roommates should talk about what they're bringing to avoid duplication, and check what supplies a dorm may provide, like vacuum cleaners and microwaves.

Rather than thinking about what the student will need for the school year, Miller recommends bringing enough for the first two weeks. That means students don't necessarily need their warmest coat if the cold isn't due to arrive before a family weekend or trip home. And don't forget to bring a few things that make college feel like home, like photos or posters.

Students should skip anything on the list that they haven't used at home, with some exceptions, Miller says. Those include items that will help with a roommate issue, like earplugs and an eye mask. Or, for students who need to walk down the hall to the bathroom, a shower caddy, shower shoes and something to cover up with are recommended.

PREPARING 20

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Kovels: Antiques and Collecting



An examination of the bottom of the vase may show some clues to the age. Many modern copies of old vases have glazed, rather than unglazed, foot rims. This modern vase is worth almost \$1,500 just because it is so attractive and clever.

by Terry and Kim Kovel
Chinese Porcelain

Chinese porcelains are among the hardest for an average collector to identify and date. They have been made for centuries, and it is considered a tribute — not an attempt to fool a

customer — to copy a piece perfectly, including the original mark. Unfortunately, today there also are some who deliberately make and sell excellent copies of antiques. The pictured vase is named “Five Boys.” It is a piece of

“famille rose” porcelain and has a six-character mark on the bottom. The boys are climbing or standing on the vase. One has a ruyi scepter; the others are helping each other to the top. The famille rose decoration could be several hundred years old or new. The color and clever three-dimensional figures helped the vase sell for \$1,476, its decorative value. If it were 300 years old, it would sell for much more.

Q: My Rookwood mug is old, dated 1884. It is covered with line drawings of what look like comic book figures. The name Cranch is in block letters, and the usual Rookwood marks also are on the bottom. It is yellowish-white with black lines. Who is Cranch?

A: E.P. Cranch was a lawyer in Cincinnati who also was working for the Rookwood pottery from its beginning, as well as a poet, a storyteller and an artist. Cranch used the words and often humor-

ous pictures of activities described in ballads and folklore. He remembered a ballad sung to him by Noah Webster's nephew 50 years earlier and wrote it down and illustrated it. Cranch seems best-known for his Rookwood pieces decorated with the Uncle Remus stories. His art appears on beer mugs, pitchers, jugs, plates, bottles and vases, most made in the 1880s. Although they are very different in style than most early Rookwood, with colored glazes and realistic decorations of flowers or perhaps Indian portraits, Cranch's work sells quickly. A 6 3/4-inch-high Cranch jug sold recently for \$1,610. It was decorated with scenes and the words of the poem “Three Wise Men of Gotham Went to Sea in a Bowl.”

Current prices

- Toy bubble pipe, figur-al bowl, “Popeye” head, smoking a pipe, sailor hat, curved stem, white

plastic and paint, 1950, 6 inches, \$20.

- Advertising sack, “American Lady Self-Rising Flour,” Amelia Earhart profile, mat and frame, c. 1935, 24 x 17 inches, \$165.

- Cigar humidor, mahogany, doghouse shape, roof lifts open, brass hinges, 20 compartment cigar storage, bun feet, 1800s, 8 x 10 inches, \$280.

- Gossip bench, mahogany, upholstered, sleigh-back chair with telephone table, carved lyre design, splay legs, c. 1945, 32 x 37 inches, \$520.

Tip: You can wash an iron pot by hand with dish detergent. When iron pans were first used, soap was made with lye and it washed the seasoning off the pan. Re-season with a few drops of vegetable oil, then wipe again.

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

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PREPARING from 19 —

To save money, Harrington recommends that families shop their closets first.

“They don’t have to send their kid with all new stuff to college,” she said. “It does get wrecked, and it’s hard for kids to keep things orderly and clean in a dorm room because it’s such tight quarters.”

Remember, the room doesn’t have to be perfect on day one. And parents, so full of hope and excitement for their child on move-in day, have many ways to tell their children they love and care about them without spending another dime or making another trip to the car.

“Show it through a hug, show it through a text message, show it through an email or a letter that you leave them on their desk,” Miller said. “You can show them all of that without the physical and financial burden of over-purchasing and over-packing.”

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King Crossword

ACROSS

1 Poke

4 Beach stuff

8 Part of the foot?

12 Supplement, with "out"

13 From the start

14 In the vicinity

15 Congratulatory slap

17 Oodles

18 Open

19 Meadow

21 G.I.'s dinner, for short

22 Showing cleavage

26 Computer acronym

29 Stein or Stiller

30 Life time?

31 Swiss capital

32 Staff

33 Oven

34 Swelled head

35 "Explain, please"

36 — Major (Sirius' constellation)

37 Restrained

39 Evergreen type

40 Trawler need

41 Tips over

45 Ontario neighbor

48 Gary Cooper movie

1 2 3 4 5 6 7 8 9 10 11

12 13 14

15 16 17

18 19 20

21 22 23 24 25

26 27 28 29 30

31 32 33

34 35 36

37 38 39

40 41 42 43 44

45 46 47 48 49

50 51 52

53 54 55

50 Tab

51 Small grimace

52 Stickum

53 Weevil's target

54 Litigant

55 Sphere

7 Lived

8 Post-vow relative

9 Ultramodernist

10 House pet

11 Day fractions (Abbr.)

16 Surround

20 Many millenia

23 First son

24 Aptly named fruit?

25 Sawbucks

26 23-Down's victim

27 Lily variety

28 Boast

29 Tarzan's son

32 Beats

33 Singer Akers

35 Infinitesimal

36 Written code

38 Dead ringer?

39 Bach piece, often

42 Nixed, at NASA

43 Entrance

44 Uppity sort

45 Recede

46 Carnival city

47 Ailing

49 Debtor's letters

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Headset is missing. 2. Soda can is missing. 3. Hair is shorter. 4. Collar is missing. 5. House is missing. 6. Thermos is smaller.

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Weekly SUDOKU

by Linda Thistle

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

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

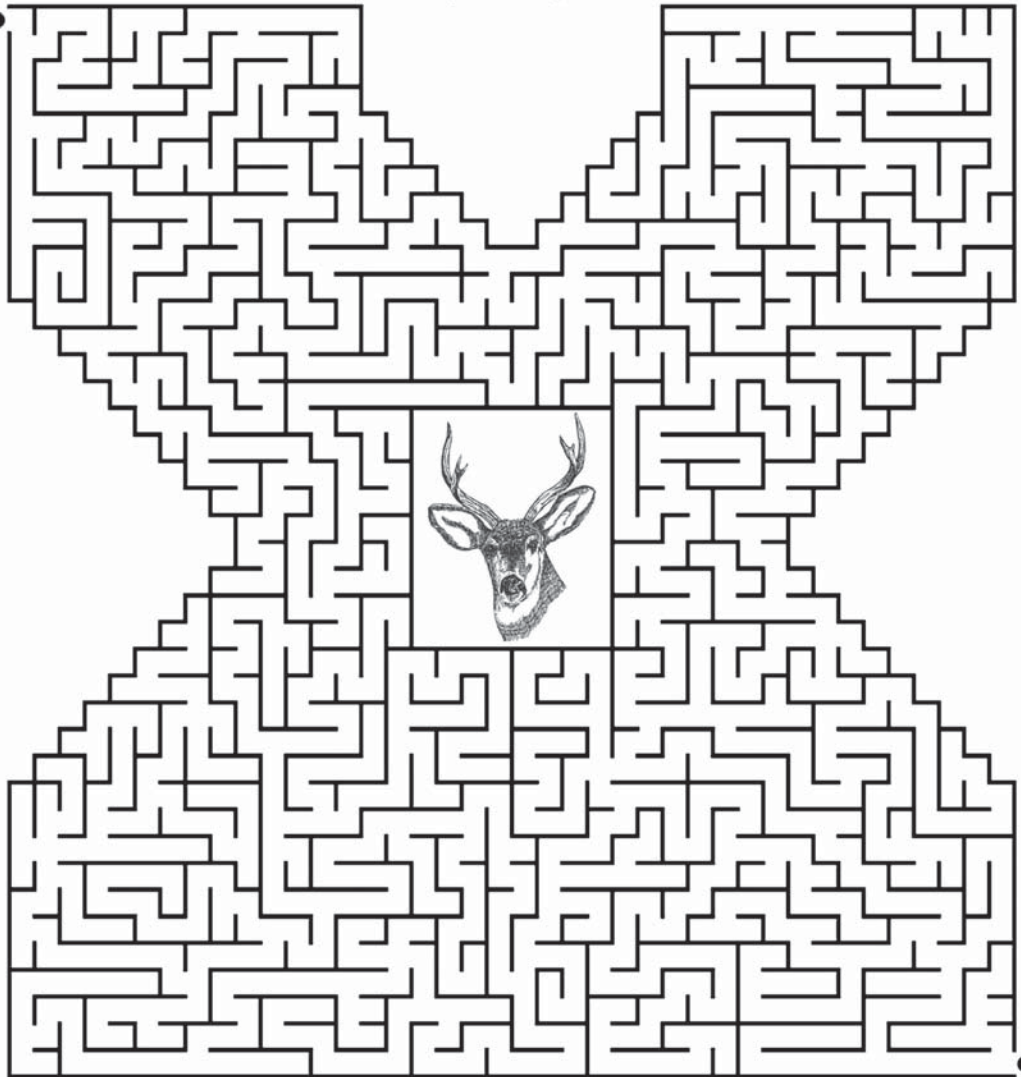
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Mega Maze

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Amber Waves

by Dave T. Phipps

THE LIVESTOCK WORRIES ABOUT: GETTING ENOUGH TO EAT AND DRINK...

THE BOY WORRIES ABOUT: HIS FRIENDS, TV AND GETTING A CELL PHONE.

THE DAD WORRIES ABOUT: THE CROPS, FAMILY AND THE BILLS TO BE PAID.

MOM WORRIES ABOUT: FAMILY, CROPS, BILLS, WHAT'S FOR DINNER, LAUNDRY, ECONOMY, HEALTH, NEIGHBORS, GIFTS, WEATHER, HOME, MARRIAGE, CHILD, DISHES, GRADES, SCHOOL, MONEY, TION, TRIP

"AUGUST RAIN: THE BEST OF THE SUMMER GONE, AND THE NEW FALL NOT YET BORN. THE ODD UNEVEN TIME."
Sylvia Plath, "The Unabridged Journals of Sylvia Plath"

STICKELERS [sic] by Terry Stickels

How many anagrams can you find for the following words?

- 1. stripes
- 2. trainers
- 3. angered
- 4. rubies

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Last Left Band featured in Summer in Arc Park Events

Arc Herkimer is hosting the Last Left band as part of the Summer in Arc Park series on Tuesday, Aug. 7, from 6 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.

Last Left is composed of talented musicians, from around the area, who love to sing rock, pop, R & B, and country. The band provides a party-like atmosphere and non-stop entertainment. Band members include Spencer Morgan, guitar and lead vocals, Steve Shepardson, drums and vocals, Dave Maliani, bass and vocals, and Jeff Dingman, keyboards and vocals.

Summer in Arc Park events also include a 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 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.

Poland receives Herkimer Diamond Mines grant for augmented-reality sandbox

POLAND – Poland students soon will be learning by playing in the sand – using augmented reality.

Herkimer Diamond Mines provided a grant to Poland Central School District to purchase equipment for an augmented-reality sandbox that will help students study geology, geography, topography, hydrology, engineering, design and more.

With an augmented-reality sandbox, images are projected down onto Kinetic Sand, which can be molded by teachers and students using their hands. As changes to the Kinetic Sand are made, the images adjust to show the slope of the landform, how water would be affected by the changes and how water alters the land over time.

"You can study it in real time," Poland science teacher Kevin Ford said.

Ford applied for the about \$2,000 grant from Herkimer Diamond Mines and received it during a grand opening celebration on June 13 for the Herkimer Diamond Mines KOA Resort's new Miners' Village. Grants were also awarded to West Canada Valley and Frankfort-Schuyler.

A fire in October 2017 caused major damage at the Herkimer Diamond Mines. The business stayed open and planned renovations including a Miners' Village with an educational wing. The grand opening included Renee Scialdo-Shevat, the president and owner, as well as local officials and former Major League Baseball pitcher Tommy John.

"Thank you to the Herkimer Diamond Mines and their owner, Renee Scialdo-Shevat," Ford said. "She is placing a lot of emphasis on education."

Equipment needed for the augmented-reality sandbox includes a gaming computer, short-throw project, X-Box Kinect system and Kinetic Sand, Ford said. The hope is to start using the sandbox sometime during the 2018-2019 school year, he said.

The sandbox idea is something Ford had been talking about with Poland Technology Coordinator Phillip Gogol, and the grant will help it become a reality at Poland.

Students can either use the augmented-reality sandbox directly – such as for studying topography in earth science – or it can be used for demonstrations to other students.

"The goal is for it to be used throughout the entire building," Ford said.

Another example of how the sandbox can be used is for engineering and designing – by watching the effects of flooding and erosion and determining whether a landform would be safe to build on, Ford said.

"It's a great thing for students to be able to use," he said.

Live wedding music

Booking a live band for a wedding or another special event can be a great idea. The atmosphere live musicians can provide is unmatched. Live musicians offer a level of excitement that may not be met by other musical options. But some couples may find the prospect of booking live entertainment a bit challenging, especially if they've never hired musicians for an event before. Here are some tips to make the process go smoothly.

- Get recommendations. Just like you might before booking other vendors, seek advice from friends or family members who have recently gotten hitched or had live performers at their events. They may have wonderful things to say about particular bands or performers. Individuals also can consider a resource such as HireLiveMusicians.com, a global musician database that can help couples narrow down their options.
- Decide on when the musicians play. Live musicians can entertain guests throughout the ceremony and reception, but the longer musicians play, the more they're likely to cost. Work with musicians to develop a schedule that suits your budget.
- Discuss the theme. Make sure musicians understand the type of atmosphere you're hoping to create. A band that customarily plays swing or big-band era songs may not fit in at weddings with more modern themes.
- Understand the fees. Musicians may have fees related to their agents, cartage (extra given to musicians who carry large equipment), mileage costs, travel time, lighting, and other factors that affect the overall price. Discuss these fees before signing any agreements.
- Be sure the venue fits. Live musicians are great but not if the space is too small. Otherwise, the music can be too loud and overpowering, or the band will not have adequate space to set up. Consider these factors before making any decisions.

King Crossword — Answers

Solution time: 27 mins.

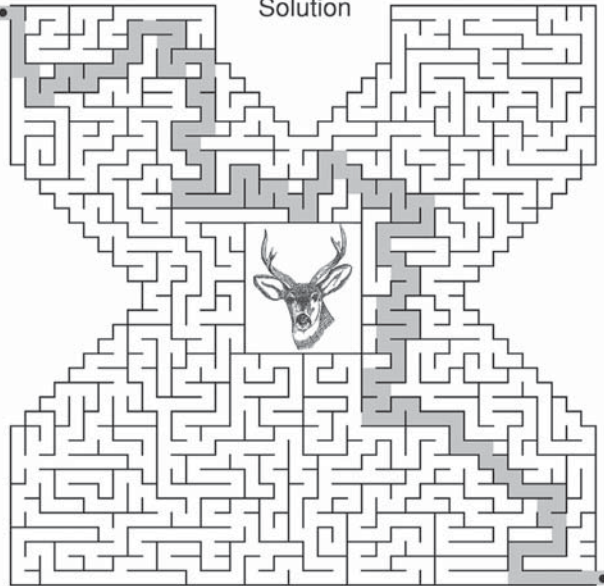
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Weekly SUDOKU — Answer

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

Mega Maze

Solution



Sticklers Answer

1. stripes: sprites, persist, priests, esprints
2. trainers: terrains, restrain, strainer
3. angered: enraged, grenade, derange
4. rubies: buries, bruise, busier

Americanisms



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—Mister Rogers

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The Kitchen Diva

by Angela Shelf Medearis
Don't skim on shrimp

Shrimp is one of my favorite fresh, fast ingredients, and it's also a healthy menu choice. Shrimp are a great source of high-quality protein and are rich in health-enhancing nutrients. Shrimp also are low in fat and calories. Research shows, and dietitians concur, that the high percentage of "good fats" in shrimp reduce the impact of the cholesterol that it contains. Maybe that's why shrimp is one of America's favorite seafoods!

When and how you will prepare the shrimp should determine whether you buy it fresh or frozen. Frozen shrimp offer the longest shelf life, as they can be kept for several weeks, whereas fresh shrimp will keep only a day or two.

Fresh shrimp should have firm bodies that are still attached to their shells. They should be free of black spots on their shell, since this in-

dicates that the flesh has begun to break down. In addition, the shells should not appear yellow or gritty, as this may indicate that sodium bisulfate or another chemical has been used to bleach the shells.

Smell is a good indicator of freshness — good quality shrimp have a slightly saltwater smell. Since a slightly "off" smell cannot be detected through plastic, if you have the option, purchase displayed shrimp as opposed to those that are prepackaged. Once the fishmonger wraps and hands you the shrimp that you have selected, smell them through the paper wrapping and return them if they do not smell right.

After purchasing shrimp or other seafood, make sure to refrigerate it as soon as possible. If the shrimp is going to accompany you during a day full of errands, keep a cooler in the car so it stays cold and does not spoil.

The temperature of

most refrigerators is slightly warmer than ideal for storing seafood. To ensure maximum freshness and quality, it is important to use special storage methods to create the optimal temperature for holding the shrimp. One of the easiest ways to do this is to place the shrimp, which has been well-wrapped, in a baking dish filled with ice. The baking dish and shrimp should then be placed on the bottom shelf of the refrigerator, which is its coolest area. Replenish ice one or two times per day. Shrimp can be refrigerated for up to two days, although it should be purchased as close to being served as possible.

You can extend the shelf life of shrimp by freezing it. Wrap it well in plastic and place it in the coldest part of the freezer, where it will keep for about one month.

To defrost shrimp, place it in a bowl of cold water or in the refrigerator. Do not thaw the shrimp at room temperature or in a microwave

since this can lead to a loss of moisture and nutrients.

Shrimp can be cooked either shelled or unshelled, depending how you'll be using them. There are various methods to remove the shell. One way is to first pinch off the head and the legs, and then, holding the tail, peel the shell off from the body. If shelling frozen shrimp, do not defrost them completely as they will be easier to shell when they are still slightly frozen.

Some people prefer to remove the shrimp's intestines before cooking or eating. To do so, make a shallow incision along the back of the shrimp and pull out the dark vein that runs throughout by rinsing under cold water.

This recipe for Spicy Sweet Chili Shrimp in Lettuce Cups is a perfect dish for a hot summer day!

Spicy Sweet Chili Shrimp in Lettuce Cups
1/4 cup Asian sweet chili sauce
1/4 cup mayonnaise



2 large cloves garlic, minced

2 green onions, green parts and white parts, sliced, roots discarded

2 tablespoons cilantro, minced, plus more for sprinkling

1 tablespoon lemon juice, plus more for sprinkling

1 teaspoon salt

1 teaspoon ground black pepper

16 jumbo shrimp (or 1 1/2 to 2 pounds medium shrimp), peeled and deveined

2 tablespoons olive oil
1 tablespoon Old Bay Seasoning

4 butter lettuce or iceberg lettuce cups

1. In a large bowl, mix together the chili sauce,

mayonnaise, garlic, green onions, cilantro, lemon juice, salt and pepper. Place the mixture in the refrigerator to chill.

2. Season the shrimp with the 1 tablespoon of the olive oil and the Old Bay Seasoning; mix well.

3. Heat the remaining tablespoon of olive oil in a cast-iron or non-stick skillet. Cook shrimp for 2 minutes per side. When the shrimp are almost cooked, add in the chili sauce mixture; stir to combine.

4. Sprinkle with the cilantro and lemon juice, and serve in the lettuce cups. Serves 4.

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Friday, August 3rd, 2018

5:00-7:00 pm Chicken BBQ
5:00-5:30pm Bailey's Karate Demo
Team Performance
Food vendors
6:00-8:00pm live music
"UPSTATE OUTLAWS"
8:00-12:00 am live music "REMEDY"

Saturday, August 4th, 2018

9:30 am Holliewood Dance - Generation Pound
10:00-6:00 pm Food & Street Vendors will be set up along Main Street all day
10:00-12:00 pm live music "SCOTT RAYMOND"
11:00-2:00 pm Utica Zoo Mobile
11:30-4:30 pm Dunk Tank - presented by the Herkimer County Humane Society
12:00-3:00 pm live music "MONKEY AND THE CROWBAR"

Saturday, August 4th, 2018 (cont.)

2:00 pm Happy Hags Performance
3:00 pm Blues Brothers
9:00-3:00 pm Car show at Myers Park; Hosted by Herkimer Elk's Lodge
4:00 pm Dance Center performance
6:00 pm Announcement of 50/50 winner and basket raffles
5:00-8:00 pm live music "LAUREN QUAIL"
8:00-12:00 pm live music "CRITICAL PATH"

Sunday, August 5th, 2018

10:00 am 2nd Annual Youth 3-3 Street Basketball tournament at ARC Park. (registration open July 10th)

*All day - kid's activities, characters, face painting, walk-about stilt lady, street and food vendors, jail tours, book sale, carriage rides, basket raffle and 50/50

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Use caution with spreading plants

by **B. Rosie Lerner, Purdue Extension Consumer Horticulturist**

People often select plants first for their beauty and second for their functionality in the garden. Frequently, we don't know or don't consider a plant's behavior when we're selecting them.

Almost by definition, a species that is an effective ground cover will have a spreading habit. But does that make the species aggressive or invasive? There can be much confusion about the meaning of the terms aggressive and invasive.

Some plants, given their optimal habitat, can become quite prolific in the garden. A plant can be considered aggressive if it spreads and has the potential to take over a garden area. However, some planting sites may call for an aggressive habit.

A spreading plant can be considered invasive if it can also escape the garden setting and move into natural areas (prairies, wetlands, and so on) and displace native vegetation. Truly invasive plants have the potential to dominate natural vegetation.

Many useful plants get bad reputations for their spreading behavior when they may simply be in the wrong place or managed the wrong way.

Some spreading ornamental plants have a high propensity for becoming invasive. You should always avoid using these plants in the landscape. The publication below lists some of these plants to avoid.

As you consider what to plant, it may seem that more and more plants are classified as invasive — and you would be correct. There are more invasive plants for several reasons, including an increasing-

ly unstable climate, more gardeners who unwittingly plant invasives, greater scrutiny of invasives, and changes in species (that is, individual species have adapted to cooler or warmer environments).

To help you make better informed plant selections, we recently revised our publication Spreading Ornamental Plants: Virtues and Vices (Purdue Extension publication HO-295-W, formerly HLA-1-W).



Vinca minor is a plant with a high potential for an invasive habit. Do not plant!

Photo courtesy of Rosie Lerner, Purdue Extension.

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