

Herkimer County Country Editor

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July 12,
2019

Volume 9
Number 5

HEAL ME, LORD, AND I WILL BE HEALED; SAVE ME AND I WILL BE SAVED,
FOR YOU ARE THE ONE I PRAISE. JEREMIAH 17:14

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195/70-14	\$39 ⁹⁹	205/55-16	\$45 ⁹⁹	235/65-16	\$66 ⁹⁹
195/65-15	\$41 ⁹⁹	205/60-16	\$47 ⁹⁹	225/65-17	\$68 ⁹⁹
185/65-15	\$42 ⁹⁹	225/60-16	\$50 ⁹⁹	235/70-16	\$69 ⁹⁹
175/70-14	\$45 ⁹⁹	205/50-17	\$50 ⁹⁹	235/65-17	\$69 ⁹⁹
205/65-15	\$46 ⁹⁹	215/55-17	\$50 ⁹⁹	235/60-18	\$74 ⁹⁹
205/70-15	\$47 ⁹⁹	215/45-17	\$51 ⁹⁹	235/65-18	\$75 ⁹⁹
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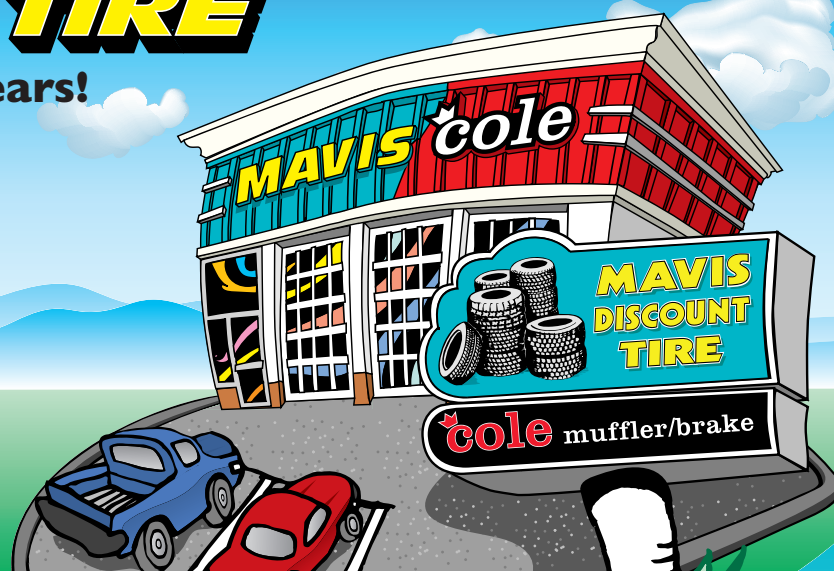
\$107⁹⁹**

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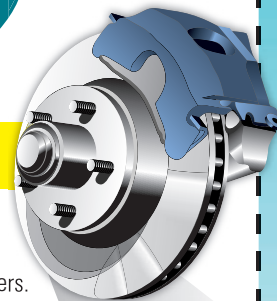
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Twenty-five years of running for the ice cream finish

The Millers Mills Sundae Run and its finish line treat of homemade vanilla and chocolate ice cream celebrates its 25th anniversary this year. This year the 5K run and its younger sibling, the two-mile walk, happen on Sunday, July 21 with a start time of 9:15 a.m. Prizes are awarded to the overall top male and female finishers, the top three male and female age group finishers and the "middle of the pack" finisher. All runners receive a race day giveaway. The af-

ter-race party features ice cream and toppings, music by DJ Ron Lioacono and a chance for runners and walkers to win great door prizes (must be present to win these).

The certified racecourse begins at the bridge by Little Lake Unadilla in downtown Millers Mills and continues to the top of Richfield Hill and back. Entries postmarked by Monday, July 15 or done online by noon on Friday, July 19 are only \$15 with a special rate of \$13 for those 60 and over. After

these deadlines, the entry fee becomes \$25 for everyone. The walker fee is \$5 with no discounting. Race day registration runs from 7:30 - 8:30 a.m.

In addition to the race, the Millers Mills Grange will offer its homemade ice cream for sale in dishes, or quarts until 2 p.m. on race day. Ice cream toppings and other refreshments will also be available. The Millers Mills Community Baptist Church will have pies and other goodies for sale. Local artisans, free

children's activities, a historical display and a raffle offering two great prizes of Amish made furniture (a rocking chair and a deacon's bench) will round out the day's activities.

The Grange will again open its doors to the public on Friday evening, July 19, from 6 - 8 p.m. with an Early Bird Ice Cream Social to demonstrate the freezing process and to enjoy the freshly made ice cream. Raffle tickets will also be available Friday or from



Grange members prior to the events.

The hamlet of Millers Mills is located in southern Herkimer County. It's easy to find from Routes 20, 28 or 51. Race day

parking is located off Jones Road. For more information or to register

for the race, visit the Millers Mills Grange website at millersmillsny.com or runsignup.com.

Little Falls prepares for its fifth annual Cheese Festival

LITTLE FALLS – On Saturday, July 13, Little Falls will welcome thousands of visitors for food and fun at the city's fifth annual Cheese Festival. The event will

run the length of Main Street from 10 a.m. - 5 p.m.

Featuring over 80 New York-based food vendors, the festival has quickly become New York State's premier gathering of cheesemakers. The event will feature over 120 different types of cheeses, spanning a variety of hard cheeses, goat cheeses, spreadable cheeses, yogurts, cheese curds and more, with many of the vendors bringing new products to the festival this year. To complement those cheeses, numerous New York-based gourmet food and craft beverage vendors will also be attending, offering everything from bread, wine and cider to honey, mead and pickles.

"The City of Little Falls has a long, proud history in the cheese industry," said Teri Chace of the Little Falls Cheese Festival committee, "and our cheese festival has been a great place to not only celebrate that history but showcase the creations of our local artisans. We are constantly amazed by the variety of talent that can be found in Central New York."

The Central New York talent on display at the cheese festival won't be limited to culinary items, as 10 different local music acts will perform at various locations throughout the day. With acts spanning Americana, soul, jazz, bluegrass, folk, rock 'n' roll and more, there

will be no shortage of music at this year's festival. Additionally, the Little Falls Theater Company (LiFT) will perform "Where's the Cheesemonger?" by local playwright Angela Harris at 11 a.m. and 1:30 p.m., in the Little Falls Senior/Community Center. The show is free to the public with first come, first served seating.

The Little Falls Cheese Festival would not be possible without the support of its sponsors. The festival has received significant support from platinum sponsors Feldmeier Equipment Inc. and WKTV Newschannel 2, both of which have supported the event since its inception, as well as silver sponsors Rock City Development LLC and Stewart's Shops. Bronze sponsors include Adirondack Bank, the Center for Agricultural Development & Entrepreneurship, Country Living from Farm Credit East, Enea Family Funeral Homes, Herkimer Diamond Mines and Price Chopper.

For more information about the event, visit littlefallscheesefestival.com or like and follow Little Falls Cheese Festival on Facebook and Instagram. Attendees can also learn more by picking up a free program, which includes a full map of the festival, on the day of the event.



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Letter to the Editor

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E-mail letters of opinion to jkarkwren@leepub.com or fax to 518-673-2699, or mail to Herkimer Country Editor, PO Box 121, Palatine Bridge, NY 13428.

Travis Road

I totally agree with the letter written by Susan Westfield published in the issue of this paper for July 5, 2019 titled: Public Funds for a Private Road. I lived on southern Travis Road for 43 years. I drove it every week we lived there, summer and winter, all seasons. I

drive it weekly now going to church. The moment I saw what is being done to the road it hit me like a brick that this small road is fast being turned into a killer. It has some steep hills that are always a problem in winter, indeed in all weathers. The curves are helpful since they force people to gear down. The grades should be improved, not the whole road made into a hazard. I cannot imagine meeting a huge truck bearing down fast toward me on the steepest hill section just below Rt. 168 as I travel south. (That graded curve has always been slanted wrong.) Again it is far better to slow down there than to speed up, going both ways.

On the northern intersection where Travis meets Johnnycake St. there is always a problem slowing down enough to stop at the sign, if one is not in a lower gear. A straighter, wider road will not solve this

problem. Widening the road and straightening it out will result in higher speeds and more accidents. Residents do NOT need this! Cars meeting large trucks on that new wider straightened road will face a true and constant hazard. The road should be no wider than the present section closest to Johnnycake St. Improve the grades where needed but please save the lives of our new young drivers who will be using it without a lot of experience. Save the lives of all families who live on or use Travis Road and who travel it often. Be sensible! Bigger is not always better.

Donna C. Veeder
Little Falls
Travis Rd. User
Resident, Herkimer Co. NY

Three strategies to beat the summer heat

The dog days of summer can be challenging. As the mercury rises to potentially unhealthy heights, spending time outdoors can become less comfortable and even dangerous.

Finding ways to beat the summer heat can help people avoid injury and illness and ensure they still get to enjoy their summers. The following are three ways to beat the summer heat, though it's important that seniors, pregnant women, parents of young children, and anyone with a preexisting health condition speak with their physicians about the precautions they should take before going outside on hot days.

1. Change your exercise routine, if necessary. Summer is a great time to exercise outdoors. However, it's important that people who are used to working out in midday change their outdoor exercise routines on hot days. Members of the Miami-based Bikila Athletic

Club provide a list of tips to new members who may be unaccustomed to the Florida heat and humidity. One of those tips recommends training early in the morning before the sun gets too high. During the dog days of summer, early morning temperatures tend to be more mild than midday temperatures. That can reduce athletes' risk of injury or illness, though it's still important to avoid exercising in especially hot temperatures regardless of the time of day.

2. Practice passive cooling at night. Nightflushing is a passive cooling technique that involves opening the windows in a home at night. Doing so can make indoor areas healthier and more comfortable for a home's inhabitants during the dog days of summer. HVAC systems keep homes cool in summer, but over time hot and stale air can accumulate inside a home. If that air is not removed,

a home can feel stuffy and airborne pollutants like carbon dioxide can reach potentially unhealthy levels. By opening their windows at night, homeowners can let that stale, potentially unhealthy air out and let the cool air of summer evenings in.

3. Stay hydrated. It's easy to become dehydrated at any time of year, but especially so during the dog days of summer. The U.S. National Library of Medicine notes that the human body needs an average of three quarts of water per day on a normal day. However, conditions on mid- to late-

summer days make it necessary for many people to consume more water than that, especially if they plan to spend time outdoors. On hot days, make sure you're taking in more fluids than you're losing. Take water with you when going outside, and be sure to rehydrate with more water when going back indoors.



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Mon. July 15th – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. Special: Enos & Rebecca Beiler, Fort Plain, NY – Dairy of 57 Head of Holsteins on DHI Test ave. 65#. SCC 250,000 tiestall herd that goes out daily.

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

Mon. July 29th – Normal Monday Sale

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, Osborne Family Farm. We will be accepting additional consignments – call early to get into the advertising.

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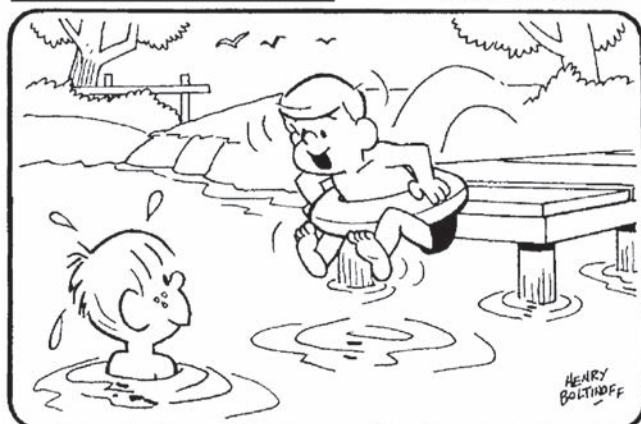
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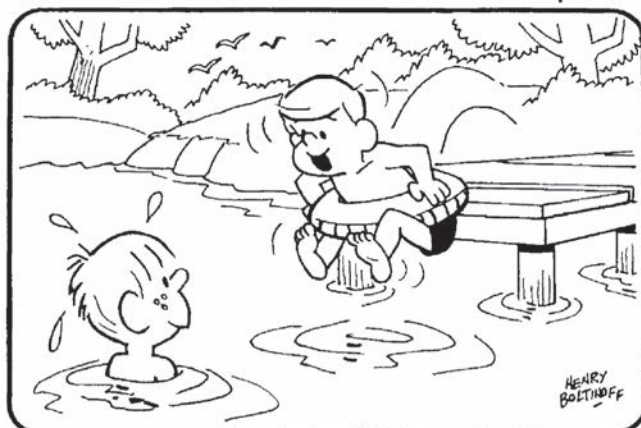
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HOCUS-FOCUS

BY
HENRY BOLTHOFF

Find at least six differences in details between panels.



Differences: 1. Inner tube is different. 2. More bushes are on shore. 3. Bird has been added. 4. Boy's nose is larger. 5. Tree has second limb. 6. Boy's nose is larger.

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Weekly SUDOKU

by Linda Thistle

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

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

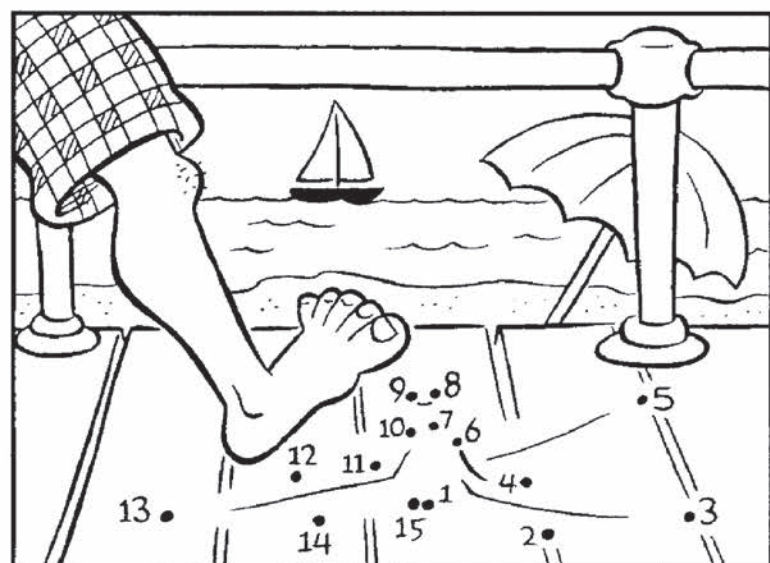
ACROSS

- 1 Advertised heavily
6 Bilateral
12 South Dakota's capital
13 Colored ring
14 On the briny
15 Funhouse item
16 Use a sponge
17 Author Wister
19 D.C. fig.
20 Long skirt
22 Obtain
24 Suitable
27 Cacophonies
29 — parmigiana
32 5-ball desktop toy
35 Exchange premium
36 Former veep
37 Vast expanse
38 San Francisco's — Hill
40 One of the Three Bears
42 Sort
44 The same, in a bibliography
46 Approaching
50 Elegantly groomed
52 "Shoo!"
54 Mammoth occasion?
55 Room to maneuver
56 Nun
57 Brilliance

DOWN

- 1 Stereo setup
2 Shrill bark
3 Opening comment
4 Historic period
5 Rehab goings-on
6 Domesticate
7 Squeeze
8 "— the ram-parts ..."
9 Carpeting fabrics
10 Medicinal plant
11 9-Down
12 Manhandle
18 Endearing
21 Big bother
23 Mendes or Longoria
24 Literary collection
25 Cribbage scorekeeper
26 Longtime
28 Mix up
30 Hearty brew
31 Michele of "Glee"
33 As well
34 Sleep phenomenon
39 Spree
41 Broadway backer
42 Cow-headed goddess
43 Places
45 Antelope's playmate
47 "The Music Man" setting
48 Buzzing pest
49 Attention getter
51 Roscoe
53 Common Mkt., once

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CONNECT THE DOTS to find out what are the best (or worst) slippers for the boardwalk.

Answer: Banana peels.

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HOW TO BECOME "TEACHER'S PET"!

"For extra credit, see if you can make four 4's equal 55!"

Answer: $44 + 44/4 = 55$.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "TALKER." See if you can replace these letters in the square so that you will have four three-letter words across and three four-letter words down. Time limit: 60 seconds.

Answers (Across): Law, are, kin, eat, Lake, aria, went.

T		A	W
A			
L		I	N
K	E		
E			
R			



by Charles Barry Townsend

THE PYRAMID OF WORD POWER

Starting with the given word at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with GABARDINE.

1. A cotton fabric (given).
2. Coating made with crumbs.
3. A recitation of written material.
4. Something won.
5. To condescend to give or grant.
6. To eat.
7. A deafening noise.
8. The best group.
9. Roman for one.

Answers (from the bottom up): Gabardine, bread, reading, gained, design, dine, in (the "in group"), I.

Fun, flowers & festivities – Dolgeville hosts Annual Violet Festival

by Rachael Takacs

It was a glorious weekend in June when Dolgeville hosted its annual Violet Festival, each day filled to the brim with activities and events for all. These included live music, vendors, garage sales, a talent show, a 5K

run, fireworks, a parade and more. Organized by the Violet Festival Committee, the popular event was packed with people of all ages.

From delicious treats such as pretzels and gyros to artwork and palm readings, every vendor

had something unique and wonderful to offer. Other booths included the Salisbury Historical Society, which offered a brief look into local history and the 1805 Frisbee House. Members of the Salisbury Historical Society also provided visitors with information regarding upcoming events, such as the Agriculture Past and Present, which will be taking place every Sunday this summer from 1 - 3 p.m. at the 1805 Frisbee House.

Also in attendance was Dolgeville Cub Scouts Pack 18, who were hard at work selling beef jerky and collecting donations. The scouts were accompanied by Scoutmaster Jeff Hoke.

Amongst the many craft vendors, were several tal-

ented chainsaw carvers including Norm Durkin, a licensed massage and craniosacral therapist. When asked how he began his craft, Durkin explained, "I work on many pro athletes and some chainsaw carvers. That's how I got into chainsaw carving." He said it was his first time at the Violet Festival. "I thought it was a good turnout, and I would like to come back next year," he added.

There was also a large collection of baskets filled with a variety of goodies being raffled off. The baskets included toys, cooking items, lottery tickets and a host of other treats. Cheryl Trodler, a member of the Violet Festival Committee, was manning the raffle along with a few other associates. She explained

that money from these raffles would go toward the Violet Festival budget.

Over 30 garage sales took place in Dolgeville that weekend. Bargain hunters were given the opportunity to browse through a vast array of antiques, furniture, clothing, housewares, memorabilia and many other miscellaneous items.

The Violet Festival Parade drew attention as the colorful floats passed through town. Several marching bands played high-spirited tunes. Judges examined each part of the parade in or-

der to award the best floats and performers. Winners included George's Lumber (located in Little Falls) as first place float; Dolgeville Central School Marching Band as first place school band; the Herkimer County Fair as the best organization; and the Judge's Choice Award was bestowed upon the Memorial Park Elementary Marching Band (located in Waterville).

An essential part of the Violet Festival was the spectacular flower show hosted within the Mason-

FLOWERS 7



Jammie Teachout and her three children Alex, Holly and Hannah admire one of the many beautiful arrangements.

Photos by Rachael Takacs

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FLOWERS from 6

ic Temple. Guests were able to view many beautifully crafted floral arrangements created by many local hands. Within the exhibit were peonies, lilacs, roses and much more. Visitor Jammie Teachout and her three children were examining each arrangement and enjoying the event. "I think it's wonderful," Teachout said. "The parade was really nice, and it's the first time we've come in to see the flower show. We will definitely be back!"

Welcoming visitors into the flower show were several members of the Violet Festival Committee, including Grace Eggleston, the niece of Lyndon Lyon, the man who began growing violets in Dolgeville. In 1949, Eggleston gifted a violet leaf to Lyon, who in turn rooted it and began growing plantlets. Lyon built his first greenhouse in 1954 and began transporting violets in 1955. It is believed he was the first to grow plants under fluorescent lights. Lyon became nationally known



(L - R) Members of the Violet Festival Committee Grace Eggleston, Cathy Hearn, volunteer Sarah Waller and Nancy Jo Strobel greeted visitors of the flower show.

for his production of the first "double pink" violets, which bloomed for the first time in 1953. It's no wonder Eggleston is so pleased with the Violet Festival taking place every year. "It's wonderful," she stated. "I'm really proud to see that they have this."

Today, Lyndon Lyon Greenhouses Inc. is run by Lyon's grandson, Paul Sorano. He specializes in violets, but also grows gesneriads (African violets), begonias and orchids. To date, the company transports violets all over the world, and has even appeared on TV, in newspapers and in books.

For more information on Lyndon Lyon Greenhouses, visit their website at www.lyndonlyon.com.

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A full house of heroes: Five brothers risk the ultimate sacrifice for their country

by Terry Berkson

During a recent visit with 97-year-old Jim Andrecheck who lives in South Columbia, he told several stories about his combat experiences during World War II. What was amazing to hear was that he had four more brothers who had comparable harrowing experiences and they all lived to tell about them.

His oldest brother Thomas enlisted before the war started but wound up spending three years in bomb-ravaged England working as an airplane mechanic. "Tom was kind of a daredevil on a motorcycle," Jim said. He achieved the rank of master sergeant and was honorably discharged after the war. Thomas retired to Florida, where he died in 1994. He was buried in Arlington National Cemetery.

The second oldest brother Joseph enlisted and was assigned to the 8th Air Force. He became a pilot on a B-17 and was stationed in England during the war. Jim said before the war Joseph liked to box and play baseball. After completing 35 missions, Joseph took part in Project Aphrodite, which was manned by volunteers. The goal was to knock out the nearly indestructible launching sites for German V2 rockets that were considered a great threat to American security. The plan was to have the pilots bail out while another plane would then radio fly the fatigued

but explosives-laden B-17 bombers directly into the target. Joseph bailed out over the English Channel and shortly after he was picked up, the ship he was on fell under attack by German submarines. Joseph Kennedy Jr. was one of the pilots killed during the Navy's participation in this desperate mission.

Joseph pursued a career in the military and after 22 years of service he was honorably discharged with the rank of lieutenant colonel and retired to Florida.

Robert was the last brother to enter the military. He joined the Marine Corps in 1944. When he tried to enlist in Utica, officials turned him down because four of his brothers were already overseas. Robert went to Albany and succeeded in signing up. He served as a rifleman in the Pacific and participated in action on Okinawa. "At home we called him Beaver because he used to do a lot of trapping," Jim said.

Robert witnessed the aftermath of the bombing of Nagasaki while the city was still smoldering and was honorably discharged in 1946 with the rank of corporal. He died in 1981 of cancer, possibly due to his exposure at Nagasaki. He was laid to rest at St. Joseph's Cemetery in Richfield Springs.

Frank, the youngest of the brothers, was drafted into the service in 1943 and reenlisted after his first tour of duty. During the war he served for 28 months

in the 554th Anti-Aircraft Battalion that was active in Africa, Italy, Corsica, France and Germany. "I remember in civilian life Frank had this contraption he used to improve his speech – for what reason I don't remember," Jim said, scratching his head. Frank was a cannoneer on a 40mm gun and was awarded five battle stars. He achieved the rank of staff sergeant and was honorably discharged in 1953 from the Army Air Corps.

Last (and least of the five brothers in stature) was Jim. "They called me the runt," he said. He was with the 25th Bomb Squadron in Panama when war was declared. After spending a year in Ecuador and then North Africa, he wound up at Giulia Airfield (known to his fellow airmen as Coffee Tower) near Cerignola, Italy. He was the flight engineer on a B-24 bomber but his size and spirit put him in the seat of the ball turret gunner. He flew 50 missions with the same crew, missions where many men and air ships were lost. Over Steyr, Austria, the German anti-aircraft fire was very heavy. In a short time, six of the seven American air ships in Jim's squadron were knocked down. An engine on Jim's plane was failing and the fuselage was riddled with holes. The pilot ordered the crew to bail out but they held fast to the crippled ship as smoke rose from their demolished target.

Miraculously, they made it back to the base, crash landing on one nose wheel and one big wheel. Bullets and flak had made the bomber look like a ravaged bee's nest.

Of the war, Jim said, "I'm thankful that I got through it – that all my brothers got through it without a scratch." He achieved the rank of master sergeant and was honorably discharged in 1945. "It was the greatest adventure of my life, though at the time I didn't know it."



Jim Andrecheck in his flight gear.
Photo courtesy of Terry Berkson

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Answers

Answer

Solution time: 24 mins.

	H	Y	P	E	D		T	W	O	W	A	Y
P	I	E	R	R	E		A	R	E	O	L	A
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2	9	7	1	3	8	5	6	4
8	4	5	7	9	6	1	2	3
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5	2	1	4	6	7	8	3	9
4	3	9	2	8	1	6	5	7
1	8	6	3	7	2	4	9	5
9	7	2	8	4	5	3	1	6
3	5	4	6	1	9	7	8	2

Just Like Cats & Dogs

by Dave T. Phipps



“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

— F. Scott Fitzgerald, “The Great Gatsby”

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The effects of UV rays on the eyes

The sun can be both friend and foe. A warm, sunny day can improve mood and increase levels of vitamin D in the body. Exposure to sunlight during the day also can help regulate the body's natural sleep-wake cycle, known as the circadian rhythm. However, overexposure to the sun can be dangerous as well.

Many people recognize that exposure to the sun can lead to sunburn and long-standing skin damage, but they may not realize that the eyes also are susceptible to damage caused by the sun. The eye health re-

source All About Vision warns that extended exposure to the sun's UV rays has been linked to significant eye problems, including cataracts, macular degeneration, pinguecula, pterygia and photokeratitis. UV rays come in three types: A, B and C. The atmosphere's ozone layer blocks virtually all UVC rays, which are the most potent, but UVA and UVB can be dangerous when exposure to the sun is significant.

Exposure to excessive amounts of UV radiation over a short period of time can cause photokeratitis, which is essen-

tially a sunburn of the eye that can cause pain and redness. Prolonged exposure to UV rays without adequate protection may cause lasting damage, says the American Optometric Association. UV rays come from both the sun itself and tanning beds. Here's a look at some of the common UV-induced eye conditions.

• **Cataracts:** A clouding of the eye's natural lens, or the part of the eye that focuses the light a person sees.

• **Macular degeneration:** UV rays may lead to macular degeneration, which is a leading

cause of vision loss for older people. The macula is the center portion of the retina, essential for vision.

• **Pterygium:** This is a growth that begins on the white of the eye and may involve the cornea. The growth can eventually impede vision, says the organization Prevent Blindness America.

Sunglasses and other protective lenses are essential to keeping the eyes healthy. AOA says that for sunglasses to be effective, they should:

- Block out 99 - 100% of both UVA and UVB radiation
- Screen out 75 - 90% of visible light

ble light

- Have lenses that are perfectly matched in color and free of distortion and imperfection and
- Have lenses that are gray for proper color recognition

In addition, people can wear wide-brimmed hats to protect their eyes from the sun and harmful UV rays. This will shield the eyes and the delicate skin of the face.

Learn more about protecting the eyes at www.allaboutvision.com, www.aoa.org or www.preventblindnessamerica.org.

Three factors to consider when choosing a mortgage lender

A home is the most significant purchase many people will ever make. Perhaps because of that, many buyers, particularly those purchasing a home for the first time, are understandably nervous about the home-buying process. The decision regarding which home to buy warrants ample consideration, but so, too, does the buyers' choice of lender.

Mortgage lenders can be found all over the internet, and the sheer volume of lender options can make it hard for home buyers to find the right fit for them. Couple that with lending-related terminology that many first-time buyers may be unfamiliar with, and it's easy to see why prospective homeowners can feel overwhelmed about the process of borrowing money to buy their homes.

When looking for a mortgage lender, prospective homeowners should never forget that the choice of

lender is, in most cases, entirely theirs to make. When making that decision, a host of variables should be considered. The following are three such factors that, upon ample consideration, may help buyers rest easy knowing they did their due diligence when looking for lenders.

1. Reputation/recommendation

Just like other businesses, lenders have reputations, and oftentimes those reputations can be determined via some simple online research. Peruse online reviews to determine what past buyers felt about a given lender. If possible, ask friends, family or colleagues who they worked with to secure a mortgage.

2. Fees

Fees vary from lender to lender. Fees should not be mistaken for interest rates, which change daily and are typically dictated by the financial industry and prospective buyers' credit history and financial standing. When speaking with potential lenders, ask



Prospective homeowners should never forget that the choice of lender is, in most cases, entirely theirs to make.

for a rundown of their fees, and the services those fees include, and closing cost estimates in writing, then compare and contrast fees and costs of various lenders before making a final decision. Some lenders may charge considerably more in fees than others, so buyers should put in the effort necessary to comparison shop.

3. Personal interaction

Buyers, especially those who have never before purchased a home, will likely have lots of questions. This is where personal interaction with a prospective lender should be noted. Securing financing for a home purchase can sometimes seem like an impersonal process, but it doesn't have to be, and many lenders are happy to answer buyers' questions. Lenders who answer questions quickly and clearly can make buyers more comfortable about the home buying process. Buyers may want to avoid lenders who seem evasive or unwilling to answer questions in writing.

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‘Here today together’ – Poland Class of 2019 honored during 85th annual commencement

POLAND – Poland Central School District Principal Greg Cuthbertson told Class of 2019 graduates that their legacy includes students who were academically competitive, others who didn’t

think they would make it to graduation and those who overcame challenges and dealt with personal loss.

“And yet, you all persevered and found a way to be here today together,” he said.

The 85th annual Poland Central School District commencement took place on Friday, June 28, with 62 graduates in the Class of 2019. Students received their diplomas, and dozens of special awards, recognitions and scholarships were given out during the ceremony. The graduation also featured senior high chorus members performing “The Star-Spangled Banner,” and speeches by Cuthbertson, valedictorian Kyle Delano, salutatorian Chloe Lawson and commencement speaker Dr. An-

drew Covey.

Poland Class of 2019 advisor Stacey Bennett, a Poland mathematics teacher, introduced Covey for his speech. Bennett and Covey were co-valedictorians when they graduated from Poland in 1993.

Bennett said that when Covey graduated 26 years ago, he was driven to become a doctor, and she hoped students would benefit from hearing his story of success.

POLAND 11



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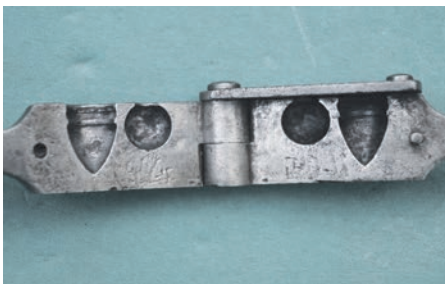
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Whatchamacallits



It has been quite a while since our Whatchamacallit covered a firearm-related item. This is a double cavity bullet mold marked Colt's Patent which will make bullets for a Colt 1860 revolver. The 1860 revolvers were available in several calibers and corresponding molds were available for each. Ours is for a .44 caliber bullet mold and will cast a ball and conical.

Before ammunition was mass produced in the late 1800s, firearms were often supplied with a mold so owners could make their own bullets. This was especially advantageous to the rural population during the time when we were not so mobile a country and supply chains were not depend-

able. Many enthusiasts today enjoy supplying their own ammo. Samuel Colt was issued a U.S. patent for the “revolver” in 1836 – it was called that due to the revolving cylinder that would hold five or six bullets.

The 1860 model was manufactured from 1860 - 1873 and over 200,000 revolvers were produced. The U.S. government was the biggest customer, issuing the model to soldiers. According to Wikipedia, the .44 “Army” model was the most widely used revolver during the Civil War.

Presentation cases were made for gifts or awards and could contain one or two revolvers and assorted accessories – the bullet mold being among them.



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POLAND from 10

"When you set a goal, anything is possible," she said. Covey, who is the medical director of the Brooks Memorial Hospital Emergency Department, spoke to students about his own college and career path and reflections about various aspects of life such as self-identity. One idea he focused on was the question of what you truly have control of in your life. He learned to accept that you can only control yourself and how you react to situations, he said.

"Congratulations, Class of 2019," he said, in closing. "I truly wish you the best of everything that life has to offer."

During Cuthbertson's comments, he also gave students advice about their futures. "It will not always be easy," Cuthbertson said.

Life has peaks and valleys, but it's in the valleys that you find your true character, he said.

Lawson's salutatory speech included saying that

her classmates inspire her. "And thank you for the memories," she said.

Lawson also encouraged her classmates to not let any labels they feel are placed on them to define them. "Congratulations, Class of 2019," she said. "You finally made it. Stay true, and good luck."

Delano's valedictory speech said he considers the Class of 2019 to be one of the most motivated classes from Poland, and he has seen the class shown genuine caring. The connections among students and long conversations they've had are what make graduation special, he said.

"Without each other ... today wouldn't mean anything," he said.

Delano said the graduates will remain united by the bonds they created. "I'm going to miss you all, but life keeps going, and so must we," he said.

Poland Class of 2019

The following is a list of the Poland Central School District Class of 2019:

Sarah Ahles, Dominic Altamura Jr., Heather Artz, Keara Blumenstock, Timothy Braunlich, Hunter Broadbent, Joshua Carter, Walker Cavoly, Gabriel de Castro, Tayler Clark, William Clark III, Amber Coe, Shauna Comstock, Kyle Delano, Sarah DeVuyst, Deven Draper, Rachael Gauthier, Taylor Goodney, Justin Greiner, Joseph Grimaldi Jr., Brianna Haley, Madison Hampston, Dylan Hughes, Peyton Hulihan, Destiny Humiston, Nathan Jenkins, Garret Jones, Nathan Jones, Chloe Lawson, Brianna Loomis, Ashley Lynch, Cameron Maida, Zachary Maida, Mackenzie McDonald, Dylan Miller, Madison Muller, Mason Muthig, Savannah Neal, Jenna Perusse, Dyllan Pritchard, Russell Rankins, Kaleb Renodin, Becca Root, James Ryan, Jennifer Sergott, Connor Shannon, Austin Sheehy, Barrett Sheppard, Kaitlin Sitterly-Bristow, Gabrielle Stemmer, Jacob Steves, Brooke Suhocki, Mickinzie Tabor, Tyler Tabor, Destiny Taylor, Alysa Trask, Kaylee Tyson, Wyatt Vail, Jamie Weakley, Christopher Whitaker, Nicole Zeidner and Samantha Zwierecki.

Award winners

The following is a list of awards and scholarships that graduates were recognized for during the ceremony:

- Association of Poland Teachers' Scholarships: \$1,250 - Jamie Weakley; \$1,000 - Kyle Delano and Ashley Lynch; \$750 - Gabrielle Stemmer; \$500 - Keara Blumenstock

Many other scholarships were also awarded.

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Kovels: Antiques and Collecting

by Terry and Kim Kovel

Surfer girl

Surfing is a popular worldwide sport today, but when did it start and what is collected? People have been swimming and bodysurfing by riding the waves since ancient times. But it was the Polynesians who started riding the waves on a board long before the Europeans discovered the sport during the first voyage of James Cook to Tahiti in 1769. Their chief was the best at the sport with the best board and beaches. The surfing skill gave him added prestige. Ancient Hawaiians, Samoans, Tongans and other islanders also used boards to surf partially as an art and religious activity.

Modern-day surfing started with the American tourists who wanted to learn the Hawaiian natives sport in the mid-1860s. Some were successful, and in 1908, a club was formed. In 1885, three Hawaiian princes visited Santa Cruz, CA, and surfed. And in 1907, an expert was brought to California to promote the sport. It spread to North Carolina, then Florida, then any good American beach with proper waves, but it didn't become a fad until the movie "Gidget" in 1959.

Surfboards were the first important collectible. Collectors can now find the ever-changing surfboards, clothing, professional contest prizes (after about 1975), surf music, recordings and sheet music, movies and even toys. Hubley Manufacturing Company (1894 - c. 1975) made a painted metal toy with a

girl riding a surfboard on waves. It had wheels that let it roll on an eccentric path. The girl's one-piece yellow bathing suit suggests a date in the late 1950s or '60s, early for a surfer toy. It sold for \$5,700. Surfer collecting is still young, and prices are highest today for the artistic surfboards.

Q: I know you should not use boiled linseed oil to polish your wooden furniture, even though that was recommended in my mother's day. It gets hard and crystallizes, and it's hard to remove. But what oil should I use?

A: Some experts say that you shouldn't use any type of oil on finished wood – not even lemon, linseed, tung or oil-based polishes. They often do nothing, because you can't "feed" wood. But the oil can attract dust and create a sticky surface, or worse. A finished piece of furniture should be given a light coat of paste wax about once a year. Rub the wax until there is a shine and no waxy feel. Then, just dust the surface regularly.

Current prices

- Trivet, brass, round, pierced, turned wooden handle, three legs, iron, 5 1/4 x 13 1/2 inches, \$20.
- Vase, glass, Bohemian, ruby overlay, flowers alternate with dots, white ground, 8 3/4 x 7 inches, \$90.
- Humidor, Buffalo Pottery Deldare, "There was an old sailor and he had a wooden leg," 7 1/4 inches, \$150.
- Mardi Gras, invitation, Momus, The Realms of Fantasy, Charles Britton, 1878, 4 1/2 x 7 1/8 inches, \$370.



Surfer toys are rare even today. This 8-inch-high vintage metal toy auctioned by Bertoia Auctions probably was made about 1960. It sold for \$5,700.

Tip: If you hang a picture on two hooks next to each other, the picture will remain level.

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

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Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

- Speak with your

physician. The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should consult with their physicians and receive a full physical before exercising. Such a consultation and check-up can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

- Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and

light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to recover between workouts.

- Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

- Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But



Exercising after 50 can help people live healthy well into retirement.

just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubri-

cates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But

caution must be exercised when aging men and women return to exercise after a long break.

American Legion Post 845 in Frankfort conducts oaths of office



(R - L) Lester Crossett, Vice District Commander; Gary Schacher, NY State Commander; Perley Yager, chaplain; Raymond Cardinal, Adjutant; Richard Ulin, First Vice Commander; Richard Paugh, Commander; George Dittmann, Second Vice Commander; Sharon Rolchigo, Treasurer; and John Tucker, Historian. Legion Post 845 and its members patriotically support the pillars of the American Legion: Veterans affairs, vets' rehabilitation, national security, Americanism and our children and youth.

Photo courtesy of John F. Tucker, American Legion Post 845 Historian



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Little Falls Hospital Primary Care Center breaks ground

LITTLE FALLS – Little Falls Hospital, a subsidiary of the Bassett Healthcare Network, celebrated its groundbreaking on June 28 for a new replacement primary care center in Dolgeville.

Michael L. Ogden, president of Little Falls Hospital, announced that the F.M. Kirby Foundation contributed \$1.25 million toward the \$2.9 million needed to build the 5,000-square foot primary care center. The new center will be named in honor of Walker D. Kirby, who was an active volunteer and board member of the F.M. Kirby Foundation.

"Our family and our foundation have had a long and very positive partnership with Little Falls Hospital. The matriarch of our family, Walker D. Kirby, witnessed firsthand the compassionate care of the medical staff. Now, we are honored to help expand that primary care and provide wellness efforts in Dolgeville and the immediate surrounding communities that meant so much to our parents and family. Mom and Dad would be so proud to have her name associated with such a center focused on a healthy community, just as we at the foundation are," said S. Dillard Kirby, president.

Little Falls Hospital was also awarded support from New York State. The hospital is slated to receive \$480,000 from Em-

pire State Development (ESD) for the relocation, design and construction of the new health center. Empire State Development President, CEO and Commissioner Howard Zensky said, "New York State is investing in communities, and along with Bassett Healthcare Network's significant investment, is contributing to the health and wellness of the many Little Falls Hospital patients and families who will be served by the new Walker D. Kirby Primary Care Center."

Ogden said the Walker D. Kirby Primary Care Center is an important step in the continued investment of health care for the greater Dolgeville community and surrounding area by Little Falls Hospital. "We are responding to the needs of the community by providing access to much-needed health care services. The community has always been very supportive of the current health center and hospital, so it is very exciting to think of helping address the unmet demand for health center services and adding to the economic vitality by constructing the Walker D. Kirby Primary Care Center in the community," he said.

The Walker D. Kirby Primary Care Center is able to accommodate up to four practitioners. The new space will feature eight exams rooms, offices and a laboratory, and many other related



(L - R) Peter Oliver, AOW Construction; Bill Repichowkiy, E4H Construction; Michael Reese, Regional Director, Empire State Development; Michael Ogden, President Little Falls Hospital; S. Dillard Kirby, President, F. M. Kirby Foundation; and John Bullis, Bassett Healthcare Network Board Member.

Photo courtesy of Little Falls Hospital

ancillary spaces. Also included in the design is a 2,000-square-foot addition for the purpose of hosting space for community health and wellness-related purposes. This

space will be used for health and wellness education, lifestyle related classes and to support other community-based organizations whose goals are to address social de-

terminants of health.

The Walker D. Kirby Primary Care Center will

replace the current facility on Gibson Street.

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Gas vs. charcoal: Dishing on popular grilling methods

Any time of year has the potential to be grilling season. Grilling is not only a way to prepare meals; for many, it's also a passion.

"Barbecuing is no longer just a pas-time, but an integral part of the North American lifestyle," said Jack Goldman, president and CEO, Hearth, Patio & Barbecue Association. "We expect consumers' passion for flavorful food and entertaining their family and friends to continue to increase."

The HPBA's 2017 industry survey found that 70% of adults in the United States own a grill or smoker. Those numbers are even greater in Canada, where 80% of adults have a grill to call their own. Flavor, lifestyle and entertainment are the prime reasons people grill.

When it comes time to replace or upgrade a grill, the age-old question remains: Do I choose a charcoal- or gas-fueled grill? That decision can spark heated debate among grillmasters, but for many it may boil down to a number of factors.

Cost

Charcoal grills tend to be the less expensive than gas grills. The food and beverage trend reporter Chowhound indicates that a low-end grill can be purchased for around \$25. However, deluxe

charcoal kettles and other charcoal alternatives tend to be considerably more expensive. The most popular gas grills may cost anywhere from \$130 to \$300. Those who prefer more options and high-end offerings can pay between \$800 and \$1,500.

High heat searing

When cooking expensive, well-marbled steaks or other dishes that benefit from high-heat searing, charcoal grills seem to outperform gas ones, at least according to the experts behind The Sweethome, a product recommendation site owned by The New York Times Company. That isn't to say gas counterparts can't come very close. And deploying a cast-iron pan on top of the grates can help concentrate the heat and allow the meat to cook in its own fat.

Convenience

There is no doubt that gas grills are a marvel in regard to convenience, especially when they are directly tied into a home's propane or natural gas system. In such instances, one never has to worry about running out of gas. Gas fuel tends to be cheaper than charcoal and easier to clean, and some gas grills come with side burners that enable cooks to prepare side dishes right next to their grilled entrees.



Charcoal and gas grills each have their merits. It is up to consumers to decide which features reign supreme as they shop for new grills.

Portability

For those who want to grill at home and on the go, then a charcoal grill is the right investment. A charcoal grill can be brought to a campsite or a park without going to great lengths.

Clean-up

Gas grills generally are easier to clean, and home chefs do not have to wrangle much ash or leftover coals once they're done cooking.



Senior News Line

by Matilda Charles

Breaking the cycle of loneliness

According to an AARP study, one-third of seniors are lonely. Another study revealed that loneliness and social isolation can cause increased mortality. Yet another study talks about cognitive decline and depression.

It can be a vicious cycle: If we're depressed, we don't want to go out, which makes us more socially isolated, which worsens our depression. We might not feel valued, especially if we've recently retired, or we've lost a spouse and therefore our previous social group, or we don't know if we'd be welcome in new places.

There are a number of ways to fight loneliness, but we have to take the steps to break the cycle. It's up to us. The biggest (and sometimes hardest) step is to get out of the house. Just go.

Talk to people while you're out. You never know what doors might open just saying hello to someone.

Start a new hobby, ideally one that involves others.

Get off the computer. Many of us turn to technology and social media, but it's really not a cure for loneliness, which makes us more vulnerable to scams.

Join a group, whether at the senior center or library, ideally a group where people have to talk anyway, such as a reading group. Take a class. Have you tried

tai chi? If you knit or crochet, investigate those "coffee and caps" groups that meet once a week to socialize and make hats and mittens for kids.

Do you dance or sing? Square dancing is energizing, and choirs are uplifting. Volunteering to walk dogs at the humane society accomplishes two things: you interact with others and you train a dog to become a better pet for a potential adopter.

No, you won't become close pals with everyone you meet, but you are likely to develop a few quality relationships. You just need to take the first steps.

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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

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Rev. Gary L. Busch, Pastor
Sunday Worship Service 10AM
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Pastor's Phone (315) 717-9936

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Pastor Wayne Getman
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Phone 845-8730
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Worship Service 9:30 AM

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

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Pastor Donald King
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Morning Worship 11 AM
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September - June

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Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

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Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
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Sunday Mass 9:30 AM

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How to easily maximize coupon savings

Many items, including food and clothing, can strain a budget. As a result, many shoppers make it their mission to save money on their purchases, and coupons can be a great way to do just that.

According to a 2014 survey from the discount coupon site RetailMeNot, 96 percent of respondents regularly use coupons. In fact, Hawk Incentives, another deal resource, found that 40 percent of coupon users feel smarter when taking advantage of a deal.

While there are some people who use coupons periodically, an entirely different type of shopper has mastered the art of maximizing coupon savings. Learning how to follow such shoppers' lead can save consumers substantial sums of money.

- Look for deals in your local newspaper. Begin by perusing newspaper inserts from local papers and match up the circulars to the stores you frequently visit. Pick the best deals you can find for products you actually use. You will

not be saving money if you clip and utilize coupons but end up buying items that you don't need and/or won't use.

- See if you can stack coupons. Some stores will enable you to use both a manufacturer's coupon and a store coupon at the same time. This is called stacking. Shop at stores that allow stacking to get better deals, particularly on food.

- Use discount code sites. Regularly check sites and apps like Retail-

MeNot for codes for favorite retailers. This is easily done before you head to the check-out line. Popular stores frequently run deals, and you may not realize there is a discount even if you're in the store already. Oftentimes codes can be scanned directly from your phone. Other apps and resources enable you to load offers directly to a store rewards card. Investigate these possibilities for more savings.

- Automatically update your shopping cart. When

making purchases online, utilize a plug-in site like Honey, which automatically scans its database of usable discount codes for the retailer you're using. See if there are any applicable codes that can earn you a discount on the spot. If not, Honey will tell you that you have the best price.

- Sign up for mailing lists. While you may not want to inundate your inbox with spam, retailer newsletters and mailing lists will inform you about discounts and sales oth-

ers may not know about. If you're concerned about your email program getting flooded, designate a filter that will group these promotions into a separate folder.

- Keep coupons close. Coupons are only good if they're available for use. Have a holder for print coupons or store digital coupons in a folder on your phone that can be easily accessed.

With these strategies in mind, consumers can increase their coupon savings considerably.

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

Ends July 12

Ephraim Stolfus speaking at Christian Lake Bible Conference, Stratford. Ephraim Stolfus, former Amish, from New Holland, PA will be preaching at 7:30 p.m. For more information call 315.429.3515 or 315.429.3659.

July 13-21

33rd Annual Ilion Days. 2019 Theme is "Clown Around Town". For schedule, entry forms, event listings, vendors and more information visit iliondoodah.com. For general information call 315.894.2308. Look for Ilion Days Facebook page.

July 13, 20 and 27

Pierogi & Golumbki Sale. 9:30 a.m. to 2 p.m. At St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Traditional pierogi sell for \$7 a dozen and fully cooked. Golumbki sell for \$26 a dozen; \$13 a half dozen or three-piece for \$6.50.

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 littlefallscheseefestival.com or like and follow 'Little Falls Cheese Festival' on Facebook and Instagram.

Ilion Village Wide Garage Sales. 9a.m. - 4 p.m. Listings available in front of Municipal Bldg., Morgan St. for \$1 on the day of the event. Ilion residents can get application at iliondoodah.com.

Annual Cornerstone Shop "Hot Dogs on the Green". 11 a.m. - 3 p.m. on the front lawn of the shop 68 Morgan St., Ilion.

July 14

"Agriculture Past to Present" Exhibit presented by the Salisbury Historical Society. Exhibit open every Sunday 1-3 p.m. at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY. Free admission. Take a walk down memory lane.

July 15-19

John Gregory, Grace Christian Fellowship, Bainbridge, NY is guest speaker this week at Christian Lake Bible Conference, 355 Perkins Mill Rd., Stratford. Monday through Friday evening services at 7:30 p.m. For more information call 315.429.3515 or 315.429.3659 or visit christianlakebibleconference.com.

July 18 and 25

Ilion Civic Band announces concert season. All concerts at 7:30 p.m. July 11 at the Central Plaza Gazebo. July 18 during Ilion Days festivities at the Central Plaza Gazebo. And July 25 at the Ilion Marina.

July 17, 24, 31, and Aug. 7, 14

Hyde Hall Ghost Tours. Wednesday nights. Tickets at Hydehall.org.

July 19

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.

July 20

A One Day Bus trip to Niagara Falls on the Canada side. Departing from Clinton and Herkimer. \$60. An enhanced driver's license or passport is required. For more information, call the Herkimer County Historical Society at 315.866.6413.

Breakfast at the Morning Star Methodist Church, 36 Second St., Ilion. 9-11 a.m. following the Ilion Days 5K run/walk. Delicious home-made breakfast. \$5 per person.

Stratford Seniors 5th Annual Craft Fair, Bake Sale, and Basket Raffle. 10 a.m. to 4 p.m. At Stratford Town Hall, 120 Piseco Road, NY. Admission \$1 for more information call 315.360.7582.

July 21

Come Milk a Cow. "Agriculture Past to Present" Exhibit presented by the Salisbury Historical Society. Exhibit is open to the public every Sunday 1-3 p.m. at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY. Free Admission.

The Millers Mills Sundae Run and its finish line treat of homemade vanilla and chocolate ice cream celebrates its 25th anniversary this year. For more information or to register for the race, visit the Millers Mills Grange website at millersmillsny.com or runsignup.com

July 22-26

Speaking at Christian Lake Bible Conference this week is Pastor Ben Wilkerson of Grace Fellowship Baptist Church, Arden, NC. Speaking evenings at 7:30 p.m. and conducting a Bible study at 9 a.m. Tuesday through Friday. For more information call 315.429.3515, 315.429.3659.

July 23

Building Good Habits and Eating Right Lunch n' Learn event. 12 p.m. At VRS, 323 Pine Grove Road, Herkimer. Advance registration is required by July 17. Call 315.219.5700 for more information or to schedule your reservation.

July 28

Grange Hall Historical Presentation of the 129 Years of Service to the Salisbury area. This presentation is in conjunction with the Salisbury Historical Society's Agricultural Exhibit. Presentation will be at the Grange Hall on Sunday 1 p.m. Admission free. Public welcome.

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.

Adirondack Scenic Railroad acquired property for maintenance facility

UTICA — After several years of work by the Adirondack Scenic Railroad along with Plumley Engineering of Syracuse, Oneida County, and the City of Utica to secure the necessary variance and subdivision agreements, the railroad finally acquired the property needed for its maintenance facility.

ASR Board President Bill Branson recently signed the closing document for the ASR to take possession of a parcel of property adjacent to the National Grid property and railroad tracks. This property was part of a larger parcel converted from the Mohawk, Adirondack and Northern Railroad by the Oneida County Development Authority.

With the engineering study and architectural design already completed, the next immediate steps include clearing the land and sending out requests for bids.

Funding for this project is provided in part by grants from the Community Foundation of Herkimer & Oneida Counties and the New York State Department of Transportation. Additional bridge funding was provided by M & T Bank.

The Adirondack Scenic Railroad is operated by the Adirondack Railway Preservation Society and is a not-for-profit 501(c)(3) organization with main offices at 421 Broad Street, Suite 7, Utica.

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Donna's Day: Creative family fun

by Donna Erickson
Photos capture travel memories

Jet-lagged, a friend and I recently bumped into each other at the gym – she just back from France, and me from two weeks in Morocco. I asked her what her trip highlight was and without skipping a beat, she said, “The best was going to Normandy beaches where my dad landed with Allied forces almost 75 years ago on D-Day, June 6, 1944. It was so meaningful for me to be where he was and to photograph the landscape.”

Then she added, “There was a non-highlight too.” Eager to see Leonardo Da Vinci’s “Mona Lisa” at the Louvre Museum in Paris, she walked into the spacious room only to observe throngs of people with their backs to the masterpiece taking selfies.

“A casual regard for the painting and its history, it was as though these tourists were simply checking off a bucket list of photo highlights, rather than being in the moment,” she said.

Unlike previous generations, when tourists would sling a camera around their neck and replace expensive film after only 20 photos were taken, today we pull a phone camera from our pockets and make an easy and free click or two or three. But what do these photos mean to us, and why are we taking them?

As I scroll through and edit my travel photos, my friend’s contrasting experiences in Normandy and at the Louvre got me thinking. What were my intentions

when I took photos in the exotic land of Morocco, filled with bright colors, spices, dramatic landscapes and an interesting mix of cultures?

As your family heads out on summer travels, here some are thoughts on taking photos of people and places, both here and abroad:

- Be in the moment. Don’t let an impulse to take a photo interfere with an opportunity to engage with people you meet and the place you are experiencing.
- Discover the richness of everyday activities of another culture or place, but be aware of customs and respectful of your surroundings. Travel in a spirit of humility. Ask before taking a photo of someone. Re-

spect a “no.”

- If appropriate, show the subjects of your photos the pictures you have just taken of them. Plus, sharing a few family pictures you have on your phone is a personal way to engage with others.
- On a practical note, phones may not run out of film, but the battery may need charging. Carry a portable charger to provide an extra power boost before you arrive at the “must-take picture” scene.
- Enjoy editing and sharing your travel photo story with others back home.

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



Donna Erickson meets the camel she rode for two hours in spectacular Moroccan dunes.

Niagara Falls bus trip

A one day bus trip to Niagara Falls on the Canada side will take place Saturday, July 20, departing from Clinton and Herkimer. The bus will drop people off at the Table Rock Welcome Centre where you can stand close to the thundering water rushing over the brink of the Horseshoe Falls. There’s plenty to do within walking distance. Niagara’s Fury and Journey Behind the Falls are located within the park as well as gift shops and a food court. The cost is \$60. An enhanced driver’s license or passport is required.

For more information, call the Herkimer County Historical Society at 315.866.6413.

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Herkimer High School news



Scholar athletes at Herkimer High School were honored at the monthly Board Meeting. To become a Scholar Athlete, students must have a 90 or above average while participating in a varsity sport. In addition, the boys and girls track team were recognized for achieving "Team Scholar Athletes," where at least 75% of the team earned a 90+ average.

Photos courtesy of Herkimer High School



(L - R) Scholar Athlete Track Team members Jesse Richard, Melia Couchman, Zach Williams, Spencer Stallman and Evan Maiorano.

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Pennysaver Line Ads

Benefit for Matthew Lewis. July 27th 1pm-7pm 159 Erie Blvd., Canajoharie, NY (Moose Lodge). 50/50, Chinese Auction, Bake sale, food, drinks, music. Donations: \$8.00 Single. \$15.00 Couple. Tickets sold at door or on facebook page. YOU GOT THIS MATTHEW.

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Pool safety starts with prevention

Pools make some backyards the places to be in late spring and throughout summer. Lazy summer afternoons are a lot more enjoyable when they're spent in or alongside a pool, and kids tend to say "I'm bored" with considerably less frequency when a pool is within arm's reach.

Pools are certainly fun, but they're only as fun as they are safe. According to the USA Swimming Foundation, between Memorial Day and Labor Day in 2018, at least 148 children younger than age 15 fatally drowned in swimming pools or spas. While those figures represented a 9 percent decline from the year prior, 148 deaths is still 148 lives lost too early.

Pool safety need not come at the expense of summer fun. In fact, homeowners can employ various preventive measures to reduce the risk of pool-related accidents on their properties.

- Inspect gates around your pool. The International

Code Council®, a member-focused association dedicated to the construction of safe, sustainable, affordable, and resilient structures, advises homeowners to inspect all pedestrian gates in the barrier fences around their pools. Such gates should be self-closing and self-latching, as both features ensure gates are always closed. In addition, the ICC recommends padlocking other gates around the property.

- Remove objects around pedestrian gates. Kids can climb up on chairs, tables, large toys, and other objects left around pool gates to gain access to pools even when their parents aren't looking or even home. Such items should be removed.

- Install a pool alarm. Pool alarms can alert homeowners to accidental or unauthorized entrance into the water. The ICC recommends installing such alarms while noting that they should not be considered a substitute for barrier fences or safety covers.

- Install automatic or manually operated pool covers. Pool covers can effectively prevent access to pools, spas or hot tubs. At the end of each pool session, cover the pool, even during the height of summer when pools are used daily. The minor task of covering the pool is worth the considerably lower risk of accident or injury if pools remain uncovered.



Summer afternoons at the pool can be made much safer by adhering to a few safety tips.



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