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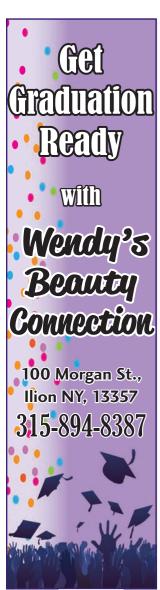
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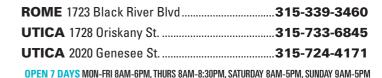
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## This year, the cheese does not stand alone at the Little Falls Cheese Festival

LITTLE FALLS - While there will be over 120 cheeses on hand at the Little Falls Cheese Festival on Saturday, July 13, attendees will notice that this vear's festival has expanded the number of craft beverage vendors on display.

New to the Little Falls Cheese Festival this year is Olde York Farm Distillery & Cooperage of Hudson, a woman-owned dis-

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tillery specializing in seasonal and botanical vodkas and liqueurs. Back for a second year is Heartsease Hill Meadery of West Winfield, which started as a small apiary to produce honey before moving into brewing mead. Joining them is Awestruck Ciders of Sidney, which takes full advantage of the New York State's incredible diversity of apple varieties to make a variety of delicious hard ciders.

"It's so great to be part of the Little Falls Cheese Festival," said Sophie Newsome of Olde York Farm Distillery. "Cheese and spirits may not seem like the most obvious pairing, but as someone who worked as a cheese monger, I can say you'd be surprised at how well they go together. And it's great to be able to partner with fellow independent producers to show off the quality of artisan foods beverages being made right here in New York." Newsome still puts her cheese monger skills to use at her distillery, which serves cheese plates and grilled cheese sandwiches from local cheeses and breads.

A number of New York wineries will also be participating at this year's festival. Returning to the festival this year are such popular wineries as Hummingbird Hills Winerv of Fultonville, Prospect Falls Winery of Prospect and Thousand Island Winery of Alexandria Bay.

"Wine and cheese is a

Festival is entering its fifth year and quickly es-

kind of beverages as well."

The Little Falls Cheese

tablished itself as New York State's premier gathering of cheesemakers. Featuring over 80 New York cheesemakers and gourmet food vendors, live entertainment and more, the festival will take place on Main Street in Little Falls on Saturday, July 13 from 10 a.m. - 5 p.m. For more information about the event, visit littlefallscheesefestival.co m or like and follow Little Falls Cheese Festival on Facebook and Instagram.

natural pairing," said Teri Chase of the Little Falls Cheese Festival Committee, "and with the growth of craft brewing and distilling we've seen over the past few years, it just made sense to start expanding to include those

## **Herkimer County OFA/NY Connects** informational session

The Herkimer County Office for the Aging/NY Connects Informational Session will be held on June 12 at 10 a.m. The session will include:

- Fall Prevention Presentation
- Tai Chi Demonstration and
- "A Matter of Balance" course description

Plus an overview of the Office for the Aging Services. For more information or to sign up, call Jackie Murphy at 315.867.1371. Check us out on Facebook. Type in "Herkimer County Office for the Aging" and give us a "like."

This meeting will be held at Litchfield Manor, 402 S. Litchfield St., Frankfort.



Payments are based on Tier 1 credit 84 mos with \$0 down, tax and tags are not included. Terms can be subject to change. **LICARIMOTORCAR.COM** 



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HERKIMER COUNTRY EDITOR

## Make graduation day comfortable

Graduation day will arrive before many students have a chance to pause and reflect on their time as students. The pomp and circumstance are deeply rooted traditions passed down through academia. If only comfort was automatically built into the graduation equation.

Most graduation ceremonies occur at the end of the school year when temperatures tend to be rather warm. For schools

with large student bodies, the distribution of diplomas might take place outdoors on a football field or under a tent. Some ceremonies may take place in poorly ventilated auditoriums. That can make conditions less than comfortable for graduates.

Attire also can make grads uncomfortable. Graduation caps and gowns can be cumbersome, especially the heavily robed and layered gowns that signify

higher academia.

Finally, graduation ceremonies tend to be lengthy, which can only exacerbate any discomfort grads may feel.

Discomfort need not dominate come graduation day. In fact, students can take various steps to ensure graduation day is as comfortable as possible.

• Wear something lightweight. Layering a gown on top of heavy clothing can be a recipe for overheating. Dress accordingly for the weather that day and the venue. Remember, it's always possible to add a layer.

- Stick to sensible shoes. That short trek across the stage to receive the diploma will be watched by hundreds in attendance and possibly recorded for posterity. Avoid slip-ups by wearing comfortable, flat shoes that are skid-resistant.
- Bring some tissues along. Reactions and emotions can run high on

graduation day. This day is a milestone, and a few tears may be shed. Have tissues handy to catch stray tears.

• Leave ample time. Crowds will be descending on the school for the festivities. Traffic and parking issues are to be expected. Early birds will get the best parking spaces and will be around to hear their

names called.

• Stay hydrated. Stuffy auditoriums or sunbaked bleachers can quickly make for an uncomfortable setting. While you shouldn't bring along a bag, purse or too many accessories, tuck a small water bottle under your seat to help you stay refreshed throughout the ceremony.



Focus on comfort during a graduation ceremony, as the entire experience should be one to savor and enjoy.









# Country Editor

Published weekly on Friday by Lee Newspapers 6113 St. Hwy. 5, Palatine Bridge, NY 13428

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## Unique ways to honor Dad this Father's Day

Though its history might not go back as far as many religious or government-designated holidays, Father's Day is rife with tradition in many households.

Father's Day is celebrated on the third Sunday in June in the United States, Canada and the United Kingdom. While Father's Day might trace its origins to the United States, the holiday is celebrated across the globe, including in Argentina, Greece, India, Singapore and New Zealand.

Fathers often receive gifts from their spouses and children on Father's Day. What to give the dad who seemingly has it all leaves many people scratching their heads in the weeks preceding Father's Day. People who find themselves in such situations can think outside the box and look for ways to honor their fathers this year. The following are some unique ways to honor Dad this Father's Day.

#### Travel

Dad may be pleasantly surprised by a stroll down Memory Lane. Plan a day trip or weekend excursion to Dad's hometown, visiting all his old haunts, including the house he grew up in, and allow him to serve as tour guide. This can be a great way for Dad to share stories and for his family to learn a little more about the old man. Other great places to visit include Dad's college campus or his ancestral homeland.

#### Highlight reel

In the months preceding Father's Day, do some

covert digging through family photo albums to create a "This Is Your Life" highlight reel for Dad. Go back as far as possible, even looking through Dad's baby photos if you can find them. This might require a collaborative effort, requiring the whole family to work together, but that can make for an enjoyable way for families to spend time together and see how Dad became the man he is today. Present the finished product at a family dinner on Father's Day.

#### Make a list

Another unique way to honor Dad is to compile a list of the many ways you are and will always be grateful for having him as a father. Adults honoring their fathers can cite specific examples they recall from childhood and young adulthood when Dad went above and beyond or served as a sounding board or shoulder to cry on. This is a great way to honor Dad and let him know all those sacrifices and special moments are still appreciated and will never be forgotten.

## Calendar of events

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 Aging/NY Connects Informational

Session. 10 a.m. Litchfield Manor,

402 S. Litchfield St., Frankfort. Call

June 13

Herkimer BOCES car/motorcy-

cle show. 5-8 p.m. Outside in the

main parking lot of the Herkimer

ist Church. Route 29. Middleville.

Event will be inside if it rains.

Jackie Murphy at 315.867.1371.

#### Ends June 7

Kateri's Thrift Store. Little Falls Community Center, 45 Furnace Street, Little Falls. "School's Out Bag Sale" being held May 28-June 7. Store open Tuesday through Friday 10 a.m. - 3 p.m.

#### June 7-8, 14-15, 21-22 and 28-29

Pierogi Sale Fridays - June 7, 14, 21 and 28 from 11 a.m. to 1 p.m. Pierogi Sale Saturdays - June 8, 15. 22 and 29 from 9:30 a.m. to 2 p.m. At St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Pierogi sell for \$7 a dozen.

#### June 7-9

Annual Schooling of Civil War Soldiers. Friends of the German along with garage sale registration S8. More info, contact Carol Vercz 315.866.6791; email: pvercz@ wcnv.rr.com.

al American Revolution Mohawk Valley Conference. Contact Brian Mack at 518.774.5669 or brianm248420@hotmail.com or viscom/conference.

#### June 8

40th Annual Craft Festival. Sponsored by the Church Of Christ Uniting, Richfield Springs. 9 a.m. - 3 p.m. Event at Spring Park, Route 20.

Ice cream social and book signing. 12-3 p.m. Grace Lutheran Church, 1 Montgomery Street, Johnstown. Hot dogs and ice cream.

#### June 12

BOCES WEB Complex, 352 Gros Blvd., Herkimer. Chicken BBQ tickets available for \$12 by calling 315.867.2043. Chicken BBQ available for pick up starting at 3 p.m. For information, visit www.herkimer-boces.org **Free Community Picnic.** 5-7 p.m. Middleville United Method-

June 14-16 Flatts Town Park, 555 Route 5S, Mohawk NY (next to Ft. Herkimer Church). June 8 Chicken BBQ by 250th Anniversary Celebration Squishy's BBQ and Catering from at Indian Castle Church. 109 Dil-1 p.m.-sold out. Garage Sale from lenbeck Road, Little Falls. For more 9 a.m.-5 p.m. along with 50/50 information, visit www.facebook. raffle and music. Advance sale com/johnsonhallstatehistoricsite, tickets for the BBQ are available JohnsonHall@parks.ny.gov, or call 518. 872.8712. forms. BBQ dinners are \$12; Half June 14-16

Fort Plain Museum's 5th Annuhttp://www.fortplainmuseum.

## June 15

Link:

eastqualifier.

Arc Park Community Festival. 9 a.m. - 2 p.m. 420 E. German St. Herkimer. For more information visit www.archerkimer.org or call 315.574.7353.

Third Annual Cherry Valley Out-

door Games. June 14 - 12-10:30

p.m. June 15 8 a.m. - 10 p.m. June

16 8 a.m. - 5 p.m. At Cherry Val-

lev Alden Field Center, 2 Genesee

Street, Cherry Valley. For more in-

formation email: cwatbeau@gmail.

Website: http://cherryvalleyoutdoorgames.com/ . Facebook

www.facebook.com/north-

23rd Herb and Flower Festival. At Parker F. Scripture Botanical Gardens, 121 Second Street, Oriskany. 9 a.m. - 2:30 p.m. For more information, call 315.736.3394.

New marker celebrates Adam Helmer's Run. In Spring Park at 11:30 a.m. Village of Richfield Springs unveiling and dedication ceremony of a new roadside marker that honors the run of Revolutionary War hero Adam Helmer. Event will coincide with the opening of the Farmers' Market in Spring Park.

#### June 15-16

Garden Tractors Pullers Association event. 11 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315,867,3541. Happy Father's Day.

#### June 19

Rabies Vaccination Clinic 5:30 - 7 p.m. At Ilion-Frankfort VFW Pavilion, 4274 Acme Rd, Frankfort. To pre-register call 315.867.1176.

#### June 27

Supper Dinner: Herkimer VFW, 5 -7 p.m. \$8 adults. \$5 12 and under.

#### June 29

Golumbki Sale Saturday. 9:30 a.m. to 2 p.m. Golumbki sell for \$26 dozen; \$13 half-dozen or threepiece for \$6.50.

#### July 11

2019 Rabies Vaccination Clinic. At Danube Town Garage, 438 Creek Rd., Little Falls. To pre-register for a clinic please call 315.867.1176.

#### July 13

Little Falls Cheese Festival. Event entering its fifth year. 10 a.m. to 5 p.m. For more information about the event, please visit littlefallscheesefestival.com or like and follow 'Little Falls Cheese Festival' on Facebook and Instagram.

#### Aug. 3

Garden Tractors Pullers Association event. 10 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Family Fun Day.

### **Senior News Line**

by Matilda Charles Video chat is best for mental health

For any number of reasons, many seniors are socially isolated. Whether it's an illness that keeps us at home, living in a rural area or having no one living with us, some of us just don't have as much social interaction as we need. Feeling alone can, unfortunately, lead to depression and increase the risk of dementia.

Oregon Health & Science University conducted a study to determine which of four methods of online communication worked best to protect against loneliness and depression: social messaging, email, video chat or instant messaging. Researchers used information from 1,400 participants over age 60 and followed up with them two vears later.

Email, social media, instant messaging and not using online communication all had the same result: They didn't do anything to fight depression. The clear winner was Skype, an online program that puts peo-

ple together face to face with video chat. Being face to face with people we know is much better than just reading a page of comments on social media or receiving a photo in an email.

Using Skype on your computer is easy. Search online for how to use Skype and follow the instructions. (For a treasure trove of how-to videos, go to YouTube.com and look at the offerings from Techboomers.) Look around at Skype.com. You'll get a Skype number, which gives you a free trial month of calls. Later, if you call someone who is also on Skype, the call is free. Otherwise you pay a small fee for calls to their cell phone.

You'll also need a webcam and a headset or microphone. Be ready to create a Skype user name and password. Remember to choose Private so you won't show up online to everyone, including scammers. When in doubt, ask the senior center to hold a class on using Skype.

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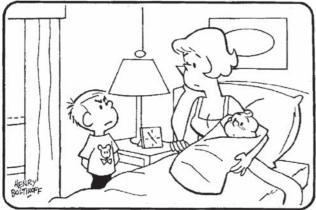
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Herkimer County Office for the

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## **HOCUS-FOCUS**

BY HENRY BOLTINOFF



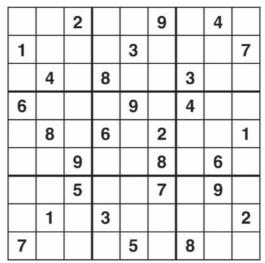
Find at least six differences in details between panels.



bow. 5. Drapes are wider. 6. Knob is missing from lamp. Differences: 1. Picture is hanging vertically. 2. Clock is bigger. 3. Picture on boy's shirt is missing. 4. Baby's hair has

## Weekly **SUDOKU**

by Linda Thistle



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

#### **DIFFICULTY THIS WEEK:** ◆◆◆

♦ Moderate ◆◆ Challenging ♦♦♦ HOO BOY!

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## King Crossword

#### **ACROSS**

- Cookie container
- Pen point Castle protec-
- 11 Quite eager 13 Bobby of hockey lore
- 14 Ames' state
- 15 Curtain-like
- membranes 16 Name in
- China's history 17 Masticate
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- letter
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- 24 Stay informed 28 Waistband material
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- 34 Twitch 36 Helper
- 37 Prom-goers
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- 41 Mall units 43 Droop
- 44 Solemn
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- 53 Be sick
- 55 Lounge
- 56 Ladder step

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- 10 Caught sight of, to Tweety

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part 28 Right angles

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- 21 Energy
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"Why not?"

60 Med. approv-

58 Individuals

61 Witness

Coffee

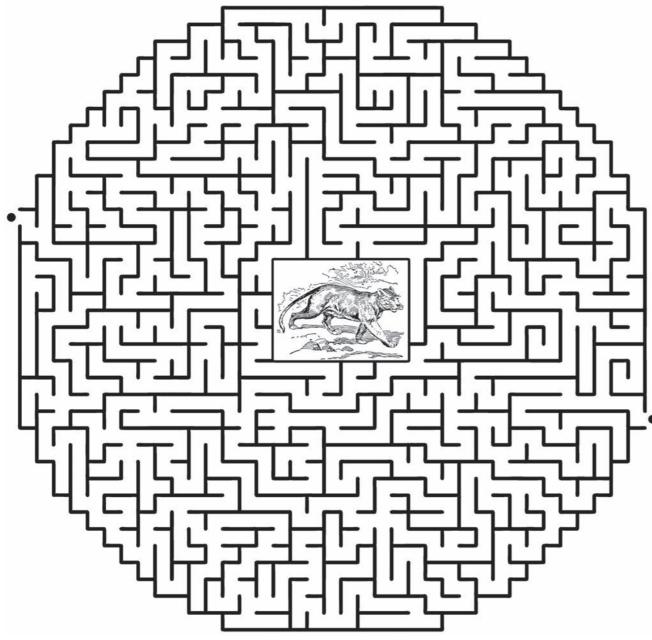
Elderly

59

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      - good!" 42 Workers
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      - 48 Merriment 49 Otherwise
      - 50 Weep
      - 51 Coloration
      - budget
      - 54 Meadow

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## ericanisms



"If you think hiring a professional is expensive, wait until you hire an amateur." — Red Adair

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## LAFF - A - DAY



"No wonder there's such a shortage of surgeons. Look what they have to go through."

## School Boards Institute honors 2019 student achievement. distinguished service winners

The Oneida-Madison-Herkimer Counties School Boards Institute recently recognized local students who have overcome challenges on their way to success in school and educators who have provided longstanding

service during the institute's annual awards dinner.

New York State School Boards Association Executive Director Timothy Kremer said during the event that he attends many award ceremonies across the state, but O-M-H SBI dinner stands out.

"Here, you do something very, very special," he said. 'You're making a difference in these children's lives. That is incredible."

The Student Achievement Awards and Distinguished Service Awards were given out during the O-M-H SBI's annual General Membership Dinner Meeting on May 9 at Twin Ponds Golf and Country Club in New York Mills. The O-M-H SBI includes 35 school districts in the Herkimer-Fulton-Hamilton-Otsego BOCES, Oneida-Herkimer-Madison BOCES and Madison-Oneida BOCES regions.

Prior to the dinner, a Morrisville-Eaton Central School District band led by music director George Jweid performed, and O-M-H SBI President Michael Head welcomed guests.

NYSSBA President William Miller, who is a Herkimer BOCES board member, also spoke during the event and praised the student award winners. There were 13 students chosen for awards out of about 4,000 juniors in the three-BOCES region.

"These kids, they've shown so much determination,"

Miller also presented Kremer with a special Recognition of Service award from the O-M-H SBI.

#### **Student Achievement Awards**

The Student Achievement Awards are presented to high school juniors who have demonstrated a positive attitude, which reflects initiative, a sense of responsibility and an ability to interact with others, including peers and faculty.

Recipients also perform academically to the best of their ability, have overcome a significant adversity and participate in extracurricular and community activities. Other criteria include strong character values and a post-graduate commitment toward a career goal or higher education.

The Student Achievement Awards were presented this year to the following students:

- Rhiannon Corsette of Herkimer BOCES/Central Valley Central School District, nominated by John Martin.
- Michael Senkiv of Herkimer BOCES/West Canada Valley Central School District, nominated by Alana Connolly.
- Kara Reinhardt of Central Valley Central School District, nominated by Michelle DelConte.
- William Linscott of Frankfort-Schuyler Central School District, nominated by Anthony Reina.
- · Sarah Eastwood of Herkimer Central School District, nominated by Leah Zorn.
- Darin Champney of Madison-Oneida BOCES/Vernon-Verona-Sherrill Central School District, nominated by Holly Sroka.
- Mariah Saxe of Madison-Oneida BOCES/Rome City School District, nominated by Ann Husak.
- Emily Dickan of Madison-Oneida BOCES/Oneida City School District, nominated by Leigh Anne Staudt.
- Gianna Guy of Oneida City School District, nominated by Sandra Davis.
- Cory Hagmann of Morrisville-Eaton Central School District, nominated by Janine Anderalli.
- Vincent Russitano of OHM BOCES/Holland Patent Central School District, nominated by Erin Murray.

SCHOOL 8



## **CHARLES D. STAHL**

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#### **HOSKING SALES LLC – CERTIFIED ORGANIC MARKETING AGENCY**

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Mon. May 27th - Sold 280 head, Cull ave. \$.56 top cow \$.69, Beef breed cull cows ave. \$.69 top cow \$.83, Organic cull dairy ave. \$.90 top cow \$1.06, Bulls/Steers \$.85 - \$1.02, Organic Bulls/Steers \$.90-\$1.01, Bull calves top \$1.25 beef calf top \$1.90, heifer calves top \$.55 - top beef calf .

Mon. June 10th - Normal Monday Sale & Monthly Heifer Sale. Special: A really nice Reg. Swiss fresh 4/25/19 looks great! And a group of Reg. Heifers all ages to breeding age.

Mon. June 17th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig sale

Mon. June 24th - Normal Monday Sale & Monthly Organic Day Watch for 2019 Sales:

Sat. Oct. 26th - Fall Premier All Breed Sale - 100 head of Registered All Breed Cattle Sell

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#### L - R) Emily Dickan, Gianna Guy, Shawn Cross, Rhiannon Corsette, Kara Reinhardt and Mariah Saxe. (Back row) Mark Polk, William Linscott, Cory Hagmann, Darin Champney, Vincent Russitano, Michael Senkiv and Sarah Eastwood.

the annual General Membership Dinner Meeting. (Front row,

Photos courtesy of Herkimer BOCES

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HERKIMER COUNTRY EDITOR 8 • June 7, 2019

## Chow line: More foodborne illness outbreaks detected last year

It seems like there have been more foodborne illnesses in recent years. Is that true?

Sort of. More outbreaks have been detected in recent years, although the overall number of foodborne illnesses is thought to have remained largely the same.

According to the Centers for Disease Control and Prevention, there was an uptick in the number of detected foodborne illness outbreaks last year.

In fact, in a new report released recently, the CDC said that 120 Americans died as a result of foodborne illnesses last year and 25,606 Americans reported foodborne illnesses. Of those, 5,893 people required hospitalizations.

The CDC said it investigated 23 multistate foodborne illness outbreaks last year, several of which included reported cases of foodborne illnesses in Ohio. Some of the larger multistate outbreaks included E. coli outbreaks linked to romaine lettuce, ground beef, raw flour, and alfalfa sprouts; and salmonella outbreaks linked to raw turkey products, Kellogg's Honey Smacks cereal, precut

melons, and kratom.

The report also found that there was an increase in the detected number of infections caused by eight specific pathogens: campylobacter, cyclospora, listeria, salmonella, Shiga toxin-producing E. coli, shigella, vibrio, and versinia.

However, it's important to note that although detection of foodborne illnesses has increased, the overall incidence of cases has not, according to the CDC.

In other words, although more outbreaks have been reported, the food supply is not necessarily less safe. Rather, we are just getting better at detecting problems when they do occur, said Abigail Snyder, an assistant professor and a food safety field specialist with The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

Additionally, foodborne diseases are preventable through the application of various proactive food safety programs, she said.

To help restaurants and the food service industry lessen their odds of causing an outbreak foodborne illness, food safety experts with CFAES offer food safety training to Ohio food service employees.

The ServSafe training is offered by Ohio State University Extension, CFAES' outreach arm. It focuses on key areas to reduce the transmission of foodborne illnesses: employee health and hygiene; clean, sanitized equipment and utensils; process management; and ingredient sourcing, preparation, and storage, among others, Snyder said.

Last year, OSU Extension offered more than 125 food safety trainings for the restaurant industry and trained more than 1,700 food service employees, including restaurant managers, school food service personnel, nursing home staff, and other food service per-

The classes are taught by OSU Extension family and consumer sciences educators, who are certified instructors through the National Restaurant Association. The classes are offered at several sites statewide and are open to small, medium, and large food service establishments, she said.

"By having strong food safety programs in place, companies reduce the possibility of increased costs due to having to discard product to control food safety, facing potential closures and regulatory action, and of course, the variety of costs that can arise if an outbreak of foodborne illness is linked to their product," Snyder said.

#### SCHOOL from 7 -



Herkimer-Fulton-Hamilton-Otsego BOCES Board of Education President Daniel LaLonde received a Distinguished Service Award from the Oneida-Madison-Herkimer Counties School Boards Institute. (L - R) Herkimer BOCES Board of Education Vice President Thomas Shypski, LaLonde and O-M-H SBI President Michael Head.

- Shawn Cross of OHM BOCES/Remsen Central School District, nominated by Fay Harper.
- Mark Polk of Whitesboro Central School District, nominated by Margo Testa.

#### **Distinguished Service Awards**

The Distinguished Service Awards are presented to outstanding volunteers - such as school board members - and superintendents who have dedicated time, continued support and vigorous action in the service of public education and the welfare of children.

Recipients may have also demonstrated a positive influence in the greater community and in the state.

The Distinguished Service Awards were presented this year to the following school officials:

Herkimer BOCES Board of Education President Daniel LaLonde, nominated by the Herkimer BOCES Board of Education.

- Herkimer Central School District Board of Education Vice President Mark Conley, nominated by the Herkimer Central School District Board of Education.
- Clinton Central School District Board of Education President Mary Lou Lauchert, nominated by Clinton Superintendent Stephen Grimm.
- Madison-Oneida BO-CES Board of Education President John Costello, nominated by Madison-Oneida Board of Education.
- Vernon-Verona-Sherrill Board of Education member Thomas Moats, nominated by Vernon-Verona-Sherrill Superintendent Martha Group.

## King Crossword — — Weekly SUDOKU — Answers

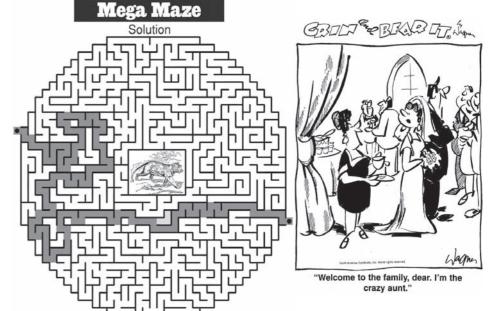
#### Solution time: 21 mins.

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#### Answer

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





## **Kovels: Antiques and Collecting**

#### by Terry and Kim Kovel **Edison Phonolamp**

Phonographs were invented in 1877. The early ones had one needle for recording and another needle for playing. The music was recorded on tinfoil-coated cylinders using a needle to make tiny lines that, when played with the other needle, made sounds. Thomas Edison, the inventor, founded his own company to make phonographs. He also invented movies, the light bulb and many other things. but failed to create a cement that could be used to make a case for the phonograph. And he never succeeded in making motion pictures with sound or creating a new way to mine iron ore.

His phonograph company was successful for a while, and he even designed a combination phonograph-lamp about 1920. The lamp was made to be kept on a table in the living room so the whole family could listen. Many versions

were made in the popular styles of the day. A design called a Phonolamp was made about 1920. It had an electric motor, metal case and an embroidered lampshade. These combination lamps soon went out of style but are liked by phonograph collectors. A rare, working Phonolamp recently was sold in a German auction for \$1,967.

**Q:** I have a dinette set and I'd like to find out its value. The table has a glass top on an iron base and there are four chairs. The chairs are marked "Daystrom No. 470820." It's a beauty!

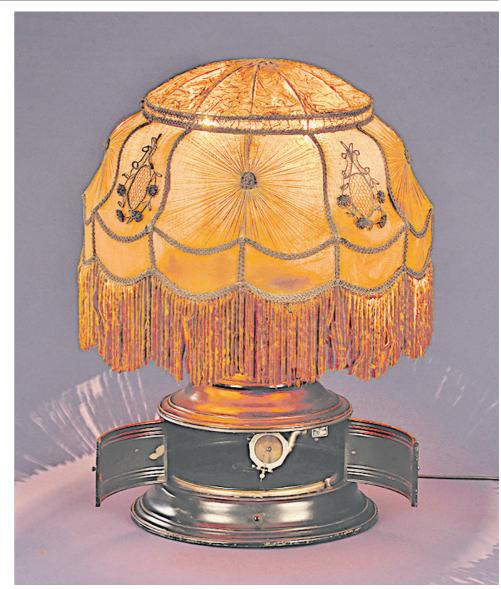
Daystrom founded in Olean, NY, in 1934. At first, the company made metal ashtrays. By 1938, the company was making chrome and Formica kitchen furniture, and upholstered stools and chairs. In 1962, Daystrom moved to South Boston, VA, and used the name Daystrom Furniture. It's low-end dinette sets sold well during the 1960s, but foreign

competition began affecting the furniture market by the 1970s. The company was sold several times and closed in 1996.

Vintage mid-century design is increasingly popular, and prices for original pieces are going up. Many Daystrom dinette sets are great examples of mid-century modern Prices start at about \$100 to \$150, and they can go higher if the set has clean, modern lines, can blend well with other furnishings and, of course, is in great condition. A dinette set featuring a table and six stylish chairs with chrome barrel-form bases and tufted vinyl seats and backrests sells for about \$700 to \$900.

#### **Current Prices**

- Vase, glass, bohemian, cream cased orange, exotic birds, flowers, crimped and folded rim, 7 1/4 inches, \$70.
- Navy bell, bronze, curved top handle for mounting, silvered, rope ringer, embossed U.S.N., 1938, 7 x 7 inches, \$300.



This Phonolamp was invented by Thomas Edison. It is a lamp with a phonograph as the base. Both work. It sold for \$1,967.

 Window, leaded, slag glass, red and white flowers, urn, lavender border, frame, 22 3/4 x 22 3/4 inches, pair, \$500.

• Donald Duck figurine, golfing, checkered hat, swinging club, Disney, c. 1947, 8 inches, \$950.

Tip: The more a charm

bracelet charm moves or makes noise, like a tiny roulette wheel or whistle. the higher the price.

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

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## How color can affect your garden

Flower gardens can add color and awe-inspiring appeal to a property. The National Gardening Association notes that gardeners can find nearly every color of the spectrum in flowering perennials. So whether you prefer soft pink, are partial to bright red or want to relax in a garden and gaze at something deep blue, chances are you'll find a perennial to tickle your fancy.

The NGA offers the following breakdown of colors to help gardeners learn how their gardens can set the mood they're looking for.

#### **Bright colors**

A garden full of bright colors like red, orange, magenta, and yellow can provide a landscape with vigor and energy. The NGA notes that brightly colored flowers can withstand especially bright

sunshine, meaning gardeners can marvel at their appearance even when the sun might be adversely affecting other plants and flowers.

#### **Pastel colors**

Pastels, which include soft pink, powder blue, lavender, and peach, create a tranquil feeling in a garden. This makes pastel perfect for those who want their gardens to be a relaxing, peaceful respite from the hustle and bustle of everyday life. The NGA notes that pastels may looked washed out in the midday sun, so they might be best enjoyed early in the morning or late in the afternoon.

#### **Complementary colors**

Complementary colors are those that are opposite one another on the color wheel. Orange and blue are examples of complementary colors. According to the NGA, complementary colors can add creative energy and vitality to a garden.

#### Harmonious colors

These colors are those that are next to each other on the color wheel, such as orange and red. The NGA recommends harmonious colors for gardeners looking to create a unifying feel in their gardens without resorting to a monochromatic color scheme. Harmonious colors give off a gentle feeling that can make for a relaxing garden atmosphere.

#### **Monochromatic colors**

Monochromatic gardens can be aweinspiring even though they stick to a single color and don't provide an array of awe-inspiring colors. The NGA notes that gardeners with monochromatic gardens make them interesting by using plants of various sizes and shapes.

When planting a garden, gardeners can choose whichever color scheme they prefer. To learn more about the effects of color on a garden, visit the National Gardening Association website at www.garden.org.







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## Bathroom upgrades: Three tips to add technology, tailor-made features

(BPT) — We tend to think of the bathroom as a utilitarian space, and therefore not worthy of the same energy and expense put into designing spaces like the living room or kitchen. We spend a lot of time in the bathroom, however. It's the room where we start and set intentions for our day. In the evening, the bathroom is where we go to unwind — some people prefer soaking in a bubble bath while others take a hot shower to relax.

A bathroom's design can dramatically affect your experience. Consider improving your daily ritual with these three upgrading tips.

#### Design with ergonomics in mind

Ergonomics is the process of designing and arranging spaces so they fit with the people who use them. When making upgrades to your bathroom, it's important to think through how you use the space each day. What a functional design might look like to





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someone else could be inconvenient for you.

Bathroom storage tends to be treated as one-size-fitsall. Many bathrooms have a vanity that contains deep cabinets. People with this basic storage solution are forced to use small containers to organize their products and often must rummage through belongings to get what they need.

An ergonomic bathroom is designed to keep frequently used items accessible. Consider adding a medicine cabinet to your bathroom to keep smaller products that get easily misplaced on hand. A vanity that offers a top drawer allows you to store everyday items, like a hair brush or toothpaste, up higher than a storage cabinet would, meaning you wouldn't have to bend down as often.

## Find the best solutions through personalized designs

The way that your bathroom is set up and how you use your bathroom are unique. It's often difficult to find an off-the-shelf solution that gives you exactly what you want from this space. Consider a solution instead that is customizable to your needs. Whether you're working with a difficult bathroom layout or feel limited by space constraints, modular designs help ensure can meet your storage needs.

#### Bring technology into the bathroom

Technology plays a big role in most people's lives, so it's no surprise that it has started to pop up in bathroom designs, too. Consider how technology can simplify your daily routine. For example, defogging technology built into the vanity mirror allows one person to shower while another is using the mirror. If you



A bathroom's design can dramatically affect your experience.

have products that need to be charged, like an electric toothbrush or razor, consider installing USB ports inside the medicine cabinet to ensure your go-to items are always ready to use.

Technology can bring entertainment into the bathroom as well. If you like to start off the day with some energetic music or unwind in the bath listening to your favorite podcast, Bluetooth technology can be the perfect way to add entertainment without sacrificing counter space.

The bathroom plays an important role in your dayto-day life. Use these tips to design a functional space that best fits your needs and find more ideas for bathroom upgrades at www.robern.com.

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# Herkimer BOCES Nursing Career Fair provides opportunities for high school, adult students

ILION – The recent Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program 2019 Career Fair included high school students in the Herkimer BOCES Health Science Careers program for the first time.

The event annually provides adult students studying to become licensed practical nurses with a chance to meet local employers and colleges. This time, the Herkimer BOCES Career and Technical Education high school students also were able to network with the guests.

"It was good to expand it to include the Health Science Careers students," Herkimer BOCES Adult Practical Nursing Program Coordinator Sara Nicolette said. "I think they were amazed

at the opportunities that were here."

The career fair took place in the nursing program's space at the Remington Educational Complex in Ilion. Officials attended from two colleges and about 25 local healthcare facilities. Combined, the companies represented about 200 nursing job openings, Nicolette said.

To prepare the Health Science Careers students for attending the career fair, Health Science Careers instructor Christe Zambri, teaching assistant Vicky Hauser and English teacher Sarah Jewett assisted students with resumes, cover letters and professional skills such as proper workplace attire.

Because the career fair takes place during the af-

ternoon when juniors attend CTE programs at Herkimer BOCES, most of the Health Science Careers students who attended were juniors, but some seniors were able to attend as well.

Juniors Ashley Worden and Zackery Geyer, both of Little Falls City School District, said they benefited from the experience.

"I got a lot of opportunities to see what I can do in this field," Worden said.

Both Worden and Geyer said their longer-term goals include becoming registered nurses, and the career fair helped them discover possible options for working along the way.

"I liked it because it gives me opportunities I didn't know were there and different things I could do in this field," Geyer said.

Kim Maneen, director of human resources at the Grand Rehabilitation and Nursing at Mohawk Valley, attended the career fair with recruiter Brittani Edwards to recruit LPNs and certified nursing assistants. Health Science Careers students can become CNAs during their time in the BOCES program.

"That's actually an added bonus this year," Maneen said of the high school students attending the event for the first time. She added the career fair is helpful for employers as well. "There's definitely a nursing short-



Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program students meet with representatives from local healthcare facilities during the program's 2019 Career Fair. Photo courtesy of Herkimer BOCES

age, so we always look forward to this," she said.

Nicolette said the fair has grown every year and shows the high demand for qualified LPNs – not just in nursing homes. "There are so many more options, and they're all hiring for LPNs," Nicolette said.

Jace LaPuma, human resources coordinator for the Rescue Mission of Utica, attended the fair looking to fill open full-time and part-time LPN positions and other jobs.

"I think it was excellent – especially because there's such a need in the area for LPNs," he said. "I definitely see it in the field that it's needed, and good ones are needed."

The Herkimer BOCES Adult Practical Nursing Program provides three different programs local adults can apply to attend: a full-time program, a part-time program that takes place during the day and a part-time program that takes place in the evening.

Herkimer BOCES Adult Practical Nursing students Miranda Bailey and Robert Bacon, each of Ilion, said they appreciated the fair.

"I think it's awesome to have all these places in one location for all of us to see at once," Bailey said.

There were more healthcare facilities offering opportunities than they expected, they said. "It makes it a lot easier – everything in one place," Bacon said.

Bailey and Bacon are in

the LPN part-time evening program.

The full-time program lasts 12 months, and the next class begins July 1, with recruitment and admission ending on June 10. The part-time programs run for a total of 20 months over the course of two 10-month school years. The next part-time programs classes begin on Sept. 4, with recruitment ending on Aug. 12.

For more information on the programs, visit w w w . h e r k i m e r - boces.org/LPN . There also will be an adult nursing open house from 7 - 8:30 p.m. on Monday, June 10 at the Remington Educational Complex in Ilion.















## Mohawk Valley Rotary hosting Keeler's Traveling New York City Comedy Club with headliner Ross Bennett

HERKIMER - The Mohawk Valley Rotary has collaborated with Keeler's Traveling New York City Comedy Club and is excited to present a must-see comedy event with headliner comedian Ross Bennett.

As seen on "The Late Show with David Letterman" and in comedy clubs throughout America, Bennett has had countless TV appearances. He was the winner of the Best Supporting Actor in A Comedy Web Series at the LAWEBFEST2016. Bennett has performed at over 50 corporate events and hundreds of fundraisers and charity events. Emceeing this event is radio personality Bill Keeler.

This event will take place on Saturday, June 1 at

Francesca's in Ilion. Tickets cost \$35, which includes a 90-minute show from Bennett and one other upand-coming act, and crowd-pleasing appetizers. There will be a cash bar. Doors open at 5:30 p.m. and the show starts promptly at 7 p.m.

Do not miss this evening of fun and laughter. Tickets are available from any Mohawk Valley Rotarian or through Eventbrite under Mohawk Valley Rotary Club Night of Laughter. Contact www.facebook.com/MohawkValleyRotaryDistrict7150 for any questions.

Proceeds benefit the Mohawk Valley Rotary Club's service projects locally. Some of these projects include our Youth Exchange Program, high school scholar-

ships, Books For the World, a dog park project and the Rotary Foundation. We also host an annual food drive in the months of November and December that benefit Catholic Charities of Ilion and the Salvation Army in Herkimer



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## Girl Scouts attend Memorial Day ceremony





Girl Scout Unit 260 - Little Falls attended the city's annual Memorial Day ceremony.

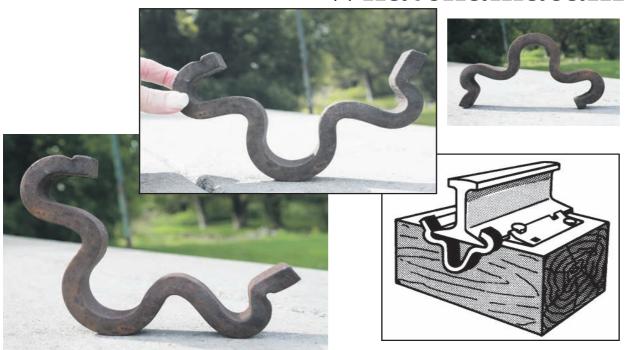
Photo courtesy of Little Falls Girl Scouts







## Whatchamacallits



In keeping last week's theme, I asked hubby for a few more railroad-related Whatchamacallits — an easy task in our household — and he kindly obliged.

Rest assured, this item was not taken off the line, but was found alongside the tracks after the maintenance crew was finished replacing ties.

Our Whatchamacallit this week is a rail anchor or track brace. There are several types and this one is a Unit V rail anchor. Their purpose is to keep the rail from sliding or creeping lengthwise over the tops of the ties. This could occur due to the downward thrust of a moving or braking train, traffic patterns on the line or excessive change in temperature.

The anchors are made in one piece from spring steel and are clamped onto the base of the rail, snugged up against both sides of the tie and are generally used on both rails. According to railwayfasteners.com, a 39-foot long section of rail would require eight sets of rail anchors for level track and if working on a grade (hill), more should be used.

Do you have your own Whatchamacallit?

## Understanding the jargon of health insurance

The world of healthcare can be confusing to navigate. Before the prevalence of health maintenance organizations and various other health and insurance wellness groups, obtaining medical assistance involved going to the doctor and then paying the bill. But today people must navigate copayments, coinsurance, deductibles, and savings plans, which can make it difficult to understand what's going on with your insurance company.

Healthcare is standardized in some areas of the world and publicly financed with little to no out-of-pocket costs for participating citizens. Elsewhere, access to

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health insurance is provided through employers or government assistance programs or individually purchased.

Understanding some health insurance-related jargon is a great way to better educate oneself about the industry.

- Benefit period: The benefit period refers to the duration of time services are covered under your plan. It is usually a calendar year from the point of start to end. It may begin each year on an anniversary date when you first received coverage.
- Coinsurance: This is a percentage of the cost of services rendered in specific areas outlined by the health plan that you are

responsible for after a deductible is met. For example, a plan may cover 85 percent of costs, with patients responsible for the remaining 15.

- Copayment (copay): A copayment refers to the flat rate you pay to a provider at the time you receive services. Some plans do not have copays.
- Deductible: The amount you pay for health services before the insurance company pays. You must meet a set limit, which varies by plan and provider, before insurance will kick in and cover the remaining costs during the benefit period. Many plans have a \$2,000 per person deductible. This deductible renews with each calendar year.
- HMO: A health maintenance organization offers services only with specific HMO providers. Referrals from a primary care doctor often are needed to see specialists.
- HSA: A health savings account enables you to set aside pre-tax income up to a certain limit for certain medical expenses.

Understanding health insurance-related jargon is a great way to better educate oneself about the industry

- Long-term care insurance: A specific healthcare plan that can be used for in-home nursing care or to pay for the medical services and room and board for assisted living/nursing home facilities.
- Network provider: This is a healthcare provider who is part of a plan's network. Many in-

surance companies negotiate set rates with providers to keep costs low. They will only pay out a greater percentage to network providers.

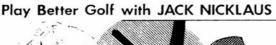
• Non-network provider: A healthcare provider who is not part of a plan's network. Costs may be higher if you visit a nonnetwork provider or if you are not covered at all. • PPO: A preferred provider organization is a type of insurance plan that offers more extensive coverage for in-network services, but offer additional coverage for out-of-network services.

Navigating health insurance is easier when policy holders understand some common industry jargon.

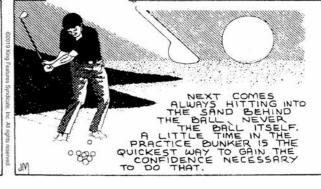


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## Father's Day gifts for the modern dad

Father's Day is a chance for people to show the special men in their lives just how much they're loved. Though it was first celebrated on June 19, 1910, it was not until decades later that President Richard Nixon made honoring fathers a nationwide holiday in the United States.

While there are many different ways to honor dads, it has become customary to offer gifts and other tokens of affection. According to History.com,

Americans now spend more than \$1 billion each year on Father's Day gifts.

Many modern fathers are more involved in their children's lives and around the house than their own fathers were. Gifts that cater to today's well-rounded dads are sure to be appreciated.

• Cool duds: Modern dads are fashion-forward and might enjoy a piece of clothing or a gift card to their favorite retailer. If you know a store where Dad loves to shop, stop in for some inspiration.

- Pampering products: Mom is not the only one who likes to indulge in some pampering from time to time. Put together a carefully curated basket of men's grooming products, or purchase a set from a bath and body store.
- Fitness finds: If you haven't already gifted the special man in your life with a fitness tracker watch, now is the time to do so. Such a watch will tap into

his love of gadgets and provide some utility as he tries to be as healthy as possible.

- Cookbooks: The stereotype that dads are hopeless in the kitchen has long since been refuted. Many men are topnotch home chefs and will appreciate some new recipes to try. Combine the cookbook with a new culinary tool, like a cast-iron skillet or a mandolin slicer, so he can try out his skills right away.
- Support the team: If Dad is

a sports fan, find a baseball cap or a jersey of his favorite team/player.

• Craft beers: The craft beer movement has expanded exponentially in recent years. Visit with a local brewer and purchase bottles or growlers of a favorite brew. If you know the flavor profile that Dad favors, find a beer that suits that preference while also giving some new varieties so he can put together his own flight.

## Arc Park Community Festival

HERKIMER – Arc Herkimer will host a day full of family activities at the Arc Park Community Festival on Saturday, June 15 from 9 a.m. - 2 p.m. at 420 E. German St. in Herkimer.

The day will start with the Arc Herkimer Heart & Sole Awareness 5K with wheelchair division starting at 9 a.m. and a free children's run throughout the park at 9:45 a.m. Registered runners can enroll their dads to run free in honor of Father's Day weekend.

Other festival activities begin at 10 a.m. and include basketball contests at the Boeheim-Basloe Basketball Courts. Family Fun Zones will offer a free kids' sip and paint with Easels on the Gogh, face painting and crafts. A Sweet Spot includes free samples courtesy of Boscov's candy counters and others, and the Marketplace to shop local vendors including a pottery sale by People Are Beautiful Self-Advocacy group, and merchandise from the Arc Herkimer Goods Store. The Utica Zoomobile will be part of the festivities from noon 2 p.m. Entertainment also includes performances by various groups at the park bandstand.

Arc Park is the first and only fully accessible recreation park in a nine-county region. Arc Park enriches lives for all by bringing together people of all ages and abilities for a unique recreational, wellness and social experience.

For more information regarding the festival, the runs and a schedule of events, visit www.archerkimer.org or call Special Events & Fundraising Manager Kristen Smith at 315.574.7353.





## Donna's Day: Creative family fun

Sandpaper art reveal will surprise kids

Kids are always eager to draw pictures. They know firsthand the pleasure of putting crayon to paper (and to the occasional wall or two) to express what's in their imagination. Enhance your children's natural creativity and love of art by offering them new experiences using basic art supplies and unexpected items to challenge and surprise in this case, crayons in bright colors and sandpaper out of the toolbox.

The texture of the sandpaper will create a beautiful picture made up of tiny dots that resemble pointillism, a painting technique used by postimpressionist painter Georges Seurat.

He used thousands of Again, press hard as you dots of color that you can see up close but that blend into an image when you step back, away from the painting.

Try these steps to create a wonderful piece of pointillist-like art in seconds. What's the magic ingredient? A dot, your kids might say? Uh-uh. An iron! Here's how:

Pick out an array of bright crayons. Vibrant blues, greens, purples and reds are great.

Create a drawing on a sheet of medium-grain sandpaper, pressing very hard as you color. Designs that use blocks of color rather than thick lines work best here.

fill in the shapes with your crayons.

When you're done, turn the sandpaper over on top of a plain, white piece of drawing or construction paper. An adult should heat up an iron on low temperature and then iron the backside of the sandpaper as if ironing a hanky. Pass it over the back evenly and slowly for 15 to 20 seconds. Remove iron.

Count to 20 with your kids, and then slowly pick up the sandpaper to reveal the picture on the paper in dot form. There it is. Sandpaper pointillism! Never mind French postimpressionists for

the moment. You'll have your own very "impressive" artist in residence.

Encourage your child to look closely to see the dots, then step away and discover how they blend together. Note how crayon melted on the sandpaper, too, providing a "two for one" art project.

"The grandkids are coming!" tip: Plan a follow-up activity and take your grandkids to an art museum in your area to see an exhibition of French impressionists.



Or, visit your public library and find large art books with paintings of impressionists postimpressionists.

(c) 2019 Donna Erickson Distributed by King Features Synd.

## When is it time to stop driving?

For many people, driving is a sign of independence and is an important part of their identity. Driving provides older individuals freedom and allows them to socialize, access healthcare and shop, among other activities. Most older individuals would like to continue to drive as long as possible; however, there may come a time when it is no longer safe for them to do so. The following are some warning signs that indicate an individual may need to limit/stop driving either temporarily or permanently:

- · Almost crashing and/or having frequent close calls
- Finding dents and/or scrapes on the car or outside areas around the home including mailboxes, fences garage doors, etc.
  - Getting lost, even in familiar locations

- Having difficulty concentrating while driving and/or becoming easily distracted
- Difficulty turning to check mirrors while backing up and/or changing
- Receiving multiple warnings and/or traffic tickets from law enforcement

If you notice any of the warning signs with the older individuals in your life, it may be time to discuss your concerns and assist with finding safe, alternative transportation.

This information was provided by www.aarp.org . If you have any questions contact Herkimer County Office for the Aging or NY Connects for more information at 315.867.1124 or www.herkimercounty.org (go to departments then Office for the Aging).









## Herkimer BOCES car/motorcycle show

HERKIMER – Cars, motorcycles and a chicken barbecue on Thursday, June 13 will raise money to support Herkimer-Fulton-Hamilton-Otsego BOCES student activities.

Funds raised during the annual Herkimer BOCES Cruise-In Bike Night & Chicken BBQ will help students in the Herkimer BOCES chapter of Skill-sUSA 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.

The car and motorcycle show takes place from 5-8 p.m. outside in the main parking lot of the Herkimer BOCES WEB Complex at 352 Gros Blvd. in Herkimer. Prizes will be awarded for first, second and third in both the car and motorcycle categories.

Chicken BBQ tickets

can be purchased for \$12 by calling 315.867.2043. Get yours early because the chicken dinners often sell out before the car and motorcycle show even begins. The chicken BBQ will be available for pick up starting at 3 p.m.

A \$1 donation to benefit the Herkimer BOCES chapter of SkillsUSA is asked to enter a car or motorcycle in the competition. General admission is free.

The cruise-in also includes a bake sale, a Chinese auction, a 50/50 raffle and music provided by Audio King.

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.

For information, visit www.herkimer-boces.org or call 315.867.2043.



Bill and Chris Schwerdt of Frankfort pose with their 1956 Chevrolet pickup truck during the 2018 Cruise-In Bike Night & Chicken BBQ. The 2019 Cruise-In takes place on Thursday, June 13 at the Herkimer BOCES WEB Complex at 352 Gros Blvd. in Herkimer.

Photo courtesy of Herkimer BOCES

## New marker celebrates Adam Helmer's Run

On Saturday, June 15, the Village of Richfield Springs will hold an unveiling and dedication ceremony of a new roadside marker. The marker honors the legendary run of Revolutionary War hero Adam Helmer, marking the approximate point where it's thought he would have crossed what is now U.S. Route 20. The marker has been erected thanks to a generous grant from the Pomeroy Foundation of Syracuse in conjunction with the New York Folklore Society and is in the new dark red color denoting that partnership. Completing the grant application was the Route 20 Association of New York State.

Helmer was a member of a scouting party that was

ambushed on Sept. 16, 1778 by a raiding party led by Chief Joseph Brant near South Edmeston. Helmer escaped and began a meandering run of approximately 30 miles from there to Fort Dayton in the Mohawk Valley, warning homesteaders along the way. He's been credited with saving the lives of over 200 settlers. While the ambush and his arrival at Fort Dayton were well documented at the time, few details were known of his actual run. In the 1930s, Mildred Staunton, a Helmer descendent, interviewed descendants of many of the early settlers, using the oral history to determine the path he likely took. Running alongside Canadarago Lake, he likely passed through present

day Richfield Springs in the vicinity of Spring Park.

The unveiling and dedication ceremony will take place in Spring Park at 11:30 a.m. Speaking will be representatives of the Village of Richfield Springs, the Route 20 Association and other dignitaries. The event will coincide with the opening of this year's Farmers Market in Spring Park. The public is invited to attend.

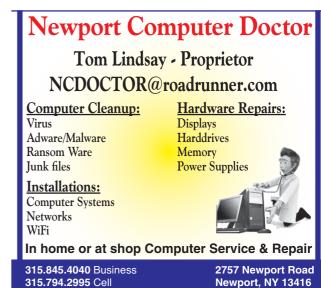












## 250th anniversary celebration at Indian Castle Church

Historic Indian Castle Church will celebrate its 250th anniversary with a variety of activities June 14 - 16 at 109 Dillenbeck Rd., Little Falls.

The three-day event, commemorating the establishment of the church by Sir William Johnson, will begin on Friday, June 14 at 5 p.m. with an old-fashioned ice cream social (donations appreciated) and free hayrides at 6 p.m.

On Saturday, June 15, registration for the "Run for the Bell" 5K race/walk begins at 7:30 a.m., with the race at 8:30 a.m. Between 10 a.m. and 4 p.m. Mohawk cultural demonstrations will feature Akwesasne Mohawk singers and dancers, Mohawk storytelling with Kay Olan, "The Wampum Chronicles" by Darren Bonaparte and Mohawk artisans from Two House Design Crafters. In addition, 18th century living history demonstrations will include Seneca Interpreter Glenn Bentz, Claus' Rangers, British Indian Department and Palatine Farmer/Militiaman Paul Supley.

On Sunday, June 16, Father Steve Scarcia will officiate a 10 a.m. church service, ending with the "Ballad of the Indian Castle Church," written and sung by Ken Gies. Fellowship will follow.

This 250th anniversary celebration is sponsored by the Indian Castle Church Restoration & Preservation Society and Johnson Hall State Historic Site.

This is a Path Through History Weekend event. Admission is free and open to the public – donations to support the event will be greatly appreciated.

Johnson Hall was the 1763 Georgian estate of Sir William Johnson and Molly Brant and their family. Sir William (1715-1774) was the largest landowner and most influential individual in the colonial Mohawk Valley. His success in dealing with the Six Nations had a lasting impact on their relationship with the English, and largely influenced England's victory in the Anglo-French struggle for control of colonial North America. The main house and flanking stone houses, originally surrounded by a 700-acre farm, now interpret the Johnson family through guided tours of the period room settings, educational programs and special events. Historic restoration of the Hall is ongoing.

For more information, visit facebook.com/johnsonhallstate-historicsite, email Johnson-



Paul Supley will interpret the life of a Palatine farmer and militiaman at the 250th Anniversary Celebration at Indian Castle Church.

Hall@parks.ny.gov or call 518.872.8712.

The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites which are visited by 60 million people annually. For more information, call 518.474.0456, visit www.nysparks.com, connect on Facebook or follow on Twitter.



Darren Bonaparte will relate "The Wampum Chronicles."
Photos courtesy of Johnson Hall State Historic Site

## **Third Annual Cherry Valley Outdoor Games**

The Third Annual Cherry Valley Outdoor Games will be held June 14 - 16 at the Cherry Valley Alden Field Center, 2 Genesee St., Cherry Valley.

Show hours are:

- June 14: noon 10:30 p.m.
- June 15: 8 a.m. 10 p.m.
- June 16: 8 a.m. 5 p.m.

The Third Annual Cherry Valley Outdoor Games is a free, family-friendly weekend. Join us this Father's Day Weekend. The games feature a Fierce Lumberjack Competition with the best athletes in the country. This year we are also featuring a 5K run. Stop in at the archery shoot or cornhole tournament. Take a stroll around the grounds and check out the car show, taste some barbecue from our contestants and visit our large selection of vendors – and much more. It's sure to be a fun weekend for the whole family. See cherry-valleyoutdoorgames.com for the complete schedule.



For more information email cwatbeau@gmail.com or check out facebook.com/northeastqualifier .



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## Compost is part of the circle of life in gardens

The season for fresh fruits and vegetables grown right in the backyard is upon us. Warm weather breathes life into fresh berries, tomatoes, eggplant, cucumbers, and many other delectable fruits and vegetables.

Home gardens can be supplemented with delicious finds from the supermarket or farmer's market, including melons, corn and more.

The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil. Scraps from items that have been grown in the garden can then be reused in the production of the compost

that feeds that same garden. It's a continuous circle of garden life.

Getting started with compost is relatively easy. Homeowners should choose an outdoor space near the garden but far away from the home so that it won't be disturbed by kids or animals. Some people opt for an open compost pile, while others choose closed bins to contain the possible smell and to camouflage the compost. A sunny spot will help the compost to develop faster, according to Good Housekeeping.

The next step is to start gathering the scraps and materials that will go into the compost. Better Homes and Gardens suggests keeping a bucket or bin in the kitchen to accumulate kitchen scraps. Here are some kitchen-related items that can go into the compost material:

- Eggshells
- Fruit peels
- Vegetable peels and scraps
- Coffee grounds
- Shredded newspaper

In addition to these materials, grass and plant clippings, dry leaves, bark chips, straw, and sawdust from untreated wood can go into the pile. Avoid diseased plants, anything with animal fats, dairy products, and pet feces.

A low-maintenance pile has an equal amount of brown and green plant matter in the compost plus moisture to keep the bacteria growing and eating at the right rate. Aerating the compost occasionally, or turning the bin when possible, will allow the compost to blend and work together. Compost will take a few months to form completely, says the Planet Natural Research Center. The finished product will resemble a dark, crumbly soil that smells like fresh earth.

Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth. It is a good idea to start a compost pile as a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.



A compost pile is a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.









# NYS Division of Consumer Protection warns about "Wangiri" and one-ring international phone call scams

Get an international call that only rings once then disconnects? It's probably a scam.

The New York State Division of Consumer Protection is alerting consumers to a "wangiri" (Japanese for "one cut") or one-ring phone scam in which an unsuspecting individual's phone rings just one time from an international number. If the individual calls the num-

ber back, scammers attempt to collect personal information or try to keep the caller on the line – all while international charges accrue.

The scam can cost victims thousands of dollars without even realizing it, as the scam seeks to connect the user with a variety of sites that can charge money via the phone account. The numbers are often connected to lottery

prize messages, credit card collection attempts or even phone sex services.

New York State Secretary of State Rossana Rosado said, "Robocalls are becoming increasingly out of control and sometimes it is tempting to call the number back. Unfortunately, call backs to international and U.S.-originated numbers can signal that your phone is 'live' and you may end up

receiving even more calls. Be aware, be smart and do not answer the phone so you do not fall for scammers trying to get your hard-earned cash."

The scam surfaced in Japan last year and has slowly made its way to the United States.

Blocking the calls does not work, as callers just change the number they are dialing from or "spoof" a new number to the phone to get around call blocking.

If a consumer calls the number back:

- It signals that the phone is a valid number which may result in more calls.
- The call will result in international charges.
- The scammers who answer will try to gather personal information or keep the caller on the line as long as possible.
- Scammers may connect to pay-per-call services in the country where the first call originated, allowing them to collect money through the caller's phone bill.

To prevent falling victim to these scams, consumers should consider the following:

- Do not call back. As tempting as it may be to call back numbers even those that look like they originate from the United States refrain. Some U.S.-based robocall companies are using callbacks to identify a "live" number which they then inundate with even more phone calls.
- Remove the temptation. If a consumer does not normally make international calls, their phone carrier can restrict the ability to call international numbers. That way, if they or any family members are tempted to call an international number back, the phone company will halt the activity.
- Don't give the caller information. Consumers should never give out or confirm sensitive information like bank account, credit card or Social Security numbers

unless they know who they are dealing with. If someone has contacted them and raised concerns, the consumer should hang up and go directly to the official website for the government agency or company they are claiming to call from and locate a number to call them directly.

• Government agencies and companies do not ask for payment via gift cards. Gift cards allow scammers to get money without anyone tracking them. Once an individual gives a scammer a gift card number, they can take the full value without anyone knowing who they are. If someone on the phone asks a consumer to buy a gift card and call them back with the number, it is a scam.

New Yorkers can also file a complaint with the Division of Consumer Protection. The New York State Division of Consumer Protection investigates Do Not Call violations and provides voluntary mediation between a consumer and a business when a consumer has been unsuccessful at reaching a resolution on their own.

The Consumer Assis-Helpline tance 1.800,697,1220 is available Monday - Friday from 8:30 a.m. - 4:30 p.m., excluding state holidays, and consumer complaints can be filed any time dos.ny.gov/consumerprotection . The Division can also be reached via Twitter at @NYSConsumer or Facebook at facebook.com/nyscon-

## **Changes for Mane Stream Subscriptions**

As of **July 1, 2019** the cost for a one-year subscription (10 issues) to Country Folks Mane Stream will be \$16. Members of affiliated horse associations will receive a discounted price of \$8. Digital subscriptions and the weekly newsletter Giddy Update remain free.

To continue receiving the paper, please fill out the subscription form and mail to Lee Newspapers Inc., P.O. Box 121, Palatine Bridge, NY 13428, or email: **subscriptions@leepub.com**, or visit: **www.cfmanestream.com** and subscribe online. \*If you are a member of an association(s) please include the name of the association(s) to receive the discounted price.



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## 40th Annual Craft Festival slated

The 40th Annual Friendship Craft Festival sponsored by the Church of Christ Uniting in Richfield Springs will take place on Saturday, June 8 from 9 a.m. - 3 p.m. in Spring Park on Scenic U.S. Route 20.

In addition to Spring Park being filled with crafters from a wide area with unique handcrafted items, the church's famous bake sale will return, and a Brooks' chicken BBQ will be served from 11:30 a.m. - 2:30 p.m. The Richfield Youth Sports organization will once again be selling hamburgers, hot dogs, hot sausage, French fries and a variety of beverages.

Shop for that special gift for Father's Day, graduation, birthday or other special occasion. Unique finds for your home or garden are always amongst the offerings as well.

22 • June 7, 2019 HERKIMER COUNTRY EDITOR

# Country Editor

PO Box 121, 6113 State Hwy. 5 Palatine Bridge, NY 13428 800-836-2888 · Fax: 518-673-2381 classified@leepub.com

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- 820 Nurseries
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- Real Estate Wanted 960 RVs & Motor Homes

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**Announcements** 

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LITTLE FALLS: (1) bedroom apartment for rent. Second floor, no smoking/no pets, no off-road parking. Includes stove, refrigerator, water & sewer, washer/dryer hookup. \$500 month plus security and utilities. Available June 1st. Contact: 315-725-1133.

HERKIMER: SHERWOOD ACRES Apartments. 1 & 2 bdrm, \$830 & \$885. Includes heat, hot water, appliances, patio, fireplace, garbage removal. Large room. On-site Management. Beautifully maintained. No smoking/animals. Deposit, lease, credit check. 315-866-9371

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FRANKFORT, Large 2 BD, stove refrigerator, centrally located, basement storage, \$560/month includes heat, water, no smoking. 315-894-0566 leave message.

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#### **Garage Sales**

GARAGE SALE: 8 Glen Ave, Little Falls. Saturday June 8th and Sunday June 9th, 9am-3pm. Loveseat glider, snowblower, gas grill, picnic table, housewares, something for everyone.

GARAGE SALE: Eatonville Rd., Herkimer, Sat., June 8, 9am. Toys, clothes, much more!

MULTI FAMILY GARAGE SALE: Sat. June 8th & Sun. June 9th, 9am-5pm, 120 First Ave., Herkimer. Household items, baby clothes, tools, lawn furniture, jewelry, Pfaltzgraff and much more.

**MULTI-FAMILY GARAGE** SALE: O'Hara Rd. Little Falls, NY. June 14th-16th (Fri-Sun) 8am-? Appliances, Furniture, mirrors antiques, silverware kitchenware, Kawaska 1500 Vulcan, "Handmade jewelry and birdhouses" dining room table & light fix tures, clothes, much more!



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UNITED METHODIST CHURCH 467 Main St Sunday Worship 10:30 AM

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Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

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Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM

#### **DOLGEVILLE CHRISTIAN FELLOWSHIP**

Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

## LINITED LUTHERAN PRESBYTERIAN PARISH 26 E. Faville Ave. Worship 11 AM

#### ST. JOSEPH'S ROMAN CATHOLIC CHURCH

Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 31 N. Helmer Ave. Phone 429-8338 Mass 9 AM Sun, Mon & Wed

## EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER

Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 am Wednesday Night 6:30 pm Phone 315-895-0926 Christianassemblyofschuyler.com

## 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

## HERKIMER SS PETER and PAUL ORTHODOX CHURCH

Rev. Thaddeus Franta 305 Main Rd., East Herkimer Phone 866-3272 Wednesday Vespers 5PM Saturday Evening Vespers 5 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM

## TEMPLE BETH JOSEPH Friday 7 PM

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

#### CHURCH OF SAINTS

ANTHONY and JOSEPH Rev. Quy Vo, Pastor 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 6 PM Sunday Mass 10 AM

#### REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM

#### OAK RIDGE FREE METHODIST CHURCH

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## UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave.

Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

**NEW LIFE CHURCH** Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

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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

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

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#### 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

#### CHRIST EPISCOPAL CHURCH

Rev. Jill Stellmar 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 Entrance to Parish Hall is on Mary Street

## ILION ILION COMMUNITY CHURCH

Pastor Dean Mabry 44 Central Plaza Sunday Worship 10am Child Care/Kids Church Available ilionchurch.com

## 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

#### FIRST PRESBYTERIAN CHURCH

90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30am Church Service 10:30am 315-894-2070

#### FIRST BAPTIST CHURCH

8 Second Street Reverend John Partise Sunday Worship 11 AM

## ILION MORNING STAR UNITED METHODIST CHURCH

Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, 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

LITTLE FALLS
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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

CATHOLIC CHURCH Father Rafael Dadello 615 E. Gansevoort St. Phone 823-0793 Sunday Mass 11 AM

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#### 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

#### 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

LITTLE FALLS
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

#### 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

#### FIRST PRESBYTERIAN CHURCH

Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM

#### INGHAMS MILLS BAPTIST CHURCH

Rev. Gary L. Busch, Pastor Sunday Worship Service 10AM 443 Inghams Mills Rd. Little Falls, NY 13365
Pastor's Phone (315) 717-9936

#### **MIDDLEVILLE**

MIDDLEVILLE UNITED METHODIST

Rev. Robert Lindsay

24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM

MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM

#### 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

#### 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

#### **EMMANUEL BIBLE CHURCH**

Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM dnesday Prayer & Bible Study 6 PM

## MOHAWK Church of the Blessed Sacrament

Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM

#### **CHRISTIAN BIBLE CHURCH** H. Ed Reed, Pastor/Teacher 167 Ward Rd.

Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM

#### THE WORD CHRISTIAN CENTER

Pastor Gene Kipper 27 E. Main St. Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM

<u>NEWPORT</u>
FIRST BAPTIST CHURCH OF NEWPORT
7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45am

#### UNITED METHODIST

Rev. Robert Lindsay • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM

## 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

#### ST. JOHN THE RAPTIST 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

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## Get fired up about campfire cooking

Camping season revs up when the temperature warms. In a recent survey by Kampgrounds of America, Inc., the main reasons people say they go camping are to reconnect with nature, spend time with family and friends and reduce stress and relax.

The roughly 40 million people who go camping in the United States each year also may have food on their minds. Campfire cooking — which involves cooking over an open fire and eating outdoors — makes camping that much more enjoyable for many people.

Campfire cooking is about simplicity of ingredients and ease of cooking. Chances are campers do not want to lug too many cooking instruments to the campsite, so ingredients that are portable and can cook quickly over an open fire are attractive. Cast iron skillets, grills and Dutch ovens often are the gear of choice. Here are some delicious campfire meals to try on your next camping trip.

#### Campfire Casserole

Mix your favorite ground meat (beef, chicken or pork) with kidney beans and cubed bacon

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(leftover from breakfast works well). Add barbecue sauce or diced tomatoes, depending on your preference. Allow to simmer in a Dutch oven on low for 45 minutes to an hour. Season to taste. During the last 10 minutes of cooking, place refrigerated biscuits over the top of the casserole, cover and cook until the biscuits are done.

#### Seafood No-Boil

Cut foil sheets about 12 inches long. Add 5 to 6 shrimp, one quarter of an ear of corn, a few slices of smoked andouille sausage, a lemon slice, and seasonings to taste. Fold the foil packets carefully to seal in the ingredients. Place the packets on a grill over the campfire and allow to cook for around 10 to 15 minutes.

#### Skillet Pizza

Place a little cornmeal and oil on the bottom of a cast iron skillet. Spread refrigerated pizza dough out on the skillet. Cover with pizza sauce, cheese and favorite toppings and cook over the fire until the cheese boils and the crust browns.

#### Campsite Cobbler

Line a Dutch oven with aluminum foil. Mix together a yellow cake mix, 1 1/4 cups water and 1/2 cup canola oil and pour over two cans of a favorite pie filling flavor in the pot. Prepare the campfire for low heat. Put the Dutch oven in the ashes and cover with remaining ash or charcoal briquettes. Cook until bubbly, around 30 to 40 minutes.



Campfire cooking is delicious, and few things can beat eating tasty foods under an open sky.









**26** • June 7, 2019 HERKIMER COUNTRY EDITOR

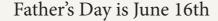
## Mohawk Valley Rotary announces scholarship winner

Each year the Mohawk Valley Rotary Club presents graduating seniors of the three high schools within the boundaries of the club, giving Frankfort-Schuyler, Central Valley Academy and Herkimer high schools the opportunity to apply for the Rotary Community Service Award. This award specifically recognizes and rewards an applicant who successfully demonstrates a substantial commitment to service. "We are pleased to offer Hope Kara, a graduating senior at Frankfort-Schuyler High School with this award, her essay demonstrated four years' worth of community service and service above self," said club president Elyse Enea.



(L - R) Rotarians Cindy Bennett, Elyse Enea, Hope Kara, High School Principal Michael Stalteri and Michele Hummel.

Photo courtesy of Mohawk Valley Rotary





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HERKIMER COUNTRY EDITOR

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