

Herkimer County Country Editor

August 9,
2019

Largest Circulation Publication in Herkimer County
Delivered Weekly by the U.S. Postal Service

Volume 9
Number 9

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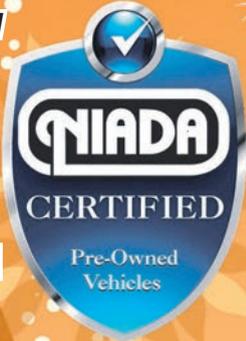
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Heatstroke and kids in cars

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

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

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

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

• **Use reminders.** Keep a toy or large, stuffed animal in your child’s car seat. When you buckle in your child, move the animal/toy to the front seat. It will remind you that a child is in the car seat. Put your briefcase, cell phone or diaper bag in the backseat so you need to open the back door to get it and see that your child is waiting for you. Ask your childcare provider to call you if your child doesn’t show up as expected, especially if there is a change of routine. Set the alarm on your phone as a reminder for drop-off and pick-up times. This is important if your routine changes, or you are tired or overwhelmed. Put a sticky note where you will see it

– on your dash or another spot. Remind yourself where your children are and when to pick up or drop them off.

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

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

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

To learn more on hyperthermia and children in cars, visit the National Highway Traffic Administration website at www.safercar.gov/parents/InandAroundtheCar/heatstroke.htm.

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Many stores employ “loss leaders” during the back-to-school shopping rush. Essentially, loss leaders are products sold at a loss to attract customers into the store. Retailers hope shoppers will be tempted by a “penny deal” or another steep discount and then stick around, ultimately purchasing full-price items.

Shoppers can use loss leaders to their advantage. Those looking to save on school supplies should watch the circulars and commercials for these barely break-even deals and stock up on loss leaders, according to the savvy shoppers at The Crazy Coupon Lady. This may require shopping for supplies over the course of a few days, as stores may feature different loss leaders during the week. By doing so, at the end of the week, shoppers may end up with much of their school supplies at quite the discount.

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

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5th Annual Herkimer Diamond Gem Show & Festival

by Rachael Takacs

For the past five years, a diamond-studded affair has taken place in Herkimer. With each year, the event has grown, drawing visitors from all over. From young children learning about geodes to more seasoned gem aficionados, the Herkimer Diamond Gem Show and Festival is a well-loved summer activity for the whole family. This year's show was no exception. Various cuisines were available for snacking, and visitors were given the options to participate in raffles, face painting, geode cracking and even gold panning. However, it was the gems, as well as the many handmade items avail-



Visitor Kali Gates admires some beautiful pieces of fire agate.

Photo by Rachael Takacs

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able to examine and purchase, that took center stage. The many vendors at the gem show and festival were pleased with the attendance. Many have been taking part in the event since its conception and see their fellow merchants as family. One such vendor was Toni Craft, owner of Astral Journeys Center in Albany. Craft has been a regular vendor for the past five years. "It's been wonderful," she exclaimed. "I love this show, and I've done it since the very beginning. I see a lot of people come from Albany and a lot of locals. I love the array. I'm always going around and shopping myself

and seeing all the other crystal people." Also in attendance was Chris Woodbeck, entrepreneur and owner of Mangia Macrina's Wood Fired Pizza. Woodbeck is also a gem show and festival veteran, having attended all five years. Woodbeck stated, "The vibe of the festival is great. Everyone gets along and has a sense of family."

The Herkimer Diamond Gem Show and Festival would not be possible without the dedication of its owners, Billie Jo and Joel Davis. In addition to managing the Herkimer Diamond Mines as well as a campground in St. Johnsville, the Davises are pleased to be able to offer such outlets to eager participants. "The Gem Show and Festival has taken place for five years, but this is our third year at the fairgrounds [the Herkimer County Fairgrounds], where we now call 'home' for our show," explained Billie Jo. "There isn't a committee that puts it on. My husband and I own the show, and our friends Ryan and Erin are our festival coordinators, and that's the only hands in our event. It is just four of us doing the show, but there are another 20 very supportive volunteers/friends/family who worked hard over the two-day weekend."

When asked what inspired the couple to start the show, Billie Jo described their vision. "We've had a few goals for the show. We wanted to expose the Herkimer diamond to the area in a way that wasn't commercialized, so the locals knew the true value of these quartz crystals and the true value of our local miners. The show does that. We also want to give small businesses

a way to have a low-cost show and get their name out there to thousands of attendees. We are very passionate about the Herkimer diamond and the small business."

For more information on the Herkimer Diamond Gem Show and Festival, visit www.facebook.com/herkgemshow or www.herkgemshow.com.

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How students can prepare for a coming sports season

Participation in sports can be an important component of a student's overall school experience. It should come as no surprise that the number of participants in high school sports increased for the 29th consecutive year in 2017-18, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

Students may have various reasons for joining school-sanctioned sports teams, including engaging in physical exercise, boosting their résumés with extracurricular activities and finding shared interests with fellow students. School sports provide this and more.

Of course, participation in scholastic sports first involves signing up for the activity. To ensure they're eligible to participate in scholastic sports, students typically have to follow some key steps.

• **Physical examination:** A doctor will have to provide medical clearance, confirming a student is healthy enough to play. Check with the school athletic director or school nurse regarding the "expiration date" of a physical. Students are often required to get a physical each year, though some might need to get one before each season. Pediatricians and wellness

clinics often get inundated with requests to fill out physical forms prior to sports seasons. Contact physicians well in advance of the start of the season to ensure that the physical can be completed and the forms handed in on time.

• **Health waivers:** Doctors alone are not responsible for giving the okay to participate in sports. Before a child can be deemed eligible, parents often have to fill out a detailed health history for their children, listing any possible allergies or conditions that may affect participation. They also may have to provide a list of current immunizations and eye exam results.

• **Enrollment:** Schools may have different sign-up routes for the various sports seasons. Schools generally offer fall, winter and spring sports. Students may need to sign up on an official list with the athletic director or coach. Other schools may utilize a digital system for enrollments. Schools typically publicize how students can get involved with sports and provide the steps for signing up.

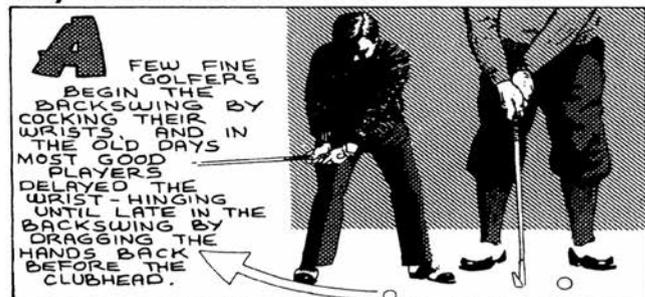
• **Contact with coach:** Once enrolled, students may have to connect with the coach in a predetermined way. Various apps and tools can be used. Email is al-



ways a popular method for contacting the team, but apps like TeamSnap or Remind are other ways coaches may send out blast announcements about practices, meets, games and more.

Sports can be a great way for students to develop mentally, physically and socially. To participate in sports, student-athletes must follow the right steps for enrollment.

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Mon. Aug. 19th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

Mon. Aug. 26th - Normal Monday Sale & Monthly Organic Day.

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. Spent an afternoon in Connecticut with Clarke Woodmansee & Family getting a grand tour of his farm and maybe the best group of cattle I've had the privilege of walking through! We picked out a group of 25 head from his milking herd which are freestall parlor milked and bred heifers all I can say is Wow you'll be impressed!! Sires include Mogul, Awesome, Sid, Saloon, Gold Chain, Crush, Airlift, Doorman plus more. Maternal Lines - Hazel, Hezbolla, Ashlyn, Elegance, Linjet Ginny, Skybuck Lucy, Kite Linda-Red, Roy Jackie!! FOUNDATION CATTLE - COMMERCIAL PRICES. Ethier Acres sending their small herd of 34 Head Registered Ayrshires & Holsteins. 18 Ayrshires 7 milking age, 11 heifers - From VG 88 2yr. olds to EX92 on the cows and all the heifers are from EX90- EX 93 Dams back 5 Generations. 18 Holsteins 10 Milking age, 8 heifers. Hadlock Dairy - Getting to hand pick 20-25 AI sired Grades of their best cows. They will be young, fancy and milking like crazy. RHA 24,479 4.2 1002F SCC 107,000. Fantasy Found - We are selling some of our best fresh cows - watch for the Airlift Sr. 3yr. old with the Hill-Over prefix. Check out the Halo Family at NYS Picnic we have two family members sell- Franchise fresh second time milking 120# with a near perfect udder. An Awesome Gr.Dtr. from EX96 Ashlyns Angel just fresh! Watch for more consignments from Weissman Dairy, Boardwalk Holsteins, Hosking Farm, Osborne Family Farm. We will be accepting additional consignments - call early to get into the advertising.

Watch for 2019 Sales:

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Sat. Oct. 19th - Allegany Steuben Holstein Club Sale

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

**Trucking Assistance - Call the Sale Barn or check out our trucker list on our Web-Site. Call to advertise in any of these sales it makes a difference. Watch website for any last minute updates.

Directions: Hosking Sales LLC 6096 NYS Rt. 8, 30 miles South of Utica & 6 miles North of New Berlin, NY.

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Saturday, August 10, 2019 Starting at 9:00am

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From Johnstown, take 29 W. to County Highway 151 on left.
 From Little Falls, take 167 North to 29 East to County Highway 151 on right.

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 Earl Reiff: 518-568-3562, ext. 5 • Jacob Horst: 315- 867-6835

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Mom's hair is longer. 2. Girl's dress has ruffles. 3. Indoor plant is missing. 4. Door handle is higher. 5. Dress polka dots are black. 6. Fewer stars around boy's head.

King Crossword

ACROSS

- Healthful retreats
- Meadow
- "So be it"
- Hay storage area
- Plant bristle
- Trademarked symbol
- Emanation
- Corral
- Stench
- Third-place medal
- Honolulu's island
- Waste time
- Unexpected victory
- Started
- Nay opposer
- Recording
- Crazed
- Pack away
- Rd.
- One of the Brady Bunch
- Starts
- Jerry Herman musical
- Comic Jay
- Brother of Andrew and Charles
- Reed instrument
- Pal of Wynken and Blynken
- Wings
- Gloomy
- Run-down horse
- Frost
- Connect the —
- Exist
- "Sports-Center" ailer

DOWN

- Thick slice
- Serve tea
- Frizzy hairdo
- Strap hanger
- Boutonniere site
- Ram's mate
- Peeved
- 20-Across greeting
- Vary, as a tone
- Freudian concept
- "Neither snow — ..."
- Pimple
- Toss in
- Grassy plain
- French city
- Some conifers
- Hexagonal state
- Macadamize
- Make absolutely plain
- "Material Girl" singer
- Computer security threat
- Garfield's owner
- Antiquated looks
- Lecherous looks
- Sill
- Muhammad and Laila
- Freeway access
- TV chef Paula
- Peculiar
- Scary cry
- Rowing tool

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Weekly SUDOKU

by Linda Thistle

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

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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BATTER UP! Hidden in the above frame is a famous proverb. You can find it by reading every other letter as you go around it clockwise. The trick is finding the right first letter.

Answer: Starting with the "L" in the left rail: "Little pitchers have big ears."

SIX OF ONE, HALF A DOZEN OF ANOTHER! You have 66 seconds to rearrange the numbers in the square so that the sum of any row, column or the two diagonals shall total 6.

Answer: Top row: 2, 3, 1. Middle row: 1, 2, 3. Bottom row: 3, 1, 2.

1	2	3
1	2	3
1	2	3

Junior Whirl by Charles Barry Townsend

TIME FOR ANGER MANAGEMENT!

Try to keep from blowing your top while identifying these "anger" words. Each one contains the word IRE. Using the following hints, see if you can cool things down in less than five minutes.

- Having dreadful consequences.
- To be stuck in the mud.
- When you're connected to the Internet.
- Part of many churches.
- Loud noisemakers.
- To strive toward an end.
- Seen on summer evenings.
- To have refereed.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

1. ANTE	ION
2. FAT	RICE
3. EDIT	ABLE
4. CAP	KIN
5. DATE	HERS
6. BUMP	LOPE

Answers: Antelope, fathers, edition, caprice, dateable, bumpkin.

Answers: 1. Dire. 2. Mire. 3. Wired. 4. Spire. 5. Sirens. 6. Aspire. 7. Firefly. 8. Umpired.

VP-TECH students see adventurous summer start

HERKIMER – Flying drones and going zip-lining are two ways new Valley Pathways in Technology Early College High School (VP-TECH) students from various Herkimer-Fulton-Hamilton-Otsego BOCES component school districts were able to bond with each other this summer.

VP-TECH student Ariana Ellis, of Central Valley, said the summer bridge program helps students prepare to start their school year together in the autumn. “It’s been fun because we’ve done things that we don’t get to do every day, and we get to know each other and become friends with each other just through

everything we’ve done together this week,” she said. The summer bridge program is a chance for incoming ninth graders to learn about their school, teachers and peers for a few days. The program took place from July 8 - 11 this year.

VP-TECH 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.

This year’s summer bridge program included a special community-based activity each day:

VP-TECH 9



VP-TECH students fly drones outside Herkimer-Fulton-Hamilton-Otsego BOCES on July 10 as part of the VP-TECH summer bridge program.

Photo courtesy of Herkimer BOCES



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Whatchamacallits

Our Whatchamacallit this week sent me on quite a wild goose chase online. You may be thinking, “What’s so hard to find out about a flour sifter?”

I was trying to research R.Z. Smith & Son in Fort Plain, as they are the company advertised on the side of the sifter, which was apparently sold at their feed and implement store.

I did find them listed in the 1939 Fulton and Montgomery Counties farm directory’s list of advertisers. R.Z. Smith & Son offered McCormick-Deering farm machines and implements, feed and silos, International farm machinery and trucks, sales and service.

I also found R.Z. Smith mentioned in a 1913 article in the American Produce Review. That article reported on the expansion of the Fort Plain Milk Company by the purchase of seven factories from the Otsquago Valley Creamery. Smith was president of the Fort Plain Milk Co. at the time.

As an interesting side note, the Otsquago Creek enters the Mohawk River at Fort Plain and is a Mohawk Indian word meaning “under the bridge” or “healing waters,” depending on which spelling is used – Otsquago or Otsquage. Its headwaters are located near Van Hornesville. The creek includes two falls, one of which is named Creamery Falls.



Do you have your own Whatchamacallit?
Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

Valley Residential Services to host open house

HERKIMER – Are you looking for a lifestyle experience? Are you looking to downsize your home, have more time for leisure activities, amenities and a restaurant-style dining atmosphere? If that is your goal, then Valley Residential Services (VRS) is the place for you.

Assisted Living facility in Herkimer County, is welcoming new residents to the enriched housing facility located at 323 Pine Grove Rd., Herkimer. Our new expansion project has added 14 one-bedroom apartments, all large enough for couples, and a fully-staffed wellness and fitness center.

There will be an opportunity for the public to tour the independent living apartments and meet with staff during an open house event on Monday, Aug. 26 from 4 - 6 p.m. at the Pine Grove Road location.

Lisa M. Betrus, president, Valley Health Services and VRS, said the vision for VRS remains to champion quality of

life for all seniors ensuring a comfortable life-enriching experience and assistance with daily needs while promoting dignity, privacy and independence.

For more information or to RSVP to August's open house date, contact Christine Shepardson, director of community life, at 315.219.5700 ext. 3239.

VP-TECH from 8

• Monday, July 8: Jim McCoy, Indium Corporation talent acquisition supervisor, spoke with students about the connections they will make between their experiences in the classroom and workplace opportunities.

• Tuesday, July 9: Students went zip-lining and did a ropes course at Root Farm Adventures in Sauquoit.

• Wednesday, July 10: Jon Ashdown, from Adept Advancements Inc., taught students about drones, practiced with a drone simulator and then tried flying professional drones.

• Thursday, July 11: Students visited A&P Master

Images in Utica, where they made shirts and discussed the quality assurance aspects of the work.

VP-TECH Coordinator Danielle Monahan said the summer bridge program is helpful for the new students.

"It's a nice opportunity for them to meet their new classmates, as they all come obviously from different school districts," she said. "It's like a meet and greet type of thing to get everybody comfortable with each other. We work on a lot of team-building activities, hands-on activities and field trips."

The summer bridge program also included touring the Herkimer BOCES William E. Busacker Complex and the VP-TECH classrooms, learning about the VP-TECH program and Herkimer College quality assurance program, filling out paperwork for College Now courses through Herkimer College and participating in icebreakers to find out more about each other and their teachers.

"They'll be spending the next four to six years with these guys," Monahan said. "It's nice to see the relationships form."

Three older VP-TECH students also attended the summer bridge program to support the efforts and share their personal experiences. They participated in a panel discussion, and the new students were able to ask them questions about what they wanted to know

such as the teachers, the courses and the workload.

"It means more to hear from their peers," Monahan said.

The older students were Marietta Altieri of Herkimer, Leilani Tyson of West Canada Valley and Jaeden Coffey of Frankfort-Schuyler.

Midway through the day students were learning about and trying out drones, Monahan said it seemed to be a positive experience for students. "I think they're getting the hang of it," she said.

Ellis said she enjoyed flying the drones. "They're really cool, and they're really high tech," she said. "It's really cool that we can fly a drone that's a professional drone and not just a plastic one you can buy at Walmart or something."

New VP-TECH student Dominick Hutchins, of Herkimer, said some of his favorite parts of the week were going zip-lining and flying the drones.

Hutchins thought the summer bridge program was helpful for learning how everything works around the school, discovering what activities the students will be doing and becoming more familiar with the other students.

Participating in the summer bridge program will make the transition much smoother for the first day of school in September, he said.

"It's going to be really easy to get into it," he said.

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HEAP VENDOR

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Wednesday, August 14, 2019

at 11 AM

253 Briar Hill Road | Cooperstown, NY 13326

Due to Mr. Tracy's recent passing, his family has asked us to sell all their farm equipment. Most has been shed kept and is ready to work. Bob was a good friend, customer, and a well-respected, local businessman.

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PARTIAL LISTING INCLUDES: CaseIH 7110 Magnum 4wd w/ duals - 4600 original hours, VERY NICE!; IH 1456 w/ cab, front & rear weights, recent paint, very good; IH 1086 4wd 4 post w/ enclosure & full rack of weights (the family's favorite); White 1870 open station; Case 2290 w/ cab; IH 3388 2+2; Case 1490; MF 65 dsl; AC D-14; JD 520; MF 50A dsl loader backhoe; Case 1840 skid steer; Cub Cadet Volunteer utility vehicle; CaseIH 3950 22ft Rock Flex discs; Nice Degelman RR1500 15ft rock rake; Brillion 13ft cultumulcher; IH 720 5x plows; JD 7000 4 row planter; IH 510 drill; Brillion folding drags; 10ft Perfecta; Kuhn FC353GC center pivot discbine; Kuhn GA4120TH rotary rake; Niemeyer 4 star hydraulic fold tedder; NH windrow merger; G6000 Ag Bagger; 3 good Miller Pro 5300 forage wagons; CaseIH 600 forage blower; CaseIH 881 forage harvester; IH 781 forage harvester; JD336 baler; 2 steel & 2 wood kicker wagons; gravity wagon; 30ft elevator; Husky 4000 gallon tank spreader (good condition); Schuler 125 feeder wagon - good condition; Enorossi 3pt sickle bar mower / hyd lift, nearly new; Agri-Metal 3pt bedding chopper; 8ft snow blower; post hole digger; 7ft finish mower; 30ft elevator; tandem axle trailer; Complete milking & pipeline system, plus near new vacuum pump in barn to be removed by buyer; 2 Harvestore Goliath silo unloaders to be removed by buyer; Stationary feed mixer w/ scales; several Harvestore belt conveyors; roller mill; Agway 5 ton grain bin; BOB'S PERSONAL TRUCK - 2001 Ford 7.3 Dually PowerStroke, 6 Speed with 30K original miles from North Dakota last year - SHARP! - sells last subject to family approval.

Be on time - NO small items!

Auction By:



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 Sharon Springs, NY
 Office (518) 284-2090
 Jim (518) 231-8080
 www.macfaddens.com

— King Crossword — — Weekly SUDOKU —

Answers

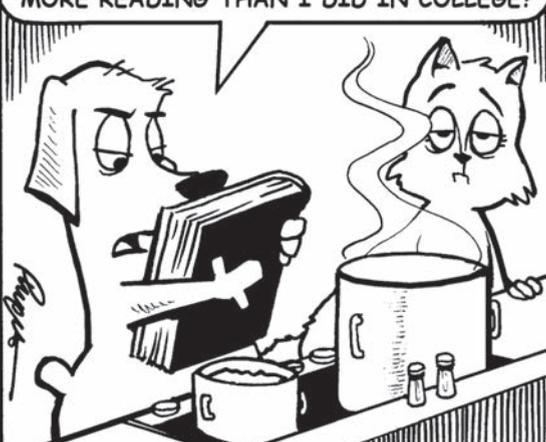
Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps

SO TO MAKE THIS DESSERT FROM YOUR FANCY COOKBOOK IT WILL REQUIRE MORE READING THAN I DID IN COLLEGE?



August Holidays

Aug. 10 –
National S'mores Day

Aug. 12 –
Middle Child's Day

Aug. 13 –
Left Handers' Day

Aug. 15 –
Relaxation Day

Aug. 16
National Tell
A Joke Day

Little Falls celebrates 5th Annual Cheese Festival

by Rachael Takacs

On Saturday, July 13, Little Falls celebrated its 5th annual Cheese Festival. People flocked to Little Falls Main Street to sample cheese, enjoy live music, and taste the mouth-watering culinary delights supplied by the numerous food trucks available. Since its inception in 2015, the Little Falls Cheese Festival's goal has been to commemorate the rich history of local cheese trade, as well as the renaissance of artisan and farmstead cheesemaking in Upstate New York. A wide variety of cheeses are available for sale at each festival, including hard cheeses, fresh cheeses,

bloomy rind/soft-ripened cheeses, and semi-soft cheeses.

The itinerary for the Little Falls Cheese Festival was booming with activities for the young and old alike to enjoy. Such events included vendors, a farmers market, a guided walking tour, a play performed by the Little Falls Theater (LiFT) as well as many talented musicians. A host of performers graced guests and vendors alike with their toe trapping tunes of many different genres including bluegrass, alternative rock, blues, pop, folk-rock, jazz, and experimental Americana.

Manning the Entry and

Info booth were volunteers Judy McDowell and Mike Potter. They were working hard to provide information and brochures to the thousands of guests filtering in that day. Both were thrilled with the turnout and the beautiful weather accompanying the day. "Since 10 o'clock this morning, we've counted over 2,800 people!" Potter stated ecstatically.

Many vendors were

also in attendance that day, and all were very pleased with the crowd of eager shoppers. One such vendor was Heartsease Hill with owners, Sue and Joe Kappler, who produce honey products in addition to their renowned wide variety of meads. Each product they create uses local honey as well as locally grown fruit and other items. Sue went into detail regarding how

successful their day had been. "We had a great day exceeding last year sales and introduced many new people to our product," she explained. "The organizers marketing efforts really paid off and we appreciate the hard work they put into this event."

Also in attendance were volunteers Clark Davis and Chris Cadle who were selling t-shirts to the enthusiastic guests

crowding the streets. Each shirt's design celebrated the Cheese Festival in every sense of the word, displaying a generous hunk of Swiss cheese on each shirt front. "We have had an absolutely wonderful day!" Cadle said excitedly. "The weather has been beautiful and we're doing a really good job selling all these T-shirts!"

CHEESE FESTIVAL 11



Volunteers Judy McDowell and Mike Potter manning the Entry and Info booth.

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 Saturday 9:00am - 5:00pm • Sunday 11:00am - 5:00pm 

CHEESE FESTIVAL from 10

The Little Falls Cheese Festival would not be possible without the amazingly dedicated volunteers and the members of "Team Cheese," the 2019 Little Falls Cheese Festival Committee.

Falls Cheese Festival and the other events Little Falls has to offer, please visit their website at www.littlefallscheesefestival.com/ , or find them on Facebook at www.facebook.com/LittleFallsCheeseFestival .

For more information on the Little



(L-R) Nick Piccininni and Jason Barady from the band Floodwood perform on the very busy Main Street. They graced audiences with bluegrass, fiddle tunes, country, classic rock, and much more.

Photos by Rachael Takacs



(L-R) Volunteers Chris Cadle and Clark Davis proudly display the creative shirts offered for sale.



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Kristen Lenaghan
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or by email at klenaghan@valleyhealthservices.org



Bassett Healthcare Network
Valley Health Services

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Former NBA player attends Dolgeville basketball clinic

by Daniel Baldwin

Former Syracuse University Orange and New York Knicks basketball player John Wallace was in attendance at the

fifth annual Dolgeville Basketball Clinic, which took place at Dolgeville High School July 22 - 26.

Throughout the week, Wallace taught

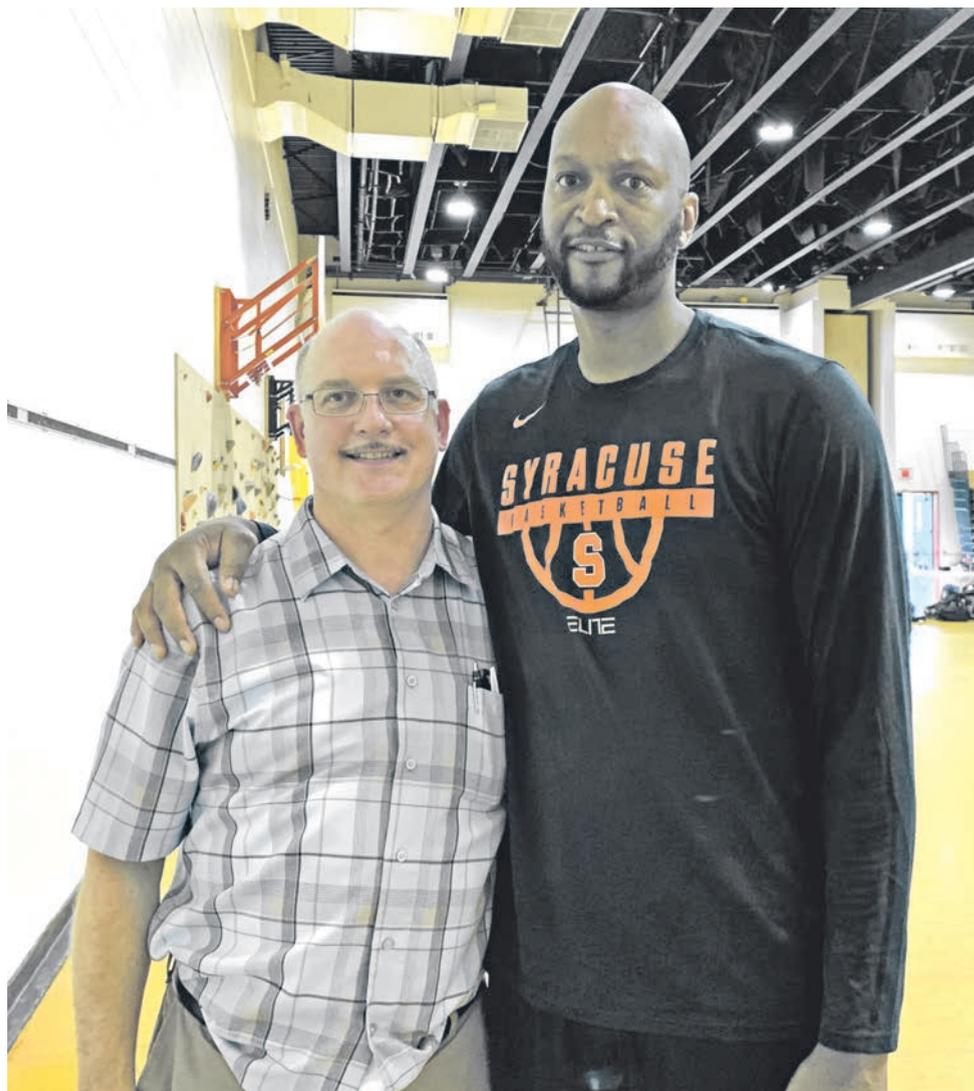
student-athletes how to become better shooters and defenders on the basketball court. But this week-long basketball class was not all about shooting hoops, as Wallace also explained the kids needed to work hard and give 100% effort when it comes to becoming successful basketball players or achieving other dreams.

"The most important thing is work ethic," Wallace said. "The most successful basketball players, business guys, or whatever field you go in are the guys that work the hardest, have the work ethic and don't quit. It's not 'cause you're talented or really good or tall or fast - if you don't want to work, then you can't be successful."

It is not the first year that Wallace attended this clinic, as he has been at this basketball class since it started in 2014.

Gary Farquhar is the vice president of the Gehring Tricot Corp., but he was also the person who started this clinic. Gehring Tricot makes woven and knit fabrics. The company even makes the fabric that Nike uses for their NFL uniforms. Gehring Tricot has been in business for over 70 years, and they have a knitting factory in St. Johnsville and a finishing factory in Dolgeville. But while Farquhar spends most of his time at the two factories, he also takes time to help Dolgeville students find a career path and succeed in the future.

DOLGEVILLE 13



Former NBA player John Wallace (right) and Gehring Tricot Vice President Gary Farquhar helped put the basketball clinic together.

Photos by Daniel Baldwin

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DOLGEVILLE from 12

“A key part of being a company in a small town is that we need employees,” Farquhar said. “We work with the schools and do some career fairs at the schools. These kids are our future. These kids are

going to stay in town, and we need them, so we want them to know that we’re here for them now and we need them to be here for us in the future.”

This basketball clinic is one way Farquhar helps

the students.

“Behind the clinic, we have an opportunity for these kids to learn work ethic from a professional athlete,” Farquhar said, “and we want them to experience that. We use this to get the basketball program back going strong again.”

Farquhar also put together this clinic as a way to thank the Dolgeville and St. Johnsville communities, which have given so much to him and his company, from employees to income.

“Dolgeville and St. Johnsville are very near and dear to Gary’s heart,” Wallace said. “A city and a town have given so much to us – it’s only right that we come back and give back to them in terms of basketball, clinics and all kinds of free stuff that we try to do for him [Gary]. Just trying to put money back into the community that has given us so much.”

Wallace happens to be good friends with Farquhar, and not only has he helped him at this basketball clinic but at his fabric company as well. Following his NBA career, he began working at the company last year.



Dolgeville students had the chance to test and improve their skills on the court and learn from a professional basketball athlete about shooting, defending and work ethic.

“I’m working for Gehring Tricot now,” Wallace said, “but I just started working with Gary in the last year ... It wasn’t just because I was his friend that I’m working for Gehring Tricot. I had to earn their trust, and over the years I finally earned their trust, and I’m one of the staples of the American textile industry. Gary has been with company for over 30 years. He knows the ins

and outs. He started from the bottom, worked his way to the top.”

The number of students attending this clinic has grown throughout the years, according to Farquhar, and the length of the clinic has stretched from three to five days. As far as the classes themselves, all the students at this clinic behaved well, listened carefully and worked hard on the court, according to Wallace.

“It’s just a remarkable thing to get the buzz going up here,” Wallace said. “When we first started, we were trying to

get some traction. It was tough, but Dolgeville – the work ethic and the kids that come here – is a testament to their parents because they’re instilling work ethic in them. I’ve never been around a group of kids that work harder in my life than the kids from Dolgeville. They just come here, and they don’t have an attitude or ego. They just come here to work, and they’re very appreciative of the free clinic and gear. They’re very appreciative, and that’s why we don’t mind doing it every year.”

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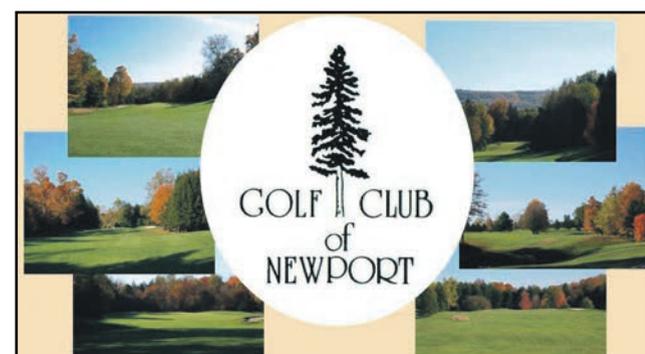
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Make the transition to high school easier

Over the course of an academic career, the average student switches schools three to four times. Elementary school gives way to middle school or junior high. From there, students will transition to high school. If a student chooses to keep their academic journey going after high school, college or trade school awaits.

Adolescence is a transitional period when many students may be learning how to make decisions and taking their first significant steps toward becoming independent adults. That can make the transition from middle school to high school more complicated than previous transitional periods young people experienced.

Several changes take place in high school that can impact students' anxiety levels.

- Students go from being the oldest in middle school to the youngest in high school.
- The student body population typically increases dramatically.
- Curriculum becomes more de-

manding than it was in middle school.

- School hours change, often requiring students to wake up earlier.
- A new school may mean students are funneling in from different feeder schools. Long-time friends may be separated depending on where they ultimately choose to go to high school.

A 2016 survey from the Pew Research Center found that 70 percent of teens say anxiety and depression are a "major problem" among their peers.

To help make high school a positive experience and less likely to induce anxiety, students and their parents can employ these tips.

- Establish a consistent routine. The education resource CollegeVine advises students to build good study habits, create a calm and organized homework environment and focus on studies while keeping distractions at bay.

- Encourage extracurricular activities. Activities outside of the classroom are a great way for stu-

dents to make friends and involve themselves socially with their peers. Such extracurriculars can lead to strong friendships that flourish throughout high school and beyond.

- Buddy up. Just as they might have done upon entering kindergarten, students on the cusp of starting high school can find someone who will be attending the same school and go over schedules and potential meet-up times. They can make plans to sit together at lunch as they both get acclimated to their new environments.

- Attend open houses. Families can tour the campus to get a feel for the layout of their children's school. Ask for a map of the school grounds so students can get an idea of where their schedules will require them to be throughout the course of the day.

The transition to high school is a significant one in the life of a teenager. Families can employ various strategies to make that transition go smoothly.



The transition to high school is a significant one in the life of a teenager.

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Special Peach Pie

Love fresh peaches? You'll enjoy this recipe.

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

2/3 cup nonfat dry milk powder

1 cup unsweetened orange juice

1/2 cup water

2 cups fresh peeled and sliced peaches

1 (6-ounce) purchased graham-cracker pie crust

1 (8-ounce) package fat-free cream cheese

Sugar substitute to equal 2 tablespoons sugar

1 teaspoon vanilla extract

1 cup fat-free whipped topping

1/2 teaspoon ground nutmeg

1. In a large saucepan, combine dry pudding mix, dry milk powder, orange juice and water. Cook over medium heat until mixture thickens and starts to boil, stirring occasionally.

2. Remove from heat. Stir in peaches. Spoon hot mixture into pie crust. Refrigerate for at least 1 hour.

3. In a medium bowl, stir cream cheese with a spoon until soft. Add sugar substitute and vanilla extract. Mix well to combine. Fold in whipped topping. Spread mixture evenly over set peach filling. Lightly sprinkle nutmeg over top. Refrigerate for at least 15 minutes. Cut into 8 servings.

* Each serving: 213 calories, 5g fat, 7g protein, 35g carb., 401mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fruit, 1/2 Meat, 1/2 Fat.

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Students earn Seals of Biliteracy following project presentations

HERKIMER – Six students from Central Valley and West Canada Valley recently became the first students to participate in a world languages capstone project presentation at Herkimer-Fulton-



Hamilton-Otsego BOCES and earn their Seals of Biliteracy through the New York State Education Department. "Along with exemplary marks in ELA and world languages through their

four-year, high school studies, students had to complete a capstone project completed in the world language of their studies," Herkimer BOCES Coordinator of Instructional Support Services Jon Griffith said. "Herkimer BOCES supported the project, providing a regional network for staff in world languages throughout the year." The world languages capstone project presentations took place at the Herkimer BOCES William E. Busacker Complex in Herkimer. The students presented their projects to a panel of teachers

who are fluent in the language and judged the projects. This was the final step for the students to earn their Seals of Biliteracy. The following students, who were seniors at the time of the event, received a Seal of Biliteracy: **Central Valley:** Mikayla Comes and Sydney Thomas **West Canada Valley:** Aleeshea Tyson, Nathaniel Marrero, Ryan Soron and Emi Hughes The Seal of Biliteracy acts as standalone recognition along with an alternative pathway for students, Griffith said.

He also said a special thanks goes to the World Language Collaborative Roundtable for providing professional development and direction with the capstone projects. For this year, all six students were studying Spanish as their second language. Other languages – such as Russian – are expected to be added as the program expands, Griffith said. "This is the first year of this event," Griffith said. "Several other districts will have students completing the projects next year, and it is anticipated to grow over the next few years."

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Send your children back to school protected from serious diseases

August is National Immunization Awareness Month. It's a reminder that we all need vaccines throughout our lives. Back-to-school season is here. It's time for parents to gather school supplies and backpacks. It's also the perfect time to make sure your children are up to date on their vaccines.

To celebrate the importance of immunizations for people of all ages and make sure children are protected with all the vaccines they need as they go back to school, Herkimer County Public Health Department is joining with partners nationwide in recognizing August as National Immunization Awareness Month.

"Getting children all of the vaccines recommended by CDC's immunization schedule is one of the most important things parents can do to protect their children from serious diseases," said Herkimer County Public Health. "If you haven't done so already, now is the time to check with your child's doctor to find out what vaccines your child needs."

Vaccines protect against a number of serious and potentially life-threatening diseases. When children are not vaccinated, they are at increased risk for diseases and can also spread diseases to others in their classrooms and community including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer or other health conditions.

On June 13, Gov. Andrew Cuomo signed legislation removing nonmedical exemptions from school vaccination requirements for children to help protect the public from the worst measles outbreak in more than

25 years. The new law no longer allows a religious exemption to the requirement that children be vaccinated against measles and other diseases to attend public, private or parochial school (for students in pre-K through 12th grade) or daycare.

Talk to your child's doctor to find out which vaccines are recommended for them before going back to school.

Parents can find out more about the recommended vaccines at www.cdc.gov/vaccines or www.herkimer-county.org or call Herkimer County Public Health 315.867.1176.

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

Aug 9

Learn N' Play: A Wellness Fair for Kids. 10 a.m. to 1 p.m., Arc Park, 420 E. German Street, Herkimer. Contact: Executive Director, Elyse Enea 315.867.1552 or eenea@herkimercounty.org.

August dates

Golumbki and Pierogi Sale. Fridays: Aug 9, 16, 23 and 30 11 a.m. - 1 p.m. Saturdays: Aug. 10, 17, 24 and 31, 9:30 a.m. - 2 p.m. At St. Mary's Ukrainian Orthodox Church, 324 Moore Ave., Herkimer. Blueberry filled pierogi at \$7 a dozen. Golumbki sell for \$26 a dozen; \$13 a half-dozen or three-piece for \$6.50

Aug 9 and 10

Quality Clothing Sale. 9 a.m. - 2 p.m. Grace Church, 9 East Main St., Mohawk.

Canal Days. 2-8 p.m. Emmanuel Episcopal Church, 594 Albany St., Little Falls. Food, music. Homemade bake sale. Rummage Sale. Raffles.

Aug 9, 10, 11

Salisbury Town Wide Garage Sales. Salisbury Center, NY. 9-5 p.m. Maps located at Country Store, Carols, Covered Bridge Convenience.

Aug. 10

Garden Tractors Pullers Association event. 10 a.m. East Herkimer Sno-Riders Clubhouse. For more information, contact 315.867.3541. Canal Days Celebration.

Blueberry Festival at Fairfield Community Hall Fairfield. Pancake breakfast starts at 8 a.m. until?. Music by Bob Morse band 11 a.m. - 3 p.m. Vendors and raffles. Fra will be raffling a fire pit and chairs. Vendors contact Terri at 315.272.8203. For more info contact r4lin@ntcnet.com.

Aug 11

Salisbury Historical Society

presents "**Agriculture Past to Present**" Exhibit at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY. Explore farm life in the 1800's. Open to the public every Sunday 1 to 3 p.m. Free Admission.

Aug 13

Salisbury Historical Society regular monthly meeting 6:30 p.m. at the Frisbie House, Rt. 29 and 29A, Salisbury Center, NY.

Aug. 12-16

Speaker announced. Pastor Mark Appell, Perth Bible Church, Perth, will be guest speaker at Christian Lake Bible Conference, 355 Perkins Mill, Rd., Stratford, 7:30 p.m. Monday-Friday. Contact 315.429.3515 or christianlakebibconference.com.

Aug 14

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

Aug 18

Agriculture Exhibit at the Salisbury Historical Society Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open 1 to 3 p.m. Free Admission.

Aug 23

Polish Night. Take-outs 4-5 p.m. Friends of German Flatts Town Park, 555 Route 5S, Mohawk, next to Fort Herkimer Church. Serving Polish food including pierogies, kielbasa, kapusta, golomki. Tony's polka band 5-9 p.m. in the pavilion. Free. Inside facility available if it rains. More info: Carol Vercz at 315.866.6791 or pvercz@tweny.rr.com.

Aug 25

Salisbury Historical Society presents "Agriculture Past And Present" Exhibit at the Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open to the public 1 to 3 p.m. Free admission. Take a walk

down memory lane.

Aug. 26

Valley Residential Services Open House. 4-6 p.m. At 323 Pine Grove Road, Herkimer. For more information or to RSVP, contact Christine Shepardson, Director of Community Life, at 315.219.5700 extension 3239.

Aug 28

2019 Rabies Vaccination Clinic 5:30-7 p.m. Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. Register for a clinic at 315.867.1176.

Sept 1

Last day to view "Agriculture Past and Present" Exhibit Presented by Salisbury Historical Society at the Frisbie House, Rt. 29 and Rt. 29A, Salisbury Center, NY. Open 1 to 3 p.m. Free admission.

Sept 7 and 8.

Fort Klock's 46th Annual Craft Fair Saturday, 9 a.m. - 4 p.m., Sunday 10 a.m.-3 p.m. One of the biggest craft fairs in the area with over 100 crafters. Free admission and free parking. For more information visit www.fortklockhistoric.org, call 518.568.7779, email fortklock@gmail.com or find us on Facebook.

Sept 2

Garden Tractors Pullers Association event. 9 a.m. Fonda Fair, Fonda, NY. For more information, contact 315.867.3541.

Sept 19

2019 Rabies Vaccination Clinic 5:30-7 p.m. Cedarville Fire Department, 960 St. Rt. 51, Cedarville. To pre-register for a clinic please call 315.867.1176.

Oct 3

2019 Rabies Vaccination Clinic Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls. To pre-register call 315.867.1176.

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Keep kids safe when mowing the lawn

Warm weather beckons many people outdoors. Perhaps no group of people like being out in the warm sun more than children.

Children should be encouraged to spend time outdoors when the weather allows, as physical activity is one of the hallmarks of a healthy lifestyle. But parents must exercise caution when kids are playing in the yard, especially when the grass is being mowed.

According to the American Academy of Pediatrics, more than 9,000 children in the United States go to the emergency room for lawn mower-related injuries every year. Of the 800 children who are run

over by mowers each year, 600 ultimately require amputations.

Many mower-related injuries occur when children who are too young and/or too weak to operate a mower are asked to do so. The AAP recommends that only children age 12 and older operate push mowers, while riding mowers should only be used by kids 16 and older. No child should use a mower without first being taught how to operate it, and kids should always wear eye protection and close-toed shoes when mowing. In addition, parents should never allow children to ride as passengers while mowing the lawn.

Mower-related injuries are preventable if parents emphasize safety. The following are some tips, courtesy of the AAP, that parents can follow to ensure their kids do not become one of the thousands of children who suffer mower-related injuries in a given year.

- Only use a mower with a control that stops the mower blade from moving if the handle is let go.

- Keep children out of the yard while mowing. Mower blades can shoot rocks, sticks or other common yard debris out in all directions, and these trajectories put kids at risk of injuries to their eyes and other parts of their bodies.

- Scour the yard for toys before mowing. Toys left in the yard can become trajectories if not removed prior to mowing, and chipped toys with sharp edges can pose a threat to kids even after



When mowing their lawns, parents must make safety their utmost priority to ensure kids do not suffer mower-related injuries.

the grass has been cut.

- Exercise caution if going in reverse. The AAP advises against pulling a mower backward or shifting into reverse unless absolutely necessary. If

you must do so, look behind you to make sure no kids are trailing you or are nearby.

- Only mow when there is adequate daylight.
- Periodically inspect

your mower. Periodic inspections of your mower can help you make sure guards, shields, switches and other safety devices are in proper working order.

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The legal resource Find Law says that buying and selling a home can be one of the most significant purchases made in a person's life. Real estate law can be complicated, and all parties involved need to ensure they are protected as they complete transactions and negotiations. That is why it is essential to have a real

estate attorney in one's corner.

A lawyer trained in real estate law will review contracts and other documents like title transfers and deeds. The attorney also handles the closing. Throughout the process, attorneys will provide legal guidance and explain terminology related to the transaction. In case of a dispute, the attorney will also provide legal representation in the courtroom, if needed, or negotiate a resolution on a client's behalf.

Even though a real estate attorney is another expense in the process of purchasing real estate, it is a worthwhile investment for the protection and peace of mind attorneys provide.

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classified@leepub.com**

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 - 1140 Trailers
 - 1147 Trains
 - 1148 Travel
 - 1165 Trees
 - 1170 Truck Parts & Equipment
 - 1180 Trucks
 - 1187 Vacuum
 - 1190 Vegetable
 - 1200 Veterinary
 - 1205 Wanted

Announcements

Announcements

Building Materials/Supplies

Farm Market Items

For Rent

ADVERTISING DEADLINE
FRIDAY • 2:00 PM
(Week Prior to Each Friday Dated Paper)
For as little as \$4.00 - place a classified ad in
The Country Editor
Call Peg at 1-800-836-2888
or 518-673-0111
or email classified@leepub.com

Announcements

Announcements

CALLING ALL CRAFTERS! Join us for the 47th Annual Craft Fair at Fort Klock Sept. 7 & 8. Spaces available. Call Joan at 518-649-2531 or email fortclock@gmail.com for more information.

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

TRIVIA NIGHT Sept. 18, 7 p.m. Join Courtney Llewellyn (Jeopardy alum) at Fort Klock for a fun night of themed trivia. \$8/per person or \$40 for a team of up to six people. Call Joan at 518-649-2531 or email fortclock@gmail.com for more information.

BANNERS: VINYL - Single Sided - Double Sided, various sizes. Free shipping. **Call Lee Newspapers Inc.** at 518-673-0101 or email commercialprint@leepub.com

★ ★ ★ ★ ★
ADVERTISERS
Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM- **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**

KUYAHOORA EASTERN STAR: Bus trip to Nashville's Opryland Country Christmas, December 1-6, 2019. \$1,069 per person double occupancy. Dinner Show featuring Trace Adkins, Dinner Show at Wild Horse Saloon and lots more. Call Gail at 315-867-4365 for more information.

BENEFIT FOR "YOU GOT THIS, MATTHEW" has been canceled on 7/27/19 at the Moose Lodge in Canajoharie. All donations will be returned and please the person you got tickets from for a full refund. Thank you for all your support.

Antiques

ANTIQUES/FINE ART and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

WANTED TO BUY: BEECH-NUT Penny Machines, Wood Sap Buckets, Oak Bookcases, Decorated Crocks & Jugs, Old Paintings, Oak Frames, Old Christmas & Halloween, 1920's Postcards. Tin & Porcelain Signs, Decorative PYREX, Cabinet Cards, Scrapbooks, Holiday Blow Molds, Glass Negatives, Old Costume & Gold Jewelry, Quilts, Farm Primitives, Old Hats & Dresses, Pocket Watches & Knives, Early Comic Books, Railroad Items, Bakelite, Dairy Bottles, Cast Iron Toys, Griswold Pans, Old COKE & PEPSI Soda Signs, Large Thermometers, Civil War Items, Antique Baseball Stuff, Wood Boat & Plane Models, Taxidermy, Needlepoint, Doilies, Cigar Stuff, Hunting, Fishing, Advertising of all sorts. We absolutely DO NOT buy anything with barcodes, says CHINA, or made after 1975. WE WANT OLD STUFF! Free House Calls... Cash Paid... We R Fun! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-1177.

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1995 CHEVY CAMARO convertible, excellent condition, stored during winter, \$3,500 OBO. Must see. Call 315-868-1819

Crafts

FORT KLOCK CRAFT FAIR Sept. 7 & 8 Don't miss our 47th Annual Craft Fair at Fort Klock, one of the biggest craft fairs in the area with over 100 crafters! Free admission and free parking. 7203 Route 5, St. Johnsville Call 518-568-7779 or visit www.fortklockrestoration.org for more information.

Custom Services

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! **FREE SHIPPING** included. Call Lee Newspapers Inc. at 518-673-0101 email commercialprint@leepub.com

Dogs

GERMAN SHEPHERD puppies; mother is a farm dog. First shots and deworming, \$400/OBO. 518-993-5502

Employment Wanted

HELP WITH ODD JOBS: Yard work, housekeeping, garage cleaning, stacking wood, assistance for elderly. Keep an honor student busy this summer. 315-219-9777

Farm Machinery For Sale

1939 9N FORD TRACTOR \$1,250. call: 315-858-1099 cell: 315-360-0143

Farm Market Items

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GRASS FED BEEF: USDA processed. Steaks, burger, roasts, \$4.00-\$7.00 per lb. Little Falls 315-429-9838

BLUEBERRIES: Pick-Your-Own. Opening Monday July 22. 1080 Steuben Hill Rd, Herkimer. Visit our website or call ahead for daily business hours because they fluctuate. Closed Sundays. herkimerblueberries.com 315-867-5735

Apartments for Rent, 1st and 2nd floor 1 bedroom apartments, \$600 per month utilities included, security deposit required, no smoking, no pets, walking distance to all Herkimer shopping areas. 315-868-7540

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Farm Supplies

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LITTLE FALLS APARTMENT: 105 Flint Ave. 3-bedrooms, second floor. No pets. Call anytime in the afternoon. Leave message. Available now. 315-823-3732

VILLAGE OF FRANKFORT: APARTMENTS (2). Second floor- 2 bedrooms each. No pet policies- smoke free. Take a visual tour. www.crossettres.com Applications available. Email: louise@crossettres.com Call: 315-894-8557

APARTMENT FOR RENT: Little Falls, 3 bedroom with stove & refrigerator, utilities separate, \$700 month, \$700 security, available August 1st. No pets. Background check. 315-508-5245, 315-867-9408

MOHAWK: Downstairs apartment, two bedrooms, parking, security deposit, no cats, smoke free, available September 1st. Good location. References, \$550. Call 315-866-0424

For Rent

LITTLE FALLS: Studio, small & large one bedroom apartments available. Newly renovated. Located within 50 yards of grocery shopping, banks, McDonald's & post office. Sewage, water & trash removal included. Rents from \$400 to \$575. 315-823-1200

For Sale

QUALITY CLOTHING SALE: Friday Aug 9th and Sat August 10th 9-2pm Grace Church, 9 East Main St. Mohawk, NY.

RAFFLE TICKETS - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. **SELF-INKING STAMPS:** Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

How to add a bathroom in the basement or garage

(BPT) — It's home improvement season, which means you're probably dreaming of enhancements to make your space more livable and to enhance property value. Adding a bathroom is a great way to do both, but for many people, concrete poses a potential problem.

Want to add a bathroom to your garage? How about in the basement? A bathroom addition means you need proper plumbing, and often in these types of spaces none exists. You have a cold concrete slab and a bit of a dilemma: Do you give up on your bathroom dreams or cut through the concrete to put in the conventional below-floor drainage and piping necessary for a bathroom?

Cutting through concrete is not to be taken lightly. Before you hire a contractor or rent a jackhammer and concrete saw, remember these red flags.

Five reasons to avoid cutting concrete

1. Cutting concrete undermines structural integrity: When you cut a slab you compromise the foundational integrity of the building. You may be able to patch the hole so it's aesthetically appealing, but the floor will not be as solid as it was to begin with. Plus, if your home sits on ground that's less than solid, such as sand, it may settle differently after the cut.

2. Cutting concrete is never perfect: You may need to cut a circle,

square or rectangle into a floor for burying a sewage ejector and its waste-storage basin, but that perfect shape will inevitably crack on the edges and fray outward in unintended directions. Once a stress crack is created, it can extend into the footing or into the walls.

3. Cutting concrete is unpredictable: It is difficult to know the depth of the concrete and whether it sits on rocks or a ledge, as well as if it contains rebar or tension cables. You can cause major damage if you accidentally cut one of those cables, so many professional contractors use an X-ray machine to determine the positioning of the cables, which is an additional cost.

4. Cutting concrete creates leaks and seepage: Once a stress crack is generated, radon and ground-water penetration are major issues, with the latter bringing unwanted moisture and mold problems as well. You don't need a major flood to trigger these hazards. A higher-than-usual water table, because of extended wet weather, could be the culprit.

5. Large amounts of dust: Breaking through concrete generates a large amount of noise and dust. The noise stops when the jackhammers and saws shut down, but the dust doesn't fade as quickly. That's because it is not conventional household dust, but a

thick particulate that gets into the central air system, which means it can be around for a long time if not properly handled.

Consider smart alternatives

Beyond these red flag reasons, cutting concrete can be time-consuming and expensive. The actual expense of cutting concrete depends on the size and complexity of the job, as well as local labor availability and rates. In some parts of the nation, the per-foot rate may be a few hundred dollars; in others, \$1,000 or more.

To add a bathroom but avoid cutting concrete and the associated cost, consider above-floor plumbing technology like Saniflo. Macerating (also called up-flush) plumbing systems can be installed right on top of the existing floor virtually anywhere in your home.

How do macerating sys-



A bathroom addition means you need proper plumbing, and often in basements and garages none exists.

tems work? Waste and water from a toilet, tub or sink are pumped through small-diameter piping, rather than flowing down like conventional plumbing. The up-flush system doesn't store waste like a sewage ejector system; waste and water move out of the house to the septic or sewer system with every flush.

Macerating toilet and plumbing technology can be installed on top of concrete slabs, which means no costly cuts or messy, time-consuming extra

steps. If space is a problem, these bathrooms can also be installed in a closet or the area beneath a stairway. Learn more at <http://go.saniflo.com>.

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

**DOLGEVILLE
NEW HOPE CHRISTIAN FELLOWSHIP**
Pastor Pat Andreoli
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byarty
12 Van Buren St.
Sunday School (All Ages) 10-11 AM
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

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

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

**UNITED LUTHERAN
PRESBYTERIAN PARISH**
26 E. Faville Ave.
Worship 11 AM

**ST. JOSEPH'S ROMAN
CATHOLIC CHURCH**
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
31 N. Helmer Ave.
Phone 429-8338
Mass 9 AM Sun, Mon & Wed

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

**FRANKFORT
OUR LADY QUEEN OF APOSTLES**
414 Frankfort St., Frankfort, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 5:30 pm;
Sunday 9:00 am; Tuesday & Thursday 9:00 am

**HERKIMER
SS PETER and PAUL ORTHODOX CHURCH**
Rev. Thaddeus Franta
305 Main Rd., East Herkimer
Phone 866-3272
Wednesday Vespers 5PM
Saturday Evening Vespers 5 PM
Sunday Divine Liturgy 9:30 AM
Holy Day Liturgy 9:30 AM

TEMPLE BETH JOSEPH
327 N. Prospect St.
Phone 866-4270
Friday 7 PM

ST. FRANCIS de SALES CHURCH
Rev. Mark Cunningham, Pastor
219 N. Bellinger St.
Phone 866-4282
Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

**CHURCH OF SAINTS
ANTHONY and JOSEPH**
Rev. Quy Vo, Pastor
229 S. Main St.
Phone 866-6373
Saturday Vigil Mass 4 PM
Sunday Mass 10 AM

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

OAK RIDGE FREE METHODIST CHURCH
Pastor Chris Schumske
838 W. German St.
Worship Service for adults & children
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with iPraise for the children (K-5th grade)
Phone 866-0575

**UKRAINIAN ORTHODOX CHURCH OF
ST. MARY'S PROTECTRESS**
326 Moore Ave.
Sunday Divine Liturgy 10 AM
Holy Day Liturgy 9 AM
Phone 866-1336

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

**TRINITY EVANGELICAL
LUTHERAN CHURCH**
Rev. Ann Zimmerman, Pastor
Corner of West German & Henry Streets
Phone 866-6474
Sunday Services 8 AM Spoken
Sunday Worship Service
10:30 AM with Music
Bible Studies on Thursday Mornings at 10 AM

THE SALVATION ARMY
Lieutenants John and Lori Wood
429 N. Prospect St.
Phone 866-1240
www.thesalvationarmy.org
Sunday School 10 AM
Morning Worship 11 AM

**HERKIMER
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METHODIST CHURCH
OF HERKIMER AND LITTLE FALLS**
Pastor Joelle Faulk
Prospect St & Park Ave.
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Sunday School 10am during school year

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Branch President Blake Francisco
Gros. Blvd., East Herkimer
Phone 315-866-8095
Priesthood/Relief Society 12:10 PM
Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

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
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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
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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 lfirstpres@gmail.com
www.presbylf.org
Sunday School 9 AM
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
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Thursday of the Month at 6 PM

**NEWPORT
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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
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West Canada Valley
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Mailing Address PO Box 50
Middleville, NY 13406
Phone 315-292-1303
www.kuyahorracc.org
Weekly Service Sunday 10:08 AM

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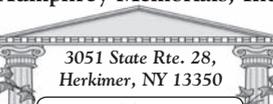
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Poland Student Council earns national recognition

POLAND – The Poland Central School District Student Council recently received 2019 National Gold Council of Excellence Award from National Student Council.

Poland’s Student Council was honored for its “exemplary record of leadership, service and activities that serve to improve the school and community,” according to the National Student Council (NatStuCo).

“Receiving a National Gold Council of Excellence Award reflects the highest

dedication on the part of the school to providing a strong, well-rounded student council program,” said Ann Postlewaite, National Association of Secondary School Principals student programs director. “NatStuCo applauds the work of the National Gold Councils of Excellence and challenges them to continue their leadership and service to their schools and communities.”

To meet the requirements for the National Council of Excellence Award, a student council must meet a variety of

criteria. In addition to basic requirements such as a written constitution, holding meetings and an election process, the councils have demonstrated successful sponsorship and participation in activities such as leadership development and service to the school and community. Councils awarded the gold level of the award have successfully demonstrated the highest levels of leadership.

Poland was one of just seven schools in New York State to receive the honor

this year, said Poland science teacher Kevin Ford, who is co-advisor of the Poland Student Council with Guidance Director Janice Watrous.

NatStuCo provides and promotes professional development and leadership training to student council advisers who, in turn, teach leadership skills to student council members. NatStuCo is dedicated to preparing and empowering student leaders to better serve their schools and communities.



Members of the Poland Central School District Student Council at the New York State Council on Leadership and Student Activities State Leadership Conference in November. The Poland Student Council received a 2019 National Gold Council of Excellence Award from National Student Council.

Photo courtesy of Poland Central School District

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Prepare for thunderstorms, lightning

Are you ready for the next severe thunderstorm? It's important to be prepared and to protect yourself from lightning, wind, hail and other weather issues.

Lightning is the leading cause of injury and death from weather-related hazards, according to Ready.gov, a national public service campaign designed to educate and empower Americans to prepare for emergencies.

Most lightning strike victims survive; however, people struck by lightning often report a vari-

ety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning, can include powerful winds over 50 mph, create hail and cause flash flooding and even tornadoes.

Laurie Gannon, director of claims administration for Virginia Farm Bureau Mutual Insurance Co., said the company frequently receives claims resulting from summer thunderstorms. "The damage we see depends on the type of storm it is."

She said heavy lightning

storms typically result in claims related to livestock deaths, damage to pumps and electronics, and food spoilage due to electricity outages.

"If there is more wind than lightning, we typically receive claims for trees or branches damaging structures, fences or driveways," Gannon explained. "We also see blown-off roofing and siding materials and wind-driven rain damage."

She recommended always unplugging appliances during storms and securing anything

outdoors that could become a missile in the wind, such as trampolines, outdoor furniture and flags.

"Properly maintaining your home by trimming trees, caulking around windows and vents, and securing flashing around windows and dormers also is important," Gannon added.

In most places, storms can occur year-round and at any hour. Many communities have a warning system for which residents can sign up. The national Emergency Alert System

and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts.

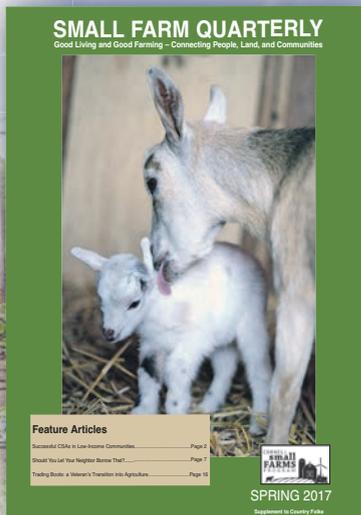
If a thunderstorm warning is issued for your area, seek safe shelter immediately. Move indoors when the thunder starts. A sturdy building is the safest place to be during a thunderstorm.

For more information on how to prepare for thunderstorms and lightning, visit ready.gov/thunderstorms-lightning.

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