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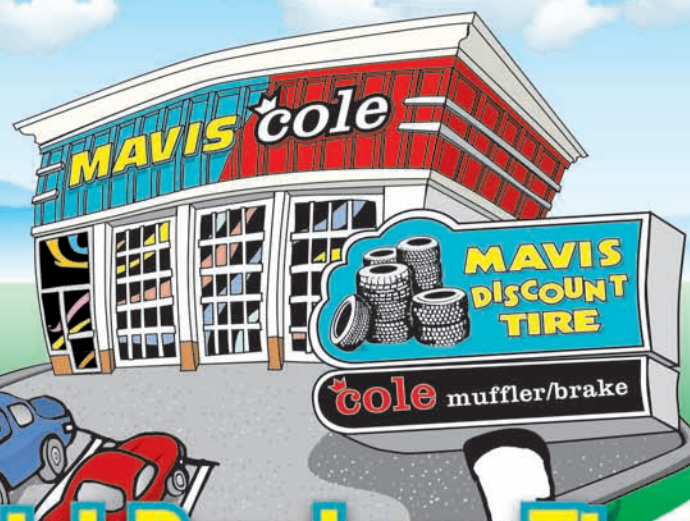
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Get 'hooked' on angling

at Free Family Fishing Day

Free Family Fishing Day is a community-wide opportunity for visitors, particularly children, to fish Rogers Center ponds in Sherburne without holding an otherwise mandatory New York State fishing license.

On June 20, join novice and seasoned anglers for a few rounds of catch and release from 9 a.m. to 1 p.m. Hosted by Friends of Rogers, the day is ideal for beginners eager to learn more about the sport, and for experts to mentor future fishing enthusiasts.

"Back by popular demand for the second year in a row,

Family Fishing Day is a great way for the whole family to enjoy the outdoors together," said Simon Solomon, Friends of Rogers executive director. "Special guests from our local Trout Unlimited Chapter will help visitors get acquainted with the sport, while offering insight into fishing as a hobby."

County Line Outdoors of Earlville is providing bait as well as several youth poles to Friends of Rogers in support of this year's program.

"We are inspired by this generous donation from County Line Outdoors," said Jessica Moquin, Friends

of Rogers development coordinator. "Contributions from local businesses and individuals keep program costs affordable ... and in this case, completely free of charge!"

Rogers Center is operated by Friends of Rogers Environmental Education Center, Inc., a nonprofit organization that offers educational programs for all ages. Seasonal hours are from 10 a.m. to 4:30 p.m. Wednesday through Saturday, and from 11 a.m. to 3 p.m. on Sunday. For more information, call (607) 674-4733 or visit www.FriendsofRogers.org. ■



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Did you know?



Fireflies are often seen lighting up the night sky on warm evenings. They are particularly abundant during the summer months. One reason that fireflies glow is to attract mates. Males will flash, and females will respond to mates they find interesting. Fireflies also may glow to avoid predators. The luciferase enzyme in firefly cells causes a chemical reaction that stimulates light, a phenomenon called bioluminescence. Fireflies are filled with lucibufagins, a poor-tasting chemical that turns off predators from attacking the blinking bug. Some fireflies cannot light up at all and use pheromones to attract mates. Fireflies can be fun to catch and release and also beneficial to have around. In the larval stage, fireflies will eat destructive insects. Adult fireflies may feed on nectar and could help to pollinate plants. Despite their name, fireflies aren't really flies. They actually are a type of beetle. Fireflies are difficult to spot during the day because they're often resting on leaves or plants. It's only at night when their brilliant light show comes alive ■



What Would Your Mother Say???? upgrading is not the answer for nonworking tech

By S.D. Shapiro

*In the fast paced
21st century we've
traded common sense
for
the ability to quickly
look up information
on the internet.
We've forgotten our
manners and civility.
How do we get back
to our roots?
Can we get back?
Food for thought . . .*

I stood at the tech support counter at my local cell phone provider as they took my smart phone into the back. I watched as my phone, like an unresponsive patient was taken away for emergency surgery. The ringer on my phone had stopped working and I hoped they could resuscitate it.

An immeasurable amount of time later and the tech support assistant appeared again. He held my phone gingerly in his hands and I could instantly tell by the look on his face, the same look that television doctors have when their patient has died, that my phone had shuffled off its mortal coil and gone to electronic heaven.

"Naw man, it will cost you more to fix it that it's worth. Just upgrade to the new improved model."

Upgrade. That was what I was waiting to hear. Upgrade really means, in this case, "We cannot fix your problem so let's just get rid of it by replacing it with a newer version."

Upgrades usually work out. "Sorry sir, we were late delivering your plain pizza so we've taken the liberty of upgrading you to a supreme."

Sounds great. But what happens if you do not like pepperoni? Or mushrooms or peppers? The same holds true for technology like smart phones. What happens if you

are happy with your current technology? You trade what you know and like for the convenience of a new item. What happened to fixing things?

In the olden days things were made to be fixed. Watches had gears that could be changed. Now if your watch battery dies you just get a new watch. 50 years ago cars had serviceable parts. Now you just get new "modules" or you upgrade to a new vehicle.

Televisions used to be repairable. If the TV stopped working you would send it out and get it repaired. Nowadays, if your television dies you just upgraded to the newest, high definition screen. It is just easier than repairing a modern flat screen. We have upgraded fixability out of our products.

Another side effect of upgrading, in the case of a smart phone, is the inevitable extension of your contract. Not only will you usually pay for the privilege of fixing whatever is wrong with your phone but you will also most likely shackle yourself to your cell phone provider for another 2 years. If only you could just fix the problem?

I was reminded of the old saying, "A stitch in time saves nine." With upgrading you end up ignoring the stitch in favor of a new device that,

odds are good, will eventually have the problem which instigated the need to upgrade to begin with. It is a never ending cycle of not actually being able to fix a problem. When it comes down to upgrading your electronic problems away you should try to fix the problem first. Stop and think, "What would my mother say?" She would say, "Upgrade? My land line works perfectly. Unless it's raining." ■



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Swamp Drivers 2

by Al Dorantes

It is not very often that you are invited to see someone play guitar on a stainless steel frying pan. That is exactly what happened when Terry Johnson called me to catch up with the Swamp Drivers swamp rock band.

The Swamp Drivers are 4 musicians who make high energy music with their unique homemade instruments. The band consists of: Terry Johnson - on guitar, sax and vocals and of course his 3 string broom, cigar box guitar, and the garden hoe just to name a few homemade instruments. Ted Toscano

- on harp, slide guitar and vocals. Phil Diehl -on drums. Phil plays a full drum kit. Tom Guidera on bass and vocals. Tom is a driving, high energy bass player with amazing vocals.

Terry unpacked his frying pan guitar. Just like he had explained on the phone; it was a Revere wear frying pan. It looked just like the one my mother used to make chicken fricassee. Terry said, "It really rips."

The frying pan guitar was not the only new instrument. Phil Diehl set up a new drum



kit made from Behrens garbage cans. Phil followed Terry's lead and built the drum kit using off the shelf garbage cans. "I finally got on board" Phil said. The 4 piece kit is made out of galvanized garbage cans and the cymbal stands are a broom and mop. Behrens even featured the kit on their website.

Ted Toscano was playing his shovel guitar or Shoveltar. The Shoveltar is a 3 string shovel. What makes this instrument even more unique that its design is the way Ted had to attach the pickups; they are actually above the strings. Ted has racked up views on YouTube rocking out to the song, "Taking Me to Hell."

Not to be left out, Tom Guidera, bass player, was there with a stand up bass that was made out of a broken cello. He picked the cello out of the garbage, gutted it out, and made the stand up bass.

Terry said "We're taking things that should be thrown away and making music with it. Some musicians think that the home made instruments are a gimmick but playing them isn't as easy as it seems."

Tom Guidera added, "The trick is, we know how to play the instruments."

The Swamp Driver's CD, recorded at John Hudson Recording Studio, came out January 1st. The initial run sold out. The second pressing just came in and Terry explained that they sold a bunch of CD's in the UK and Australia. The CD can be purchased at Swamp Driver gigs and though the Swamp Driver's website.



Terry Johnson with his frying pan guitar.

The swamp drivers and their homemade instruments are catching fire. They are playing gigs all over the State all summer. A couple of highlights are: Saturday July 11, New York State Blues Fest in Syracuse, playing the main stage at Saranac Thursday on August 6, playing the Herkimer County Fair on August 22. Each instrument has its own story and it takes the Swamp Drivers longer to tune up than it does to set up. Check out www.theswampdrivers.com and catch the band at a gig near you. ■

Julie Dorantes tries out one of the Swamp Drivers homemade instruments. I think she's a natural!

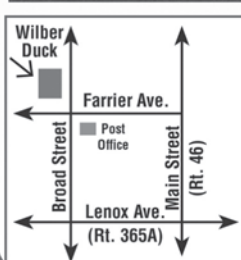


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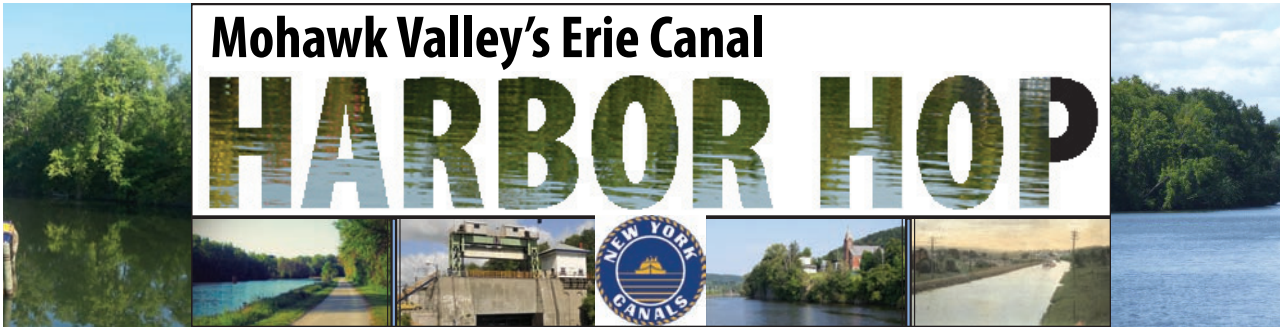
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Erie Canal Cruises

by Al Dorantes

Education and recreation combine with Erie Canal Cruises. Tour boats Lil' Diamond II and Lil' Diamond III are docked at Gems Along the Mohawk, the Official Mohawk Valley Visitor Center. They are directly across from the New York State Thruway Exit 30.

The Erie Canal Cruises actually started in 1975 in far-away Los Angeles, California when Captain Jerry Gertz got his first charter captaining a 53 foot yacht. He eventually moved to Florida where he had 5 boats and 65 employees that provided day trips to tourists. He sold the business and "retired." While cruising "the loop" with his late wife they docked at the wall in Herkimer. Gems Along the Mohawk was just under construction but Captain Jerry saw the potential. He started Erie Canal Cruises with a 36 passenger boat.

Captain Jerry Gertz said, "Our strength is in our narration." The 90 minute ride on the canal and in the historically accurate Lock 18 is fully narrated. Half the trip is a recorded CD and the other half is live commentary from Captain Jerry.

The Erie Canal cruises were a big hit. In 2007 Captain Jerry purchased the Lil' Diamond II and in 2012, Lil' Diamond III, a 2-deck entertainment yacht. was built in Albany. Bus tours in increased to 150 busses per year

Erie Canal Cruises offers



Captain, Jerry Gertz and crew on board Lil' Diamond III.

day trips as well as multi day trips that include excursions to area attractions like the Herkimer Diamond Mines, Fly Creek Cider Mill, Cooperstown's Baseball Hall of Fame, and more.

Friday Night Party Cruises are another option to enjoy the historic waterway with Erie Canal Cruises. Cruise the canal from 7:00pm-9:00pm and enjoy entertainment, dancing, a full cash bar featuring our signature cocktails, along with munchies from the snack bar. Captain Jerry will "Rock the Lock" as you travel through Lock 18! After two hours of non-stop fun and excitement, you will arrive back in Herkimer 9:00pm.

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event. Whether it is your daughter's 16th birthday, graduation, parent's 50th anniversary, or other milestone the professional staff, with 40 years of experience, will provide a unique venue and a complete package of catering and beverages so

you can enjoy a hassle and stress free event. Captain Jerry said, "Promoting Up-state New York is our stock and trade." go to: www.eriecanalcruises.com for more information. ■



Captain, Jerry Gertz bringing Lil' Diamond III through historic Lock #18.

FACTS

In order to open the country west of the Appalachian Mountains to settlers and to offer a cheap and safe way to carry produce to a market, the construction of a canal was proposed as early as 1768. However, those early proposals would connect the Hudson River with Lake Ontario near Oswego. It was not until 1808 that the state legislature funded a survey for a canal that would connect to Lake Erie. Finally, on July 4, 1817, Governor Dewitt Clinton broke ground for the construction of the canal. In those early days, it was often sarcastically referred to as "Clinton's Big Ditch". When finally completed on October 26, 1825, it was the engineering marvel of its day. It included 18 aqueducts to carry the canal over ravines and rivers, and 83 locks, with a rise of 568 feet from the Hudson River to Lake Erie. Cross-section of the original Erie Canal It was 4 feet deep and 40 feet wide, and floated boats carrying 30 tons of freight. A ten foot wide towpath was built along the bank of the canal for the horses and/or mules which pulled the boats and their driver, often a young boy (sometimes referred to by later writers as a "hoggee").

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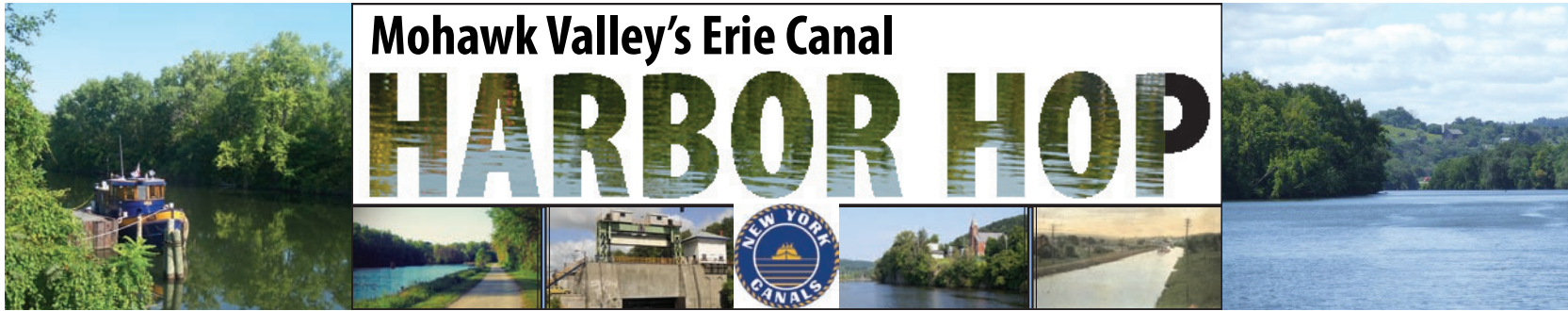
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Ilion Marina and RV Park

by Al Dorantes

Boaters and campers will find the Ilion Marina and RV Park convenient, affordable, and beautiful. Don Sterling, with 12 years as dockmaster, keeps the grounds in tip top shape. An enormous American flag greets campers, boaters, and visitors.

The Ilion Marina has over 500 feet of bulkhead wall for daytime and overnight docking with 25 wet slips and 20 transient slips. Facilities include fresh water, electric, pump out, and wireless services. Diesel and gas are available on site. Docking fees are: for west wall: for boats 34 foot and under: \$600 per season, \$250 per month, \$100 per week. For boats 35 foot and over: \$700 per season, \$300 per month, \$125 per week. Nightly docking costs \$1.00 per foot times the length of boat. Docking at the Ilion Marina includes electricity, water, cable TV, and wireless internet hook ups, and access to showers and laundry room facilities. Docking at the village floating dock: \$350 per season, \$125 per month, \$50 per week, and \$15 per nightly.

Ilion Marina and RV Park has 3 pavilions available for



Boaters stop for gas at the Ilion Marina and RV Park.

community use. The large one can be reserved parties, weddings, and gatherings for \$75. There is a free public boat launch, showers, laundry facility, and a playground for the kids. The Ilion Marina also features Voss's at the Marina. You can get hotdogs, hamburgers, ice-cream and more.

The Ilion Marina and RV Park, like its name indicates,

also offers camping for RV's . There are 16 RV sites with the following affordable prices: \$1750 for the season (6mo), \$500 per month, \$200 per week, and \$40 per day. Ed Sterling from Florida has camped at the RV park for the past 3 years. He said, "I love it here. It's affordable. And Don keeps it clean."

Dockmaster Don Sterling said, "Ilion offers a lot of

bang for the buck." The Ilion Marina and RV Park is convenient and affordable for boaters and campers alike. For more information go to: www.ilionny.com/recreation/index.php?id=408 or call Dockmaster Don Sterling at 315-404-6532 cell or 315-895-7449. ■



Boaters tied up at the bulk head.



Gems Along the Mohawk

by Al Dorantes



Gems Along the Mohawk is the premier visitor center of Upstate New York. If you were wondering what to do in the Mohawk Valley then stop in and experience a different vision of what a visitor center can be. The confluence of transportation; the New York State Thruway, Rts 5 and 28 as well as the canal were a perfect location for this idea. Dr. Renee' Scialdo Shevat brought 70 retail associates that educate consumers about the Mohawk Valley.

Gems Along the Mohawk is home to over 70 retail associates. The retail associates are the legacy of Central New York. The retailers in the store have over 10,000 years of manufacturing experience. From Saranac Brewery to Remington Arms, the Mohawk Valley's heritage is represented at Gems Along the Mohawk. From coffee to camping to the Diamond Dawgs baseball team Gems Along the Mohawk has something for

everyone.

Two of Gems Along the Mohawk's anchor associates are the Waterfront Grille and Erie Canal Cruises. At the Waterfront Grille you will find the flavors of local foods as you dine inside or waterside at the dock while enjoying life on the canal. Speaking of the canal, cruise rain or shine aboard Erie Canal Cruises's weather-protected vessels. The Erie Canal Cruises's ticket booth is located inside Gems along

the Mohawk.

June 18 through 21 will see the 3rd Annual Rock The Canal celebration. Kick off the summer with a weekend full of excitement. Thursday, June 18 is the 2015 Gems of Distinction Awards where Northern Safety, Burrows Paper Corp, Oneida Nation, Howe Caverns, and Fage Yogurt will be honored. Friday, June 19 there are daily sightseeing cruises and from 7-9pm "Prohibition Ends" themed Friday night party cruise on the Lil Diamond III. Saturday, June 20 there will be a book signing from Gems Along the Mohawk's featured writers, music by Carleton Boons and Company in the amphitheater and at 9:30 pm a waterfront fireworks display.

Gems Along the Mohawk is a unique visitor center with something for everybody. Whether you are passing by or a lifelong resident of the Mohawk Valley you will find something new and interesting at Gems Along the Mohawk. For more information go to: www.gemsalongthemohawk.com



FACTS

In order to keep pace with the growing demands of traffic, the Erie Canal was enlarged between 1836 and 1862. The "Enlarged Erie Canal" was 70 feet wide and 7 feet deep, and could handle boats carrying 240 tons. The number of locks was reduced to 72. Most of the remaining traces of the Old Erie Canal are from the Enlarged Erie era.

In 1903, the State again decided to enlarge the canal by the construction of what was termed the "Barge Canal", consisting of the Erie Canal and the three chief branches of the State system -- the Champlain, the Oswego, and the Cayuga and Seneca Canals. The resulting canal was completed in 1918, and is 12 to 14 feet deep, 120 to 200 feet wide, and 363 miles long, from Albany to Buffalo. 57 Locks were built to handle barges carrying up to 3,000 tons of cargo, with lifts of 6 to 40 feet. This is the Erie Canal which today is utilized more often by recreational boats than cargo-carrying barges.

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FACTS

Old Erie Canal State Historic Park, a 36 mile linear park that preserves the remains of the historic Enlarged Erie Canal from DeWitt to Rome.

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Mohawk Valley's Erie Canal

HARBOR HOP



Waterfront Grille

by Al Dorantes



Rocky Fiato, chef and owner with his wife Barb, brings you the finest and freshest food available. Serving lunch and dinner as well as a full, well stocked bar. The Fiato's welcome you.

current location and Rocky and Barb's 39th year in business.

The Waterfront Grille is a family restaurant featuring Italian American cuisine. They can seat 80 in the restaurant in a casual atmosphere. There is room for another 60 guests in the "Herkimer freight building," a hall that can be reserved for groups and events. There is seating for an additional 50 people outside.

The Waterfront Grille offers full service for lunch or dinner as well as a full, well stocked bar. Choose from lunch items like pulled pork or turkey club sandwiches. At dinner time it is seafood and steak that will grab your attention. The Waterfront Grille's dinner menu features dry scallops and all USDA choice and prime meats.

In 1977 Rocky Fiato along with his wife Barb opened Studio 30, a disco and live entertainment venue. In 1998 they began serving food at Studio 30. In 2002 they moved to water-

front and renamed, the Waterfront Grille. In the same year they partnered with Jerry Gertz to provide dining options to tour groups. November 2015 will mark 14 years at the

Mohawk Valley's Erie Canal Harbor Hop

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The Waterfront Grille is truly a gem along the Mohawk. Call on Rocky and Barb to learn what Mohawk Valley hospitality is all about. For more information go to: www.waterfrontgrille.net

Illinois man backs SUV through garage door

a longtime wish checked off his bucket list

WOODSTOCK, Ill. (AP) — A suburban Chicago man who says he always wanted to know what it is like to smash through a garage door now knows the feeling.

Ninety-one-year-old Walter Thomas of Woodstock was able to slam an SUV through a garage door with his family's help.

The garage was slated to be torn down, so Thomas' action was of no consequence. The SUV was donated. It was then up to Thomas to back it through the garage door and check that activity off his bucket list.

Thomas described what he did this way: "I hit the gas, squealed the tires and bang — we went through the door."

Thomas says he doesn't know what he could do to top that. ■



Bostwick Liquors

by Al Dorantes



Donald P. Bostwick first opened his store in 1933.

Located at 137 West Dominick Street in Rome, NY Bostwick Liquors is a liquor store with its roots planted firmly in the tradition of the past. Since 1933 Bostwick Liquors has been serving the people of Rome.

In 1933, shortly after prohibition ended, Donald P. Bostwick first opened his liquor store at 250 1/2

West Dominick Street (2 blocks down from their current location) and then moved to their former long time location of 204 South George Street. Hard work and dedication to customer service built the foundation that the Bostwick family has stood on for 82 years and going. That tradition was firmly instilled in 3rd generation owner Michael Bostwick.

Michael Bostwick first started working at the liquor store when he was 16 years old. He and his wife, JoAnne took over the liquor store in 2001. Hard work and a well trained and dependable staff continue to this day. There are 5 employees including Michael all following in Donald Bostwick's steps. Donald P. Bostwick scaled the shelves at 80 years old and continued to work well into his late 80's.

Michael Bostwick said, "I am so grateful that my grandfather started this business, it was a firm foundation for me to grow on and none of this would be possible without our customers."

Bostwick Liquors recently moved to their new 137 West Dominick Street location in November 2014. November 19th was the grand opening of the 5000 square foot building. The new store, well lit and spacious, has constant traffic. They are open 7 days a week: Monday - Thursday 9am to 9pm, Friday - Saturday 9am to 10pm, and Sunday 12pm to 7pm. Michael Bostwick explained that they have seen a huge

difference since the move. Customers are buying better quality liquor and wine, and business has increased.

Bostwick Liquors has a full selection of product for you to choose from. From gin to vodka or rum to wine; Bostwick Liquors has it. Since the move to the new store they have seen an increase in the sale of high end bourbon and wine (by request) although inexpensive vodka remains a best seller. Bostwick Liquors' new store features a wine tasting bar and they have wine tastings most Fridays.

With 70-80% regular customers, business is good. Bostwick Liquors offers specials through an email newsletter as well as regular discounts to military and senior citizens. They also offer a 15% discount on wine by the case.

Check out Bostwick Liquors for all your liquor, wine, or spirits. For more information or to sign up for their email specials go to <http://www.bostwickliquors.com/> or find them on Facebook. ■

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Invisible Fence

Keeping your dog safe is our priority



By **Diego Phillips**

If you want to keep your dog safe outside jumping for joy, then one of the Invisible Fence Brand solutions systems may be likely for you.

Michael Caiola, general manager of Invisible Fence of the Mohawk Valley, says the business boasts more than 42 years of experience in canine containment. The shop is located at 60 Oriskany Blvd. in Whitesboro.

“Invisible Fence was created out of a genuine concern and love for dogs,” Michael says.

“In 1973, Richard Peck, a well-traveled dog lover, grew alarmed at the number of dogs he saw roaming the streets or injured by cars. Knowing that dogs need daily exercise to remain healthy, he resolved to find a way to enable pet owners to keep their pets safe without constant monitoring by their owners, while still maintaining their freedom,” he says.

Michael continues the story of the brand’s birth: “Peck worked with the University

of Pennsylvania School of Veterinary Medicine and Battelle Laboratories. His patented invention became the first ever electronic dog fence containment system – the Invisible Fence Brand.

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According to the company’s Web site, here’s how the fence system works:

A wire is installed around the perimeter of the property, establishing the pet’s Invisible Boundary. A transmitter, usually placed in a basement or garage, sends a radio signal along the wire. The radio signal is picked up by the pet’s Computer Collar, which emits a warning sound when the pet approaches the Invisible Boundary.

Training is critical to ensure the pet understands and stays within the established boundaries, according to the site. The company trainer introduces the customized static correction to the pet, which reinforces the boundaries of the property and tells the pet where it can and cannot go, the site concludes.

Nothing will stop this reunited Sidney couple’s dream wedding

By **PATRICIA ANN SPEELMAN**
Sidney Daily News

SIDNEY, Ohio (AP) _ This is a story about a prince and princess who fell in love, were parted for almost three decades, and found each other again.

And it’s the story of their fairy godmother _ the prince and princess call her their angel _ who put together a fairy tale wedding for them in Tawawa Park, May 28.

Brett “Joe” Gariety, 48, is the prince. Goldie Hogg Gariety, 48, is the princess. They were introduced to each other when they were 14 or 15 by Goldie’s cousin, Charles Mullins. They were all students at Sidney High School. Joe and Goldie began to date each other. Then with no warning, Goldie disappeared from Joe’s life.

“We were originally from Kentucky,” Goldie said of her mother and family. “My father was abusive, so we had come up here to stay with my aunt in Sidney. I came home from school one day and all my stuff was in the car. My mother said I had to get in the car and we had to leave. We went back to Kentucky. I didn’t get to tell Joe or anything. He had a photo of me. I didn’t have one of him.”

The teens weren’t letter-writers. They lost each other. Goldie went to school in Kentucky, dropped out, married and raised three children, divorced. She was in and out of Sidney from time to time, but never crossed paths with Joe.

Joe dropped out of school, too. He didn’t marry.

“I waited,” he said. “When she was 15, she was the hottest thing going. I knew she’d come back someday.” Someday turned out to be Oct. 1, 2012. Goldie, who had returned to Sidney that July, was working at Mama Rosa’s, staying with a friend.

“We were going to look at a couch. (Joe’s) brother was walking home. I recognized him. He gave me Joe’s number,” Goldie said. “I remember (when we were teenagers), we were going somewhere and (Joe) was holding my hand so tight. He looked over and smiled at me. I never forgot that smile in 30 years.”

She phoned him that day.

“Do you remember someone named Goldie?” she asked.

“I knew someone named Goldie,” he answered. “(She) broke my heart.”

“I’m the one who broke your heart,” she said.

Joe invited her to visit him after work. He worked nights as the supervisor of a cleaning crew at the Ohio Department of Transportation. Goldie knocked on his door at 1 a.m.

“Can I hug you?” she asked. Their embrace lasted for 15 minutes.

“It was a trip. I couldn’t believe it. Sitting down and talking was really cool,” Joe said. Goldie moved into his apartment three days later.

But this is a story with a bittersweet ending.

In February of this year, Joe was diagnosed with stage 4 lung cancer. He had suffered from liposarcoma, cancer in his stomach, during his 20s. As long as a year ago, he had felt that “something wasn’t right.” Goldie had noticed bumps in his stomach. Then in February, there was an excruciating pain in his hip. He went to the hospital emergency room.

After an MRI, a surgeon asked, “When was the last time you had cancer?”

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“That’s how we knew he had cancer (again),” Goldie said. CT scans of his chest, head and torso followed. The cancer had started in his lung and spread to his hip and his stomach. His prognosis? Six months to live.

Joe signed up for care by Heartland Hospice, based in Dayton now but planning to open an office in Sidney by the end of the year. And that’s when Carrie Barga, a Heartland Hospice nurse liaison, became their fairy godmother; their angel.

The couple had discussed marriage two years ago. Because Joe had never been married, he wanted to wait until they could afford a little wedding, rather than a courthouse ceremony. Now, given his illness, Goldie was driven to marry Joe.

“So we went and got our marriage license,” she said.

But there was still no money for a wedding. Goldie, who had been out of work for several months, had just begun to work at Reliable Castings. Joe had had to leave his job at American Trim. Their car had broken down and groceries were scarce.

When Barga heard that they planned to go to the courthouse to be married, she said, “Oh no, you won’t.” And just like all good fairy godmothers, she went to work.

“Heartland Hospice has a program called “Heart’s Desire,” she said. “One of the things they encourage us to do is go above and beyond. One of the things we try to do is fulfill a heart’s desire.” Joe’s heart’s desire was to be married on the 28th of a month. The number, 28, had been very important to his father. They decided not to wait until June 28. Setting the date for May 28 gave Barga less than a week to pull everything together.

She reserved a spot in Tawawa Park.

She turned a pumpkin into a carriage by booking a limo to take the couple from the park to their reception at the Sidney Moose lodge. She bought them clothes to wear; took Goldie to pick out a wedding cake, arranged for



flowers and a photographer. Heartland Hospice paid for all of it.

“You do the right thing for the right reason. You meet people right where they are,” said Eric Ball, hospice administrator.

Sidney First United Methodist Church donated the use of chairs for the ceremony. Refresh of Sidney donated table decorations for the reception. The Heartland Hospice chaplain, Candy Null, performed the ceremony, in which Goldie and Joe mixed together black and white sand to symbolize their union. A hospice volunteer, Joyce Mitchell, played music at the park. Drew Mosher, a hospice manager, was the disc jockey at the reception.

Keith Bey served as Joe’s best man. Lindsey Market was Goldie’s maid of honor. And Mullins, who had introduced the couple 30 years ago, gave the bride away. In front of their 50 guests, the prince and princess held hands and made their vows to each other.

At the reception, Mosher played some of the couple’s favorite songs: Bette Midler’s “The Rose” and “Detroit Rock City” by Kiss.

“Joe couldn’t dance, so I got up and put on a show for him,” Goldie laughed. The two couldn’t be happier with their special day and with Barga.

“She rocked it,” Goldie said.

“And rolled it,” Joe added.

Barga had never planned a wedding before — not even her own.

“My mother and a wedding planner did it,” she said.

The prince and princess are at home in Sidney now. Joe is too ill to travel, and Goldie had to work the night after the wedding, so their honeymoon has been put on hold.

“We were disheartened and hopeless (after Joe’s diagnosis. Heartland Hospice) made some wishes come true. They brought some happiness to our lives” Goldie said.

Joe looked across the room from his bed at his new bride, his long-ago flame.

“All I ever wanted was survival and a little bit of happiness,” he said. ■

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Three's company as the Copper Moose Ale House celebrates its one year anniversary

By: Carly Proulx

If you would've taken a survey around the city of Little Falls when the Copper Moose Ale House first opened for business chances are you'd have received some less than encouraging feedback. Maybe the majority vote wouldn't have ruled it futile before it had even begun, but certainly there were those with doubts. It's true 60% of restaurants will fail within their first year, and 80% will go under by their 5th year.

It's no easy venture, especially in a small city like Little Falls with a population under 5,000 where the locals are steeped in tradition, and nearly every business is closed two days out of the

week. Many a hopeful new owner has planted their business in Little Falls, and prayed to the high heavens their vision grows with some gusto, and will surpass the threshold of society's approval and demand. As it takes more than just a classic recipe to get by, just as many have had their dream dug up like weeds within the first 6 months. It's no wonder some couldn't see the glass half full. Tuesday, June 9 marked the 1 yr. anniversary for the CMAH, and it sort of got me thinking: "what's to keep the Moose thriving in this dog eat dog industry of slinging food, and pouring beer?"

More than a few reading

this have perhaps already labeled me a biased source, but the fact is I just work there-I don't own stock in it. You see I'm a part of the O.M.C. (original moose crew), as I was lucky enough to get the gig a week before the grand opening last June. Craft beer was hot, and getting hotter. As many were at first skeptical I knew I'd found myself at the right place at the right time. Something special was happening here, and it was more than just good beer and good food on the main drag. We offer 27 beers on tap, and are frequently getting in new brews to keep the options open for all lovers and newcomers of the craft. Filled to the brim in our 4oz. sample glasses you can choose to order a flight of 4 different beers for \$7, creating an opportunity to broaden your pallet as well as narrow the playing field to unearth your favorite poison. Of course for those who don't have the taste for hops and barley there's a full bar, and always a refreshing cider or two to choose from.

The food is fresh, local, innovative, and has developed a farm to table type reputation. The menu, while inventive still caters to the area where certain food expectations surround, and certain food needs and allergies are becoming more the norm. The original Moose plan for the kitchen and its execution wasn't so ambitious however. Kevin Robert's, a.k.a. K-Rob, one of the original part owner's envisioned a sort of gourmet sports bar, a place where you could go to wolf down a variety of burgers and wings while your eyes flitted back and



forth between 3 large flat screens. Having both seen and tasted the dishes that have been concocted since we first opened it's hard to imagine the Moose being anything other than what it is now. A place where you can order a special appetizer of sesame seed encrusted Ahi tuna steak with a side of seaweed salad, indulge in a decadent homemade flourless chocolate cake, but still have the option to inhale delicious wings and build your own burgers. There's a casual feel to it, but at the same times it's the kind of place you can show off your new dress and party shoes.

The story began when owner Eric Lewis observed Francisco Prado, a.k.a. Cisco working on his neighbor's house, and liked what he saw. Eric was in the midst of opening the CMAH, and as he was more than approving of Cisco's handy man skills he'd recruit him to help

build his restaurant. Along with 5 others, Cisco lifted what is now the Moose bar from a barn on Shells Bush Rd. where it had been taking up space for many years. The 6 sets of muscles hoisted it onto a trailer and into the Moose where thousands of beers have by now been guzzled. Cisco's only restaurant experience prior to being the now Moose's sous chef was bagging groceries and trimming meat at the market and deli in his home town Ventura CA. where he'd moved to Little Falls from two years ago. Out of his element it was either sink or swim for Cisco, and having now gotten to know him the sinking prospect was never even on his radar. Since having moved his family to the area he'd been bidding his time with construction, applying everywhere else in the meantime. In need of dependable work he wasn't about to turn anyone down, and so when

Mcdonalds finally called he answered without hesitation. But now his blood, sweat, and tears were in the Moose. What choice did he have but to learn the tricks and trades of working in a kitchen? Fairly confident he could grill burgers and fry wings Cisco said goodbye to Mcd's.

Here's the part of the script that hadn't yet been written in, the part where chef Shawn Steenburg, a.k.a. Spoons came equipped at age 30 with 4 years of training from the culinary institute La Courdon Blue in Pittsburg PA, as well as an externship at Broadmore in Colorado Springs. Fine dining was no stranger to Steenburg, and his repertoire on paper was exactly the spark needed for the Moose to ignite their food game in the kitchen. Spoons was our Willy Wonka, and the Copper Moose his chocolate factory. Here he was achieving the lifelong dream of many a culinary graduate, as he finally had the creative freedom to construct a repertoire of specials, and execute all the skills he'd acquired at school, and his many years of restaurant experience that followed. Steenburg first started out holding down another job on the weekends, and wooing the Moose patrons and crew alike with his ditronomy, gastro-pub fusions, and homemade desserts, pesto's, and sauces during the week. Steenburg has since been the full time chef here at the Moose, and has proved his skills refined,

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creations fun and palate rewarding, and his eyes peeled keen for the wants and needs of the locals, as well as keeping up with the times in the modern world of foodies. Highlighting one of the Moose's main attractions, beer, Steenburg has been using everything from chocolate stouts to hearty ale's in his cooking. Marrying gourmet styles in a comfort food zone he's elevated the expectation to some really interesting levels of artistry. A new dad with his family right around the corner chef Steenburg is invested, and has expressed his gratitude towards his brother's in the kitchen, as well as owner Eric Lewis for entrusting him to steer this helm in the right direction.

Cisco says "You can teach a lot of things, but not work ethic." Work ethic is something you have to bring to the table on good days and bad days. Zachary Youker, a.k.a the Dukester has about as much work ethic as any employer could ask for times ten. Having worked at Mcdonalds with sous chef Cisco, Cisco had witnessed 23 yr. old Zach first hand. "He was always on time, never once called out, and worked harder than anybody else." When Cisco first came on board the CMAH he hadn't forgotten his buddy Zach. He made it clear to me however, he hadn't stuck his neck out because Zach was a friend, but because he knew he'd show up to work hard. So when the day came for the moose to take on Zach as their line cook, and there was no Zach you could imagine Cisco's shock and fury. Due to his car having been stolen the night before Zach was without his own wheels and a ride. He had to think fast. Not only was his and Cisco's rep hanging in the air, but after years at Mcd's he was ready and in dire need of a new job. Zach did what any seriously motivated human would do. He hot wired his car over night, and showed up the very next day. All was forgiven, but not forgotten as Cisco and Zach relay the story to me through spurts of laughter over after hour beers. Did I mention Zach's also a brand new dad?

The rapport between these 3 food hustlers is none like I've ever seen. Steenburg says the Dukester "never lets off the gas," and Cisco "is the glue that holds them all together."



Warm and welcoming.

Cisco brings an amazing energy with him wherever he goes. His eccentric sense of humor and lust for life seems to make work feel a little less like work, and more like a retreat. When the Dukester isn't looking to make puns, he's looking to learn new ingredients and techniques. Both Cisco and the Dukester had identical confessions alluding to chef Steenburg's kitchen persona. "He's a great teacher, and he's very patient." Chef wants consistency, precision, and a tight ship. "There are always bad days, but we carry each other. That's what we do," admits sous chef Cisco. If one is off, sure enough the other two know

the right way to reel them back in the game. "Working in a kitchen is both mentally and physically strenuous, but the sacrifice lends to great rewards," exclaims chef. These family men have more than just a job to do. They have a passion, and a work ethic that doesn't quit. This ship has sailed a year now, and it's safe to say these 3 are the driving force behind it's survival and success. Where it takes the crew, as well its customers will be an exciting journey for all on board. Happy 1 yr. anniversary Moosers, and cheers to a future of endless possibilities, not to mention pints! ■



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Piggy Pat's healthy hotdogs

by Al Dorantes

Pat McCann started Piggy Pat's BBQ in Middleville, NY in 1994 making South Carolina style BBQ. After 7 years of pumping out great BBQ, in June of 2001, they opened a full-service restaurant in Washington Mills. The restaurant is staffed with 30 employees and led by general manager, Conor McCann and manager, Aaron Bradberry. The 6,000 square foot building seats 200 plus there is room for another 100 hungry BBQ fans outdoors.

For the last 20 years McCann has wanted to find and produce a healthy product. The healthy hotdog was born. The ingredients on the label read: Pasture raised pork, 100% grass fed beef, water, sea salt, evaporated cane juice, mustard, celery powder, onion powder, spice extracts, paprika extract. There are no nitrite or nitrates added. They are simple, tasty, uncured hotdogs. McCann said, "You can read the label can know what's in these hotdogs."

Everything involved with Piggy Pat's healthy hotdog happens within 60 miles of the Washington Mills restaurant. The beef and pork is raised at Lucki 7 Livestock Company in Rodman, New York then sent to NY Custom Processing in Bridgewater, New York for slaughter and labeling, and finally sent to Smith Packing Company, Inc in Utica where it is made into the healthy hotdogs and packed for sale.

Pat McCann met Steve Winkler of Lucki 7 Livestock Company at a Meet the Farmers Dinner. The Meet the Farmers Dinner's purpose is to advance the sale of agriculture products. McCann and Winkler hit it off. Lucki 7's pasture raised pork, 100% grass fed beef,



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and their attention to detail was a perfect ingredient for McCann's idea of a healthy hotdog.

New York Custom Processing, LLC, is a USDA Approved and Certified Organic for Slaughter and Processing. They butcher and process livestock into steaks, roasts, patties and other

provisions. With over 100 years of experience Smith Packing provides the freshest beef, pork, and poultry products. McCann said, "Eric Smith of Smith Packing is a technician and artist with meats. He knows the details and how to make hotdogs

When the healthy hotdogs are served at Piggy Pat's they are using a special bun; it is a no sugar, no preservative, un-brominated NYS flour bun. It is healthy. McCann said, "I'm proudest of the label and ingredients."

Pat McCann said, "Creating the healthy hotdog is unbelievably time consuming. There are so many different agencies to deal with. It's taken 3 years." Even with huge amount of time it has already taken, Pat McCann has the future on his mind. He is developing a bologna and a gluten free meatball is on the drawing board.

Piggy Pat's manager Aaron Bradberry said, "Ever since Pat went on the news, the hotdogs have

been selling like hot cakes." Piggy Pat's healthy hotdogs are currently available at Piggy Pat's BBQ and Chantry's supermarket. Pat McCann hopes to get the healthy hotdogs distributed to Wegmans and into schools. McCann said, "Then kids will start eating healthy stuff." For more information go to: www.piggypats.com ■



products. Once the beef and pork are slaughtered the meat is vacuum packed and labeled. Each label includes the name of the cut of meat, the weight, the farm name, processing facility, and the USDA legend.

Since 1911 Smith Packing Company specializes in the handling of fresh & frozen

Sometimes it takes ketchup in your veins

by: **Carly Proulx**

If you know anything about the Sandwich Chef, and the people who've made 604 E. Main St. in Little Falls, NY a place of great eats then you might know the saga of both Bonita, and her husband Nicholas. For those of you who haven't yet taken the opportunity to pop in and taste for yourself I can't stress enough, if and when it comes along-do! Whether it was being a General or District manager, or waiting on tables this couple's lives have been revolving around food for the past 35 years, and in their second year as Little Fall's business owners are extremely grateful to have the support and kindness of the locals.

The business of food can be a serious one, and in many cases it ends up being all work, and no play. Not many of us are audacious enough to deny having once worn a pair of rose colored sunglasses, and then looked at the world. Perhaps we're all in denial about one thing or another. At least I thought this before talking with Bonita, maker of sandwich's and wooer of a hungry stomach. Without a doubt people who can eat, and sometimes even cook get fed up working for someone else. Before they've even realized what they've done they're installing dishwashers, food stations, and ice machines for the grand opening of their very own food dive. They will feed society their idea of a good meal, and they might even make some money doing it. But Bonita had no delusions going in.

For those of us who work in the food industry and the restaurant business we know it's not always a piece of cake, or a delicious turkey bacon wrap.

Working in the medium that is food or serving while dealing with the criticism of the clientele is not for the fainthearted. People will judge you no matter what, but it's a bit more apparent when you willingly serve it up to the public. And yet it's one of the smartest things anyone could do. Everyone needs to eat, and most of us don't have enough time to shop for our pathetic waste of space refrigerator, let alone use that thing to cook on, the whatchamacallit..o-ov-ove..oven! Right, oven. I myself am a stove-top girl, and I don't mean to say I buy that boxed stuffing stuff. The oven is something else entirely alien. If you're asking yourself if I know how to make a sandwich my response would be "I'll attain no such injury from this insult, and of course I know how to slap stuff in between two pieces of bread!" And yet a sandwich is always better when someone else has made it for you, and I'd bet bologna and salami I'm not the only lazy foodie on the planet who thinks so. This is where the Sandwich Chef comes in to supply and bedazzle us with an array of quality food.

It's not only that they provide a solid menu of sandwich's, wraps, soups and salads, it's that they taste good too. The prices are more than reasonable, and the portions are nothing to turn your chin up



to. Unless of course you're tipping your chin up to the ceiling gods in praise and honor for blessing you with taste bud satisfaction. Bonita knows what her clientele wants, likes, and drools over. She knows the importance of having a special up on the special board everyday, and she is consistent in keeping it fresh, tasty, and new. Open 7:30am-5pm Monday through Saturday, and Sunday's 9-2 Bonita has a work ethic comparable to that of Ludwig van Beethoven who worked hard, but was committed to the struggle that composing held for him. The first year Bonita took over the Sandwich Chef from the previous owners she worked 365 days in a row. Not one day off in a year! Taking time off is something these two don't take lightly, and speaks volumes for how seriously the Chef

owners take consistency. There is a certain amount of dedication, patience, vigor, and compassion one must have to keep up with themselves and not trip and fall in this business. Bonita admits everyday is a struggle, but there's something so admirable about those

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who are willing to fight for their business knowing it's a never ending battle.

Originally from Albany Bonita left the restaurant business for a while, but staying away was obviously no permanent change of pace. "You need ketchup in

your veins," Bonita confesses to me from across the table in the Chef. Both Bonita and her husband Nich enjoy cooking, and they're one duo that proves poppycock to the phrase "too many cooks spoil the broth." With always 4 soups to choose from this is the place to come warm up in winter when nearly every other place is closed. In summer you can look forward to salads piled up with a variety of lettuce fresh from Bonita and Nich's home garden. Nich, originally from Bennington VT. is there everyday from 10:30-3, but manages a full time job outside of the Chef. Bonita however, originally from Albany is there from sun up to sun down, and it's on the 45 minute drive from the Chef to her and Nich's home in Fonda in which provides her the opportunity to think up tomorrow's special. Keeping up with the times and the health conscious the Chef caters to vegetarians and vegans, as well as those living gluten-free and low calorie lifestyles. Customers have felt comfortable enough to present Bonita their own sandwich creations, and maybe it's because they know she's the kind of person who cares about what her clientele wants, is not only willing to take the time to listen, but will go so far as to add their creation to the menu. I'm sure it can't be just any old sandwich, but surely she's an owner who possesses the ability to use strategy, as well as back up the plan with delicious food.

Never having thought in terms of success the Sandwich Chef found a way to keep themselves busy on days when customers weren't so swiftly coming and going during business hours. The first year consisted of mostly sandwich platters, but if given 48 hr. notice their catering services can dish out lasagna

and eggplant parmagine platters, a variety of Easter pies, and TGIF's baked had-dock. Did I mention they've also taken on canning? Though on sale at shelves in the Chef, currently they've got a local vendor who takes the canned goodies and sells them at various farmer markets and festivals within the area. Offering lighter fare in the summer such as avocado strawberry walnuts salads with balsamic, teriyaki glazed salmon and tuna steak, at least two hot meals everyday in the winter, cream pies, fruit pies, cookies, coffee, juice, and soda it's a wonder Bonita has anytime for one of her favorite pastimes of reading. And between the two jobs I find it a little more than impressive Nich finds a way to maintain a green thumb in his fully organic garden.

Bonita points out Nich as the social one, and I speak from experience when I say theirs is a place you can also go for some good old fashioned chat as well as chili. Twice a week the Chef gets on board the "clean eating" train, and serves customers food with no additives or preservatives. Often nobody knows they're eating "clean" until they've cleaned plates, and are mouths full informed by a twinkle eyed Bonita. It's a real sight to behold anyone not giving up in this industry, and I commend anyone who can do it with a smile, a creative mind, and an open gate to let intuition, confidence, and wisdom freely pass. If I were going to live next store to any a sandwich shop I'd want it to be this one. Oh wait, I do. Sometimes you find yourself one of the lucky ones. Sometimes you're completely unlucky, and sometimes it has nothing at all to do with luck. And then there are those born with ketchup in their veins who make the rest of us by default pretty darn lucky after all. ■

Barbie can rock flat shoes as part of more diverse line

By **The Associated Press**

NEWYORK (AP) _ A new line of Barbie dolls has the 56-year-old fashionista rocking flat shoes for the first time.

Toy maker Mattel rolled out more diverse versions of the doll from January through last week, aimed at allowing Barbie to better represent the world. There are 23 new Fashionista Barbies featuring 14 different facial looks, eight skin tones, 18 eye colors, 22 hair styles and 23 hair colors.

The switch from heels to flats is an effort to accessorize street styles Barbie wears in the new line, Mattel said. Some new career-oriented Barbies also come with both flats and heels.

Barbie has been on tip toes to accommodate high heels since her introduction in 1959.■



**After 5 decades in high heels,
Barbie finally slips on a pair of flats!!**



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Student fights back from stroke suffered at age 18

By PAUL SWIECH
The (Bloomington) Pantagraph

NORMAL, Ill. (AP) _ Mike Trujillo had to relearn everything at age 18.

"I couldn't walk, I couldn't talk, I couldn't eat, I couldn't write," Mike said. "I was bedridden and had a feeding tube."

Mike suffered a massive hemorrhagic (bleeding) stroke on May 3, 2008, just three weeks before his high school graduation.

He was within minutes of death.

Seven years later, his speech and cognitive functions are back to normal, he walks using a cane and he will graduate later this month from Illinois State University as a double major in international business and marketing.

"My thing has been to prove people wrong," Mike, 25, said last week in an interview in ISU's State Farm Hall of Business.

Two years after his stroke, when Mike said he wanted to go to college, some people questioned whether he could do that when he was still in a wheelchair and undergoing therapy.

"I said I had to go to college and have been able to do that and even studied abroad in Spain," said Mike, who speaks Spanish.

"It's incredible," said his mother, Linda Trujillo. "He's gone from being bedridden to a wheelchair to a walker to a quad cane to a cane and he hasn't once said 'Why me?'"

"Mike is one of the most dedicated and motivated patients I ever had," said Stacey Lane, physical therapist with the Rehabilitation Institute of Chicago. "To him, not succeeding was not an option. From the day he woke up from his stroke, he hasn't stopped working. His recovery is beyond expectations and he's beating the odds."

But he won't be satisfied until he's 100 percent recovered from his stroke.

"No one has set that goal for me," he said. "But I've told myself 'It can be done.'"

Mike, a native of Bolingbrook, was diagnosed shortly after birth with afibrinogenemia, a bleeding disorder similar to

hemophilia. From time to time, he would go to Edward Hospital in nearby Naperville to get a transfusion of cryoprecipitate, a source of fibrinogen vital to blood clotting. In recent years, treatment has been an injection every two weeks of RiaSTAP (fibrinogen), which helps the blood to clot.

Growing up with a bleeding disorder meant that Mike couldn't play contact sports.

"That hurt but I was more physical than I should have been. I would still goof around on the playground and play tag and play basketball. I had a passion for basketball. I just wanted to be normal and I was for the most part."

But he bruised easily and, in fourth grade while playing basketball, he suffered a subdural hematoma. That bleed between his brain and his skull required a craniotomy, a surgical removal of part of the left side of his skull to expose the brain to control the hemorrhage and relieve pressure on the skull.

"He had fun (growing up) but he always had to be more cautious than anyone else," his mother recalled.

"He's always been a very loving, caring kid," Linda observed. "He's also sarcastic and funny. He hasn't let the bleeding disorder _ or the stroke _ ruin his life. They have made him stronger."

On May 3, 2008, his parents _ Jose and Linda _ went to ISU to pick up their daughter, Desiree, to bring her back home for Linda's birthday party.

Mike _ recovering from mononucleosis _ was tired and not feeling well and decided against making the trip.

When the family returned home in the afternoon, they couldn't wake him up. Linda called 911 and paramedics took Mike to Edward Hospital where some of the medical staff was familiar with his bleeding disorder.

He had a CT (computed tomography) scan, doctors determined that he was having a hemorrhagic (bleeding) stroke and made plans to take him by helicopter to Lurie Children's Hospital in Chicago.

But a neurosurgeon looked at the scans and told the Trujillos that he didn't think their son would survive the 25-minute helicopter ride.



Mike shows the scar he wears after his life saving surgery.

"It was heart-wrenching," Linda said. "But we felt comfortable there, we trusted the doctor and we prayed to God that he would take care of our son. We found a priest. He said the last rites. Mike went into surgery while we prayed and cried."

Opening the back of Mike's head, doctors performed surgeries that stopped the bleed and relieved the pressure. Doctors also put Mike in a drug-induced coma to quiet his brain to keep it from swelling and inserted tubes for him to breathe and take nutrition.

Mike was in a coma for two weeks and in the intensive care unit for nine weeks.

Reader submitted recipe... I hope you enjoy!

When I went to deliver the June 5th reader contest winnings to Robert Peck, he was kind enough to give me a plate of his homemade Craisin Poppy Seed Biscuit Cookies. I enjoyed them with a nice hot cup of tea the next morning. They were a very nice addition to my morning tea and I asked him if he would be willing to share his recipe with us. Here it is! Thank you Bob!

Bob's Craisin Poppy Seed Biscuit Cookies

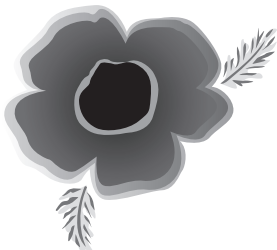
Submitted by: ROBERT PECK, Deerfield, NY.

INGREDIENTS

- 3 cups Flour
- ¾ cups Craisins
- 3 T Sugar
- 2 T Baking Powder
- 1 T Poppy Seeds
- ½ tsp Salt
- 3 T Butter
- 1 cup Milk

DIRECTIONS

- 1- In a large bowl combine flour with craisins, sugar, baking powder, poppy seeds & salt.
- 2- Whisk to combine
- 3- Mix butter, (cut up) into flour mixture
- 4- Add milk (use a little more if needed to make mixture into a doughie consistency.
- 5- On a floured surface, pat a 1 inch thick circle. Cut into round biscuits and transfer to baking sheet.
- 6- Bake at 400 degree oven for 10-12 minutes.
- 7- Cool on wire rack. Enjoy!



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Can a Dentist Resolve Your Headache Symptoms?

Relief for the pain of headaches and migraines



(Family Features) For millions of people, the pain of frequent headaches is no small matter. In fact, the National Institutes of Health estimates that about 80 million Americans suffer from symptoms which could be described as “headaches.”

These painful signs include chronic headache, migraines, tinnitus (ringing of the ears), vertigo or temporomandibular (TMJ) dysfunction. Many sufferers have seen multiple specialists to try to identify the cause of their symptoms. Few, however, have asked the medical professional who might be most likely to help them - their dentist.

For many patients, the only answer has been the use (and overuse) of over the counter pain medications such as ibuprofen, aspirin or acetaminophen. Others have been prescribed more powerful pain medications. However, while these pharmaceutical approaches may temporarily ease the pain, they do not resolve the underlying cause - often untreated damage from trauma.

Many doctors are now learning that dentomandibular sensorimotor dysfunction (an imbalanced or improper bite often resulting from head, neck, face or jaw trauma affecting not only the teeth, but also the muscles, tendons, nerves and ligaments) is often the cause of these long-term pain symptoms. This condition is often evident in patients who have experienced some type of minor or major head trauma, years or even decades ago.

Something as simple as a minor auto accident, a fall or playing sports could be the underlying cause of the pain. Unfortunately, these causes often go undiagnosed by many medical specialists.

But dentists can often provide the answer using a painless diagnostic procedure that can quickly determine if their symptoms could be dental force related.

Dentists and orthodontists began using the TruDenta system of care more than five years ago to successfully treat these patients. The treatment uses a combination of proven sports medicine technologies and advanced dentistry to rehabilitate the damaged muscles, tendons, nerves and ligaments of the head, neck face and jaw. Thousands of patients have found lasting relief from chronic pain symptoms with properly trained and equipped dental professionals. The system uses no drugs or needles and patients often see immediate results even after the first treatment.

“My wife suffered from chronic headaches for more than 10 years. We visited every specialist with no answers. After her first treatment, she has not had another headache,” said Dr. Jeff Mastrioianni, an orthodontist in Glen Carbon, Illinois, who now uses TruDenta for many of his patients. Patients eligible for the treatment will typically exhibit one or more of the following signs:

- * Limited mouth opening
- * Restricted cervical range of motion (the ability to tilt, turn and tip their head)
- * Clicking or popping of the jaw or clenching and grinding their teeth at night

The treatment is available nationwide and may be covered by insurance. To learn more and find a doctor near you, visit www.TruDenta.com/family or call 855-770-4002 to learn more. ■

Stroke from previous

Doctors never determined why he had the stroke. One theory is that his body was weakened by the mono, which may have caused a bleed that was worsened by his bleeding disorder.

Mike spent the next seven months in five different hospitals as he began his recovery and rehabilitation. His left vocal cord had been paralyzed and he had a vocal cord implant so he could eat on his own and speak again. He also had a deviated left eye that was surgically corrected and sustained hearing loss that remains in his left ear.

Working with speech, occupational and physical therapists, he slowly re-learned how to sit up, speak, eat and write.

“It was difficult, to say the least,” Mike recalled. “I can remember them asking me things and I was like, ‘Crap, I can’t communicate what I have to say.’ I would try writing but my handwriting was bad. So I started with texting.”

The good news was he’s right-handed and the stroke affected his left side. By Dec. 17, 2008, he was speaking and using a wheelchair and was discharged from Rehabilitation Institute of Chicago (RIC).

But he continued out-

patient therapy at RIC. “I could do morning or afternoon therapy,” Mike said. “I did both.

‘I just really pushed myself,’ he said. “But my family has been absolutely amazing through this whole experience and RIC is absolutely phenomenal.”

Lane, Mike’s outpatient physical therapist at RIC, said Mike’s stroke resulted in ataxia _ lack of muscle control during walking. The resulting imbalance meant that Mike fell a lot.

“I worked with him on walking efficiently and on balance. I challenged him to start running on a treadmill with some assistance.

“He has such a joyful and positive attitude, it makes working with him as a therapist very easy and rewarding,” she said.

“He motivated the other patients. When someone sets goals, works hard and has a positive attitude, the possibilities are endless.”

By March 2009, Mike was able to eat on his own so his feeding tube was removed. He enrolled in ISU while he was still using a wheelchair, but now has progressed to using a cane.

Mike completed outpatient rehabilitation last summer


but continues to challenge himself.

“I communicate fairly well,” he said. “Cognitively, I’m pretty much where I was before. Physically, sometimes I look like I’m drunk when I’m walking.”

He wants to walk without his cane and play basketball again. He wants a job that allows for international

travel so he can experience different cultures. Eventually, he wants to meet the woman of his dreams so they can settle down and have a family.

“When people tell me what I’ve done is amazing, I say ‘No it isn’t. It’s who I am.’ I tell people ‘You can get over whatever obstacle is placed in front of you.’” ■




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Bug Off

Tips to help eliminate dangerous pests

(Family Features) A yard that is lush, green and free of weeds shows evidence of healthy lawn maintenance. However, many homeowners overlook an important aspect of lawn care that can affect not only the health of the yard, but also your family. Nuisance pests such as fleas, ticks, ants, spiders and more can transmit diseases and

cause allergic reactions for both people and pets.

Your lawn is the perfect environment in which threatening weeds, diseases and pests can lurk, often with harmful consequences. In some cases, the primary damage may come in the form of these insects eating away at grass or the leaves

of shrubs. Alternatively, grub worms or insect larvae may destroy grasses and plants at their roots.

Other lawn pests pose their greatest threat to you and your family. For example, Lyme disease, which is transmitted by the deer tick, is the most commonly reported tick-borne illness in the United States. Typical symptoms include fever, headache, fatigue and a skin rash. If left untreated, the infection can spread to joints, the heart and the nervous system. Currently, there are no protective vaccines for humans for tick-borne diseases.

Considering how quickly pest populations can multiply, being proactive in preventing and treating their presence is crucial. A regularly scheduled treatment plan is one of the best strategies to reduce your exposure to dangerous pests, and help defend your home and family from unwanted lawn visitors.

Look for a system designed to eliminate active pests and control successive generations. For example, the TruShield Lawn Pest Control Plan available through TruGreen includes a first application to significantly reduce the population of active



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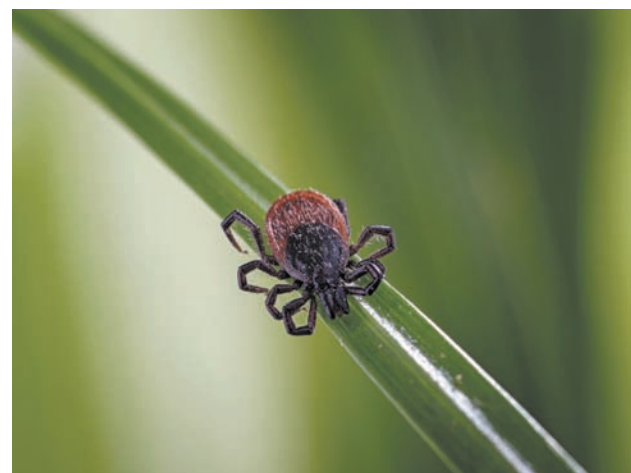


lawn pests, and additional applications every four to six weeks for lasting control and ongoing protection.

"Using a professional to help control lawn pests should be part of a well-rounded, comprehensive defense program," said Bob Mangan, TruGreen director of technical services. "Because ticks and other nuisance pests can

reduce ticks in your yard:

- * Clear tall grasses and brush around homes and at the edge of lawns
- * Place a barrier of wood chips or gravel between lawns and wooded areas
- * Mow the lawn frequently and keep leaves raked
- * Stack wood neatly and in a dry area away from the house or lawn
- * Keep playground equipment, decks and patios away



congregate in backyards, it is especially important to help protect yourself and your family so that you can fully enjoy your outdoor time."

In addition to a regular treatment program, these tips from the Centers for Disease Control can help

from wooded areas and in a sunny location if possible

- * Remove any trash or debris from the yard that may give ticks a place to hide

For more information on protecting your lawn from pests, visit www.trugreen.com. ■

Get Inspired by Outdoor Living Ideas



(Family Features) Inspired by neighbors, home improvement shows and social media channels like Pinterest and Houzz, today's homeowners are entering the deck planning and building process more informed than ever before. But sorting through this wealth of information and inspiration can make it hard to decipher what's really hot for today's outdoor spaces - and to choose what's right for your home.

Surveying the wide variety of options is the first step in deciding how you'll approach designing your outdoor space. Start by considering some of the top influences expected to dominate the outdoor living landscape this season, according to the experts at Trex Company, the world's largest manufacturer of wood-alternative decking and railing.

interior spaces to their outdoor living areas. More and more indoor activities are migrating outside with the addition of features such as outdoor kitchens, dining nooks and fireplaces. Demand also is up for features like integrated benches with cushions and accent pillows, storage components and lighting, along with accessories such as ornamental post caps and railing with decorative balusters similar to those found inside the home.

Tropical staycation. From New England to Southern California, the look of the tropics will dominate as a

Designing outside the box. Gone are the days of simple squared-off decks and basic slab patios. Regardless of the size of the yard - or budget - homeowners today are thinking and building beyond the basic square space. Remodelers and architects report increased interest from customers in decks with multiple levels, curves, cantilevers, pergolas and even walls to create three-dimensional interest and define different functional areas.

Bringing the indoors out. The lines between indoors and out will continue to blur as homeowners look to extend the style, comfort and function of their

top outdoor design scheme. Materials that evoke the ambiance of an exotic island getaway are all the rage, from tiki torches, cabanas and waterfalls to deck boards featuring warm colors and multi-colored streaking inspired by tropical hardwoods.

High performance, low maintenance. While aesthetics drive many deck-building decisions, performance is just as important. Increasingly, homeowners are seeking high-performance, low maintenance materials that allow them to spend more time enjoying their outdoor living space than maintaining it.

This motivation has contributed to the continued innovation and popularity of composite decking and railing. Unlike wood, high-performance wood alternative decking such as Trex resists fading, staining, scratching and mold. Upkeep is hassle-free with no sanding, staining or painting required, and food and drink spills wash off easily with just soap and water.

To see examples of outdoor living settings featuring this year's top looks, visit the Inspiration Gallery at www.trex.com.



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THROWING A DECKED OUT PARTY

(Family Features) Whether you're hosting a backyard barbecue, graduation party or making the most of a summer holiday, the perfect preparations and attention to ambiance are key ingredients to a successful outdoor celebration.

Check out these tips for creating a party-perfect deck.

Set the stage for safety Nothing spoils a deck party like a nasty splinter, a snag on a protruding nail or a trip over an uneven board. If your deck needs a "face lift," replace old, rotting or warping wood boards with wood-alternative decking that combines superior durability and low-maintenance with long-lasting appearance. High-performance composite decking like Trex Transcend, available in a variety of sought-after tropical col-

ors, can withstand years of heavy foot traffic and severe weather, as well as outdoor entertaining mishaps like food and drink spills, or dropped grilling tools. And, because it's backed by a fade, stain and scratch warranty, you can be assured that it will stand up to roving pets, spilled drinks and the occasions when furniture is dragged out of the way to make room for dancing. Plus, it only requires an occasional soap and water cleaning to wipe away any signs of barbecue accidents or wine spills.

Create coverage For maximum comfort, create a place where guests can get a reprieve from the sun's heat and rays while still enjoying the great outdoors. A pergola can act as an extension of your house, creating the effect of an

outdoor room. The overhead framing contributes to the architectural details of your space while providing shade and protection from the sun. Consider adding a waterproof, retractable canopy into the structure so your party can carry on - rain or shine. Grow vines around it to create added privacy and an extension of your landscape. Or string lights across your pergola to create charming night-time ambiance.

Get more from your decor When selecting furniture for your outdoor living space, think durability and versatility. Pieces made from composite materials will withstand use and environmental elements while maintaining their good looks. For maximum flexibility, choose neutral colored pieces that can be accessorized season-

ally or even to fit a specific occasion. To keep your outdoor space looking festive and fresh each year, pick up brightly colored pillows or throws to make the whole space pop. Add extra punch and personality with flowers, flags, eye-catching tableware and seasonal plants.

Design for fun and function When prepping for a party, designate separate areas for relaxing, grilling, beverage service and socializing. Be sure to include a conversation center by facing sofas and seating together around a fireplace, large coffee table or other central point to keep conversation flowing. Accompany large chairs with upholstered ottomans to create an inviting atmosphere and increase available seating.

Food and drink stations - arguably the most crucial element of a party - should be prominent and accessible to guests. But, because people always follow the food, you also may want to set up food or serving carts at the edge of your social space. Maximize your

guests' mobility with a buffet of easily edible appetizers and finger foods so friends and family can move around and mingle. Kabobs offer a mobile-friendly "grab-and-go" appetizer that you can customize to suit your guests' tastes.

Offer guests a variety of beverages in a way that allows them to serve themselves. Seek out alternatives to those bulky portable bars or tubs. The Trex Outdoor Storage collection, for instance, features an integrated ice cooler with two-inch-thick insulated walls to hold ice and keep drinks cold for days. Additionally, the new storage line offers other convenient options including trash storage cabinets, hampers, base cabinets and bench drawers.

Light the night Keep the party moving long after the sun goes down with ambient candles, light strings in trees or hanging lanterns for the perfect mood and subtle lighting. For a more permanent solution, energy efficient Trex Outdoor Lighting provides

sophisticated, understated silhouettes that add both beauty and safety to your outdoor space. The collection includes a wide array of lighting options that can be easily installed into your deck, railing or landscape.

For more outdoor living entertaining inspiration, visit www.Trex.com. ■

Inspired outdoor living

Are you in need of some entertaining inspiration? Here is some insight on creating the perfect space:

* Blend your furniture, decking and larger pieces with the natural elements of your home. For a home near water, Trex Transcend in Island Mist is perfect with its look of driftwood - the color has elements of the ocean tide and is very natural-looking.

* Keep your entertaining space as open and functional as possible for guests to feel comfortable and relaxed. Outdoor lighting is incredibly helpful and beautiful - whether coming in from the boat or the street - you'll have a safely lit path and home.

* Spend time on sites such as Pinterest and Houzz to gain inspiration for maximizing the function and style of your outdoor living area. You'll see a lot of great spaces and are sure to pick up some wonderful ideas. ■



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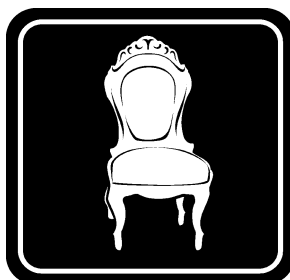
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Dote on Dad with a Backyard Brunch

(Family Features) Brunch isn't just for mom. This Father's Day, make eggs, toast and bacon on the grill for a breakfast that's sure to spoil the man of the house.

Not sure how to make eggs on the grill? It's easy! Crack an egg into a cut-out hole in toast set on a cedar plank, then sprinkle with a little cheddar and an Applewood rub for smoky grilled flavor.

"To complete the meal on dad's favorite outdoor tool, cook the bacon in a shallow disposable foil pan next to the eggs," said Chef Kevan Vetter of the McCormick Kitchens. "Once the bacon is almost done, I love to brush it with a honey-cinnamon mixture, then grill it directly on the grates for a few minutes to add a candied crisp."

For more grilling recipes and tips visit www.grillmates.com, and check out McCormick Grill Mates on Facebook.

Cedar Plank Grilled Egg in Toast

Makes 4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

- 2 cedar planks (about 12x6 inches each)
- 4 slices bread, such as brioche or challah (3/4-inch thick slices)
- 7 eggs, divided
- 2 tablespoons milk
- 2 tablespoons plus 1/2 teaspoon McCormick Grill Mates Applewood Rub, divided
- 1/2 cup grated smoked Cheddar cheese

Soak cedar planks in water for at least 4 hours or overnight. Drain and pat dry.

Remove centers of each slice of bread with 3-inch round cookie cutter. Beat 3 eggs with milk and 2 tablespoons of the Applewood Rub in medium bowl until well blended.

Lightly oil 1 side of each of planks. Place planks, oil side up, on preheated grill over medium heat. Dip bread in egg mixture. Place on planks. Break an egg into each of holes. Sprinkle eggs with remaining 1/2 teaspoon Applewood Rub. Cover grill.

Grill 10 minutes. Sprinkle eggs with cheese and additional Applewood Rub, if desired. Grill, covered, 10 minutes longer.



Candied Grilled Bacon

Makes 6 servings

Prep Time: 5

Cook Time: 15

- 6 slices thick-cut applewood bacon
- 3 tablespoons honey
- 2 teaspoons McCormick Ground Cinnamon

Arrange bacon slices in single layer on bacon grilling rack or shallow disposable foil pan. Grill over medium-high heat 10 to 12 minutes or until bacon edges begin to curl. Remove pan from grill. Drain drippings.

Microwave honey and cinnamon in small microwavable bowl on high 30 seconds, stirring after 15 seconds. Brush bacon with honey mixture. Place bacon directly on grill over low heat. Grill 2 to 3 minutes per side or until crisp.

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I mean, I look at my dad. He was twenty when he started having a family, and he was always the coolest dad. He did everything for his kids, and he never made us feel like he was pressured. I know that it must be a great feeling to be a guy like that.

-Adam Sandler



DAZZLE GUESTS WITH A

JULY 4th FEAST

Celebrate warm weather, abundant outdoor activities and all the fun of July Fourth with a flavorful and festive gathering. Independence Day only comes once a year, so make it count and invite your favorite guests over for a memorable event. You'll go out with a bang when you serve up these palate-pleasing dishes at your patriotic party.

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This July Fourth, serve watermelon. This yummy fruit boasts sweetness and nutrition at a great value. Loaded with vitamins A, B6 and C, as well as antioxidants and heart-healthy amino acids, it's a welcome addition to your summer spread. For more recipes, visit www.watermelon.org.

Red, White and Blue Watermelon Cake

Servings: 6-8

- 1 seedless watermelon
- 1 cup low or no fat natural vanilla flavored yogurt
- 1 cup sliced almonds
- 1 cup blueberries
- 1 cup sliced strawberries

Place watermelon on side on cutting board. Cut 3-5 inches off each end to create large center slice between 3-5 inches in depth. Trim off outer rind. Cut watermelon slice into 6-8 pie-shaped wedges. Blot edges with paper towels to absorb excess moisture. Dip the back (curved) side of each slice in yogurt and then almonds, re-assembling pieces on serving platter as each piece is completed. When finished, it will look like piecrust of almonds around watermelon slices. Frost top of reassembled watermelon with remaining yogurt and decorate top with berries. Serve cold.



Some interesting things you may or may not already know about the 4th of July.

- Initially adopted by Congress on July 2, 1776, the revised version of the Declaration of Independence was not adopted until two days later.
- The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island; it began in 1785.
- The Declaration of Independence was penned by Thomas Jefferson and signed by 56 men representing 13 colonies.
- One of the United States' patriotic songs, "Yankee Doodle" was originally sung by British military officers prior to the Revolution as a means to mock the disorganized American colonists who fought alongside them during the French and Indian Wars.
- France, Greece, Poland, Russia and several countries in South America used the Declaration of Independence as a beacon in their own struggles for freedom.
- The "Star Spangled Banner" was written by Francis Scott Key during the War of 1812 and not decreed the official national anthem of the United States until 1931.
- 3 U.S. Presidents, John Adams, Thomas Jefferson and James Monroe, died on July 4th; Adams and Jefferson died within hours of each other in 1826 while Monroe died in 1831.

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Measure for Measure



By: Joan O. Scharf

It certainly was a day for celebrating! Colleen and Craig were about to become initiated into the ranks of grandparents, and they were beside themselves with nervous anticipation. Their daughter Jessica, with her husband Mark, had left for the local hospital twenty minutes ago. They were scheduled to sign the necessary papers and pick up the three-day old baby boy they were adopting. Both sets of prospective grandparents were invited to Jessica and Mark's house to welcome the new baby home.

Craig, along with Mark's parents, gathered to chat around the kitchen table as they waited, but Colleen couldn't sit still. With mixed emotions, she paced from window to window. Overcome by a desire to be alone, she slipped away from the others and quietly went upstairs.

In the baby's nursery, freshly painted pale blue, she rested her hands on the crib rail. A shaggy yellow teddy bear wearing a lopsided grin slouched in the corner of the crib, waiting to be introduced to his new little owner. The faint odor of baby powder still hung in the air from Mark's early morning practice on diaper changes. There, quiescent in

the room's peaceful warmth, Colleen's eyes misted over as she vividly recalled a day nearly twenty eight years ago when she, too, had filled out adoption papers.

The gray haired social worker entered the hospital room with the forms in her hand. "Are you ready to sign?"

Fumbling for the offered pen with trembling fingers, she wrote out her name, 'Miss Colleen Jackson,' on the documents not to bring a baby home, but to relinquish her newborn daughter.

The baby had been conceived in her third year of college after a regrettable and reckless night of drinking games. Partying seemed the thing to do at the time, and she had ended up in a dorm room with a young man she barely knew. By mutual consent, they avoided each other ever since that night.

Colleen realized she couldn't give this child a proper upbringing. There was an education to complete, a daunting stack of bills ahead of her, and no foreseeable prospect of marriage in the near future. After days of anguished soul searching, her heart had led her to choose life for her unborn baby.

As much as she wished to keep her

newborn daughter, Colleen knew that love and dreams were not enough, and she longed for this child to have a good life with two caring capable parents.

One tear followed another to slide off her chin and dampen her hospital gown. She tenderly held her perfect baby girl and kissed her goodbye. Groping in her purse on the bedside table, she pulled out a small gold religious medal and carefully pinned it on the infant's white knit shirt. Raw emotion showed on her face as she looked up at the social worker and begged, "Can you ask the new parents to keep this for her? It's a Miraculous Medal of Mary that has been mine since I was a little girl. I want my daughter to have it. Please tell them that. Please?"

The social worker took the baby from Colleen's reluctant arms. "I'll make sure they get the message," she said as she left the room, closing the heavy door behind her.

That was the last Colleen saw of her first born child. It remained a guarded secret through the years, shared only with her parents and the understanding man she later wed. Even though her marriage to Craig eventually produced two cherished children, their daughter Jessica and their son, Jerry, Colleen always kept her first baby in her heart and in her prayers.

A crumpled tissue fished from her pocket served to wipe her eyes. The past was best left in the past, she thought. Jessica and Mark would be coming home shortly with their new son, and her watch indicated her reminiscing had taken more time than she intended. With another fond glance around the baby's cheerful room, she hurried for the stairs. Halfway down, she paused with sudden insight. A loving gift... her first born daughter, was given to a childless couple years ago, and now, measure for measure, the wonderful gift of a baby boy was being given to them.

Running her fingers through her hair, Colleen straightened her shoulders before walking into the kitchen to join her husband, along with Mark's parents, in their second cup of coffee. Minutes later the garage door rumbled up and the four of them, coffee quickly forgotten, crowded around the entryway eager to see their new grandson.

Jessica walked in gingerly carrying the baby snuggled in a soft white blanket as Mark hovered protectively beside her. Both wore the proud-happy smiles of new parenthood. Jessica murmured softly, "Welcome home, little Benjamin. Meet your new family."

He looks like a sleeping cherub, Colleen thought. So beautiful. So innocent. A powerful surge of love passed through her, and she held out her arms. "May I hold him?"

Jessica said, with a little laugh, "Of course, but don't take too long, Mom.

Another grandma and two grandpas are waiting their turns."

Colleen carried the baby into the living room and settled comfortably into the plaid cushioned rocker. She was unwrapping his blanket when she saw it. The glint of gold.

"Jessica, look here. What's this?"

Peering over her mother's shoulder, Jessica said, "Oh, the social worker told me the baby's birth mother made a special request that he be allowed to keep it. It's a Miraculous Medal of Mary. Apparently it must have had a special meaning for her because it looks quite worn. I thought it was such a sweet thing for her to do."

Colleen looked at the medal for a long time ...then gently kissed her grandson on his forehead. ■

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Stardust



By: Joan O. Scharf

Cassie rubbed a dust cloth over the polished cherry-wood bedroom dresser as she hummed along with the golden oldies playing on the FM station. Nat King Cole was crooning Unforgettable from the radio in the living room. The song faded, and the strains of Stardust began to sift through the room.

Oh no! she thought. Every time I hear that song, there's bad luck for me around the corner.

She remembered the incident that happened back in 10th grade at a basketball game. During halftime entertainment the high-school band was in the middle of playing a Stardust rendition when she tripped over a loose sneaker lace, fractured her ankle, and had to drop out of cheerleading for the rest of the season.

Then there was the time her cat got squashed. She distinctly recalled Stardust blaring on the stereo as Mrs. Fitch banged on the front screen door yelling, "Cassie, come quick! Puffy just got run over by a dump truck!"

And how could she forget what her husband did five years ago. One balmy evening on the way home from a friend's birthday party, with the car radio softly breathing out Stardust, Melvin proceeded to tell her about the talents of the attractive receptionist working at his office. And then asked for a divorce.

Now, with the dust cloth still clutched in her hand she headed toward the living room to turn off the radio when she was startled by the ring of the telephone on her night stand.

I knew it! Here comes the bad news. Anticipating the worst, her hand hovered indecisively over the phone, but curiosity overcame her reluctance and she cautiously picked it up after the fourth ring.

"Hello?"

"Is the Cassandra McKay?" It was a deep male voice.

A quiver crept into her stomach and she felt her throat constrict. The state police? The hospital? An angry neighbor? She

forced herself to speak. "Yes, I'm Cassandra McKay."

"This is Better Brands Electronics calling to tell you that your name was drawn from our contest box today. You are the winner of our grand prize, a 42" flat screen HD television!"

Stunned, it took Cassie a moment to escape the fog that enveloped her brain. Filtering through her consciousness was a vague recollection of filling out an entry slip and shoving it into a large plastic bin during the rush of the store's official Grand Opening last month.

"Hello? Are you still there?"

"Yes, yes. I'm here," she managed to utter. "What do I have to do?"

"You don't have to do a thing except sign a release form so we can post your name as our winner. We will deliver and set up your new TV at your convenience."

Finally absorbing the reality of her win, she said in a friendlier tone, "Thank you. Thank you so much. I'll be there tomorrow to sign and make the delivery arrangements."

As Cassie replaced the receiver, she heard the diminishing strains of Stardust. Stardust and GOOD fortune at the same time? Could it be, she wondered, her luck was turning around? She wouldn't be convinced until she was settled in her favorite chair, her feet propped on a foot stool, the new television hanging on the wall in front of her, and the remote firmly in her hand.

Her first impulse was to dial up Jack and tell him the exciting news, but she then decided to surprise him. She couldn't wait to see the expression on his face tonight. Meeting Jack last year was another stroke of good luck. Cassie wasn't interested in dating for months after divorcing Melvin, but when she met Jack, her feelings changed. He happened to be the electrician who answered the service call to repair her kitchen light fixture, and they had been good friends ever since.

A smile curled her lips. Her eyes crinkled as she pictured his enthusiasm over her free HD television. He was taking her out to dinner this evening. It had been Jack's idea to make reservations at a new French bistro

Love, loyalty bond Danville officer and K-9

By **KENDRA PEEK**
The Advocate-Messenger

DANVILLE, Ky. (AP) — Dogs are man’s best friend — something no one knows better than Danville police officer Hobie Daugherty.

“He stays with me 24/7. It really ends up being your best friend riding in the car with you. It’s not like your household pet. There’s a much deeper connection with the K-9, because they’re just with you all the time,” Daugherty said of his partner, K-9 Petty.

Daugherty, a native of Laurel County, joined Danville Police Department in 2012.

Being a police officer “was something I always wanted to do,” he said. “I always knew I wanted to be a K-9 officer before I ever even got hired into law enforcement.”

“The first time K-9 came available, I jumped on it.”

It was October 2014 when Daugherty got his chance.

Not just any dog can become a police K-9. They are tested on a variety of things, one of the biggest being their prey drive. Petty, who is almost 3 now, was a German-born German shepherd who had been selected to become a working

dog by Southern Coast K-9. He spent about six weeks being trained as a drug-sniffing dog, learning to detect marijuana, heroin, cocaine, crack cocaine and methamphetamine. Petty also was trained to track, adding a bit more time to his training.

“He’s able to do more than what we can,” Daugherty said. “The way he smells — he smells in parts per million. We’re obviously not able to detect the odor like he’s able to.”

“We may get a whiff of marijuana, or something like that and that gives us an in into a vehicle, but when Petty sniffs a vehicle, he may smell all the others that we can’t. He’s able to help us get that foot in the door to get that narcotic and get it off the street.”

Daugherty continues to train Petty, to ensure the dog stays sharp on what he’s sniffing and won’t get distracted.

“Sometimes, I put out distractors, like a plastic bag, so he knows to differentiate between narcotics and plastic bags. He’s strictly on the odor of narcotics,” Daugherty said. “It’s all about what

you can expose your dog to and make him a better dog.”

Not even other dogs distract Petty, Daugherty said proudly.

The ability to detect various types of smells is something all dogs have, Daugherty said.

“The best way to explain smell — when we go over to someone’s house and they are cooking a pot roast, we go in and we smell pot roast. A dog smells the beef, the cabbage, the carrots — they differentiate smells,” he said.

Daugherty spent about a month training with Petty, to help facilitate the lifelong bond between K-9 and officer.

“They like the dog to have one handler throughout his career. You become extremely attached,” Daugherty said. The duo have been certified by the Narcotics Dog Detector Association and are re-certified yearly.

Petty lives with Daugherty and his family to facilitate that bond and has become protective of the officer and his family.

That’s also where Petty “lets loose,” Daugherty said.

The two spend most of their shifts in the patrol car specially outfitted for the K-9. The patrol car functions as a mobile office for Daugherty. It has a special system that regulates the air conditioning and can override the rear windows, forcing them down and turning on two large fans if the temperature gets too warm.

Thanks to the K-9 Defender Fund, Daugherty was able to get a first aid kit, called a Buddy Bag, that prepares him for almost any emergency with the dog. Petty also has his own bulletproof vest and a special vest he carries when fulfilling his duties as a tracking dog.

Daugherty’s patrol car has a computer and printer that enable him to look up license information and print tickets.

The car also is equipped with cameras that kick on when the lights do. The moment the lights kick on, Petty goes on alert, too, watching his handler’s every move until Daugherty returns.

“You can see his demeanor or change when the lights and sirens kick on. It’s like



he says, “What’s going on, Dad? What are we doing?” Daugherty said with a laugh, describing the dog that generally lounges in the back while the car is in motion.

He and Petty spend a lot of their time on patrol.

“We generally patrol through areas and try to be as visible as we can — that in itself deters crime,” Daugherty said. They pay close attention to areas where cars travel frequently, among other things.

“There’s patterns with narcotic activity, and sometimes it’s random as well,” he said. It usually takes time to locate the areas of interest and be able to take action.

“Some people think it’s an immediate thing — it takes time to develop a search warrant.”

Sometimes, Daugherty and Petty assist other police agencies that don’t have K-9s. While he’s generally a relaxed dog, Petty becomes focused while working.

“If I got him out right now, he’d start trying to find something to sniff. That’s the kind of dog he is — he’s very meticulous, and he loves working,” Daugherty said of his K-9 partner. “He’s an awesome dog.”

“I love him to death. What’s better than to have a dog with you and do the job you love doing?” ■

Stardust from previous

bistro that recently opened downtown. Besides its reputation for excellent cuisine, the big draw was a violinist who roamed the dining room serenading customers. How typical of Jack, she reflected, so thoughtful and considerate. Cassie was aware she was in love with him, but she wasn’t sure how to handle it. To her knowledge, Jack was not seeing anyone else, and although he was affectionate and attentive, he had never said anything to indicate his feelings to her.

As they settled at the restaurant table that evening, the excitement of her contest win danced in her mouth. She patiently held back until Jack finished giving their dinner selections to the waitress.

Animated, she turned to him. “Jack! You’ll never guess what...” She stopped short when she caught sight of his serious determined expression.

“Cassie, I’ve got something to say to you.”

Taken by surprise, she waited for him to explain.

“You’ve met Seth Bowens, my boss at the repair shop, haven’t you? Well, he’s retiring, and last month he offered to sell the business to me at a fair price. We’ve already met with an attorney, and as of today, the negotiations are complete.” Breaking into a grin Jack held out his hand. “So...meet the new owner of Jack’s Electric Repair Shop”

She could see pride etched in his smile, and quickly took his hand in her’s. “Oh, Jack! I’m so happy for you. What a wonderful opportunity.”

Her own big news was temporarily put aside as they ordered a bottle of champagne to celebrate his new venture. All during the meal she listened with interest as he eagerly detailed plans for updating and expanding the shop, and

together they discussed the pitfalls and benefits of being a business owner.

Once the dishes were cleared away, the waitress placed folded ivory deserts menus in front of them.

Cassie shook her head. “I don’t think I can eat another bite. I’ll skip dessert and only have coffee, please.”

She was again on the verge of adding to Jack’s festive mood by telling him of her contest win, when he interrupted her by picking up the menu and holding it out. “Come on, Cassie. This is a special occasion. It’s not every day I decide to buy a business. At least look at the menu. Something might appeal to you.”

He looked so disappointed she had to laugh. Not wanting to spoil his happy moment, she consented. “Well, maybe just a little something.”

She flipped open the menu, and her attention was immediately captured by the large hand printed message inserted in the center of the page.

THE SPECIAL OF THE EVENING

Cassie, now that I have a secure future, will you marry me? I love you. Jack

Cassie became keenly aware of the strolling violinist hovering behind her, and by a stroke of fate he was playing Stardust.

She looked over the top of her menu to see Jack anxiously watching her, unsure of her answer. Cassie smiled. In a lilting cascade of sweet notes, ...Stardust was about to become her favorite song. ■

EDITOR

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A dream comes true for Officer Norman Schubert and Reagan

by Elizabeth A. Tomlin



Reagan was a bit of a rogue when he was a youngster. In fact, he was more than a handful — when you could get your hands on him.

As a 2-year-old he was huge — and he hadn't been taught anything. Although he didn't have a mean bone in his body, he was a free spirit and full of himself. Proud, determined, beautiful and hard to keep inside of a fence.

That's when he came to live with Officer Norman Schubert.

Schubert didn't pick Reagan out. He was away from home serving with the military when his wife Arlene spotted an advertisement for the Percheron-cross gelding and made a snap decision to buy him as a Father's Day gift for Schubert, just as he was due home.

Arlene planned to wait until their boys were home from school to introduce

Reagan to Schubert, but it didn't work out that way.

"Actually, Reagan got out and he was up on the neighbor's lawn," Arlene recalls with a laugh. At that point they didn't have time to wait for the boys, they needed to round Reagan up and get him back to his new home.

And so the relationship began.

"He's always been kind of a hard-headed mule," Schubert says. "We have a lot of gates at home that will attest to the fact that he does what he wants because of his size. He'll push on the gate until it bends or the chain breaks and then he and his friends go down the road."

"Originally I wanted to use him to work under harness in the woods retrieving firewood," Schubert said. "When he was three we put a saddle on him and

we were able to trail ride him, but he was very rough and because of his size he basically did whatever he wanted to do."

Then, as luck would have it, Schubert met an Amish man at an auction and they exchanged horse stories. Schubert was impressed with the man and a deal was made for Reagan to go with the Amish family and see if he would work out for them.

Then 4 years old, Reagan was put to work plowing in the spring and haying.

"That seemed to bring him around," Schubert says.

Reagan worked out well under harness and the Amish man offered to buy him. But Schubert declined, deciding to keep the gelding and hopefully team up with him to pursue his dream of becoming a Mounted Police Officer.

"I knew Reagan and I would make a good team," Schubert said. "He's always been a gentle giant, but knew that he could throw his weight around and intimidate people... I wasn't exactly sure how he would work out."

When SUNY Delhi's University Police Chief Perri DeFreece heard about Schubert's interest, he gave him his full support.

"A mounted officer is much more approachable and I see the Mounted Patrol as a great way to increase communication



with our students and campus visitors," DeFreece explained. "From a law enforcement perspective, the officer and his mounted are a crime deterrent because of their increased visibility. An officer on horseback can cover difficult terrain more quickly and easily compared to police officers in cars, on bicycles or on foot. Also, it has been shown that a mounted officer is as effective as 10 to 12 police officers on the ground at major events."

So, off Reagan went to Mounted Patrol school.

"After the first two days of school he started to figure out what I wanted from him and he responded well," reports Schubert. "The instructors nicknamed him 'The Rock' because he was unflappable. He would not even flinch when firecrackers were thrown under him or flags waved in his face. During the drill when smoke was deployed he walked right into it and was a calming influence on the other horses. If he could not step over an obstacle he stepped on it. He was hit with objects and wasn't fazed by any of it. That is when I realized he had a calling for this job: Police Horse."

One of the skills practiced in Patrol Horse class is gently moving into and dispersing large crowds.

"During the crowd drills there was a simulated fight in the middle of a crowd of 30 or more people, who were screaming and waving

flags," Schubert stated. "Reagan went right into the crowd. They called him 'The Rock' because he's fearless!"

Officer John Bagdovitz, a long time friend of Schubert's and instructor at the class, reported on other skills practiced during the Patrol Horse Class.

"Officers are trained heavily in things that would happen out on the street that the average trail rider would not come into contact with."

***They called him
'The Rock'
because
he's fearless!***

Horses were subjected to honking horns, fireworks, crowds screaming, smoke bombs and firing a starting pistol from the horse's back.

"Reagan was the star of the mounted police class!" Bagdovitz declared. "We were all incredibly impressed with his behavior in the situations that we threw at him! He was fantastic! All of the instructors were extremely impressed with him!"

Bagdovitz knew what Reagan's behavior had been as a youngster and was amazed at the difference. "When we finally got him to the

patrol school we found out what Reagan was made for!" said Bagdovitz. "We found Reagan's life work. It was a tremendous thing to watch!"

"Overall he is a gentle giant with a calm demeanor," commented Schubert. "He is just as happy standing in one spot for over an hour and being petted or moving a crowd of rowdy people. He's big and beautiful and when I drive him through the center of a crowd, people move!"

Schubert says the trend with police departments is to go with draft horses for mounted patrols. "It's their size and disposition. Draft horses are perfectly suited for police work because of their traits."

Reagan will be used to provide demonstrations for schools and community organizations showing how mounted patrols are able to enhance law enforcement efforts. In addition to patrolling the campus, Schubert and Reagan will be used to represent the Delhi University in the six parades the village has each year, at the County Fair and other at other special events.

Now 7-year-old Reagan has come a long way since his rambunctious youth, surprising many people and making Schubert's dream a reality.

"We are all very proud of Reagan," Schubert said. "He loves to work and show off!"

"That seemed to bring him around," Schubert says. ■

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Sheriff Chris Farber Re-Election Announcement

-Herkimer County Sheriff

LITTLE FALLS, N.Y. – Herkimer County Sheriff Chris Farber released the following announcement today as he seeks a fourth consecutive term as Herkimer County Sheriff.

Today, I am announcing my intentions to run again to represent the great people of Herkimer County as your

Sheriff. Proudly, you have trusted me to be Sheriff for the past 12 years.

I have lived and worked in Herkimer County all my life. I was a Town Justice for more than 20 years and handled thousands of cases from vehicle and traffic violations, to criminal and civil cases. I have been actively

involved in our community for more than 30 years and participate in and donate to many organizations. I am out in the community every year not just election year. I know the issues and what people in the whole county are concerned about.

I have thought of the money the Sheriff's office spends, as

if it was coming out of my own pocket. The following are some of the ways I have streamlined and cut cost in the department since taking office:

-Standardized all weapons and ammunition to make training safer and making storing and accountability of ammunition easier.

-Standardized the vehicles that we use. These vehicles are much more efficient and

cost effective to run.

-Implemented the Live Scan and Card scan Finger printing system, by obtaining a grant which has saved the county money as well.

-Implemented a new ID and proximity card system, a new pistol permit system, a new civil software system, a new boat for the county to Cont. on page 32

Retirement doesn't always mean slow it down

Dawn Marie's Treasures E-X-P-A-N-D-S into Rome

By Diego Phillips

It's now more of a continued family affair at the Dawn Marie's Treasures shops, first on West Park Row in Clinton for eight years, and as of mid June at the Black River Boulevard Plaza in Rome.

"Our new shop carries items like the Clinton shop but with a shabby chic design," says owner Dawn Perta. "We will carry vintage (furniture, home decor, art and jewelry), gifts (candles, cards, soaps, wall art, and other specialty items), and gourmet (chocolates, hot fudge sauce and more)."

Also at the new shop customers can find gently worn and new name-brand clothing and accessories for women, men, and children.

"I grew up going to auctions and estate sales with my mother, Jane Marie, who was an antiques dealer for 30 years," Dawn says. "She went by her name for her business and I loved all the exciting and unique treasures of new and old."

That love created the two

Dawn Marie's Treasures stores, owned by Dawn and her husband, Alan, both of New Hartford.

"Alan took an early retirement from pharmaceuticals and partners with me with our family business," Dawn says. "We look forward to serving the Rome area as we do Clinton and surrounding areas."

Why a shop in Rome? "I have a large customer base from the Rome area that frequents our shop in Clinton," Dawn says. "I believed Rome would be a great area to open a shop like DMT."

The Rome store hours are Monday through Saturday, 10 a.m. to 6 p.m., and Fridays until 8 p.m. For more information customers can call Dawn at 315-796-9099.

Dawn talks about how her original shop in Clinton, primarily a consignment store, was a hit from day one. As time went by, the shop continued to evolve and expand to meet her customer's needs. She plans the same for the Rome store.

Dawn Marie's Treasures in Rome will still handle consignment business. "We will be taking consignment by appointment for furniture, home decor, name-brand clothing, accessories and more," she says.

Dawn says her most popular items sold include a little bit of everything, from jewelry to pottery, wine glasses, books, women's clothing, scarves, and designer bags.

Current trends in the industry remain ever-evolving but every treasure seems to find a new home. "Things change all the time, but everything seems to come back," Dawn adds.

She says she always wanted to expand her familial hospitality to another location. "I love my shop and customers, so this comes natural to me," she says. "I believe that if you do what you love, it will succeed."

Whether in Clinton or Rome, to the Pertas there is no place like home. "My husband and I grew up in this area, our families are here, and I think this is a beautiful

place to live. The Mohawk Valley has a lot to offer."

She offers one more "Come on down" to the public: "We look forward to meeting and making new customers and friends in each shop," Dawn says. "Look for new treasures weekly."

And there's one final shout out to her customers: "Thank you for supporting small businesses!" ■



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Sheriff cont.

patrol the waters, a duress system in the county buildings to improve the safety of the county employees as well as our visitors.

-Implemented the Operation Safe Child identification system.

-Continued training of our Corrections Officers, Deputies and staff.

-Acquired a grant for a new computerized jail management system.

-Installed Drug Drop Box in Sheriff's Office to remove

unwanted prescription drugs from the streets

-Acquired new Project Life-Saver to help keep our most vulnerable population safe

-Worked with FEMA to acquire funding to make repairs to the County firing range

Most all of the above items were purchased with grant funding. Further, the ID system housed and operated by the Herkimer County Sheriff's Office, has been used to produce secure IDs for local police departments and for all firefighters in our county. We've work closely

with many of our local law enforcement agencies to execute grants that make sense for our county.

As Sheriff, I was one of the first to oppose the NYS SAFE Act. I signed on with the NYS Sheriff's Association to join the lawsuit against the NYS SAVE Act. I am currently the 1st Vice President of the NYS Sheriff's Association. I was the 2014 Co Recipient of the "Champion of Children's Award" and I am the Chairman of the Jail Committee representing the NYS Sheriff's Association.

I have had the honor and the privilege of being your Sheriff for the past 12 years.

I have experienced two major floods in our county working to bring together law enforcement and services for our residents devastated by these disasters.

I take a business approach to the issues that face the Sheriff's Office every day. I know that long hours and hard work pay off in the end and I believe that I am the only candidate with the real experience that counts.

I humbly ask for your continued support and request that you select me, once again, as your Sheriff.

Thank you all,
Herkimer County Sheriff
Christopher P. Farber



Sheriff Farber sworn in as 1st V.P. of the NYS Sheriffs Association.

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Springville veterinarian and his reindeer find success

By SPENSER HEAPS
The Daily Herald

SPRINGVILLE, Utah (AP) — Dr. Isaac Bott's work day always starts the same way. He walks out the back door of his Springville veterinary clinic, collects a few scoops of feed from a small garage and goes to feed his reindeer -- Sven and Twinks. There is also a new mouth to feed, as Twinks has given birth to a small, male calf.

Bott said the reindeer are his pets and Sven, with his large set of antlers, is also the mascot for his veterinary practice -- Mountain West Animal Hospital. But the reindeer are also a professional project of his, as he specializes in reindeer reproductive services.

"People are always

intrigued," when he tells them about his work with reindeer reproduction, Bott said.

"What drives me is the comparative medicine; that's what makes my brain move," he said.

During the day he works on dogs and cats to pay the bills, but his interest lies in solving complicated medical problems. Bott said he loves getting calls from people all over the world who have a problem that he might be able to help solve. He only signs on to a project if it is something different and something that will be challenging.

"Something that nobody has been able to figure out, I love taking on that challenge," he said.

One of those problems, it turns out, is the challenge of reindeer reproduction. Bott explained that male reindeer who haven't been castrated are some of the meanest animals in the world when they're in the mating season. "They will kill you," Bott said.

So reindeer owners generally keep only castrated males, but that means their females must be artificially inseminated in order for their herd to grow. Collecting semen also proves a challenge, as male reindeer are incredibly sensitive to anesthesia. Bott said attempts to sedate male reindeer in the rut almost always kills them.

Once there is success in collecting reindeer semen, due to its own biological makeup it tends to be very difficult to freeze, ship and thaw, so herds end up being inbred. That is causing all sorts of genetic problems



for herds around the world.

Through trial and error, Bott has developed a process for collection, freezing and administering reindeer semen that has produced consistently successful results. Today he travels all over the world artificially inseminating reindeer. He also works on other animals, including bighorn sheep, elk and water buffalo.

Bott said he was very selective in the individuals he chose. He selected Sven, his male, because of his uncommonly calm demeanor.

"There's not a reindeer that I've ever met like Sven," Bott said. "He's completely tame. ... He's a reindeer we can trust."

For his female reindeer, Bott wanted an individual that would provide a good challenge for his research into reindeer reproduction issues. Twinks was an older reindeer, now 11, who had a history of late-term abortions -- meaning a spontaneous termination of the fetus, not one induced intentionally.

Bott said there was no published information on abortion in reindeer, especially in regard to a lack of progesterone, one of the hormones necessary to

sustain a pregnancy.

"It really has never been described in species like reindeer," Bott said. "This was the first time I was able to get a reindeer and actually run these progesterone tests and see where we were at."

If he could get Twinks to carry to a full term, it would provide a really challenging case on which he could work. Other jobs working with reindeer who are having reproduction trouble would be comparatively easier.

The efforts paid off, and Twinks recently gave birth to a healthy male calf. Bott is now in the process of writing up his findings so he can publish a paper on it.

While his work on reindeer reproduction has become a valuable part of his business, the work has always been about the reward of meeting a challenge when it presents itself.

"You don't make that much money, and that's not at all what drives me to work on these projects. It's doing something that's difficult," Bott said.

"There's a tremendous amount of self-satisfaction that comes when you are successful at something." ■

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Potato Planting and the Hoe

a wonderful invention



By: Anthony Bagnick

In Grandpa's day many potatoes were grown on the farm. In the fall of bygone years I can remember seeing rows of freshly dug potatoes on the ground and several burlap bags full of potatoes waiting to be loaded onto the wagon. After grandpa passed on dad ceased planting so many potatoes. When dad went to the great beyond we didn't grow any potatoes until I decided several years ago to try my hand at planting some potatoes for our own use. I wanted to see if I knew how to plant potatoes like they did in the good ol days.

I did the plowing and harrowing with the tractor. After the ground was ready I made the rows with a hoe and planted the tators. I was only planting 30 to 40 lbs of potatoes, so it was not a big job.. When they emerged from the soil I cultivated them with a hoe. Later I used the same hoe to hill them. In the fall I dug them with that hoe. I dug some each evening after work before it became too dark. Later I stored them in the basement before winter arrived. It was a nice hobby for me. They grew well for me and they tasted so great all winter long. This hobby has continued right into this spring, but now my hobby is almost getting the best of me.

These last four or five years I planted over 300 lbs. each year. Instead of taking it easy I now work harder than before, but I did graduate from using the hoe to make the rows. Making rows with a hoe for 300 lbs. of potatoes is too much work. I invented my own row maker. I took a two by four and bolted a wide cultivator tooth to the end of this stick. Then I made a hitch on my ATV to hold the lower end of the two by four. I use baler twine to tie the upper end of this two by four to the ATV. With the cultivator tooth dragging a few inches deep in the ground I make a perfect furrow for my seed potatoes. My furrow maker though, is not perfect. It must be untied at the end of the row and lifted by hand and then lowered and retied as I start to make a new row. But by golly, it is easier than using the hoe to make many rows.

You might ask why do I plant so many? My answer is because I find enjoyment in planting potatoes. Later, when they emerge from the damp soil, I find enjoyment in giving them tender loving care as they grow. Finally, harvesting them is the great reward for all the work.. Sure I hurt and ache all over when I work with them but, when I finally see the fruit of my labors it is worth it. If they grow well, I give many to my sisters, cousins, and some neighbor friends. I would even give some to you if you lived closer.

This spring a young neighbor boy visited me while I was planting. I explained to him how the potatoes have eyes, and that they sprout from those eyes. He asked, "Can potatoes see?"

growing from those eyes. Now cover them."

He looked confused and said, "They must be dead if you cover them with dirt. Only dead things get covered up with dirt and dead things don't grow."

I replied, "They have to grow underground. They are not dead."

He responded, "You are wrong. "When my Uncle Slugg died he was dead and they covered him with dirt."

"That is altogether different. Uncle Slugg was not a potato. Now grab the hoe and start covering the potatoes," I said.

I started covering the potatoes with my hoe. When I looked back he was examining his hoe from one end to the other end. I asked, "What are you doing?"

He questioned, "Where is the switch? How do you get it started?" I stood there shaking my head. I realize each generation on this earth finds their way, but I worry about the younger generations.

The hoe is a wonderful invention. It is of simple construction and can be used for many gardening jobs. You can use it to get the ground ready, then use it to plant, and then use it for the final harvesting of whatever crops you planted.

I consider the hoe one of my closer friends. I take it for a walk with me whenever I march out to the garden, which in my situation is the potato patch. When planting, it is my buddy when covering the seed potatoes. As you walk along holding the long hoe handle, you reach down with the metal end of the hoe to pull the dirt over the potatoes. When you move loose dirt with the hoe you hear a shussing sound. When you hit rocks you hear a clunk or clank of various tones. I can't replicate the sounds in words as accurately as I do hear the sounds. You got to get your own hoe and listen to the sounds it makes when cutting through the soil or whacking into stones. The sounds a hoe makes are not noises or screeches. The sounds are good country hoe music that you never hear anywhere else.

In my Pennsylvania fields I have plenty of stones, tiny ones, bigger ones, and even bigger ones. When you use the hoe to cover potatoes you must often remove a stone that is resting near the seed. By catching the stone with the hoe, you can yank it away from the seed. It depends on just how you hold the hoe. If you get the corner edge of the hoe underneath the stone just right, the stone comes out of the furrow easily. It takes some knack to properly twist the hoe with your wrists and flick the stone away from the seed.

Sometimes there is a stone in the garden that is bigger than a soup dish or even larger. If just the top edge of the stone is showing, which means the stone is on its edge in the ground, you got troubles. You scrape the hoe over the stone several times before you realize the stone is on its

I replied, "No, they don't have those kinds of eyes." He didn't quite believe me. He studied a potato closely for quite a spell.

He helped me plant a row. He did his best to turn each potato so the eyes were facing upward. He said they could see better that way. I gave up telling him they don't see. He commented that the row looks so straight. I said, "Yes it does. Now you take this hoe and see if you can cover some of them with dirt."

He looked startled. "They won't be able to see."

A bit annoyed I said, "They don't see and they don't have to see. They start

edge and it will not budge. You must dig deeper around this stone to eventually get a good hoe grip on the stone before you can yank it out.

If you don't have a hoe, get one. A hoe can reward you with plenty of exercise to maintain a healthy body. The aches and pains you might develop when using a hoe are a free treat. A hoe can also be used even when you are tired in the garden. You can just stand there leaning and clinging to the long handle. Let the metal end of the hoe rest on the ground while you look around at the beauty of your world. While you are at it give thanks to your maker that you can still hold and use a hoe. Some people, including Uncle Slugg, don't have that privilege.

I hope to write part 2 of this story when the potatoes are growing and need tender loving care, especially from the potato bugs. Yes, I will be using my hoe again, many times. I couldn't garden without it. I have a feeling my young neighbor boy will be over to see the potato plants growing. He could even help me remove those leaf chomping terrible potato bugs---I think. ■



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James Donahue, Whitesboro, is our lucky winner! Now \$100 richer... you could be next!! See contest rules on this page for instructions and this issue's clue!

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\$100 Contest Winner

You could be the next lucky reader

This issue's reader contest winner helped me solve a mystery! When I went to visit James Donahue at his home to deliver his \$100 winnings, I found out that in actuality his wife Jean was the avid Editor reader and picked up their latest copy at Holland Farms when she went to pick up a birthday cake. Jean said, "I hate having my picture taken, so I made Jim call in!" This may just explain why we have yet to draw a woman winner!! We get a lot of women entering our contest, but it sure seems like the men are on a winning streak. We may just know why now! I told Jean, you can double your chances of winning if you both enter. That sparked her interest but said, if I win can Jim

be in the photo instead? Hmm, camera shyness prevails!

Jim and Jean both grew up in Utica, but upon retirement, settled into their home in Whitesboro.

When I asked them what their favorite parts of reading EDITOR were, they both agreed that the ads from local restaurants were among their favorites. "We like seeing what the local restaurants have to offer and the articles about them are nice to read as well," said Jim. The couple agreed that it is very colorful and pleasant to sit down with.

Jean also added that the articles are very interesting and it is enjoyable to read. Music to my ears, I must admit!

This issue's clue was part of a sentence found in the article, Mr. Breakable written by Joan O. Scharf and was found on page 22. Joan is one of our newest writers and has already received many accolades from our fans! More of Joan's work can be found inside this issue, we hope you enjoy!

The new contest clue can be found in the promotional advertisement on this page. We wish you all good luck! The winner will randomly be drawn on Wednesday, July 8th at 4pm and will be announced in our July 10th issue!

Congratulations, Jim and Jean Donahue. ■

“

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. ~Winston Churchill

The Villas Sherman Brook and Clare Bridge Clinton Host New Name Celebration!

Clinton, NY July 1, 2015 If something seems a little different to you the next time you are near The Villas Sherman Brook and Clare Bridge Clinton, don't be surprised. Its new name of Brookdale Clinton Independent and Memory Care will reflect its connection to the Brookdale senior living family and the

large network of services it provides for senior adults. Not only is The Villas Sherman Brook and Clare Bridge Clinton changing their name, so are all other Brookdale communities across New York State.

The public is invited to a special evening of celebrations on Wednesday, July 29th at 6:30 pm.. The event will include music by The Floyd Community Band, great appetizers and beverages and conclude with fireworks at dusk. Attendees will also include residents, families and friends.

"We are very excited about this change," said Kim Martin, executive director of The Brookdale Campus. "Becoming a part of Brookdale shows that we are a part of something bigger and that we are engaged in a nationwide mission to provide seniors with the highest quality care, service

and living accommodations."

Brookdale, headquartered near Nashville, is the nation's largest operator of senior living services. With approximately 1,150 communities in 46 states, Brookdale operates independent living, assisted living, and dementia-care communities and continuing care retirement centers.

"At a Brookdale community, you know the people who work here have a passion for helping seniors and finding them solutions to the needs in their lives," Martin continued. "Our associates have always provided exemplary care for our residents and that will not change. We are proud of the care we have provided in Clinton in the past and look forward to continuing to provide and elevating that level of care in the future as part of the Brookdale family."

To schedule a private tour or RSVP for the celebration, please contact Kim Martin at (315) 853-1224 kmartin@brookdale.com.!

WHAT: The Villas Sherman Brook and Clare Bridge Clinton's name change to Brookdale Clinton Independent Living and Memory Care Evening Celebration

WHO: The people who live and work in the community. Contact Kim Martin, Campus Executive Director, please rsvp for evening events. For a personal tour and more information, please contact Kim Martin, Campus Executive Director.

WHERE: The Villas Sherman Brook 99 Brookside Drive Clinton, NY 13323

WHEN: Wednesday, July 29th 6:30 pm

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Rainy Day Ride

Dad’s Old Car



By Terry Berkson

For several years, when I was a kid my father kept this big old black Buick up on blocks in the backyard. He had driven it for a time but it had a big engine and used too much gas to be a cab. There was a spare tire set into the front fender and a partition separating forward and back compartments. You could slide the glass open horizontally if you wanted to talk to the driver. There were two round folding seats next to the partition wall. The seats and all the upholstery were made of a maroon-dyed leather. The car had actually been a limousine but Dad used it as a taxi for a while and the hand-wound trip meter was still mounted up front. My gang and I logged many miles in that car. The guys would pile into the back seat as I'd flip the flag on the meter down. The initial charge then was a quarter. We made a trip to Canarsie, Brooklyn on a rainy day when there was nothing else to do. The rain beat on the roof as the meter ticked away. Bugsy and Roger were behind me rubbing the fog off the back window.

“Step on it!” Bugsy yelled, his eyes bulging. “The cops are coming!”

“Yeah!” the others echoed. I whipped the wheel around and yanked

on the shift stick. We all made screeching noises as the rain drummed on the huge engine hood and the wide whitewall tires stood motionless just a half a foot off the ground. Then Roger got locked out--no--thrown out, and the rest of us were inside laughing as he pressed against the window like a drowned rat, his glasses tilted on his nose, begging for shelter.

Once a year Dad would let the Buick down and get it started not without a lot of trouble. It was always a group effort. Roger’s father and a couple of other guys on the block would help push it out onto the driveway. They’d inflate the tires and trickle gas into the carburetor. There was always some expense during the revival and one time Pie Face Freddie at the gas station told my father, “Get rid of that load. It’s a sinking ship!”

I felt bad for Dad and the car.

“Just do a temporary repair on the gas tank,” my father told Freddie, “so I can take it for a run.”

Then the car was finally rolling and I was on the front seat next to Dad as he went through the gears. Seeing him happy like this made me feel older, like I knew something that he didn’t. He looked over at me with his hands gripping the wheel tightly as the car

surged ahead.

“Feel the power! Can you?”

“Yeah, Daddy! Let’s go faster!”

The annual start-ups lasted for several years, each time my father vowing to restore and maintain the big powerful car. Then he skipped a year and when he finally tried to start it there were too many things wrong and one rainy day in late winter a tow truck dragged the old Buick and all my future trips to Canarsie out of the yard but not before the bumper caught the thick hedges on the driveway as though the car knew it was going to the glue factory. I stood watching from a rain splattered window and thought of being angry with my father after the junk man paid him and he came inside the house all wet and muddy, but he was sad too to see the car go and instead we sipped hot tea together and ate pieces of hard rye smeared with orange marmalade.

Years later I found the Buick’s trip meter hidden in a corner of the cellar and dug it out and wound it up and put the flag down to hear the old familiar ticking and for a moment the rainy days, the start-ups, the make believe trips to Canarsie--and Dad, were all with me. ■

You call it a walk

I call it therapy

By Dyann Nashton

Now that we are fully into Summer, there’s no time like the present to do one of the easiest and healthy things possible – walking. Report after report expounds the benefits of this simple activity in the sedentary age in which we live. Really, it’s nothing new. Even Hippocrates was quoted, 2,400 years ago, as saying, “Walking is man’s best medicine.” Not only is it good for our bodies, but our minds.

According to Harvard Medical School, “walking is the poster boy for moderate exercise.” I’m not a fan of being drenched in sweat and grimacing in pain. But moderate, I can do. Walking is as low-maintenance as exercise gets. All you really need is a good pair of sneakers and clothing appropriate to the weather. There is no membership required, expensive equipment to purchase or skills to learn. The American Heart Association/ American College of Sports Medicine says that brisk walking for 30 minutes per day over five days per week is plenty.

You might want to consider the timing of your walk. Dawn and dusk and certainly night time can be tricky. Use your judgement and use reflective clothing or light sticks. In my neighborhood, we don’t have sidewalks and Friday is garbage day, so I time my walks on these days so I don’t have to maneuver around garbage trucks. I’ve also got the mail truck schedule pegged and figure in my neighbors’ work schedules. Now that school is out, it is a bit more challenging. College kids are jogging and younger children whiz by on skateboards.

Many experts recommend exercise buddies who will hold you accountable and help keep you motivated. That’s fine for some, but, other than my dog, I prefer solitary walking and tend to choose times of day when the least amount of my neighbors are around. A brisk, half hour walk isn’t quite the same if you stop at every third house to chat about the weather and how big the kids have grown.

In fact, walking for me is a form of meditation. Thich Nhat Hanh, an internationally known, Zen Buddhist monk, wrote that “Going is important, not arriving.” I like this philosophy of not overthinking it, or as Nike says, “Just do it.” The point is to be present with the steps you are taking and the walk itself without ruminating on whatever is going on in your busy life.

While your thoughts may drift to your grocery list or a family member in crisis, bringing your mind back to the here and now is in itself meditation. You do not get to criticize yourself because your mind wandered. Criticism isn’t very meditative. Many experts recommend envisioning your thoughts coming and going, like a leaf floating down a river. There is nothing to reprimand in that leaf coming and going. So, don’t criticize yourself when thoughts come and go.

Don’t get me wrong, my mind can be all over the place when I walk. I have become the ultimate landscaping and lawncare critic

in the neighborhood. Extra points if you happen to make that lovely cross hatch pattern in your lawn when you mow. I deduct points for lawns let go so long that the grass’s seedheads sway in tandem like Baptist church ladies during a hymn. For the neighbor with shrubs that have been manicured with tweezers and trees shaped like perfect giant gum drops, you get the Simon Cowell sneer because that is simply just showing off.

Besides how people tend their property, there is a magic to walking outdoors. While our lives feel so hurried and complex, there is beauty in watching one season unfold until it is time for the next one to start. A stroll every few days yields new discoveries each time.



Now this, is just plain showing off!

Sad little nursery annuals stuck near mailboxes become glorious after a few good rains. It is unusual, I know, but I actually look forward to acorns. There is one oak tree on my route and with a smile, I often toss a few perfect specimens in my pocket. When I was a child, my father was obsessive about his lawn. He paid a half cent per acorn I collected. Filling a paper grocery bag with them made for easier mowing under our backyard oak. It also provided a softer landing off the tire swing.

There are other revelations while walking, too. One day near the edge of a field, I found an amazing owl feather. You learn to enjoy the smell of fresh mown grass. You feel offended by the chemical stench of a freshly sealed driveway. You watch as the mulberries transform from subtle and anemic looking, to little amethyst jewels dangling from the tree like so many earrings.

Being outdoors, in nature can be healing on many levels. It is said that ecotherapy or what they call “green therapy” can reduce depression, stress and anxiety.

Continued on page 37

King Crossword

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		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60				61			

HOCUS-FOCUS

BY HENRY BOLTINOFF

Differences: 1. Light is missing; 2. Box is smaller; 3. Collar is missing; 4. Shift design; 5. Hat is missing; 6. Picture is missing.

Amber Waves

by Dave T. Phipps

GERALD, YOUR VIDEO GAMES ARE MUCH TOO VIOLENT.
TAKE A BREAK FROM ALL THAT SHOOTING AND KILLING AND SIT WITH YOUR MOM.
THERE'S A WHOLE WORLD OUT THERE. LET'S SEE WHAT'S ON THE NEWS TONIGHT.
IN OTHER NEWS, TEN DIE IN A STREETSIDE BOMBING AS FIGHTING BREAKS OUT.

- ACROSS
- 1 Cleopatra's snake

4 Easter entree

7 Robust

11 Masticate

13 Venusian vessel?

14 By word of mouth

15 Actress Spelling

16 Gun, slangily

17 Kittens' comments

18 "The — of Music"

20 Anger

22 Weep loudly

24 History-making events

28 Lost

32 "Nonsensel!"

33 "Do — others ..."

34 Sticky stuff

36 Greek vowel

37 Angry look

39 Satchmo's instrument

41 Hearty laugh

43 Kreskin's claim, for short

44 Yoked team

46 English composition

50 Lather
- 53 Charged particle

55 — podrida

56 Actress Hathaway

57 Genetic letters

58 Void partner

59 Bruin

60 Pooch

61 "Catcher in the —"
- DOWN
- 1 New Testament book

2 "Scat!"

3 Lima's land

4 Embrace

5 Somewhere out there

6 Decorator's concern

7 Mr. Burns' employee

8 Exist

9 Legislation

10 Golfer Ernie

12 Painter known for maritime scenes

19 "— good deed"

21 Pouter's protrusion

23 Ginormous

25 Buy stuff

26 London gallery

27 Hit flies
- 28 Dogsled command

29 3-Down tribe

30 Pack away

31 Speck

35 Raw rock

38 Remiss

40 Work with

42 Bizarre

45 Forbidden action

47 Speak unclearly

48 Partner

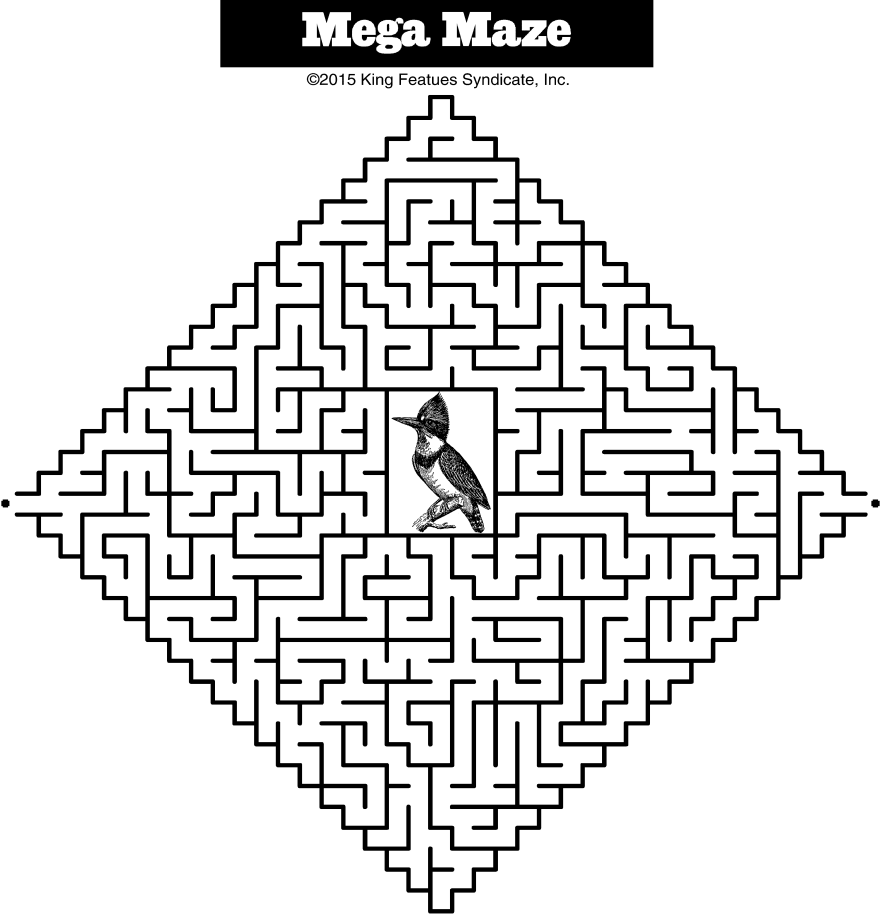
49 Harvard rival

50 "Great!"

51 Individual

52 Literary collection

54 Run-down horse



“Any fool can criticize, condemn and complain - and most fools do.”
— Benjamin Franklin

Weekly SUDOKU

by Linda Thistle

3			8					5
		5		4		7		
	4				6		9	
		1			5			3
6				1	9	2		
	2		3				7	
	7				4			1
		6		8		5		
8			9					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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MAGIC MAZE ● — COOKIE

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- Almond
Anise
Butter
Chocolate chip

Fortune
Molasses
Oatmeal
Oreo

Raisin
Refrigerator
Shortbread
Spice

Sugar
Toll House
Tough
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ANSWERS

COOKIE

Mega Maze

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

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

King Crossword

Weekly Sudoku

Answers

Solution time: 21 mins.

North Carolina garden takes inspiration from quilts

By **BETH J. HARPAZ**
Associated Press

ASHEVILLE, N.C. (AP) — It's not uncommon to see floral patterns on quilts. But how about flowers planted in a quilt pattern?

The quilt garden at the North Carolina Arboretum in Asheville is designed to mimic the shapes and colors found in traditional quilt block patterns. The quilt theme connects the garden to the arts and crafts heritage of the Southern Appalachian region, according to Clara Curtis, director of design, events and education at the arboretum.

Asheville is surrounded by the Blue Ridge Mountains, which are part of the Appalachian mountain range, with stunning views from many parts of the arboretum. A sign for visitors to the quilt garden explains that quilting in the North Carolina mountains wasn't just a hobby, but was a needed skill well into the 20th century. Women — many of them poor and isolated from towns and cities — recycled scraps of fabric into useful blankets that also often happened to be beautiful.

The arboretum has been planting a quilt garden for 20 years. The garden has 24 small beds divided by walkways. Each bed is landscaped like a quilt square, inspired by block patterns like log cabin, double wedding ring, flower basket, variable star or bow tie.

The plantings are done using design principles from tessellation, a quilting technique that uses simple shapes to create more complex patterns. Each year, one overall pattern is chosen for the garden, and it's tessellated by planting different flowers at three different times during the growing season.

Continued from page 35

A University of Essex study found that walking in nature reduced depression in 71 percent of participants, much higher than those who walked in a shopping center. For me, the scent of lilacs blooming or a stand of tall pines takes me back to childhood where the lilacs hosted tea parties for dolls and the pines recalled the cool, damp woods of summer camp.



Early this spring, purple and yellow pansies and four-leaf clover were planted in a triangular pattern inspired by the traditional rail-fence quilt design. For summer, the quilt garden will use dusty miller, baby's breath and the polka-dot plant with cosmos accents. One square measures 8-by-8 feet, so the 24 squares altogether are 1,536 square feet.

To sustain the patterns across a season, plants chosen for the quilt garden ideally flower continuously with strong colors, without the need to remove dead blossoms. Plants that don't grow too tall or fast are also important for maintaining the look of the pattern. Weather in the mountains can be cold in spring with full sun in summer, so the plants must also tolerate late frosts and variable temperatures.

Curtis' advice for home gardeners who might want to try a quilt garden is to plant one square, or four squares divided by pathways

if a larger space is available. She said the plantings could be in raised beds or mounted with cut turf edges around the squares. Sketch your design on graph paper first, and calculate the area of each section of the quilt block design that you're planning to use to help determine how many plants you'll need.

Limit the number of sections or divisions inside the pattern to no more than five for an 8-square-foot bed. "If the pattern is too intricate, it will be difficult to translate into floral plantings," she said.

Make sure there's good drainage. Select plants that will have similar watering needs. Plants that grow no taller than 12 inches are the easiest to maintain.

"Color choices," Curtis notes, "are endless."

The North Carolina Arboretum was established in 1986 by the state as an affiliate of the University of North Carolina. It's located on 426 acres in the Pisgah



Extra points for this mowing pattern!

property could be realized. Olmsted is best-known for designing New York's Central Park, but he also designed many other parks and gardens around the country. ■

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The White Begonia

a bursting boutique in a tiny little city

By Dyann Nashton

When Anne Marie Costello opened The White Begonia specialty boutique in Sherrill last October, she started something new while continuing a rich history in what is known as The Skinner Block.

The tiny Victorian-looking strip mall is in the heart of the city. Yes, city. Sherrill is the least populated city in New York State with little more than 3,000 residents. But, in the heart of this little municipality is The White Begonia with unique items that can't be found in the Utica or Syracuse malls, or even nearby Oneida. From hand-crafted jewelry to classic clothes with a modern flare to décor items, surfaces and walls call out to shoppers. A rustic ladder hung from the ceiling displays an assortment of lanterns of different shapes, sizes and colors, lending to the hometown feel of the place.

Long-time residents have told Costello that back in the day the 1,000 square foot space was a pharmacy and hardware store, complete with a soda fountain. But for many of the more recent years, it was a gift shop called Yankee Ltd. When owner, Judy Wayland-Smith decided to close Yankee Ltd., Costello began thinking of her own business venture. "We still needed something like this in the area," she said.

With local consumers in mind, she set out working on a business plan with SUNY IT, attending buying shows and looking toward



Owner, Anne Marie Costello poses in front of the quaint shop nestled in a historic building in the heart of Sherrill, NY.

one of her mentors, Wayland-Smith, for guidance. "She nudged me toward the best buying shows and helped me discover what the price point for our area is," she said. With that and good old-fashioned common sense, the business was underway. "When I look for merchandise to offer in the shop, I know what the market will bear and I ask myself, 'Would I buy that? Would I pay that price for it?'"

The White Begonia is the first, and for now

the only, retail venue where flatware from Sherrill Manufacturing is sold. Sherrill Manufacturing is just down the road, in buildings that had produced silverware for centuries as Oneida Limited. "It's American made and that's important to people. And, the inventory is right here in the boutique," she noted. Costello is surprised at the distance people will travel to buy Sherrill Manufacturing flatware noting, "I had a couple visit the other day that came down from Old Forge just for Sherrill Manufacturing products."

It is important to Costello to offer a variety of locally-produced items. Wreaths on the walls are made by designer and Vernon resident Kathy Snyder. Works of art, no bigger than postcards, each bearing their own simple sentiment, are hand-painted by Delynn M. Orton and perched on tiny easels.

Ironically, Costello has come full circle with her new business. She said she first majored in retail merchandising in college before shifting and earning a teaching degree. She grew up with parents who owned a grocery store and working with the public was instilled in her from childhood. Following 10 years as a stay-at-home mom, she decided to get back to her roots. She did that in a picturesque little building in a tiny city with a boutique bursting with special and unusual items.

The White Begonia is open Tuesdays through Saturdays from 10 a.m. to 4:30 p.m. and is located at 622 Sherrill Rd. Sherrill, NY. Visit the boutique's Facebook page at www.facebook.com/TWVBegonia. ■



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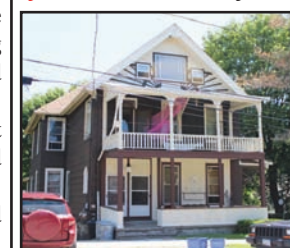
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