

Herkimer County

Country Editor

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Letter to the Editor

Public funds for a private road

Nearly four months ago the towns of Danube and Stark condemned a little-travelled section of Travis Road to become the straightest, widest, fastest county road in two towns. Hundreds of trees have been cut down, three hilltops will be carried away, utility poles will be moved and curves will be eliminated to maximize speed. The entire approval process was done in about four weeks. Under the direction of Mark Naegle, Herkimer Highway Superintendent, both towns voted to allow a road the size of NYS Route 168 to be squeezed through our residential subdivision.

This section of Travis Road is difficult to navigate with three steep grades and eight sight line problems. It has remained an 18-foot wide road for 85 years. The original farm here was subdivided into 15 residential building lots in 1991. There are now seven homes

built close to this little used road, and two side streets, one with three homes, one with three camps. Six lots remain open hay fields and one a woodlot. Residential property lines the entire length of the flat section of the road, a mere 0.8 miles.

For the past six years or so Travis Road has shared the burden of farm traffic on our roads – farm vehicles, slurry trucks, tractor trailer trucks driving at fast speeds to get the farm work done (weather permitting). Our local farm, Insight Dairy, has done an excellent job of spreading the inconvenience of their road use around. They send trucks up one road and back on another. They alternate routes, entirely respecting the quality of life for us all. This is the very definition of community. We share the difficulties and we support each other as best we can. This is the most beautiful part of life in a rural com-

munity and I am proud to be a part of it. Making roads straighter and wider does not make them safer and sending speeding truck traffic through the most densely populated, physically challenging road isn't just irresponsible, it's cruel. To put the burden of all the trucks, all the time, every day on one road destroys that neighborhood. The amount of traffic on our road will triple with approximately 50 trucks making two trips each. The families on Travis Road, like so many Americans, have invested the majority of our life's savings and our retirement nest eggs in our homes and property.

Other towns divert truck traffic away from densely populated areas. Truck routes are often longer routes and circle the edges of communities protecting people and their property values.

More than 300 signatures from Herkimer County resi-

dents have been submitted asking the Legislature to adjust the size of this road project. Improve Travis Road, yes, but make it the same size as all our other county roads. What is the point of spending \$1.5 million to build a 24-foot wide road linking two smaller roads? Herkimer legislators have been unable to affect any adjustment to this project, although several did make an effort.

At our last town meeting, Rusty Brown, Danube Town Supervisor, announced to a full house that the town was justified in giving Travis Road to Insight Dairy because they pay the largest amount of taxes. He added that he "would do nothing to curtail their business." He finished with a rousing "they have a right to farm."

Thank you. Finally, after months spent lobbying the County Legislature, someone has the courage to speak the truth. I absolutely agree – all

dairies have the right to farm. If they choose to expand they have the right to do that also. And the families on Travis Road absolutely have the right to the quiet enjoyment of their property.

The suggestion that we need to purchase through tax money our right to property smacks of cronyism and political corruption. All Americans have the right to private property regardless of the amount of tax they pay. We waged war to gain these rights and our military people give their lives to protect them. We disgrace and devalue their sacrifice by not demanding consideration and fair treatment under the law. It is incumbent on our elected officials to balance economic growth and the preservation of our rights, our environment and our rural way of life.

If a community establishes a truck route it needs to be done

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Donna's Day: Creative family fun

by Donna Erickson

It's lemonade-stand season

Ten-year-old Josh and his 7-year-old sister Naomi might have the best lemonade stand going in their small town situated over the hill from Silicon Valley, CA. It all started when their mom asked, "Where does money come from?"

When they answered, "from birthday presents and the bank," their mom and English teacher Ingrid Adams responded with an emphatic: "No! Money comes from work!"

That was the moment she realized she had work to do in order to change their perspective on money. That motivation was the spark to fire up the kids this spring to become mini entrepreneurs in a way that made sense to them: the time-honored tradition of setting up a humble lemonade stand.

Ingrid knew the cardinal rule of good business. Lo-

cation, location, location. The front stoop of their townhouse is on a fairly busy street, where families drive to and from community soccer fields, a popular dog park and a weekend farmer's market. It would likely attract throngs of thirsty families on a hot day.

The first step: Investors in this American kind of entrepreneurship. Ingrid footed the bill and made it clear she was saving the receipts for reimbursement in this business plan: \$12 for grocery store lemonade and \$11 from the local dollar store for cups, pitchers and poster board for the sign. Their grandmother lent them her TV tray for a table.

Holding a sign, waving it back and forth, Josh attracted attention to the "drive-up" stand. SUVs and minivans stopped as Naomi poured the lemonade and Josh delivered it curbside to adults and thirsty kids in car seats in the back. (Ingrid kept a watchful eye close by). Always with a kind "thanks for your business, and have a great day" comment, the neighborhood customers consistently said "keep the change!" as they pulled away.

"That didn't encourage math skills, because they didn't have to calculate change," said Ingrid, "but it helped the bottom line."

I'd invest in Josh and Naomi! In fact, who knows, by this summer, they may be imagining a franchise and creating a "Find the Closest Lemonade Stand" app for our phones. Nostalgic traditions with modern technology!

As the mercury rises, watch for lemonade stands popping up where you live. If you approach one of these businesses operated by cheerful kids, do stop.

You'll quench your thirst, and be applauding their enthusiasm and good work with your support.

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PUBLIC from 2

in a thoughtful manner with the involvement of all interested stakeholders. Decades of research have proven that if a community favors one part of its economic base at the expense of another it damages itself. We witness the result of these decisions: Herkimer Main Street and the blight of zombie properties.

Please help the families of Travis Road by contacting the County Legislators Jim Bono at 315.894.4334 or vchenzo@aol.com or Pete Campione at 315.823.1641 or bestbuyman13365@yahoo.com .

We deserve an open, honest government that values our needs and desires regarding the development of our county. This is an election year. Herkimer County is the only county in New York State that does not have a master plan for development.

To support saving country roads and protecting our countryside contact CNY Rural Life Preservation Coalition at CNY_RLPC@mail.com . If we don't take action then we have to settle for what the moneyed class will give us. We must participate in the process if we want a better future for our county and for our children.

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Herkimer College graduates its first Pre-Employment Police Academy class

HERKIMER – Sixteen cadets graduated from Herkimer County Community College's Pre-Employment Police Academy on Saturday, June 1. It was the first class to graduate from the new program, which is a partnership between Little Falls Police Department and Herkimer College.

Tom Carinci was chosen unanimously by his peers to speak on their behalf at the ceremony. Carinci had always wanted to be a police officer, but until this program started, he did not see any opportunity to get into the profession. At 50 years old, he was unable to take the civil service test to get hired by a police department due to his age. As a result of entering this program, he was hired part-time by Little Falls Police Department and part-time by the Village of Frankfort Police Department. He has since retired from his career at Birnie Bus and accepted as a campus safety officer at Herkimer College.

"To become a police officer is an honor and a privilege. Many of us have dreamed about this moment growing up. We now have the opportunity of going forward, realizing our dreams and putting our training into use," said Carinci.

Retired Little Falls Police Chief and Program Director Michael Masi said, "This program has provided oppor-

tunities for people that they may never have had. By putting themselves through 85% of the New York State required basic course for police, they have not only demonstrated their abilities and commitment to the profession, but they also have made themselves marketable to communities at a significant cost savings."

Graduates with the Class of 2019

Meagan C. Bedell (Fort Hunter), Jarrett E. Brown (Oneonta), David M. Budzitowski (Hauppauge), Nicolas R. Burak (Amsterdam), Thomas J. Carinci (Newport), Justin S. Case (St. Johnsville), Jesse Cheney (Gloversville), Eric Fernandez (Amsterdam), John S. Klimacek (Little Falls), Colton P. Lucas (Mohawk), Marvin D. Maldonado (Ballston Spa), Liam P. Rockwell (Jefferson), Andrew R. Sheppard (Cold Brook), Terrell A. Silvera (Hartwick), Ryan R. Wilmot (Fonda) and Anthony Young (Johnstown).

The program at Herkimer College prepares students for a career as a police officer prior to being hired by a law enforcement agency. Although the program does not guarantee admissions into a police department, every standard required by a full-time basic police academy applies including academics, attendance and physical fitness. Upon successful completion of the program, graduates receive a transcript and a certi-

ficate indicating completion of Phase 1 of Pre-Employment Police Basic Training. This certificate gives students two years to secure employment in a police department and complete the Phase II portion of the training before being awarded a full Basic School Certificate from the Department of Criminal Justice Services. The Phase II training is presented only to sworn police officers and contains the remainder of police training units which civilian students are prohibited by state law from participating in.

For more information about the Pre-Employment Police Academy, visit www.herkimer.edu/police.

Source: Michael Masi, Program Director, 315.866.0300 ext. 8624.



(L - R) Assistant Director Tim Rogers, Meagan Bedell, John Klimacek, Marvin Maldonado, Liam Rockwell, Anthony Young, Ryan Wilmot, Jesse Cheney, Andrew Sheppard, David Budzitowski, Justin Case, Jarrett Brown, Terrell Silvera, Eric Fernandez, Colton Lucas, Thomas Carinci, Nicolas Burak and Drill Instructor Marty Luppino.

Photo courtesy of Herkimer College

Herkimer County Country Editor

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The best ways to grill fish

Grilling lends itself well to many different foods. The smoky, flame-licked flavor of foods prepared on the grill is hard to replicate by other means of cooking.

Many people turn to grilling each night, especially when the weather is warm and pleasant. Fish is one food that can sometimes cause grilling-related anxiety. The tender, flaky nature of fish makes it seem like a poor fit for the grill, simply because it can fall through the slats. Yet grilling fish is easier than one may think when they utilize these methods of cooking.

Foil packets

Grilling fish in foil packets is relatively foolproof. Simply place the fish on a thick piece of aluminum foil and add seasonings and other ingredients, like lemon slices or vegetables. Fold it up into a pocket that is completely sealed so that no juices or steam can escape. Then grill for 10 to 15 minutes, depending on the thickness of the fish. The steam and moisture will

keep the fish succulent.

Season the grill

Much like a chef properly seasons a cast iron grill,



Fish and other seafood can be tasty and quickly cooked on the grill with the right techniques.

the same technique can be applied to grill grates, says Cooks Illustrated. Apply a generous amount of cooking oil to the grates and allow them to heat up. This adds a nonstick element to the grill, and fish fillets will be less likely to adhere to the grates and prove troublesome to get off in one piece. Removing excess moisture from the fish with a paper towel also can help.

Wood planks

Utilized a well-oiled plank of fragrant, food-grade wood on which to cook the fish. The fish will take on the flavor of the wood as well as cook without sticking to the grill.

Grill basket

Visit a cooking supply retailer and you're bound to find different grill baskets that house flaky fish to make it easier to cook these on the grill. The basket keeps the fish from breaking apart while cooking and turning.

Choose thick cuts

Certain fish, or those with a texture similar to meat and poultry, may stand up better to direct grilling. Salmon, tuna and swordfish are just a few options to try, offers the cooking resource Delish.

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Speaking at the Bible conference in Stratford during the week of July 8 - 12 will be Ephraim Stolfus. Stolfus, former Amish, from New Holland, PA, will be preaching

from the Scriptures each evening at 7:30 p.m. Monday - Friday. Drive-ins are welcome.

The Bible conference also features a campground, beach, boats, fishing and shelters available for public use, with reservations. A large activity building with kitchen facilities is available for church

groups to use during the season. A bonfire is planned after the Friday evening service each week, held adjacent to the Prodigal's Refuge facility.

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Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

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 Stellman
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@gmail.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

**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
Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

**ILION
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

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
FIRST BAPTIST CHURCH**
555 Albany St.
315-823-3392
Morning Worship 10:15 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev William Whalen, Associate Pastor
Nursery (infants through age 4)
Meet and Greet Sunday at 8:30 am
Sunday School Classes 9:00 am (nursery
through adult)
**Our Service is aired on 100.3 FM,
91.1 FM & 88.7 FM on Sundays from 11-12
with a 1 week delay.

**HOLY SPIRIT POLISH NATIONAL
CATHOLIC CHURCH**
Father Rafael Dadello
615 E. Gansevoort St.
Phone 823-0793
Sunday Mass 11 AM

**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

**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 ffirstpres@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**
Pastor Wayne Getman
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
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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

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
Wednesday 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

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

UNITED METHODIST
Pastor Wayne Getman • 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 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

**PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST**
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
Worship 9-10AM

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Weekly SUDOKU

by Linda Thistle

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

ACROSS

1 Fruity spread

4 Scrabble piece

8 Tarzan's clique

12 "The — Daba Honeymoon"

13 Valhalla VIP

14 Existed

15 Troop group

17 Release

18 Is frugal

19 Ostrich's cousin

21 Cauldron

22 Let up

26 Photo book

29 Evergreen type

30 Pond carp

31 Sudden shock

32 Blue

33 Desirous look

34 Fuss

35 Arctic diver

36 Move laterally

37 New

39 A billion years

40 Bearded beast

41 Heavy hammer

45 Overly proper one

48 Dweller

50 Mexican entree

51 "Zounds!"

52 Varnish ingredient

53 "So be it"

54 Sources for sauces

55 Ordinal suffix

DOWN

1 Supermarket lineup

2 Help on the sly

3 Creche trio

4 Long, narrow drum

5 That is (Lat.)

6 Jeremy of basketball

7 Went in

8 Terrible

9 For one

10 Preceding

11 Diocese

16 Suggestions

20 Kitten's comment

23 — out (supplemented)

24 Yuletide refrain

25 Grow weary

26 Open slightly

27 Source of riches

28 United nations

29 Talk on and on

32 Surgical stitching

33 Queued (up)

35 Curry or Coulter

36 Cubes, spheres, et al.

38 Incite

39 English composition

42 Take out of context?

43 Summertime pest

44 Leave a lasting impression

45 Bake sale org.

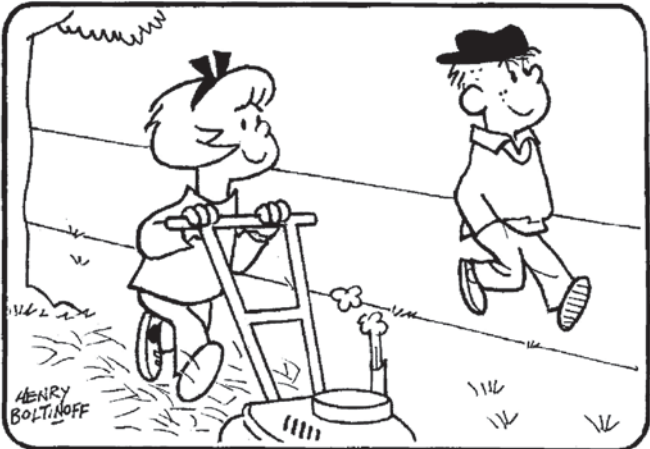
46 Aries

47 Lemieux milieu

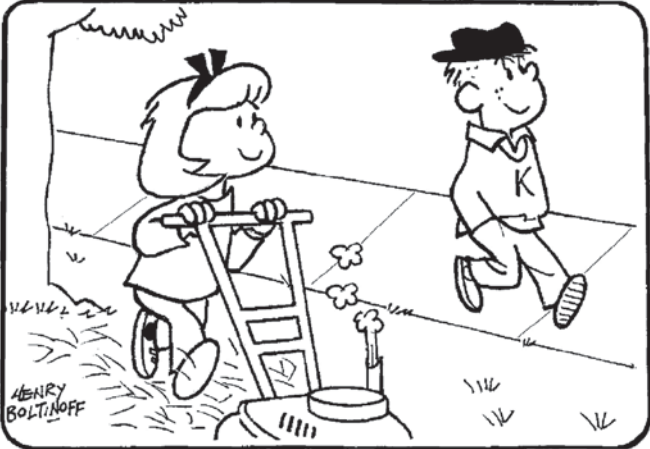
49 Swelled head

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

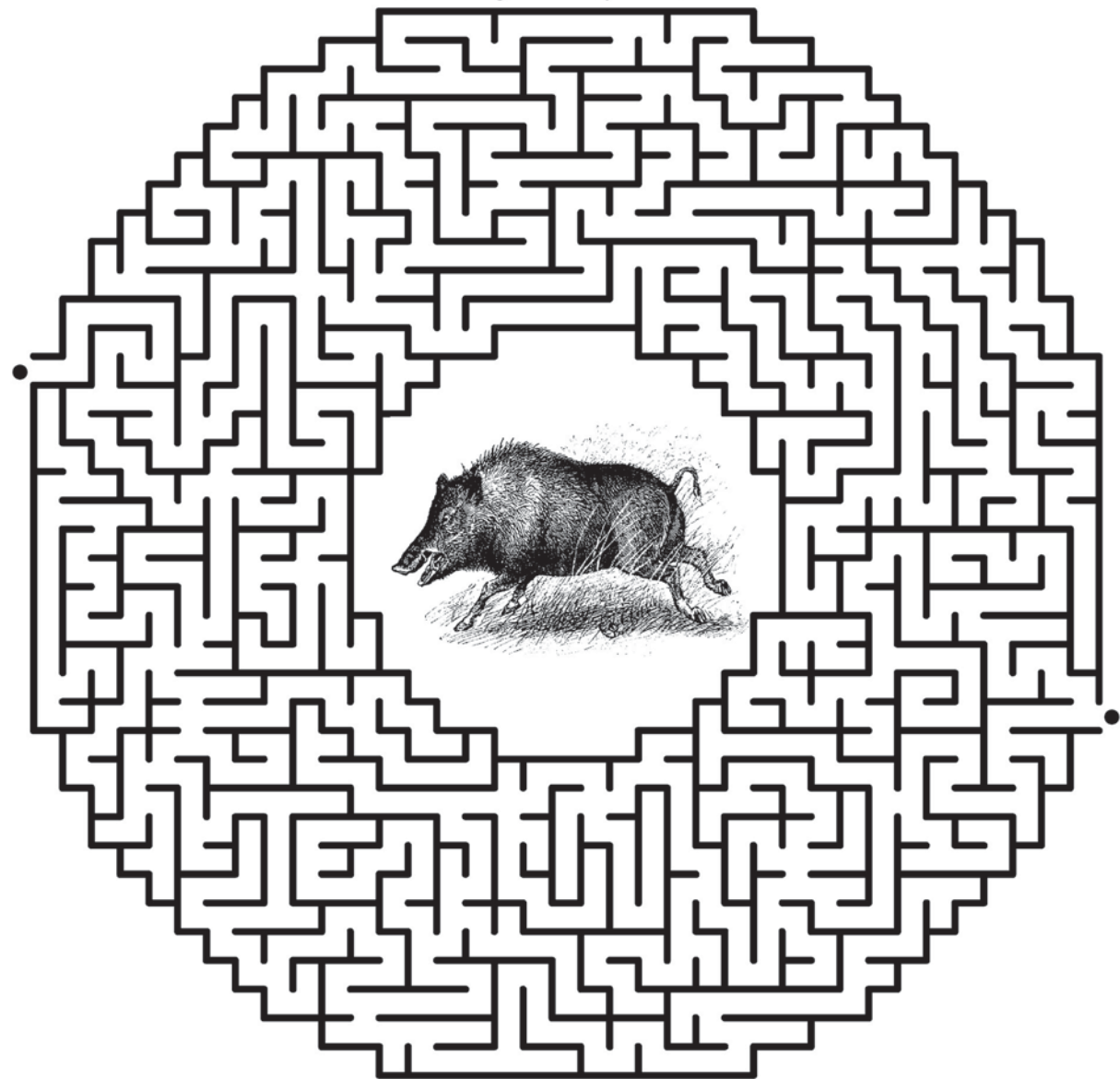


Differences: 1. Boy's sweater has letter. 2. Girl's hair is longer. 3. Sidewalk is lined. 4. More smoke coming from mower. 5. Tree trunk is wider. 6. Mower handle has extra crossbar.

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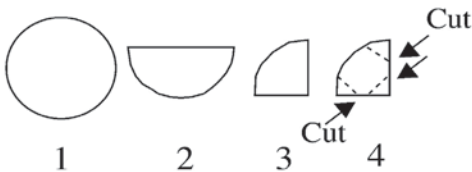
Mega Maze

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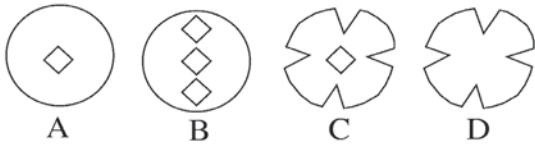


STICKELERS

by Terry Stickels



Imagine a circle cut out of a piece of paper. Fold it in half, as in Fig. 2. Fold in half again, as in Fig. 3. Then cut the tips off each of the three corners, as shown in Fig. 4. If you then were to unfold the piece of paper, it would look like:



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Americanisms



"When America is united, America is totally unstoppable."
— Donald Trump

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Senior Citizen of the Year

Sorensen is a selfless, honest and compassionate

Margaret VanDelinder is full-blooded Irish and was born on St. Patrick's Day, March 17, 1949. She resides in Old Forge. She spent many years working for the Home Aide Services of the Central Adirondacks Inc. (HASCA). She is no stranger to assisting with the needs of the aging population. She has volunteered for hospice for over 20 years and has compassionately

HERKIMER 9

The Morning Star Methodist Church will be selling popcorn, soda, juice and bottled water prior to the Ilion Days Doo Dah Parade. Stop in to 36 Second Street from 5:30-6:45 p.m.

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HERKIMER from 8

important shop for the community as all items are available on a donation-only basis and allows all the community, including seniors on a fixed income, to easily acquire good quality clothing and household goods.

VanDelinder has served on the Town of Webb Historical Society. She also has volunteered for the Polar Bear Ski Club, which provides support to the youth of the community to learn how to ski. VanDelinder assisted the club with fundraising and assisted with ski events that the club supported for the youth in Old Forge.

VanDelinder is a volunteer for the weekly Senior Health, Activity and Recreation Program (SHARP). She has a good sense of humor and doesn't seem to ever have a "bad" day. She is a dependable, active volunteer, ready to help out nearly every week. Many of our

liveliest seniors really look forward to playing cards with VanDelinder. She is often found using her skills in the kitchen when cooking is needed, sharing other life skills with the participants and also helping with serving lunch and cleaning up. She often brings in special surprise treats to go with the season, like a homemade heart cake on Valentine's Day or candy corn at Halloween. She goes all out when she has total control over St. Patrick's Day decorating and events. One year she even did an Irish dance for us.

She and husband Jim have three children and three grandchildren.

VanDelinder stated she has always loved helping others in her community and Old Forge is a great place to live.

She said, "It feels good to help someone else. It keeps you active and moving."



On June 13 at Francesca's in Ilion, awards were presented at the Herkimer County Office for the Aging RSVP Luncheon. Margaret VanDelinder was the Outstanding Contribution award winner and Martin Sorenson was named Senior Citizen of the Year.

Photos courtesy of Herkimer OFA

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by Keith Roach, M.D.

Summer sun bakes mail-order meds

Dear Dr. Roach: I get all of my medicine by mail. Since the manufacturers stress keeping the pills at cool room temperatures, I wonder what the excessive heat does to them. The medicine must cook all day in the mailbox — way over 100 degrees here in Florida. I wonder how much the pills or liquids are deteriorating, and how the effectiveness is influenced. — F.N.

Answer: You are right to be concerned. All medicines should be stored in a cool and dark place, as direct sunlight and heat can damage their effectiveness. Hormones, such as oral contraceptive pills, thyroid hormone and insulin, are among the most sensitive. Nitroglycerine is as well. Although some are shipped in packaging with cold packs and insulation, that's not always the case.

I recommend using a local pharmacy, but many people have prescription

plans that require them to use mail order. If that's the case for you, try to make sure the medicine will be delivered when you are available to receive it. If you have a temperature-sensitive medicine, such as the ones I mention above (ask your pharmacist about others), ask your mail-order pharmacy to send it in special packaging during warm-weather months.

Dear Dr. Roach: I am a 68-year-old male. I had triple bypass surgery two years ago. Post-surgery complications included diabetes, pneumonia and renal failure. I spent approximately three months in intensive care. After discharge I started physical therapy, as my arms and hands had atrophied. I am still doing therapy, but continue to have limited use of my arms and hands (I cannot curl my hands without force). Any insight you have as to why I am unable to use my hands would be appreciated. — C.M.

Answer: Muscle weakness is common after an

ICU stay (it's seen in more than 25 percent of patients), due to several separate causes. Prolonged immobility can lead to weakness, atrophy and even contractures (involuntary bending at certain joints, such as the elbow and ankle). Both critical illness myopathy (affecting muscles; it's common in people who received steroids, like prednisone) and critical illness polyneuropathy (affecting nerves; it's

common in people with severe infection, like sepsis) can lead to weakness and atrophy.

Medications are sometimes needed to paralyze muscles in surgery or in critical illnesses, and these can have long-lasting side effects, including weakness. Malnutrition is common in ICU patients, not because ICU doctors and nurses don't know to or don't want to feed patients, but because the body may be unable to

absorb necessary nutrients. Some or all of these may combine to leave lasting physical effects from a long ICU stay.

Physical and occupational rehabilitation services are the key to the recovery of function. Return of physical strength is slow and may be incomplete, so it may be necessary to use aids and to learn new ways to perform tasks. It has been my repeated experience that almost everyone can

benefit from therapy, and patients who work harder, are more driven and are more optimistic tend to have the best results. Although most benefit is seen in the first year after loss of function, you still may continue to improve with therapy, perhaps utilizing different modalities. Definitely seek an occupational therapist if you haven't already.

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BOCES VP-TECH student earns degree from Herkimer College

HERKIMER – Herkimer-Fulton-Hamilton-Otsego BOCES Valley Pathways in Technology Early College High School (VP-TECH) student Brooke Newtown would have walked across the stage at the May 19 Herkimer College



Brooke Newtown shows CVA student Tyler Izzo how to use littleBits kits during the Journeys Beyond Jarvis Career Exploration Day put on by the Herkimer-Fulton-Hamilton-Otsego BOCES School To Careers program on Sept. 30, 2016. Photos courtesy of BOCES VP-TECH

graduation to receive her associate degree if not for one limitation: She still had about a month of high school left. “You have to be a high school graduate to graduate from college,” she laughed. Newtown, 18, of Central Valley Academy, earned an associate degree in quality assurance from Herkimer College through her four years at Herkimer BOCES. As part of the first VP-TECH class, she is the first and only student to achieve this thus far. VP-TECH launched in the 2015-16 school year with freshmen from Herkimer BOCES component school districts. Another class of ninth graders has joined each year since, so VP-TECH was essentially a four-year high school for the first time this school year. The VP-TECH program focuses on technology, project-based learning and real-world work situations. Students can spend four to six years in the program to earn a Regents diploma, an associate degree in quality assurance from Herkimer College for free, a certification in advanced manufacturing and connections with local businesses. Newtown said she made up her mind as a freshman that she wanted to complete the associate degree during high school. She graduated from CVA on

Friday, June 28. With her last requirement then fulfilled, her associate degree from Herkimer College will arrive in the mail in August. She also received a completion certificate for advanced manufacturing at the Herkimer BOCES Career and Technical Education Completion and Awards Ceremony on June 18. Newtown plans to attend Marywood University in Pennsylvania in autumn in a pre-physician’s assistant program – on her way to becoming a physician’s assistant, with the possibility of becoming a doctor later. VP-TECH Coordinator Danielle Monahan described Newtown as “the epitome of a perfect student.” “Brooke possess so many wonderful qualities that will help pave the way for a bright and successful future,” Monahan said. “Not only is she intelligent and athletic, Brooke is caring, confident, honest and most of all, she takes pride in herself. I am honored to be a part of Brooke’s life, and I can’t wait to watch her reach her life goals. She is a true role model for her underclassman.” **Opportunities were limitless** Newtown first learned about VP-TECH in eighth grade. “At that point, I had no

BOCES 12

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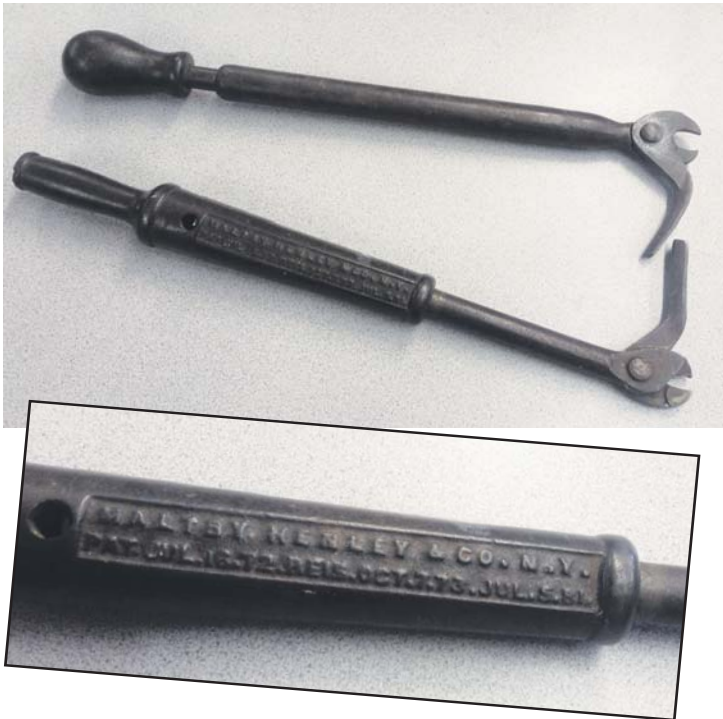
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In the wonderful world of tools, sometimes newer isn’t necessarily better. And unfortunately, knowing how to use some of the “ancient” tools has been lost over the last few generations. You can find unusual tools at flea markets, estate sales and antique shops. Glancing at them, you say, “That’s cool! I wonder what it does?” I think these tools would fall into that category. They are slide hammer nail pullers, manufactured by different companies. While I was researching one of the manufacturers online – Maltby Henley & Co., of New York – I stumbled upon a fascinating YouTube video demonstrating how slide hammer nail pullers work. You can find it at www.youtube.com/watch?v=573UbJ3tgQI.

It’s a pretty ingenious device for pulling out nails you wouldn’t normally be able to grab hold of with a cat’s paw-type nail puller. Doing that would tear up the board or frame the nail is in. The handle end slides with a pump action, forcing the pincher end into the wood around the nailhead so it can be grasped and pulled out. The part that looks like a pick, of course, acts as the lever, just like the claws of a typical hammer. The fellow who posted the how-to video said it is his “go-to” tool for extracting hard to remove nails. You place the pincher end (opened slightly larger than the nailhead) over the nail, slide the handle a few times, grab the nail and pull it out. Voila! It’s very cool, and now you know what it does.

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BOCES from 11

idea what I wanted to do," she said, referring to her potential career paths. She did find the idea of free college appealing. She applied and was accepted.

The first day of school at VP-TECH in September 2015 was exciting because of how open the program felt with its focus on project-based learning. Newtown said. "Anything around us, we had the opportunity to do," she said. "The opportunities were limitless for us."

You had to want it

The next days of school became difficult for her. Attending VP-TECH with the same group of about 30 students every day was different, and she felt like she was missing a lot at CVA. But she adjusted to the changes and became re-motivated by the possibilities at VP-TECH.

"After two weeks, I really found my place here," she said. "I think I really grew as an individual and student here."

She also worked with VP-TECH and CVA to make sure she still felt like she was part of CVA. She credits CVA High School Principal Richard Keeler with helping her in this area.

Newtown won the Central Valley Panarites Cup for most outstanding female student-athlete of 2019, Scholar Athlete Award, Softball Booster Club Award and her field hockey team's Most Valuable Player Award. She's a two-time

Tri-Valley All-Star in field hockey.

She also won a Herkimer Region College & Career Scholarship Foundation Award and was in National Honor Society through CVA, National Technical Honor Society through VP-TECH and the Phi Theta Kappa Honor Society at Herkimer College.

"You had to want it to be here, and I really wanted it," she said of VP-TECH. "Because I wanted it so much, it made it worth it."

Found a passion

During her first day of school at VP-TECH, Newtown said her decision to attend the school was influenced by efforts in the region to focus on technology and draw nanotechnology businesses. She was looking forward to using the MakerBot 3-D printers, Lego Robotics and more in the program.

Her focus began to change while she was in the program, however. "The technology still really interests and intrigues me, but being here, I really found a passion for helping others, and then I realized I wanted to work in medical and help others," she said. "I think it started when my teachers pushed me to go speak to students at other schools."

Her teachers urged Newtown to be one of the VP-TECH students who

BOCES 13



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BOCES from 12

presented about the program to potential students and at career fair events, and taking that step helped her discover her desire to assist other people, she said. Newtown also has people in her family who are in the medical field, and talking to them about changing people's lives inspired her.

Prepared me

Newtown thinks her experience with technology and advanced manufacturing from VP-TECH will be a stepping stone, giving her a leg up on others in the medical field. Some classes from her associate degree through Herkimer College will fulfill requirements of her pre-physician's assistant program at Marywood University, where she will also play field hockey. She will be in a program where she can earn a bachelor's

degree in the pre-physician's assistant program in three years, and then two years of professional study to earn a master's degree to be certified as a physician's assistant.

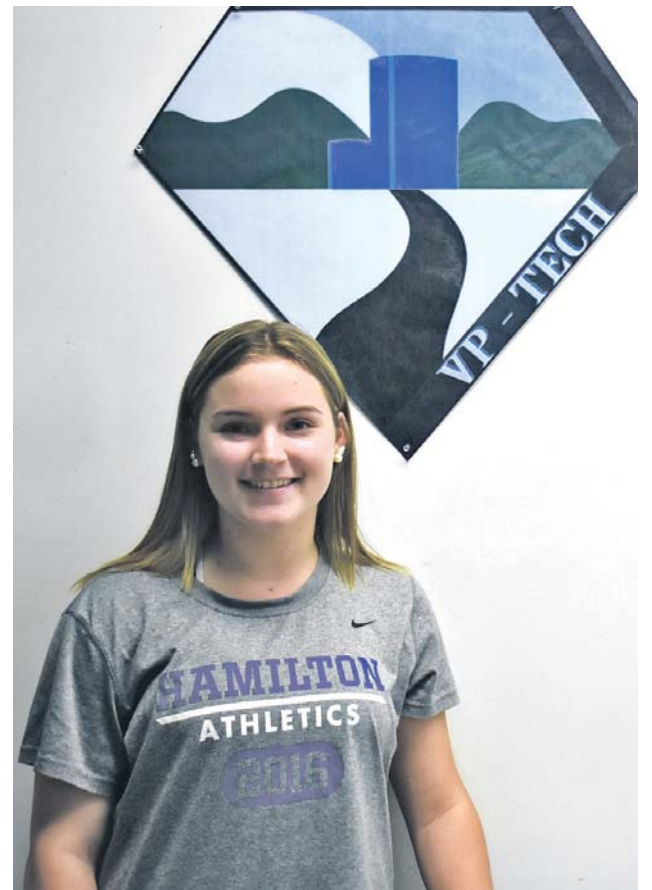
Participating in VP-TECH including classes at Herkimer College also sets her up for success at Marywood University, she said.

"I definitely feel like it has prepared me as far as test-taking and study skills," she said.

Newtown also completed an internship at One Realty Partners in New Hartford through VP-TECH, and it gave her a chance to work in a professional business setting with the local community.

Stand out

It feels surreal to Newtown that she is 18 and has earned a college associate degree already. "It was a once in a lifetime opportunity," she said. "I wanted to



Brooke Newtown, 18, stands in one of the VP-TECH classrooms at Herkimer-Fulton-Hamilton-Otsego BOCES during one of her last days in the program. Newtown earned an associate degree from Herkimer College through VP-TECH and graduated from CVA on June 28.

stand out from my peers. And I felt like I have it inside me – I have the drive to achieve this."

She constantly pushed herself academically – doubling up on courses and taking summer classes and "winter minis." Her senior year was the most challenging because she felt like she had to keep up her performance or she wouldn't be able to complete her goal of earning the associate degree during high school.

"It was honestly the most amazing feeling ever – finishing my last class in early May," she said. "It was just amazing to know all my hard work had really paid off."

Such a long way

Newtown said she recommends VP-TECH to students if they're interested in hands-on, project-based learning and communicating with other students – "if you're someone who wants to excel but can't excel in the typical classroom," she said.

Newtown thinks students considering the program should have an idea of what to expect.

"I would say that it's challenging, but it's definitely one of the most rewarding and fulfilling opportunities that are provided to us as high school students," she said.

By being the first students in the program, her class sometimes felt like test subjects for how VP-TECH would work, and they overcame challenges that other classes won't, Newtown said.

Herkimer BOCES hosted a senior recognition on May 30 for the first cohort to complete VP-TECH, and it was a nice moment, Newtown said.

"It was amazing just to see how everyone has come such a long way since the beginning of the program," she said. "It was just a great feeling to know that we made it."

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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Seashell sofa

"I've never seen one before, so it must be valuable!" is a common comment made by collectors. But rarity doesn't always add to the price. Fame, beauty, workmanship, even usefulness adds to the dollars paid for an unusual piece. A recent Skinner auction in Boston sold an 1840s-shaped sofa that was completely covered with shells – not fabric – as upholstery. The frame was made of wood and trimmed with rope. It probably was not a comfortable seat, but a unique conversation piece.

The sofa came from New Brunswick, Canada, likely from a seaside town. A talented original artist painted the wood red, then added mussel, clam, scallop, cockle, quahog, snail, starfish and other shells as well as pottery shards. The seat was covered in net. The sofa's price was estimated at under \$2,500, but it sold for \$4,613. No doubt the buyer liked the ocean and had an independent taste in furniture.

Q: I'm looking for information about a pair of salt and pepper shakers marked "Quaker Silver" and "506." There also is an emblem of a Quaker on the bottom. Can you give me an estimate of

value?

A: The Quaker Silver Co. Inc. was in business in North Attleboro, MA, by 1926. It made sterling silver, silver plate and pewter hollowware. The company was bought by Gorham in 1959. Salt and pepper shakers marked "506" are made of pewter. They usually sell for \$15 to \$20.

Q: We have a framed poster from the movie

signed by him and Richard Dreyfuss. We're wondering what the value of this collection is and if we should add it to one of our insurance policies.

A: You can find out the value of your collection by contacting an auction house that specializes in movie memorabilia. If the value is high, you will need to pay for a written proper legal appraisal in order to add it to your in-

terest but your collection should sell for \$1,000 or more.

Current prices

- Spatterware, bowl, soup, tulip, red and white, blue tips, green leaves, red border, 10 1/2 inches, \$120.
- Paperweight, Shaw, disk, mountains, moon, blue sea, crossing planets, 1990s, 8 1/2 x 6 1/4 inches, \$250.
- Paul Revere, bookend,



Not everyone would want this antique sofa from New Brunswick, Canada. It is a piece of unique and attractive folk art by a talented maker. It took time to collect and mount all the shells, and a bidder paid almost twice the estimate to buy it for \$4,613.

"Mr. Holland's Opus." It's signed "Best Wishes, Richard Dreyfuss." We also have the movie script signed the same way and the music "An American Symphony," written by Michael Kamen and

insurance policy. Condition, framing and proof of authenticity are needed to determine price. The movie "Mr. Holland's Opus" is of moderate in-

pink, curved panels, owl on branch, Saturday Evening Girls, 4 x 5 inch, pair, \$1,000.

- Sampler, verse, flowers, basket, leaves, silk

on linen, Sarah Jane Ham, 1826, 21 1/2 x 17 1/2 inches, \$1,500.

Tip: Don't put a hot iron pan in cold water; the pan could warp or even

crack.

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

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Mon. July 8th – Normal Monday Sale & Monthly Heifer Sale

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Mon. July 22nd – Normal Monday sale & Monthly Organic Day.

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Sat. Aug. 17th – 11:30AM Sale held at our facility, New Berlin, NY. Summer Production Sale – Special Sale for you great managers who are overstocked. We will be accepting 100 head of QUALITY Registered & Grade Dairy Cattle all Breeds for this sale. Early features include a group of Registered Holsteins from Clark Woodmansee, CT - with deep pedigrees from the greatest Cow Families in the breed! Also pick of the barn 20-25 Head of Top Grade Holsteins from Hadlock Dairy – Oneonta, NY. RHA 24479 4.2 1002F 13.1 Calving interval and SCC 107,000. Consignments also from Weissman Dairy, Boardwalk Holsteins, Fantasy-Found. We will be accepting additional consignments - call early to get into the advertising.

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Key to keeping cool is AC maintenance

Few things beat summer heat better than walking into a comfortably chilled air conditioned home. Air conditioning is often taken for granted, but sorely missed when it is not working. The key to keeping cool all summer long is to ensure that air conditioning systems are functioning properly.

Maintaining an AC unit can save money and protect homeowners' investments. Without regular attention, an AC unit will lose its efficiency, needlessly wasting both energy and money as a result. Poor maintenance also can lead to system failure just when it is needed most. According to the U.S. Department of Energy, the average lifespan of

an air conditioning unit is about 15 to 20 years. Home Advisor says homeowners can pay between \$500 and \$4,000 for central air conditioning, with the final cost depending on the unit, additional installation items, such as ductwork, and installation charges. With regular maintenance, homeowners can keep their units humming properly and avoid premature replacement costs.

So what can homeowners expect as it pertains to air conditioner maintenance? The following are some oft-needed checks and fixes.

• **Keep it clean.** Vacuum the fins and coils of the AC unit on the external compressor/condenser fan with a soft-

bristled brush, advise the experts at Family Handyman. This may require unscrewing the metal box surrounding the unit to access the fins. Remove any accumulated debris that may be impeding air flow. Afterward, go inside and change the filter that is installed with the evaporator that's located in a central duct near the furnace. Inspect the filter periodically to see if it is soiled and needs replacement. Timing can vary depending various factors, such as the time of year, the accumulation of dust and whether or not pets live in the home.

• **Straighten coil fins.** The fins on the condenser are easily bent and that can affect the flow of air through the coils. If you



Periodic maintenance of an AC unit will keep it in good repair and working efficiently.

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cannot easily straighten them, then consult with an HVAC professional to do so.

• **Check the thermostat.** Ensure that the thermostat is still working properly. You also may want to upgrade an old thermostat to a programmable or smart thermostat that enables you to remotely set and adjust the temperature.

• **Consider an in-line duct booster.** HVAC professionals can guide you through the advantages of an in-line duct booster for forced-air cooling. This can increase the flow of cool air into a room

that always seems hotter than the rest. Another option is a vent or register booster fan that sits on top or replaces a traditional floor or wall register.

• **Deal with condensation.** Condensation from air conditioning coils can puddle around the furnace if the condensate drain tube is clogged. Clearing it out will help prevent puddling and the formation of bacteria-laden water in the system.

Periodic maintenance is necessary to ensure uninterrupted service on a home AC unit.

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Ilion Civic Band announces concert season

For many years, the Ilion Civic Band has brought old-fashioned outdoor band concerts to summer evenings in various locations throughout the Village of Ilion.

Once again, supported by the Village of Ilion and its local business sponsors, the band has planned a series of five appearances this summer.

The next concert will take place on Thursday, July

11 at the Central Plaza Gazebo.

The Civic Band will add its music to the Ilion Days festivities with a concert at the Central Plaza Gazebo on July 18.

The Ilion Civic Band will then close its season on July 25 at the Ilion Marina.

All concerts will take place at 7:30 p.m.

For many years, people from throughout the Mo-

hawk Valley have had an enjoyable evening attending one of the Ilion Band concerts. The band's mixture of light classical and popular music has been found to be the perfect remedy for a hot and humid (or even rainy) day.

The public is invited to bring a lawn chair and join the Ilion Civic Band at one or several of its concerts this summer.

VRS hosts Lunch N' Learn: Be Heart Smart, Building Good Habits and Eating Right

HERKIMER – Valley Residential Services (VRS) will host a Lunch n' Learn event featuring Valley Health Services' (VHS) Cardiac Rehabilitation Program Director Marcia Thomas-Bruce, RN, BSN, on Tuesday, July 23 at noon at VRS, 323 Pine Grove Rd., Herkimer.

This educational program, "Be Heart Smart: Building Good Habits and Eating Right," will include a discussion on what it means to eat "healthy," how to infuse daily exercise into your routine without it feeling daunting and how to stay a healthy weight by making a few small changes in your lifestyle.

"By making a few healthy choices now, your heart will reap the benefits for a healthier and happier you," said Thomas-Bruce.

Thomas-Bruce also is the coordinator of the Hearty Hearts Club at VHS. The Hearty Hearts group meets quarterly for lunch, socialization and programs. Thomas-Bruce will provide information during the lunch n' learn about the Hearty Hearts Club as well as other ways to engage in healthy habits for a happy heart.

Advance registration is required by Wednesday, July 17. Call 315.219.5700 for more information or to schedule your reservation.

Good Housekeeping

Bold Berry Granita

Frosty, fruity and fat-free, this heat-beating Italian ice doesn't require any special equipment — just a metal baking pan. Fill with a mix of pureed raspberries and strawberries and sugar syrup, then freeze. Scrape with a fork into prechilled dishes to serve.

- 1 cup water
- 1/2 cup sugar
- 1 lemon (up to 2)
- 1 pound strawberries

1 1/2 cups raspberries

1. Make sugar syrup: In 2-quart saucepan, heat water and sugar to boiling on high, stirring until sugar dissolves. Reduce heat to low and simmer, uncovered, 5 minutes. Set aside to cool slightly, about 5 minutes.

2. Meanwhile, from lemon(s), grate 2 teaspoons peel and squeeze 1/4 cup juice. In food processor with knife blade attached, blend strawberries and raspberries until pureed. With back of

spoon, press puree through sieve into medium bowl; discard seeds.

3. Stir sugar syrup and lemon juice and peel into berry puree. Pour into 9-by-9-inch metal baking pan.

4. Cover and freeze mixture 2 hours or until frozen around edges. With fork, scrape ice at edges into center. Cover and freeze until completely frozen, at least 3 hours or overnight.

5. To serve, let granita stand at room temperature 15 minutes or until slight-

ly softened. With fork, scrape across surface of granita to form ice shards and spoon into chilled wine goblets or dessert bowls. Serve immediately. Makes about 5 cups.

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Herkimer Elementary School receives donation from Hannaford program

The Herkimer Hannaford Supermarket recently presented Herkimer Elementary School with a \$1,000 check through the Hannaford Helps Schools program. The money was used for the students to make tie-dye shirts for the entire Herkimer Elementary School.

Overall, Hannaford Supermarkets has distributed checks for more than \$526,590 to K-12 schools in New England and New York through the Hannaford Helps Schools program in 2018.

Schools use the donations for whatever items students need locally, whether that is new computers, musical instru-

ments, sports gear, field trips or playground equipment.

In its 19th year, the money raised through Hannaford Helps Schools went to more than 1,500 schools. The schools in each community that raised the most money also received an additional \$1,000. Since its inception, Hannaford Helps Schools has raised \$11.4 million for schools in New England and New York.

Under the program, customers triggered the donations by purchasing eligible products and received three "school dollars" – equivalent to cash – for every four participating products purchased.



(Front row, L - R) Herkimer Hannaford team Michael Childrose, Wendy Stallman, Rene Vogt (Herkimer Elementary School principal) and Hunter Balderston (student). (Back row) Hannaford's Kyle Williams, Zach Buley, Robert Caliguire, Josh Moynihan, Matt Coffey and Michael Rondenelli (Store Manager).

Photo courtesy of Herkimer Hannaford #8366

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Announcements

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Announcements

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Legal Notices

Notice of Formation of Limited Liability Company (LLC) 315 Med Cab L.L.C., Articles of Organization filed with the Secretary of State of New York (SSNY) on: June 03, 2019. Office Location: Oneida County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail a copy of process to: 36 W. Monroe Street, Little Falls, New York 13365. Purpose: Any lawful purpose.

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Prevent carbon monoxide poisoning on your boat

Boating is a rewarding hobby that allows people to spend ample time on the water enjoying the great outdoors. Fresh air and boating might go hand in hand, but a danger may be lurking in the air on or around boats that can put boaters' health in jeopardy.

According to the U.S. Coast Guard, carbon monoxide, or CO, can accumulate anywhere in or around a boat. Inadequately ventilated canvas enclosures and blocked exhaust outlets are just two places where CO can accumulate. Exhaust also can get trapped in enclosed places, potentially leading to the accumulation of CO.

Fortunately, the USCG notes that CO poisoning is entirely preventable. Routine maintenance and attentive boat ownership can protect boaters and

their passengers from the threat posed by CO poisoning.

What are the dangers of CO poisoning?

CO is produced when carbon-based fuels burn. Such fuels include gasoline, charcoal or oil, so boat engines are not the only potential source of CO poisoning on a boat. Gas generators, cooking ranges and space and water heaters also pose a threat.

CO is dangerous because it can enter the bloodstream through the lungs, preventing the body from getting the oxygen it needs. The USCG notes that both prolonged exposure to low concentrations of CO or very quick exposure to high concentrations of CO can prove fatal.

What are symptoms of CO poisoning?

Irritated eyes,

headache, nausea, weakness and dizziness are some of the early symptoms of CO poisoning. These are easily and often mistaken as seasickness when on a boat. Any of the aforementioned symptoms should be addressed immediately. People experiencing these symptoms should be moved to a fresh air environment, observed and given oxygen, if necessary. Seek medical help and shut off potential sources of CO, if possible. Do not write these symptoms off as simple seasickness. Err on the side of caution, even if you're unsure if CO poisoning is the culprit.

Protect yourself and others from CO

The USCG recommends all boaters learn where and how CO can accumulate on their boats. Maintain fresh air circulation

throughout the boat at all times, running exhaust blowers whenever the generator is operating.

When hosting others on their boats, boaters should make sure everyone steers clear of engine and generator exhaust outlets. Boaters and their guests should never sit, teak surf or hang on the back deck or swim platform while engines are running.

The USCG notes that the presence of exhaust fumes means CO is present too. Dissipate fumes immediately upon detecting them.

Boating is a safe and fun activity when boaters maintain their boats and take steps to protect themselves from dangers like carbon monoxide. More information on boating safety can be found at www.uscgboat-ing.org.



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Strange but True

by Samantha Weaver

- If you're like the average bearded man, your facial hair grows at a rate of about 6 inches every year.
- You might be surprised to learn that the highest reward ever offered for the capture of Henry McCarty — the infamous outlaw better known as Billy the Kid — was \$500.
- In a recent survey of people who admitted to drinking beer, wine and spirits, more than 40 percent of respondents said that drinking spirits made them feel sexy, and more than half said that it made them feel confident and energetic. About one-third, though, said that spirits increased their aggression.
- The first telephone book ever issued was published by the New Haven District Telephone Company and was distributed in New Haven, CT, in February 1878. It contained a grand total of 50 names.
- You may know that on Oct. 4, 1957, the Soviet Union earned the distinction of putting the first human-made object into space with the launch of the satellite Sputnik 1. You may not know, though, that in Russian, the word "sputnik" means "fellow traveler."
- The outermost layer of the skin on your face is made up almost entirely of dead skin cells.
- In the Scandinavian country of Norway you can find 1,800 lakes that contain no fish whatsoever.
- Thought for the Day: "Instead of giving a politician the keys to the city, it might be better to change the locks." —

Doug Larson
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King Crossword — Answers

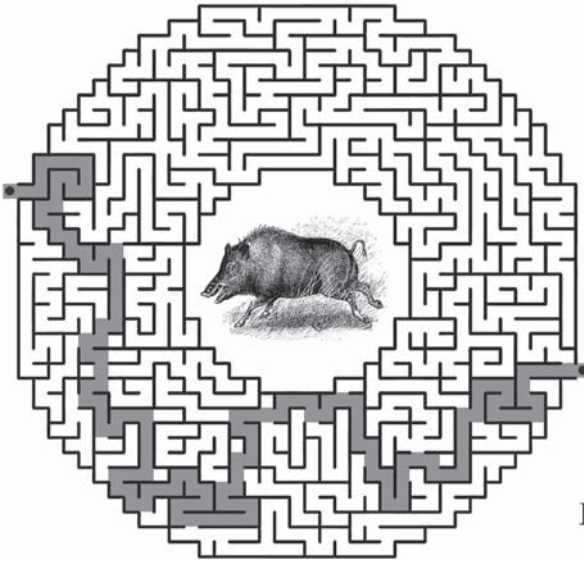
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Weekly SUDOKU — Answer

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

Mega Maze Solution



Stickelers Answer
It would look like Figure C.



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The Kitchen Diva

by Angela Shelf Medearis
Berries highlight
perfect summer salad

June is the season for berries. Sweet, juicy summer berries are like the healthy “candy” of the food world. Not only are berries nutritious, new research indicates that eating berries also may help stave off the cognitive decline and memory loss that come with aging.

Data from the long-running Nurse’s Health Study shows that women who ate blueberries and/or strawberries delayed memory decline (from aging) up to 2 1/2 years compared with those who did not eat berries. The women gained this benefit from consuming just two or more servings of blueberries and strawberries per week.

Even if you’re not worried about memory loss, berries still pack a healthy punch for just a few calories.

Strawberries and blueberries are rich in anthocyanins, the pigment in plants that give them their dark red or blue coloring. Anthocyanins help move blood into the brain and have been linked to a broad range of health benefits, such as vision and heart health.

Strawberries have only 22 calories and 5 grams of carbohydrates, and they provide 2 grams of fiber per half-cup serving. To enjoy them at their best, strawberries must be handled with care.

To wash strawberries, hold them under gently running cool water just long enough to remove

the dirt. Don’t soak strawberries as they will absorb water and lose flavor. For the best flavor, wash strawberries just before you plan to use them. Strawberries can be stored in the refrigerator for two to three days.

Blackberries have 37 calories, 9 grams of carbohydrates and 4 grams of fiber in a half cup. Blueberries spoil quickly, so be sure to use or freeze them soon after picking.

Blueberries have 41 calories, 10 grams of carbohydrates and 2 grams of fiber per half cup. Like other berries, blueberries are a good source of vitamin C.

Raspberries have 30 calories, 7 grams of carbohydrates and 4 grams of fiber for every half cup. Raspberries are very fragile and easily damaged. If bought fresh, eat them within one to two days. Wash raspberries just before you eat them because they can absorb the water, which will dilute the taste.

If you want to enjoy fresh fruit year-round, berries can be frozen for later use. Here are a few freezing tips:

- Add 3/4 cup sugar to one quart of whole strawberries and mix thoroughly. Let stand 15 minutes and then pack into containers, leaving headspace for expansion. Seal and freeze.
- Blueberries, raspberries and blackberries can be frozen whole.
- Don’t wash blueberries before freezing, as it will make for a tougher skin. Wash just before you’re going to use them.

You can enjoy sweet, delicious summer berries on their own, or try some of the many ways to add berries to a healthful diet. Sprinkle them on cereal, add them to yogurt, enjoy berry toppings on pancakes or use them in salads, like this recipe for Summer Berry, Pecan and Goat Cheese Salad. This dish showcases the sweetness of the berries while providing the crunch and smoothness of the pecans and goat cheese. It’s the perfect summer salad!

**Summer Berries,
Pecan and
Goat Cheese Salad**
This salad beautifully

showcases the best berries of the season. It’s also a refreshing accompaniment to grilled or spicy barbeque dishes.

4 large fresh strawberries, leaves removed, quartered, rinsed and drained

2 ounces fresh blueberries, rinsed and drained

2 ounces fresh raspberries, rinsed and drained

1/4 cup pecan pieces

1 1/2 tablespoons honey, divided use

2 tablespoons virgin olive oil

2 tablespoons balsamic vinegar

1 small garlic clove, finely chopped

1/2 teaspoon Dijon-

style mustard

1 teaspoon salt

1/2 teaspoon fresh ground black pepper

1/8 teaspoon cayenne pepper

1 package (8 ounces) mixed salad greens with spinach

3 tablespoons crumbled goat cheese

1 large avocado, diced

2 tablespoons fresh lemon or lime juice

1. In a small, nonstick skillet, add the pecans and toast, stirring occasionally, until the nuts are lightly browned and fragrant, about 3 minutes. Drizzle with 1/2 tablespoon of the honey, and toast, stirring occa-

sionally for 1 minute. Cool and set aside.

2. In small bowl, whisk together the oil, vinegar, the remaining 1 tablespoon honey, the garlic, mustard, salt and black and cayenne pepper. Set dressing aside.

3. In a salad bowl, toss together the salad greens, berries and pecans. Top with goat cheese and avocado. Sprinkle with the lemon or lime juice. Pour dressing around the edges of the salad and gently toss the ingredients together. Serve immediately. Serves 4.

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Eating berries may help stave off the cognitive decline and memory loss that come with aging.

Photo by Depositphotos

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FOR ALL YOUR AUTOMOTIVE NEEDS

Steps to take before leaving recyclables at the curb

Recycling will play a vital role in the future of the planet. As climate change continues to threaten the long-term health of the planet, the necessity to recycle and reuse only becomes more paramount.

According to the Environmental Protection Agency, decomposing garbage, such as that which finds its way into landfills, generates methane. Methane is considerably more effective at trapping heat in the Earth's atmosphere than carbon dioxide and contributes heavily to climate change. By recycling items rather than discarding them, people can play an active and effective role at combatting climate change. In addition,

recycling helps cut back on the release of harmful greenhouse gases that are produced during the manufacturing process.

Community recycling programs have been around for decades in many communities, and these programs are only as effective as the people who recycle. Learning how to treat common recyclables before depositing them into designated recycling bins can help people ensure their efforts are having the impact they intended.

• **Rinse jars, bottles and cans.** Items that are not rinsed before they're placed in recycling cans run the risk of contaminating everything within. While each

community program is different, recycling bins deemed contaminated may be redirected to landfills. Residential Waste Systems, a Connecticut-based trash and recycling removal firm, recommends rinsing all jars, bottles and cans that contain visible residue before depositing them in the recycling bin.

• **Learn which items can be recycled.** Contact your local recycling firm for a list of items that can and cannot be recycled. Many people unknowingly deposit items that cannot be recycled into their recycling bins, potentially contaminating their bins and rendering them more likely to end up in a landfill than a recycling center. By contacting

your recycling center in advance, you can reduce the risk that all your hard recycling work will be for naught.

• **Inspect paper products.** If various paper products are accepted by your local recycling center, you must still inspect them before placing them in your recycling bin. For example, a pizza box may be recyclable, but likely isn't if it's covered in grease. Inspect each potentially recyclable paper product to make sure there's nothing present that might lead to it being designated as contaminated.

Recycling is a simple step many people can take to promote the long-term health of the planet.

Now Here's a Tip

by JoAnn Derson

• With summer storm season upon us, I feel like it's a good time for some advice. In addition to having a gallon of water per person per day for at least three days for drinking, cooking and minor sanitation, fill bathtubs or even a lined garbage can with water to be able to manually flush your toilet. If you live on well water, your pump will not work; your water lines may be cut off or compromised. Be prepared. – JoAnn

• "High winds from storms can find their way through a crack in your home's

defenses and put an incredible strain on the house. Keep both interior and exterior doors and your home's windows closed for the duration of any storm. This includes any smaller access windows and garage windows. It helps to keep the pressure compartmentalized. So, don't open your door to see how windy it is, because it might let the storm tear off your roof!" – V.R. in North Carolina

• "Major storm headed your way? When service goes down, I know I celebrate the moment the lights come back

on, but electronics aren't always so joyful. A simple overhead light or table lamp will be able to alert you that the power is back on, but it's unlikely to be fried by surges that sometimes precede a full return of service. Unplug nonessentials to protect them from power surges." – A.A. in Florida

• "If you own a home in an earthquake-prone area, be sure you know how to turn off gas lines. Find the tool you need to do it, and keep it in a special place, preferably right where you'd use it." – L.W. in Oregon

• Fridge out? Try this hurricane hack:

Put the contents in your washing machine, packed with ice. As the ice melts, the water drains away rather than drowning the contents. You can add more ice or just keep it closed and covered to get away with a day or two if you insulate well.

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Stay safe on the road this summer

Five warm weather tire safety tips

(Family Features) – When it comes to staying safe on the roads – whether you're traveling cross-country or just across town – routinely checking the condition of your tires can be imperative. While variables like road and weather conditions can also impact safety, it's important to remember your tires are the only thing between your vehicle and the road.

During the summer months, high heat and hot roadways combined with normal rolling, turning and braking contribute to potential safety hazards, particularly on worn or improperly inflated tires. Before you hit the road this summer, consider these tips from the experts at your neighborhood Discount Tire store to help keep you safe.

1. Check your tread. Tread depth refers to the amount of sufficient tread on a tire, which impacts handling, traction and your vehicle's safe stopping distance. As tires wear and tread depth is reduced, their ability to perform in adverse conditions such as rain can be compromised. While most new cars start with 11/32 inch tread, you can use the penny test to check your tread depth at home

by sticking a penny up-side-down in a tread groove. If Lincoln's entire head is visible, your tread is worn beyond what tire experts recommend as safe – less than 4/32 inch – and it's time to replace your tires.

2. Accurately measure pressure. Low tire pressure can lead to poor handling and gas mileage, excessive wear and the possibility of tire failure. Remember to check your tire pressure at least once a month, especially before any long-distance trips, as the impacts of bumps and turns from everyday use can lead to normal air loss. For the most accurate reading, check your tires when the car is cool as driving can heat up the tires and lead to an inaccurate reading. You can find the manufacturer's recommended tire pressure on a sticker in your car's doorjamb or in your owner's manual. If you need assistance, look for a store like Discount Tire, which offers complimentary air checks and tire safety inspections.

3. Rotate often. Tires wear differently depending on their location on the vehicle. Routinely rotating your tires spreads wear evenly, which helps maximize their handling, traction and stopping capabilities. To increase

longevity and keep your ride as smooth as possible, rotate your tires every 6,000 miles or earlier if irregular or uneven wear develops.

4. Inspect your trunk. Some newer vehicles now include tire inflation kits complete with puncture-coating sealants and air compressors, or run-flat tires that allow for continued driving with no air pressure for a short period of time rather than a traditional spare tire. Check your trunk to see what your vehicle contains and make sure you have a roadside assistance plan in case of emergency.

5. Avoid overloading. Overloading your vehicle can have a similar impact on your tires as driving on underinflated tires. The combination of warm roads and overloading, which is common during summer travel season, can lead to your tires potentially overheating and failing. Before loading your car, check the manufacturer's loading recommendation, which can be found in the owner's manual or on the doorjamb sticker.

For more tire safety tips, to locate a store near you or schedule a service appointment, visit discounttire.com.

Source: Discount Tire



It's important to remember your tires are the only thing between your vehicle and the road.
Photo courtesy of Getty Images



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NEW

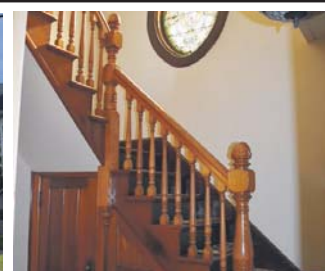
PECK LAKE CLASSY LAKEHOUSE! \$329,000

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