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Country Editor

August 23,
2019

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Volume 9
Number 11



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Utica local returns to showcase “Inside Brooklyn” exhibit at Cogar Gallery

HERKIMER – Former central New York resident Kathleen Nathan is returning to her roots, bringing her solo photography exhibit “Inside Brooklyn” to Herkimer College’s Cogar Gallery.

Nathan grew up in Utica, beginning her studies in photography at RIT and Visual Studies Workshop. She received an A.S. from Empire State College and a B.A. from Stockton College in New Jersey. She headed west to continue developing her photography skills, pursuing a Master of Fine Arts degree. She graduated from the Las Vegas University of Nevada with an M.F.A. in 1991.

Nathan has shown her work extensively in both group shows and solo exhibits across the United States for the last 30 years.

“Inside Brooklyn” focuses on the urban landscape viewable out Nathan’s apartment window when she moved to the city in February 2011 from southern California. The pieces explore the nuances of daily life in the city through pictures of nearby windows and brick walls, roof top edges, slices of city skyline and the 34-story Art Deco landmark skyscraper, Williamsburg Savings Bank Tower.

“I was mesmerized by this building, a constant in a continuum of change,” said Nathan. “It was my timepiece, anchor and true north as I learned to navigate my new life in Brooklyn.”

“Inside Brooklyn” will be on display from Tuesday, Aug. 20 - Friday, Oct. 4.

An artist’s reception will be held Friday, Aug. 23 from 5 - 7 p.m. in the Cogar Gallery. The Cogar Gallery is open to the public free of charge Monday - Friday from 8 a.m. - 5 p.m. when the college is open. For more information, visit www.herkimer.edu/cogar.

NYS 2019-20 hunting licenses now on sale DEC call center hours extended to provide assistance on evenings and weekends

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos has announced that sporting licenses and Deer Management Permits (DMPs) for the 2019-20 season are now on sale.

“Each year, hundreds of thousands of New Yorkers and hunters from across the country go afield in our state because they know they will find exciting hunting and trapping opportunities in some of the most beautiful landscape around,” Commissioner Seggos said. “Whether they are searching for a prized buck, a bear, or smaller game, they can find it in New York. Buying a license helps support DEC’s many important conservation efforts and is the first step before heading out next season to safely and responsibly enjoy this great sport.”

Licenses and permits can be purchased at any one of DEC’s license-issuing agents, by telephone at

866.933.2257, or online (leaves DEC website). The new hunting and trapping licenses are valid from Sept. 1, 2019 through Aug. 31, 2020, while annual fishing licenses are valid for 365 days from date of purchase.

New York’s habitat serves a vital role in maintaining healthy and sustainable fish and wildlife resources. DEC encourages all outdoor enthusiasts to consider purchasing a Habitat & Access Stamp each year. Funds from the \$5 Habitat & Access Stamp support projects to conserve habitat and improve public access for fish and wildlife-related activities. This year’s Habitat & Access Stamp features a bull moose. Last year’s Habitat & Access Stamp, which featured a Barred Owl, was the most popular stamp in DEC history, with more than 14,000 sold.

For more information visit www.dec.ny.gov/press/press.html

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Whatchamacallits

I received quite an education recently on egg-laying poultry farming as I looked into our Whatchamacallit for this week. It definitely fell under the TMI category.

What we have here is a “Rudolph’s pick-out shield/patent pending.”

We knew this item was used to protect chickens from being pecked – as fowl can become somewhat cannibalistic under certain circumstances.

From what I’ve read, it could be something similar to a shark feeding frenzy. However, we were focused on the wrong end of the bird. We thought it covered the beak somehow.

I’ll try not to be too graphic, but this device was invented to cover

the “vent” of an egg-laying chicken. That is where the egg comes out. I’ll spare you the details of the need for this item or how it was attached.

However, there seemed to be a dispute between two alleged inventors of the pick-out shield.

In 1937, a decision was made in the U.S. Court of Customs and Patent Appeals which upheld that Maurice L. Rudolph of Vineland, NJ, was not the original inventor of the pick-out shield – John Gawiler of Toppenish, WA, a poultry farmer in the 1920s and ’30s, is the inventor.

Rudolph had not proven by means of substantiation and records that he invented the item first.



Do you have your own Whatchamacallit?

Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145



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Poland 1985 graduate speaks to students during Trout in the Classroom program

POLAND – The annual Trout in the Classroom experience for Poland Central School District students took on extra meaning this past school year when Poland 1985 graduate Lisa Abel visited to tell students how a

program called Casting for Recovery has helped her rehabilitate from breast cancer.

Abel was diagnosed with Stage 3 breast cancer and later was selected to participate in a Casting for Recovery

retreat in 2017. Casting for Recovery helps women diagnosed with breast cancer get through their struggles and teaches them how to fly fish, which uses a casting motion that aids in the recovery process. Abel is now a speaker for Casting for Recovery and travels around to tell others about the program.

“My audience learns you can take a negative circumstance such as breast cancer and turn it around to something positive, such as my advocacy for the Casting for Recovery program,” she said. “If I can impact

POLAND 5



Poland fourth graders prepare to release trout on June 4 into Cold Brook behind the school as part of the Trout in the Classroom program.

Photo courtesy of Herkimer BOCES

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Moments in Time The History Channel

• On Aug. 30, 1776, Gen. George Washington rejects British Gen. William Howe's second letter of reconciliation. Howe had failed to use Washington's title of "general" when addressing the letter.

• On Sept. 1, 1864, renowned Confederate spy Rose O'Neal Greenhow drowns off the North Carolina coast when her craft capsizes while fleeing a Union gunboat. Greenhow was carrying Confederate dispatches and \$2,000 in gold sewn into her underclothes. The weight of the gold pulled her under.

• On Aug. 28, 1917, 10 women suffragists are arrested as they picket the White House to demand that President Woodrow Wilson support a Constitutional amendment guaranteeing women the right to vote. After the jailed women went on a hunger strike and had to be force fed for months, Wilson finally agreed to a suffrage amendment.

• On Aug. 26, 1939, the first televised Major League baseball game is broadcast. Announcer Red Barber called the game between the Cincinnati Reds and the

Brooklyn Dodgers at Ebbets Field in New York. The video coverage was somewhat crude. There were only two stationary camera angles.

• On Aug. 31, 1955, William Cobb of General Motors demonstrates his 15-inch-long "Sunmobile," the world's first solar-powered automobile, at an auto show in Chicago.

• On Aug. 27, 1967, Brian Epstein, manager of the Beatles, is found dead of an accidental drug overdose in his Sussex, England, home. In 1962, Epstein was hired in a deal that gave him 25 percent of the band's gross earnings for five years.

• On Aug. 29, 2004, Brazilian distance runner Vanderlei de Lima is attacked and dragged off the course by a spectator while running the marathon in the Summer Olympics. The spectator was a defrocked Irish priest dressed in orange and green. De Lima, who held a 30-second lead when he was attacked, finished in third place.

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POLAND from 4

just one person during my presentation, then I feel I've done my job. My visit to Poland was special, as I'm a graduate of PCS, and I was really excited to be back at my alma mater."

Abel spoke to students in fourth grade teacher Tracy Graulich's classroom in May, when Trout in the Classroom presenter Gary Bartell visited to teach students how to identify insects that trout eat. Bartell returned to help fourth graders find and identify insects in the Cold Brook stream behind the school and to assist them with releasing trout into the stream.

assist them with releasing trout into the stream.

Mohawk Valley Trout Unlimited puts on the Trout in the Classroom program for about 40 local schools including Poland. Students go through the whole process of raising the trout from eggs to fingerlings and then releasing them into streams.

'My mission'

Abel said Casting for Recovery and the retreat she attended changed her life.

"When I applied to the retreat in 2017, I did so with the intention of finding a way to live beyond my Stage 3 cancer diagnosis and also wanted the opportunity to learn how to fly fish," Abel said. "When I was notified I'd been selected for the 2017 retreat, I was more than excited, but I had no idea how this organization would impact me long-term. Casting for Recovery put me in an environment with other breast cancer survivors who provided me hope to live a long, healthy life."

Abel said she loves the sport of fly fishing, but catching a fish is a bonus to her.

"What I enjoy the most is being in the outdoors, the friendships which have been created as a result of my retreat experience and the volunteer activities related to Casting for Recovery," she said. "I'm giving back to those who gave to me. I've found my passion not only for fly fishing but for helping other women affected by breast cancer, and I want those women to understand you can be a survivor and a thriver after their diagnosis - I'm proof of that thanks to Casting for Recovery."

Abel likes to share her story with students such as those she visited at Poland.

"The topic of cancer is a sensitive subject, and many people shy away from discussing it," she said. "My mission is about the education of a great non-profit

program that helped me heal after a severe illness, and I do that through sharing my personal journey."

Abel said the truth is that cancer is scary and affects so many families. Statistically, one of eight women will be affected by breast cancer in their lifetime, she said.

"I have the privilege of representing Casting for Recovery through my volunteer activities, and by sharing my journey, I feel I'm a positive role model," she said. "It's been a long road but I hope the students understand that a person's mindset has a huge impact on your well-being."

The Casting for Recovery program places women in a natural setting to help them recover beyond the diagnosis and treatment of breast cancer, Abel said.

"I use my personal adventures and experience to shed light on the importance of spending time outdoors and how our natural environment can be a positive healing space," she said.

Trout release

After the visits from Abel and Bartell, the fourth graders continued raising the trout. When Bartell returned, students went into Cold Brook to have an "insect investigation" to make sure the stream was healthy for trout. Bartell aided in educating the students on the types of insects - aquatic as well as terrestrial - that the students could bring back to the tank to feed the trout in their classroom.

In June, students were able to release trout they had been raising since receiving them as eggs in November. Students released trout with partners thanks to help from parents and high school students Logan Cookinham, Shelby Rommel and Ava Malin, former students of Graulich who return each year to help with the release.

"It's really nice to see the students have a love of nature and help out with conservation of the environment around them," Graulich said.

Bartell also appreciated the experience.

"Each year, when I return to Poland school, I enjoy the students and how they are respectful and knowledgeable about the environment and these trout," Bartell said.

Graulich said she hears many of the students refer to the trout release as the "best day ever," and all in all, she would have to agree with them.

"I look at this day as a day without classroom walls," Graulich said. "The students get hands-on experiences that will stay with them for a lifetime."

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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
- CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS (MORMONS)**
Branch President Blake Francisco
Gros. Blvd., East Herkimer
Phone 315-866-8095
Priesthood/Relief Society 12:10 PM
Sunday School 11:20 AM
Sacrament Meeting 10 AM
Family History Center hours by
appointment; please leave a message at
315-866-7189

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
- ANNUNCIATION CHURCH**
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 pm; Sunday
11:00 am; Monday & Wednesday 9:00 am

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

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

**ST. PAUL'S UNITARIAN
UNIVERSALIST CHURCH**
Minister Jeffrey J. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS**
Deacon Jim Bower, Administrator
Rev. T. Healy, Sacramental Minister
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

**LITTLE FALLS
FIRST ASSEMBLY OF GOD**
Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH
512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM
- FIRST PRESBYTERIAN CHURCH**
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email ffirstpres@gmail.com
www.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

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

**MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST**
Pastor Wayne Getman
24 Rte. 29
Phone 845-8730
Sunday School 9:30 AM
Worship Service 9:30 AM

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

**DENNISON CORNERS
COMMUNITY CHURCH**
Pastor Donald King
219 Robinson Rd. • Phone 866-5215
Sunday:
Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
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Morning Worship:
10:30 AM Sept. - June • 9:30 AM July-Aug.
Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

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

**MOHAWK
CHURCH OF THE BLESSED
SACRAMENT**
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM
- CHRISTIAN BIBLE CHURCH**
H. Ed Reed, Pastor/Teacher
167 Ward Rd.
Phone 858-1282
www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

THE WORD CHRISTIAN CENTER
Pastor Gene Kipper
27 E. Main St.
Phone 868-1790
Sunday Services at 10 AM
Intercession - Tuesdays at 7 PM
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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
Pastor Dwayne Durand
West Canada Valley
High School Auditorium
5447 St. Rt. 28
Mailing Address PO Box 50
Middleville, NY 13406
Phone 315-292-1303
www.kuyahorracc.org
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**ST. JOHN THE BAPTIST
CATHOLIC CHURCH**
Rev. Quy Vo, Pastor
St. John the Baptist Parish
7516 N. Main St. • Phone 845-8017
Monday & Wednesday 9 AM
Saturday Vigil Mass 6 PM
Sunday Mass 8 AM

**PAINES HOLLOW
PAINES HOLLOW UNITED METHODIST**
Lay Servant Gregg Sponburgh
Rtes. 167 & 168 • 315-866-1128
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Chow Line:

Food safety & homemade fruit- or vegetable-infused water

Q: I'm planning to add either fresh strawberry or cucumber slices to a pitcher of water to serve with a lunch I'm hosting. Are there any food safety concerns that I need to be aware of when making fruit- or vegetable-infused water?

A: Infusing water with fruits or vegetables is a wonderful, healthy and delicious way to add flavor to water without adding sugar. Not only is infused water a simple way to stay hydrated, but it has also become increasingly popular among consumers who are seeking healthy alternatives to sugary drinks.

However, when preparing fruit- or vegetable-infused water, it's important to keep food safety in mind to prevent the potential of developing a foodborne illness. In fact, you should handle infused water as you would any perishable food,

according to "Infused Water with Ohio Local Foods," a recent Ohioline fact sheet written by Patrice Powers-Barker, an Ohio State University Extension educator.

Because you are adding fresh fruits or vegetables, the infused water is perishable. When serving infused water at a party or on a buffet table, treat it like other perishable foods. Add ice to the water and remember that perishable foods should not be left at room temperature for more than two hours. After two hours at room temperature, the food can enter the "danger zone," a range of temperatures between 40 and 140° F at which bacteria grows most rapidly.

"For food safety, store the infused water in the refrigerator," wrote Powers-Barker. "As in any food or beverage preparation, do not forget to wash hands with soap and water before han-

dling the food, as well as wash all produce with clean running water. Use clean containers and sanitize preparation surfaces before starting."

Also, cut away any damaged or bruised areas on fresh fruits and vegetables, and avoid using any produce that looks rotten, advised the U.S. Food and Drug Administration.

Because fruits and vegetables can sometimes harbor harmful bacteria, rinse all produce under clear running water before preparing or eating it. When washing firm produce such as melons and cucumbers, clean it with a produce brush and pat it dry with a clean cloth towel or paper towel to further reduce bacteria that might be present on the surface, the FDA said.

For example, cantaloupe skin has nooks and crannies that can house dirt

particles. Therefore, give cantaloupes a good rinse and scrub them with a clean brush before cutting through them with a knife. Peeling or cutting unwashed produce can transfer dirt or other contaminants from the surface of the produce to the portion of the fruit or vegetable that you plan to eat or add to your water.

It's important to note, however, that washing the produce will not get rid of all bacteria or viruses. And washing it with soap, detergent or commercial produce washes is no more effective than washing it with water, the FDA said.

Chow Line is a service of the Ohio State University College of Food, Agricultural and Environmental Sciences (CFAES) and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center (OARDC).

2019 Senior Expo set for Aug. 23

The Herkimer County Office for the Aging will hold a 2019 Senior Expo on Friday, Aug. 23 from 10 a.m. - 2 p.m. at the Herkimer VFW, 129 Mohawk St., Herkimer.

Do you want to save over \$100 per month on your Medicare Part B pre-

mium? Come see if you qualify for the Medicare Savings Program, the Low Income Subsidy or other programs that could save you money.

For more information contact Jodi Dyn at 315.867.1124.

Over the age of 60? Are

you a caregiver? Do you need assistance? Come to the Senior Expo to find out what services are available in your community. We will distribute farmers market coupons at the event and we will have many health- and wellness-related activities.

Good Housekeeping

Polynesian Drumsticks

A quick marinade adds a sweet and tangy glaze to grilled skinless drumsticks — a favorite with everyone in the family.

1 can (8 ounces) crushed pineapple in unsweetened pineapple juice

1/4 cup (packed) brown sugar

3 tablespoons soy sauce

1 tablespoon (grated) fresh ginger, peeled

1 clove garlic, crushed with press

12 (about 4 pounds) chicken drumsticks, skin removed

1. In blender, puree pineapple with its juice and remaining ingredients except drumsticks. Spoon 1/2 cup pineapple mixture into large self-sealing plastic bag; reserve remaining pineapple mixture for grilling. Add drumsticks to bag, turning to coat. Let stand at room tem-

perature 15 minutes.

2. Remove drumsticks from bag; discard bag with marinade. Place drumsticks on grill over medium heat and cook 15 minutes, turning over once. Cook drumsticks 10 to 15 minutes longer, or until drumsticks are golden and juices run clear when thickest part is pierced with tip of knife, brushing twice with reserved pineapple mixture and turning occasionally. Serves 4.

* Each serving: About 260 calories, 8g total fat (2g saturated), 123mg cholesterol, 385mg sodium, 8g total carbohydrate, 38g protein.

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

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Richard E. Crim West Winfield

Richard E. Crim, Sr. 70, of Meeting House Road, West Winfield, passed away on Sunday, June 30, 2019 at Valley Health Services, Herkimer where he has been a resident for the last month.

Born in Ilion on November 5, 1948, he was the son of the late Leonard and Norma (Snyder) Crim. He was educated in the Mount Markham schools.

On February 17, 1968, he was united in marriage to his wife of 51 years, the former Marie L. Foley, at Cedarville Community, Cedarville.

Richard was employed by Remington Firearms Company as a Machinist. He retired in 2011 after 41 years.

He is survived by his wife Marie; his two sons Richard E. Crim, Jr. and his wife Violet, Herkimer, Robert Crim, Salisbury NC, two daughters Rhonda Crim, Syracuse, Regina Vriesema and her husband Jeremy, Salisbury NC, three brothers Larry Crim and wife Mary Lou, Utica, Gary Crim, West Exeter, NY, Leo Crim and his wife Linda, Mohawk, three sisters Debbie Izzo and her husband Louie, Ilion, Diane Armstrong and her husband David, West Exeter, NY, Karen Hobert, Monroe NC, along with 14 grandchildren and 11 great grandchildren and several nieces and nephews. Richard was predeceased by three sisters Barbara Hobert, Donna and Nancy Crim.

Relatives and friends may attend a memorial service that will be held on a date and time to be announced from the church that Richard and Marie were married in, the Cedarville Community Church, Cedarville Road, Cedarville, NY.

Arrangements are under the direction of Whiter-Hendrix Funeral Home, Inc., 100 Otsego Street, Ilion, NY 13357.

To leave an online condolence please go to www.whiter-hendrix.com.

315-272-6477

Marie Crim

351 King St.
Herkimer, NY 13350



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For more information please go to www.dfamilk.com/careers to fill out an online application. Questions can be directed to Dave Rothfuss at 800-926-2667 ext. 5419.

top ten

GIRL BABY NAMES



1. Emma
2. Olivia
3. Ava
4. Isabella
5. Sophia
6. Charlotte
7. Mia
8. Amelia
9. Harper
10. Evelyn

*2018
Source:
Social Security

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HEAP VENDOR

Now Here's a Tip

by JoAnn Derson

• "I found some really cool curtain tie-backs on a clearance rack. I bought several and mounted them as hooks (I used an extra anchor), and they work perfectly." — S.L. in Ohio

• Mount a tension bar high up in your closet, and you can use shower hooks to hang pocket-

books and small bags, utilizing the dead space and keeping your bags from getting crushed.

• "Quick outdoor upgrade: Power wash a wood fence or your driveway before summer is over. As the weather cools down, I know I'm spending more time outside. With a pressure wash, your fence will look nice

and clean." — JoAnn

• "Use the clips on a pants hanger to keep curtains closed in a hotel room. This has saved me from getting woken up too early because my room is facing the morning sun." — Y.L. in New Mexico

• Be sure to clean earbuds and phone/table touchscreens regularly —

especially as kids go back to school and face a new group of germs they might not have been exposed to over the summer break.

• Use a Tic-Tac container to store bobby pins or toothpicks for traveling. An Altoids tin makes a good holder for flossers.

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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 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@twcnyc.com.

Senior Expo. 10 a.m. - 2 p.m. Herkimer VFW, 129 Mohawk St., Herkimer, NY. Sponsored by Herkimer County Office for the Aging. For more information contact: Jodi Dyn at 315.867.1124.

August dates

Golumbki and Pierogi Sale. Fridays: Aug. 23 and 30 11 a.m. - 1 p.m. Saturdays: Aug. 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. 24

Herkimer County Family Day at the Farm. 10 a.m. to 3 p.m. At Raycliff Quarter Horse Farm, 795 Snells Bush Road, Little Falls. Free.

7th Annual Family Farm Day. 10 a.m. to 5 p.m. Fifty-five farms around Schoharie, Otsego and Delaware Counties will welcome visitors. Follow the event on Facebook at <https://www.facebook.com/FamilyFarmDay/> and on Instagram at <https://www.instagram.com/familyfarmday/>

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 5

Brook's Chicken Barbecue. 3:30 - 6:30 p.m. Marshville Evangelical Church, Rt. 10 South, Marshville. Take-out only. \$7 per half. Pre-paid tickets try to pick up by 5 p.m. For more information call 518.673.2394

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 14

18th Annual Mohawk Valley Garlic and Herb Festival. 10 a.m. - 5 p.m. Canal Place, Little Falls, NY.

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.

Sept 21

Ladies Day of Encouragement featuring Amy Falke. 8:30 a.m. - 2 p.m. At the Richfield Springs Bible Church, 17 Church St. Free for all Ladies. Coffee and Muffins in morning and lunch provided. RSVP to 315.858.9479 or FACEBOOK Ladies Day of Encouragement.

Sept 28

2019 Mohawk Valley Out of the Darkness Walk to Fight Suicide. At German Flatts Town Park. Check in 10:30 a.m. Walk begins 11:30 a.m. Register at afsp.org/mohawkvalley

Oct 3

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

Nov 2

2019 Rabies Vaccination Clinic. 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. To pre-register for a clinic please call 315.867.1176.

Nov 9-10

43rd Herkimer County Arts & Crafts Fair. Saturday 10 a.m.-5 p.m. and Sunday 10 a.m.-4 p.m. Admission is \$4. Further information can be found at www.herkimer.edu/ac or by calling the Herkimer County College Foundation at 315.866.0300, ext. 8459.

Dec. 1

St. Nicholas visits Fort Klock. 12-3 p.m. Enjoy cookies, hot cocoa and mulled cider with St. Nicholas. 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.

To Your Good Health

by Keith Roach, M.D.

Cholesterol plummets after giving up bread

Dear Dr. Roach: Something's been puzzling me. I'm a 71-year-old female, and my cholesterol tends to hover around the 240 mark. However, I had to give up bread for several weeks due to oral surgery, and my next blood test results showed my cholesterol had plummeted 40 points, to 206. (I actually had them double-check, since I thought they had given me someone else's report!) I asked my doctor about this, but he didn't know of any

reason for it to happen. My husband thinks it may have something to do with the yeast. Do you have any ideas? – R.R.

Answer: No, I don't think it's the yeast; I think it's because you are eating fewer carbohydrates from bread, which get quickly converted to sugar and enters the blood. Sugar has effects on blood cholesterol (especially on triglycerides). Although a 20% drop is higher than the average, it's not out of the expected range.

The other thing that is often forgotten is what

you changed your diet to. If you ate overall fewer calories, you may have lost a few pounds, and sometimes that can have a big beneficial effect on cholesterol. It also may be the case that you ate more fiber from vegetables, nuts and fruits, which in itself can help reduce cholesterol.

It was wise to double-check, because although the lab only rarely makes mistakes, the level in the body does vary a bit. It's possible that the 240 was higher than your average and the 206 was lower. Following the trend helps

prevent those kinds of errors.

Dear Dr. Roach: There is a lot of information about how much one should exercise that doesn't seem to apply to seniors. I am a 76-year-old man in acceptable health for my age. I have never fallen, but my balance has declined some. I walk about 30 leisurely minutes a day, but I wouldn't say any of the walk could be defined as "cardio." When walking on uneven ground, I use a walking stick. I am active in my yard; I mow my lawns and tend vegetable

and flower beds. Is this enough of an exercise regimen? – L.S.

Answer: You are doing a lot better than most people who are 76. The optimal for you depends, because your exercise regimen has to work for your life. I can say that people who exercise a bit more than you do (including some work with weights and some more vigorous exercise to get the heart rate up – that's what defines "cardio") are likely to have a slightly lower risk of many diseases; however, it's very wise to be cautious when

you have a balance issue, even if you have never fallen. Using a walking stick is great if it helps you (many people have written to say that they use one or two sticks to help maintain balance).

What you don't want is an exercise regimen that you won't like to do, because people quickly quit exercising if they aren't enjoying at least some aspect of it. So, keep doing what you are doing: It will help prevent loss of balance, strength and function.

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- ✓ Falls Assessment
- ✓ A Tai Chi Demonstration
- ✓ See if you could qualify for programs that could save you money
- ✓ Last chance to get your Farmers Market Coupons



Herkimer County Office for the Aging & NY Connects Presents:
2019 Senior Expo

Friday, August 23, 2019 - 10AM-2PM

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(NAPS) — Your car doesn't ask for much. It's always there for you, getting you where you need to go. A little extra care in the form of an oil change, tune-up and basic service can be a great gift for the one who keeps you going.

"Don't let your car break your heart by neglecting to take care of it," advised Rich White, executive director of the non-profit Car Care Council. "Being car care aware can add years of useful life to your relationship with your vehicle and keep you from being stranded because of an unexpected breakdown."

The Council recommends a little tender loving auto care.

- Schedule a tune-up annually to optimize your car's performance. A well-tuned engine delivers the best balance of power and fuel economy and produces the lowest level of emissions.

- Change the oil and filter per the owner's manual. Periodic oil and filter changes keep your engine

clean on the inside.

- Check the tire pressure monthly, including the spare. Your car's tires affect its ride, handling, traction and safety.

- Have the alignment checked annually. Potholes and other road conditions, as well as normal wear, can take their toll on your car's steering and suspension. A wheel alignment reduces tire wear, improves fuel economy and handling, and increases driving enjoyment and safety.

- Inspect the windshield wipers and lights on the car. Lights and wipers play a major role in safe driving, and they are normal wear items that need

periodic replacement.

To help make vehicle ownership more enjoyable, economical and convenient so you can keep your relationship with your car on track, the Car Care Council has a free custom service schedule available on its website.

The Council is also the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

For a free copy of the council's popular "Car Care Guide" or for more information, visit www.carcare.org.



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The Kitchen Diva

by Angela Shelf Medearis

Watermelon: Think outside the rind

One of my dearest friends loves all things watermelon. It's always a challenge to think of new ways to serve her favorite melon. Watermelon is a delicious, fresh ingredient that shouldn't be restricted to just fruit platters and buffet tables. Its versatility is astounding. Botanically, a watermelon is a fruit — a ripened ovary of a seed plant and its contents, much like a pepper, pumpkin or tomato.

However, watermelon also is related to the cucurbitaceous plant family of gourds, like cucumber and squash. For this reason, it's also classified as a vegetable, or as it's sometimes called, a "fregetable."

Watermelon is a good source of vitamin C, thiamin

and vitamin B6, vitamin A, magnesium and potassium. It contains no cholesterol and is very low in sodium. This rich red fruit is fat-free and has lots of lycopene, an antioxidant believed to reduce cancer and lower the risk of heart attack. Though there is sugar in watermelons, it is naturally diluted by the high levels of water in the fruit.

Today's watermelon varieties are larger, fleshier and sweeter, the seeds smaller and the rind thinner. Watermelon is perhaps the most refreshing, thirst-quenching fruit of all. It's a perfect snack to serve on hot and humid summer days when we require restoring our body with a lot of fluids.

When using watermelon in your recipes, think outside the rind. Try this retro dessert for Watermelon

Pudding Pie. It's sweetened with watermelon juice and decorated with watermelon balls. It's as easy as pie!

Watermelon Pudding Pie

If you want to save time, purchase a pre-made cookie crumb crust and skip the first four ingredients needed to make a homemade one.

Pie Crust:

2 1/2 cups crumbled crisp gourmet cookies (such as Biscoff) from one (8.8-ounce) package

1/2 teaspoon kosher salt

2 tablespoons granulated sugar, divided

6 tablespoons unsalted butter, melted

Pie Filling:

1 (7 1/2-pound) seedless watermelon

2 tablespoons plus 1 teaspoon cornstarch

2 tablespoons granulated sugar

1/8 teaspoon salt

1 tablespoon lemon zest, plus 1 tablespoon fresh juice (from 1 lemon)

1-2 drops red food coloring gel (optional)

2 cups heavy cream, divided

1 (8 ounce) container mascarpone cheese, divided

1/2 cup plus 1/3 cup powdered sugar, divided

1/2 cup semi-sweet chocolate chips (to look like watermelon seeds), optional

1. If making your own pie crust, heavily coat a 9-inch pie plate with cooking spray; set aside. Place crumbled cookies, salt and granulated sugar in a food processor; process until finely ground, 10 to 15 seconds. Add melted butter; process until mixture is moist and clumps together easily, about 5 seconds. Press crumb mixture evenly on bottom and up sides of greased pie plate. Refrigerate until set, about 30 minutes.

2. Cut part of the watermelon into cubes to equal 3 cups (about 16 ounces). Cover remaining watermelon with plastic wrap and refrigerate until ready to use.

3. Place cubed watermelon in a blender, and process until smooth, about 20 seconds. Pour through a fine wire-mesh strainer into a large measuring cup, pressing gently to squeeze out juice; discard solids. (You should have about 1 1/2 cups of watermelon juice.)

4. Stir together watermelon juice, cornstarch, granulated sugar and the salt in a small saucepan; let stand 5 minutes. Bring to a boil over high heat and cook, whisking often, until cornstarch dissolves, 5 to 6 minutes. Immediately remove watermelon mixture from heat. Let stand, stirring occasionally, until thickened, about 20 minutes. Stir in lemon zest, lemon juice and (if desired) food coloring gel.

5. While watermelon mixture stands, beat 1 cup of the heavy cream and 1/4 cup of the mascarpone with an electric mixer on high speed until soft peaks form, about 50 seconds. Gradually add 1/2 cup of the powdered sugar, beating until stiff peaks form, about 10 seconds. Working in batches, gently fold watermelon mixture and the chocolate chips (if desired) into the whipped cream mixture until smooth and blended. Spoon watermelon mixture into prepared pie plate. Refrigerate until firm, about 2 hours.

6. Scoop out flesh of remaining watermelon with a sharp 1-inch melon baller, making about 10 (1 inch) balls. Cut watermelon balls in half, and place, cut side down, on a plate lined with paper towels; set aside.

7. In a large bowl, gently stir together remaining mascarpone cheese and 1/3 cup powdered sugar until just combined. Beat remaining 1 cup heavy cream in a medium bowl on medium speed until stiff peaks form. Gently fold whipped cream into mascarpone mixture.

8. Dollop mascarpone-whipped cream topping on top of pie, leaving a 1-inch border. Place watermelon-ball halves, cut side down, along edges of whipped cream topping. Serve immediately.

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Paines Hollow United Methodist Church hosts annual Ice Cream & Pie Social

by Rachael Takacs

On July 24, the Paines Hollow United Methodist Church hosted its annual Ice Cream and Pie Social. An event rich in history, the social was packed with hungry guests, eager to get their hands on a slice of mouthwatering pie and a side of ice cream. The selections of pie seemed almost endless, with a wide variety of blueberry, apple, rhubarb and more. Visitors who weren't inclined to have pie could also choose from a vast array of brownies, ice cream and an assortment of beverages.

Greeting guests at the door was church member/volunteer Leigh Hoke Sponburgh. She was grateful to the community for its support. "Every year, I'm surprised at how many people come through," stated Sponburgh. "The community is very supportive." She thanked Stewart's Shops in Ilion for donating the ice cream for the fundraiser.

Also in attendance was church member and long-time organist Pat Tinkler. She was hard at work serving pie along with other church members and could recall when the Ice Cream and Pie Social began in the 1940s. "I was only four," Tinkler reminisced, "and the ladies would come in the after-

noon and churn their own ice cream. It was wonderful!"

In addition to the Ice Cream and Pie Social, the church hosts several other fundraising events throughout the year, including garage sales, spaghetti dinners and socials such as this one. Lay-Pastor Gregg Sponburgh was on hand to explain how the church's fundraising works. The Paines Hollow United Methodist Church donates 10% of their earnings from each fundraiser. The percentage goes into a special fund, which is in turn donated to whichever local or national charity is chosen. These charities include the Salvation Army as well as some local food pantries.

The pastor also shared some interesting local history regarding the name of the church and the town of Paines Hollow. "This church was built in 1840, and Seth Paine came here in 1790 from Connecticut," he explained. "He had two oxen and three to five kids. He found a hollowed out tree and they used it for the stove to cook food. That's why this area is called Paines Hollow."

The Paines Hollow United Methodist Church holds service each Sunday at 9 a.m. They are located at the intersection of Route 167 and 168.



(L - R) Church members/volunteers Linda Jackson, Chris Murphy, organist Pat Tinkler, Mary Harvey and Leita Murphy were some of the many lovely hands behind the beautifully crafted pies and other desserts.

Photo by Rachael Takacs

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Porterhouse Steak with Grilled Salad

- 1/4 cup chili sauce
1/4 cup balsamic vinegar
3/4 teaspoon salt
1 garlic clove, crushed with side of chef's knife
1 beef loin porterhouse steak, 2 inches thick (about 2 1/4 pounds)

Grilled Salad (below)

1. In a pie plate or deep dish, mix chili sauce, vinegar, salt and garlic. Trim all fat from steak; add steak to chili-sauce mixture to coat.
2. Place steak on grill over medium heat and brush with half the chili-sauce mixture remaining in baking dish. Cook steak 20 to 30 minutes for medium-rare or

until of desired doneness, turning steak occasionally and brushing with chili-sauce mixture remaining in dish halfway through grilling. Serve with Grilled Salad if you like. Serves 5.

* Each steak serving: About 315 calories, 39 g protein, 5 g carbohydrate, 15 g fat (6 g saturated), 109 mg cholesterol, 425 mg sodium.

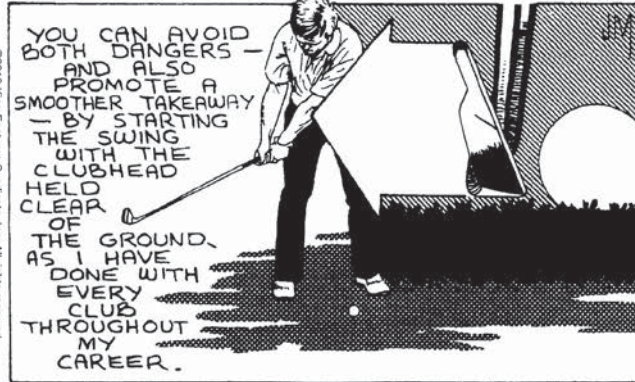
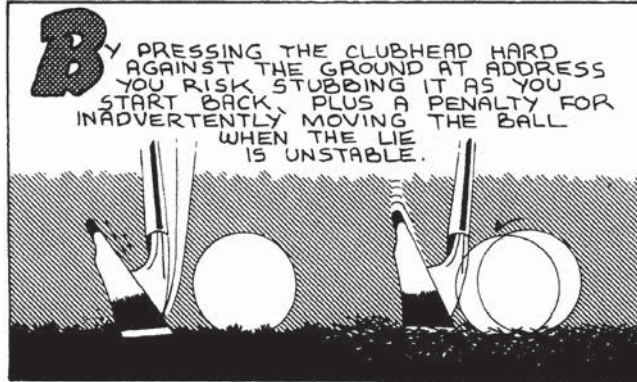
Grilled Salad: About 15 minutes before serving, cut 1 large head radicchio into 6 wedges. Cut each of 3 medium-size heads Belgian endive lengthwise in half. In small bowl, mix 3 tablespoons olive oil, 1 tablespoon chopped fresh rosemary leaves or 1 teaspoon dried rosemary leaves, crushed, and 1/2 teaspoon salt. Place radicchio and endive on grill over medium heat; brush with olive-oil mixture. Cook 5 to 10 minutes, turning them occasionally, until vegetables are tender-crisp.

* Each salad serving: About 85 calories, 1 g protein, 3 g carbohydrate, 8 g fat (1 g saturated), 0 mg cholesterol, 225 mg sodium.

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Luck o' the Irish – The Great American Irish Festival

by Rachael Takacs

For the past several years, the Great American Irish Festival (GAIF) has taken place every summer. With a vast collection of exciting activities and toe-tapping entertainment, the GAIF draws guests from all walks of life. With over 20 different music groups in attendance, the festival offers a wide array of contemporary and more traditional talent, including such ensembles as American Rogues, Young Dubliners, Screaming Orphans, House of Hamill and perennial favorites Enter the Haggis.

Also included in the festival's events were alcohol tastings, skits, Irish dance performances, Highland Games, a bagpipe competition and a 5K race (known as the Ranger Run). "The Dogs of Ireland" was a booth operated by the Central New York Kennel Club. Club member Jean Ryan was on hand with two of her purebred Irish Setters, Jolene and Tessa, to educate visitors about the hundreds-of-years-old breed. "I've been a member of the Irish Setter Club of Western New York and of the Central New York Kennel Club for about 15 years," explained Ryan. "We had a steady stream of visitors at the Dogs of

Ireland all three days. It's always fun to see returning fans, especially children."

Many merchants and food vendors dotted the area as well, selling treats, crafts, T-shirts and other unique goods. Pete Browne, an entrepreneur from the InFamous Welsh Cookie Company, was busy selling customers Welsh cookies. Known by many names, these sweet treats consist primarily of nutmeg and black currants, but may also contain such ingredients as fruit, nuts and chocolate. Browne was having a wonderful time at the festival and has been attending for several years. "I think GAIF has a strong history in the industry, with a consistently great music lineup and some of the best volunteers of any festival," stated Browne.

Many volunteers and committee members devote a lot of their time and energy to make the GAIF happen each year. Susan Evans, a graphic designer and operator of the GAIF social media platforms, is one such person. A member of the committee and marketing team, Evans is busy year-round making every festival memorable. "I started as a vol-

LUCK 15



Andrew MacPhail and Ashley Giles of the American Rogues performed rousing contemporary Irish tunes alongside their bandmates.

Photos by Rachael Takacs

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LUCK from 14

unteer for GAIF I want to say around 2010, 2011," stated Evans, "then was asked to sit on the committee in 2012. I feel very fortunate to be a part of

the GAIF as well as the organization. There are other events we put on, specifically around St. Patrick's Day and much of March, and the Halfway Hooley [in January], which helps cover

parade expenses. It's been a great journey – especially to finally see the outcome of the Irish Cultural Center, which is partly why it all began."

The GAIF is a must for anyone with an apprecia-

tion for Irish culture, music and atmosphere. For more information on the GAIF and the other events organized by the festival committee, visit greatamericanirishfest.com or find them on Facebook.



Jared Conklin participated in the many Highland Games offered during the three-day festival.

Local store manager recognized as a Top Woman in Grocery by Progressive Grocer

Progressive Grocer will pay tribute to the Top Women in Grocery for 2019 that includes 393 women nationwide.

There were six Hannaford associates selected – three store managers and three from the home office – that have been named to the prestigious 2019 Top Women in Grocery list announced this summer by the food industry trade journal Progressive Grocer.

In announcing the list, Progressive Grocer wrote "We welcome them into a growing community of extraordinary women that extends back to 2007, when we first began the program. Over the years, we've seen the number of honorees skyrocket, along with the number and quality of their achievements."

The list is divided into three major categories: senior level executives, store managers and corporate rising stars.


In the store manager group: Cheryl Rondenelli from the Hannaford store on Mohawk Street in Utica was one of the three managers that made the list. Rondenelli is a former Hannaford and global store manager of the year. Rondenelli is known for her exemplary leadership skills, running a full, fresh, aggressively merchandised store and helping every associate understand how they contribute to overall operations. She challenges and teaches her associates to perform at the highest level.

All honorees are invited to attend the Women in Grocery Gala and Celebration in November in Orlando, FL.




Cheryl Rondenelli from the Hannaford store on Mohawk Street in Utica.

Photo courtesy of Hannaford



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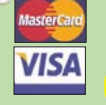

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Water safety

While everyone is enjoying the warm weather, Herkimer County Public Health wants us to enjoy the season safely.

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

Children up to four years old have the highest death rate due to drowning. In most cases, a drowning or near-drowning experience can occur quickly – for instance, when a child falls into a pool or is left alone in the bathtub.

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

Ward advises following these water safety rules:

- Always swim with a “buddy.” Never

swim alone.

- Parents with small children should share supervisory responsibilities with a lifeguard.

- Never leave a child alone near water at the pool, the beach or in the tub. A tragedy can occur in seconds.

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

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

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

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

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

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

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

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

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

Ward said.

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

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

For more information on water safety, call Herkimer County Public Health at 315.867.1176 or visit the New York State Department of Health at tinyurl.com/y6ll89j5.

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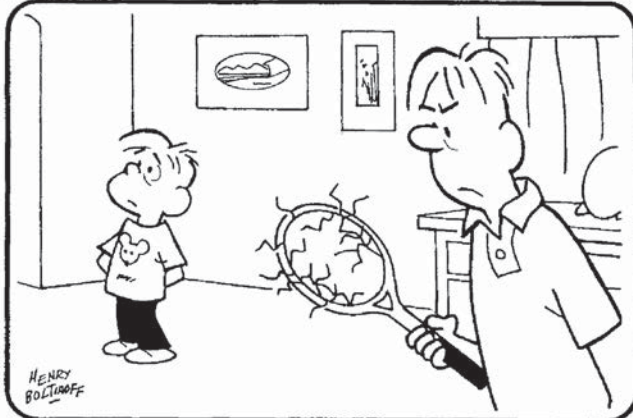
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HOCUS-FOCUS

BY
HENRY BOLTIROFF

Find at least six differences in details between panels.



Differences: 1. Boy's shirt is different. 2. Pictures are rearranged. 3. Button added to man's shirt. 4. Window replaces curtains. 5. Picture on table is missing. 6. Boy is closer to doorway.

Weekly SUDOKU

by Linda Thistle

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

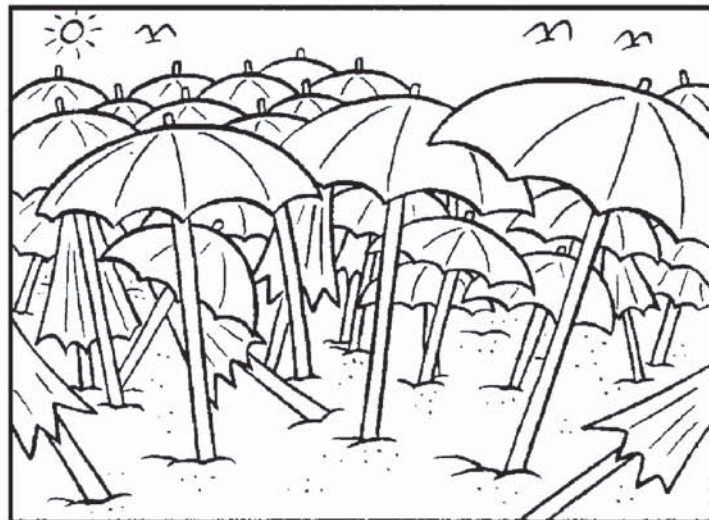
ACROSS

- 1 ABC daytime offering, with "The"
5 Sand hill
9 Letterman's network
12 Con
13 Egg
14 "The Greatest"
15 Proper subject?
16 Obtains
17 Play on words
18 Oklahoma city
19 Felon's flight
20 Dweeb
21 Individual
23 Green, in a sense
25 Pesky pincer insect
28 Worldwide
32 Dentist's directive
33 Presses
34 Giggly sound
36 Outstanding, as debt
37 Tin Man's need
38 Sun, discourse
39 Distort
42 "— been had!"
44 Doctrines
48 Expert
49 "Yeah, right"
50 Speed along

1	2	3	4	5	6	7	8	9	10	11
12					13				14	
15					16				17	
18					19			20		
			21	22		23	24			
25	26	27				28		29	30	31
32						33				
34					35	36				
			37			38				
39	40	41		42	43			44	45	46
48				49				50		
51				52				53		
54				55				56		

- 51 Anger
52 Grand
53 Birthright barterer
54 Blazed a trail
55 Teen hangout
56 "Yesterday," "Today" or "Tomorrow"
7 Eggnog springling
8 Ambulance org.
9 Mob boss
10 Unclear image
11 Go down
20 Ticket-holders' winnings
22 Japanese-Americans
24 "Crazy" singer
25 Small salamander
26 Beer cousin
27 Fish eggs
29 Feathery wrap
30 Blackbird
31 "Acid"
35 Biblical prophet
36 Handy
39 Cry like a banshee
40 Farm fraction
41 Clarinetist's need
43 String instrument
45 Mediocre
46 Complain
47 Overconfident
49 \$ dispenser

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IT'S A SCORCHER AT THE BEACH! At \$5 an umbrella, how much money has this rental stand made today?

Answer: We found 31 umbrellas, for a profit of \$155.

Junior Whirl

by Charles Barry Townsend

R	E	T	P	O	C	I	L	E	H	E	S	Y	Y
R	A	C	T	E	E	R	T	S	N	L	U	G	A
N	O	G	A	W	B	M	G	A	V	C	B	G	C
K	C	T	W	T	R	O	L	L	E	Y	W	U	H
T	A	N	C	B	K	P	I	H	S	C	A	B	T
E	N	Y	I	A	R	E	D	G	N	I	Y	L	F
J	O	K	A	I	R	D	E	G	T	R	A	I	N
S	E	T	A	K	S	T	R	L	O	T	U	A	R



WORLD 'SERIES' NUMBERS! See if you can figure out what the next number is in the series of numbers below.

77, 49, 36, 18... ?

Answer: The next number is 8. Each number in the series is the product of the two digits in the preceding number. (7 x 7 = 49, 4 x 9 = 36, 3 x 6 = 18, 1 x 8 = 8.)

CAN YOU 'DOWN-LOAD' THE WORDS WE'RE LOOKING FOR? Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- Part of a card game.
- Used in power plants.
- What happens to trees.
- When the day begins.

D			
	O		
		W	
			N

GRID A

L			
	O		
		A	
			D

GRID B

- Very heavy metal.
- Great on a hot day.
- Large white bird.
- A magical stick.

Answers: 1. Deal-lead. 2. Coal-coal. 3. Saw-n-swan. 4. Dawn-wand

GETTING FROM HERE TO THERE!

Hidden in the diagram above are 23 ways you can get from HERE to THERE. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the items that you're looking for:

- | | | |
|----------|------------|----------|
| Airplane | Glider | Subway |
| Auto | Helicopter | Tractor |
| Bike | Jet | Train |
| Buggy | Kayak | Tricycle |
| Bus | Moped | Trolley |
| Canoe | Ship | Wagon |
| Cart | Skates | Yacht |
| Flying | Streetcar | |

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20 Air Compressors
25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
600 Health Care/Products
605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
790 Maple Syrup Supplies
805 Miscellaneous
810 Mobile Homes
811 Monuments
812 Multi Media
813 Music
815 Motorcycles
817 Nails
820 Nurseries
910 Plants
950 Real Estate For Sale
955 Real Estate Wanted
960 RVs & Motor Homes
975 Rentals
980 Restaurant Supplies
1040 Services Offered
1075 Snowblowers
1080 Snowmobiles
1096 Sports
1109 Thrift
1140 Trailers
1147 Trains
1148 Travel
1165 Trees
1170 Truck Parts & Equipment
1180 Trucks
1187 Vacuum
1190 Vegetable
1200 Veterinary
1205 Wanted

Announcements

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Announcements

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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 fortklock@gmail.com for more information.

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Gardeners, let's praise the hoe

by Lee Reich, Associated Press

Hopefully, I've caught you in time, before your weeds have grown lusty. I want you to consider the much maligned hoe.

Wait! Don't stop reading. I know hoeing is the activity that (perhaps because they had to do it when they were young) makes too many adults give up gardening altogether. Hoeing was undoubtedly in Charles Dudley Warner's mind when he wrote, over a hundred years ago in "My Summer in the Garden," that what a gardener needs is "a cast-iron back with a hinge in it."

But the bad rap that hoeing has among many people comes from using the wrong hoe in the wrong way at the wrong time. Gasoline- and electric-powered tillers have further eroded the art of the hoe.

In fact, hoeing can be a pleasant activity that does a better job of weed control than a tiller and leaves garden plants in better condition.

Save this one for concrete

The garden hoe that most people have hanging in their garages, and generally do not use, has a heavy rectangular blade that is roughly 6 inches square and is mounted roughly perpendicularly to the handle.

I also own one of these rough hoes, but I do use mine — only for mixing concrete, a job for which this hoe is ideally suited. In the garden, people use this concrete hoe, as I'll call it, with a chopping motion on large weeds. But we all know what happens when you chop the tops off dandelions or thistles: They grow right back and you get an achy back.

Better hoes

To keep the garden weeded and the soil surface loose enough to let rainwater seep in, you want a more delicate hoe. The hoes I have in mind have small, sharp blades that are parallel to the soil surface when you grip the handle in a comfortable, upright stance. These hoes are relative newcomers to the garden scene, and include the scuffle hoe, colinear hoe, diamond hoe and — one of my favorites — the winged weeder.

None of these hoes that I am recommending requires a chopping motion or a cast-iron, hinged back. With blades that are sharp on both sides, these hoes cut through the soil on both the push and the pull strokes. Use

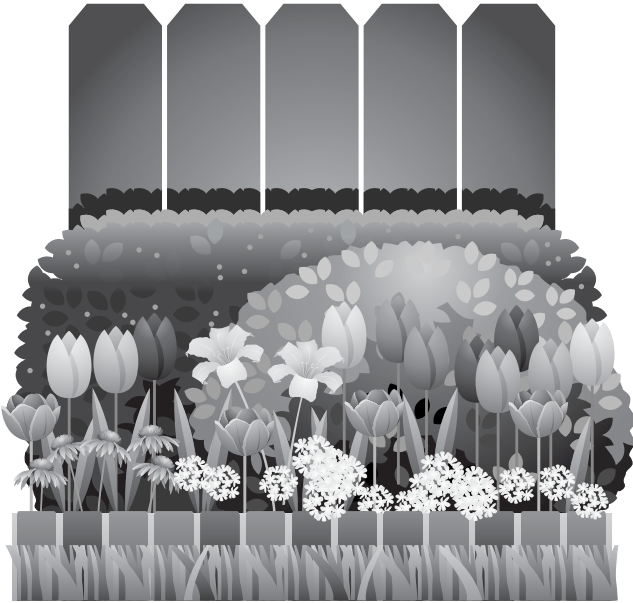
soil that has been weeded by hand or hoed regularly. Under these conditions, the wire weeder is a joy to use; it's like a stroll along your garden paths. Just walk along comfortably dragging the horizontal wire just beneath

You're cutting a slice just below the surface, and doing so with a sharp blade or a wire.

Not disrupting the soil also has future benefits. It leaves the roots of nearby garden plants unscathed. And buried within every soil are myriad dormant weed seeds just waiting to be awakened by light and air, which is what happens when rototilling or vigorous chopping with a concrete hoe brings buried weed seeds to the surface. The hoes I'm recommending hardly disturb the soil.

Timing is important. Any of these dainty hoes could slice the top off a large dandelion plant, but what you're really trying to do is attack young weeds. Small weeds do die when decapitated because their roots have not accumulated food reserves to re-sprout.

But you must hoe before weeds grow too lusty, and keep at it on a regular basis. That said, the activity is quick and pleasant.



them just this way, with the blade a hair beneath the soil surface, as you walk backward as if you were using a sponge mop.

Newer on the scene is the "wire weeder." This one works best in loose

the soil surface. Sprouting weeds that you see and don't see are uprooted to dry in the sun.

Use them correctly

Using these hoes is so easy because you're not moving a lot of soil.



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— King Crossword —

Weekly SUDOKU —

Answers

Answer

Solution time: 24 mins.

V	I	E	W		D	U	N	E		C	B	S		
A	N	T	I		O	V	U	M		A	L	I		
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4	6	3	8	1	7	2	9	5
1	2	7	3	9	5	4	6	8
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8	3	2	4	5	6	7	1	9
6	7	1	2	3	9	5	8	4
2	5	6	7	8	4	9	3	1
3	9	8	5	2	1	6	4	7
7	1	4	9	6	3	8	5	2

Just Like Cats & Dogs by Dave T. Phipps



This week's holidays

August 25 –
National Banana Split Day

August 26 –
National Dog Day

August 29 –
More Herbs, Less Salt Day

August 30 –
Toasted Marshmallow Day

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Slime molds

by Ann Hazelrigg, Extension Plant Pathologist, UVM Plant Diagnostic Clinic

Have you ever noticed something bright yellow or orange on your bark mulch after a rain? You may notice that this blob actually has moved across the mulch over the course of a few days! This is a unique organism called a slime mold. Slime molds are no longer classified as fungi, but instead as a member of the Kingdom Protista (Protocista). Slime molds are not harmful to adults or animals, and you can break them up with a rake if desired.

There are hundreds of different slime molds with a range of colors and

forms, but the bright yellow one we see after rainy weather is in a group called the plasmodial slime molds. This blob or plasmodium, often mistaken for dog vomit, consists of one giant cell that can actually move across the mulch, albeit very slowly.

As it moves, it ingests bacteria and fungi, growing up to a foot or more in diameter. If the weather stays favorable and there is plenty to ingest, the slime mold will produce a reproductive structure that is stalked and filled with spores. As it breaks apart and dries, the spores are released. The thick-walled spores are resistant to adverse conditions and can remain dormant for several



Bright yellow slime molds, which are not harmful to adults or animals, often appear on bark mulch in beds after rainstorms. Photo by Joelle Kraft

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Talking to your car is often distracting

Apple's Siri, Chevy's My Link and others divert attention from driving

SALT LAKE CITY, UTAH – Two new AAA-University of Utah studies show that despite public belief to the contrary, hands-free, voice-controlled automobile infotainment systems can distract drivers, although it is possible to design them to be safer.

"Even though your car may be configured to support social media, texting and phone calls, it doesn't mean it is safe to do so," said University of Utah psychology professor and study leader David Strayer. "The primary task should be driving. Things that take your attention away make you a poor driver and make the roads less safe."

The studies were sponsored by the AAA Foundation for Traffic Safety, an arm of the nonprofit AAA, formerly known as the American Automobile Association.

One new study found that using your voice to make phone calls and tune the radio with Chevrolet's MyLink system distracted drivers the most. Mercedes' COMMAND system, MyFord Touch and Chrysler's UConnect were better, but all diverted attention more than a cell phone conversation. The least distracting system was Toyota's Entune, which took as much attention as listening to a book on tape, followed by Hyundai's Blue Link, which was a bit more distracting, but less than talking with a passenger.

In the other new study, using Apple

iPhone's Siri to send and receive texts, post to Facebook and Twitter and use a calendar was more distracting than any other voice-activated technology – even when it was modified for use as a hands-free, eyes-free device so drivers kept their hands on the wheel and eyes on the road.

AAA and Strayer urge drivers to minimize use of distracting in-vehicle technology. The new studies provide recommendations to automakers to help make future voice-controlled systems so they are "simpler and more accurate" in responding to voice commands, and thus less distracting, Strayer said.

"We are concerned we may be making distraction problems worse by going to voice-activated technology, especially if it's not easy to use," Strayer said. "But the reality is these systems are here to stay. Given that, let's make the technology as safe as possible with the goal of making it no more distracting than listening to the radio."

How the New Studies Were Performed

The studies involved 162 University of Utah students and other volunteers who performed a series of tasks (such as calling, texting, tuning the radio) using various voice-based, interactive technologies while they looked at a computer screen, operated a driving simulator and drove real cars on a loop through Salt Lake City's Avenues district.

In the real cars, drivers were accompanied by at least one researcher responsible for data collection and for safety spotting to prevent them from mishaps such as running stop signs. Video cameras recorded their actions and the road ahead.

The findings follow a AAA-University of Utah study that showed using hands-free devices to talk, text or send email is distracting and risky for motorists.

The earlier study established a five-point scale for measuring driver distractions: 1 represents the mental workload of driving without distraction, while 5 represents severe distraction caused when drivers performed a complex math-and-memorization test.

The 2013 study gave distraction ratings (from least to most distracting) of 1.21 for

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listening to the radio, 1.75 for listening to a book on tape, 2.27 for using a hands-free cell phone, 2.33 for talking with a passenger, 2.45 for using a hand-held cell phone and 3.06 for using a speech-to-text system that recognized commands perfectly to play and compose emails and texts.

Rating Road Distractions

Both of the new studies used the same scale. One new study scored common voice interactions with specific infotainment systems in some of the most common auto

brands on U.S. roads. From least distracting to most distracting:

1.7 for Toyota's Entune
2.2 for Hyundai's Blue Link Telematics System
2.7 for Chrysler's UConnect System

3.0 for the Ford SYNC with MyFord Touch system

3.1 for Mercedes' COM-MAND system

3.7 for Chevrolet's MyLink

The Toyota and Hyundai systems show "these systems can be designed so they aren't very distracting to drivers," Strayer said.

The other new study rated distractions from

eight different ways of interacting with a car by voice command. The ratings, from least to most distracting, were:

1.88 to issue simple voice commands, like turn on heat or tune the radio

2.04 to ask a natural, recorded voice to play emails and texts

2.31 to ask a computerized voice to play emails and texts

2.83 to use an error-free, voice menu system to navigate to destinations

3.06 to ask a computerized voice to play and compose emails and texts

3.09 to ask a natural, recorded voice to play



and compose emails and texts

3.67 to use an error-

prone voice-based menu system to navigate to destinations

4.14 to use Apple's Siri to navigate, send and receive texts, make Facebook and Twitter posts and use the calendar without handling or looking at the phone itself

Strayer's tests of Siri allowed drivers – wearing lapel microphones – to interact with Siri as a researcher in the back seat actually manipulated the phone. "We wanted to focus on mental distraction or workload" so there was no additional distraction from looking at or handling an iPhone, Strayer said. He adds that Apple officials told him Siri learns and gets more accurate over time.

"Some of the most advanced technology, such as Siri, can lead to high levels of distraction when you're trying to drive," Strayer added. "When these systems become more complex, like sending text messages or posting to Facebook, it

pushes the workloads to pretty high levels and may be dangerous while driving."

The research revealed that the more distracting voice-based systems were that way because they were too complex, mentally demanding, difficult to use and often inaccurate at recognizing voice commands.

"It was to the point where drivers [in the experiments] were cursing the systems out, especially the ones that were difficult and wouldn't do what they want," Strayer said. "If you want to buy one of these cars, make sure you can actually use the voice-based technology before you leave the lot. Some of these systems are very difficult to use."

He added, "We need to be smart about how we use this technology. Just because it's there doesn't mean we should use it. In some situations, it can be sufficiently distracting that it can impair road safety."

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