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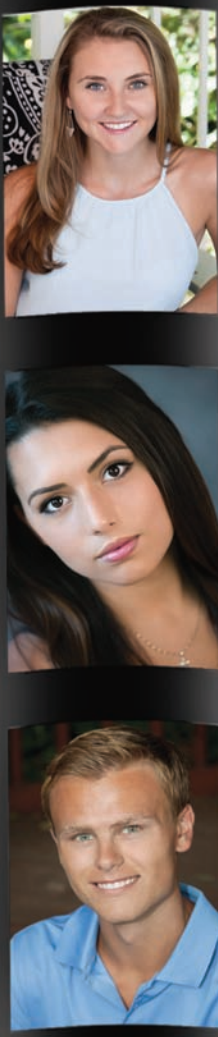


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A Great Comets' Season

by Daniel Baldwin

The Utica Comets got a rude awakening when they played their first Calder Cup Finals against the Manchester Monarchs. The team did not win the first two games in Manchester. Utica fought

hard during these road games, and forced them into overtime. But the Monarchs outplayed Utica in these periods and grabbed the overtime victories (Game 1: 3-2/Game 2: 2-1).

The Comets found them-

selves in a 0-2 series hole, but when they returned home for their first Calder Cup finals game at the Utica Aud., they managed to redeem themselves and win Game 3 (3-2). The team was still in the championship hunt, trailing the series 1-2, and Comets fans still have hope that the team would win the cup.

"They're going to have a good comeback," New Hartford resident and Comets fan Anne Lansing said before the start of Game 5 at the Aud. "Sometimes they have bad days, but they have many more good days."

But Manchester silenced the Utica crowd and ended the team's season after recording victories in Game 4 (6-3) and Game 5 (2-1). Comets' fans desperately wanted to see their home team hoist up the cup, but instead it was the visiting

team that lifted the trophy in front of the crowd.

Despite the team falling one series shy of winning the American Hockey League (AHL) championship, many Utica fans exclaimed that it has been an exciting hockey season in Utica. The fan excitement and championship quest began in late 2014 when the team won 21 out of their last 26 games. The team played way down south in the state of Texas and way up north of the Canadian border, but none of these games were exciting or packed than the Frozen Dome Classic, which was played in Syracuse's Carrier Dome. According to NBCSports.com, more than 30,000 hockey fans came to the Dome, on Nov. 22, to watch the Comets and Syracuse Crunch play a closely competitive game. Utica lost that game 1-2.

While the Carrier Dome made hockey history last November, the Utica Auditorium made history of its own on Jan. 27. Hockey fans and players from around the AHL league gathered for the first AHL All-Star Classic at the Aud. More than 3,500 fans came to the Utica Aud. to watch the AHL Eastern and Western Conference all-stars battle for conference bragging rights. The Western Conference beat the Eastern Conference 14-12. Many AHL players played a big role towards this game, but the Utica Comets own goalie, Jacob Markstrom stood out from the rest of the players when he was named co-winner of the Turing Stone Resort and Casino Most Valuable Player Award. Markstrom allowed two goals on 18 attempts in the first period of the game.

After the All-Star break,



Utica got back on track, during the second half of the regular season, winning 26 out of the 45 games played in 2015. The team finished with a 47-20-7-2 overall record. Utica then went 12-11 in the postseason and was 7-6 at home.

The Frozen Dome Classic and the AHL All-Star Classic has been an intense and exciting experience for Comets' fans and players. Although, a few fans said that the intensity and excitement, during these two games, was not anything close to the Aud's playoff atmosphere.

"The playoffs are definitely the best," Tammy Cieslak of New Hartford said. "The atmosphere is good, the crowd is rowdy, and we're one of the best places to play in."

New Hartford resident Eric Barcomb has been to every Comets home game since the start. He is another fan who said that the Comets' home playoff games are much more important than all the other regular season games.

"The Calder Cup finals has been the best," and New Hartford resident Eric Barcomb said. "The AHL all-star game wasn't really that impressive to me, but I think the playoffs here have been the highlight of the season."

The Comet's season upswing attracted more hockey fans, especially the ones in the Utica area, and improved the auditorium's business even more. According to Hockeydb.com, the arena had 40 sellouts this season and received an average of 3,700 fans per game.

A lot of changes have occurred for both the Comets and AHL during the 2015 offseason. According to the AHL website, Utica will move away from the Western Conference and play in the North Division next season, which is made up of the Syracuse Crunch, Albany Devils, Binghamton Senators, Rochester Americans, St. John's IceCaps, and Toronto Marlies. The Calder Cup Champion Monarchs will be moving to Ontario Calif. and will have their team name changed to Reign. The league also moved four more AHL teams to the state of California.

Despite the conference change, Comets fans, like New Hartford resident Denny Battista, said that the team would have another shot to win Calder Cup finals.

"We got a team that's built for this," Battista said. "They have a very strong core group of guys and I think they'll make it (to the finals) next year as well." ■

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The right car seat makes for a safer ride for children



Do the research and learn which car seats are the best options for transporting children.

No matter what is stored in the trunk, a driver's most precious cargo is his or her passengers. Never is that more apparent than when children are on board.

Finding the right car seat can be challenging. When used correctly, such seats can reduce the risk of death by as much as 71 percent, according the Safe Kids Worldwide organization. Whether you are buying a car seat for the first time or upgrading an existing seat as your child grows, being informed can help with the decision-making process.

Access professional reviews

A number of organizations rate available car seats on the market. Consumer Reports and the Insurance Institute for Highway Safety are just two of the groups that provide ratings that can take the guesswork out of selecting the best car seats. Regulations change frequently, and car seat engineers continually modify designs to keep kids as safe as possible. Frequently revisit car seat reviews to

check whether your seat is still receiving high marks or if it's time to invest in a new car seat.

Rear-facing, longer

Many experts now advise keeping children in rear-facing car seats as long as possible — even up to age two. These seats are being manufactured to meet higher weight limits in the rear-facing position. However, always verify the exact height and weight limit for the seat by reading the information booklet or the safety data that is printed directly on the seat.

In addition, know how to safely use the seat, including which tethers should be used in which seating positions. Children should sit in the back of the vehicle away from airbags.

Learn proper installation

Consumer Reports notes that about 80 percent of parents and caregivers misuse car seats in one way or another. Follow

the directions for safe seat placement and positioning of tethers and safety belts. You can watch videos online on how to install safety seats properly, and many seat brands may direct you to an informational video. Some First Aid and police squads offer complimentary seat checks to reassure parents that seats are installed correctly.

Older children in booster seats, which are designed to position passengers correctly to make use of the vehicle's seat belts, should have a proper fit. The lap belt should lie flat and on top of the thighs. The shoulder belt should rest directly in the middle of the shoulder and not too close to the neck.

Know the types of seats

Children may go through three or more safety seats before they're allowed to safely ride using the vehicle's own passenger restraint system. In addition to infant car seats, manufacturers offer convertible seats, harnessed seats, belt-positioning booster seats, and built-in safety seats. Many children are ready to bid farewell to car seats when they reach about 4-feet-9-inches tall.

Avoid used seats

Unless you can verify the full crash history of a car seat, it is best to buy it new rather than from a thrift store or on the Internet from a third party. Although car seats do not "expire" in the traditional sense, they are stamped with a use-by

date. Materials in car seats can degrade over time, and harnesses may stretch. It's wise to replace car seats after several years and treat a new baby in the family to his or her own car seat instead of using a hand-me-down.

Car seats can prevent injuries and death. They're one of the best safety investments parents can make, as long as they're researched and used properly. ■

Guess Who?

I am an athlete born on June 26, 1974 in New Jersey. Before I was a famous shortstop and team captain, I played baseball and basketball in high school. Some have said I am one of the greatest players of my era.

Answer: Derek Jeter

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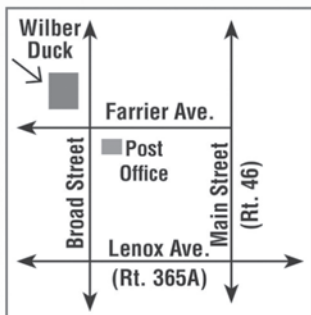
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6113 State Hwy. 5, Palatine Bridge, NY 13428

Vision Statement: Connecting people who have products or services to sell with the people who have the ability to purchase them through a bi-monthly magazine where local writers enlighten and entertain us in print and on line 24 times a year.

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hello AGAIN

thoughts from our
publisher, Fred Lee



Hello Again,

How about starting off with a wee bit of Irish blarney? It's believed over on the old sod that laughter generated by Irish blarney is a grand elixir for the soul.

My grandfather Tom, while driving his new Model T Ford truck, was approaching Cavan Town when he noticed the engine was chugging and then quit all together. He unbuttoned the two engine side bonnets trusting he would locate the trouble without walking into Cavan to locate a garage.

A donkey was leaning his head over a fence and said, "Better check the gas line." Failing to find the problem, grandfather walked into the village to a garage. While chatting with the garage owner he explained what the donkey said. The mechanic piped up with, "Did that jackass have long, floppy brown ears?" Grandfather answered, "I believe he did." With that the mechanic said, "You can't believe what that jackass has to say. He doesn't know anything about foreign-made Yankee autos."

A couple of weeks ago, I received the grandest welcome home I could ever hope for: I was driving the little red Spyder motorcycle west on Route 5 when I met an Amish man with horse and buggy heading east. Before I could wave, Grandpa Amish waved with

both hands. Thanks Grandpa, it is great to be home again and thanks for the memorable two hand wave.

Florida was nice but I saw thousands upon thousands of cars and not one friendly hand waving. They can have Florida. I will take the good old Mohawk Valley and its wonderful folks. Upper New York State is home. Home is where the heart is. The heart longs to be with family and friends in familiar surroundings.

Even though it's a little chilly today, tis in fact a fine wee Irish morning – a gentle rain, beautiful white cotton clouds, sprinkled with sunshine. As Paddy would say, "A great and grand way to usher in a bright, warm, and colorful spring."

If you have been a regular reader of Hello Again, you know how I hate to brag, so I will humbly stick to the facts. Now that should give you something to ponder. Have you ever met a man with blood in his veins from the old sod who was humble or would stick to facts? Well?

We left Florida due to bad weather. The day before we left the outside thermometer read 99 degrees Fahrenheit. So you can see, you were not the only ones with a weather problem. The next day, by phone, a friend from West Palm Beach said the temperature had dropped way down into

the mid-eighties. However, I will admit one evening it became so chilly we had to wear lightweight sweaters. Just like you folks, we had to wear warmer clothes.

By the time we reached the border of Otsego County, the hills and tree tops were covered with fresh snow seeming to say, "Welcome home. We didn't want to leave til you got here."

While I was in Florida, I read in the local daily newspaper that Governor Perry of Florida mentioned in his second inaugural address New York State, three different times. I was pleased that he was mentioning New York, then I read on. To paraphrase, this is what he said – he was grateful to New York State as it has the highest corporation taxes and the most business regulation in the United States. He continued with – New York, with it's unbelievably high corporate tax and business regulation is driving all of their businesses out and some are locating in Florida. As a side issue he said, "Many of New York's finest and most capable people are moving to Florida." It would appear that native Floridians think that New York State is likened unto their very own Santa Claus.

For those very same reasons, upstate New York can brag of having the most empty factory buildings and jobless, factory-trained workers.

We received a plethora of inquires concerning the weekly chatter known as "Hello Again." (Webster says plethora could mean a bunch or even too many.) I tried chatting about several subjects but ended up with four of my favorites – friends/family, religion, the Mohawk Valley, and politics – with politics as my favorite.

I asked my wife – what should I do? She answered maybe I should start with a new theme or line, that is some other subject such as animals or gardening. She knows I do not have a green thumb so that ended up with animals:

I grew up in the country and worked on farms. Yes, I know about cows, calves, horses, pigs, goats, sheep, cats, dogs, deer, and even woodchucks. I even recalled that a neighbor had a pair

of donkeys. Being Irish, we called them jackasses. I thought I could chat about the neighbor and his two jackasses, but there I go again drifting back from those jackasses to politics and politicians.

A few weeks ago via national T.V., Ex-President Clinton's wife and former Secretary of State, Hillary Clinton, said these words, "No job or employment was ever created by businesses." I guess we are left to deduct that only government creates jobs.

I ask how could any person with dreams of becoming president of the greatest industrial nation the world has ever known, the United States of America, make such a statement? This country had business owners with employees before our government was even formed.

Sort of reminds one of the talking donkey – doesn't it?

A special message to our New York State governor:

Sir: It is great to read that you are offering bountiful opportunities for businesses to relocate to New York State. Our people – your people – certainly need jobs.

However, this wonderful effort leaves a serious question: If the leaders of this state keep pushing for more socialism, higher wages, higher taxes, and regulations – how long will they remain when the cookie jar becomes empty? Will the old standbys such as Remington beat them with a fast draw and leave first?

Be sure and wave – with two hands when safe – when the little red Spyder putts along.

Are you searching for answers to life problems? There is a library contained in one book which contains answers, and God has placed teachers known as pastors to help you find the answers. The book is called the Holy Bible and the pastors can be found in a church on Sunday. I would like to believe the pastor will find you and your family there on Sunday. It is the true American way.

Fred Lee

A Taste of the Region

Our area is rich in locally owned eateries... diners, restaurants, bakeries, fast food, donut shops, farmers' markets, produce markets, natural food stores and so much more!
This issue is full of options. Please enjoy our first issue of The Taste of the Region.
Look for the second in our August 7th issue! Missed this time around? Call us today... 315-985-9133

Original Herkimer Cheese - Cheesy Breakfast Bagels

by Al Dorantes

With over 65 years of making artisan cheese products Original Herkimer Cheese has added a fresh new item to their repertoire: Cheesy Breakfast Bagel sandwiches.

Besides traditional black waxed aged New York cheddar and cheese & nut balls and logs, Original Herkimer Cheese is now the home of the Chutter Grill & Marketplace™. Chutter® is cheddar that spreads like butter. It is a unique mild cheddar spread that is buttery smooth and lusciously rich. Due to the unique nature of Chutter® it is a registered trademark of Original Herkimer Cheese. And now they have added Cheesy Breakfast Bagel sandwiches, freshly made scrambled eggs with your choice of Chutter® blend on toasted bagels.

This third generation family business is still owned and operated by the Basloe family. A new test kitchen was built in 2014 primarily for new product development as well as recipe development. Out of the test kitchen came fan favorites Asiago Bacon Horseradish Chutter® and Bruschetta Chutter®. The success of several recipes led to takeouts on Super Bowl Sunday including Buffalo chicken pull apart bread, pumpkin cannoli, pumpkin cheesecake swirl bread – all made with Original Herkimer Cheese Chutter®.



One of the hot items (pardon the pun) to come out of the test kitchen was the Cheesy Breakfast Bagel. These bagel, egg, and cheese sandwiches with choice of Chutter® were so well received that Original Herkimer Cheese decided to offer the sandwiches for sale. Early (very early) every Friday the test kitchen is fired up and the sandwiches are made hot and fresh to go. From 7-9:30 am on Fridays walk-in and call in orders make Cheesy Breakfast Bagels practically fly out the door.

Mary Basloe, has been developing the recipes in their new test kitchen since last July, with Valerie Hadden helping handle the cooking, prep work and construction of the breakfast sandwich-

es. Office staff takes the orders which come by phone and by fax. Amanda Flansburg said, "The fax and phone start ringing around 8. It goes bananas!"

Since 1949 Original Herkimer Cheese has prided itself on using only New York State cheddar local products and producing fine artisan products in small batches. The addition of the test kitchen and roll out of Cheesy Breakfast Bagels is just another accomplishment that will keep their history moving into the future. Cheesy Breakfast Bagels can be ordered by phone at (315) 895-7428 or by fax at (315) 895-4664. For more information, go to: www.OriginalHerkimerCheese.com or follow them on Facebook, Twitter, Pinterest, and Instagram. ■

Food storage and safety tips

Buying in bulk can reduce trips to the supermarket and save you money. When buying in bulk, you can cook perishable foods all at once or store foods for later use. When taking the latter approach, there are certain storage and safety tips home cooks can take to ensure their food stays fresh and safe to eat.

Be prepared

Before buying a large amount of food, ensure that your refrigerator and freezer are in good working order. Use a food appliance thermometer to get an accurate reading of the internal temperature of the freezer and refrigerator. The U.S. Food and Drug Administration recommends refrigerators be kept at or below 40 F (5 C), and the freezer at or

below zero (-18 C). A refrigerator or freezer that is too warm can cause the growth of unhealthy bacteria in stored foods and decrease the shelf life of stored items.

Purchase freezer-safe plastic storage bags or containers to hold divided food. Also have a permanent marker handy to label containers with the date and type of food enclosed.

Wash later

Wash produce and fresh foods prior to eating. If items are washed before they are stored, the moisture trapped can accelerate spoilage. Lettuce and other leafy vegetables are the exception. Wash these items and drain thoroughly. Afterward, store in a sealed bag with paper towels, which will absorb excess moisture.

Separate meat and poultry

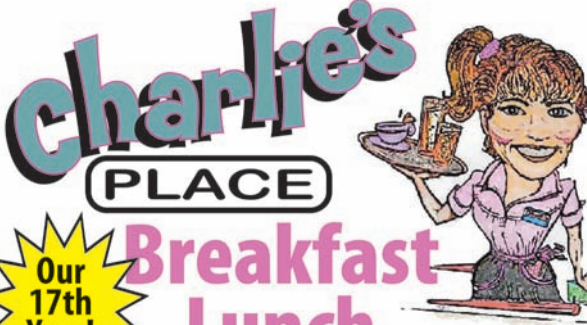
Individual pieces of meat and poultry should be separated before freezing, as this makes it easier to take out the right portions when defrosting for meals.

Small, thin packages will freeze faster and more evenly than other types of containers. They will also defrost quickly for use later on.

Keep hands clean when handling raw foods by placing one hand in a small plastic sandwich bag to grab the pieces of chicken or meat. Then turn the bag inside out on your hand and the piece of food. Place these wrapped pieces into a freezer-safe bag. The double layer of protection will safeguard against the formation of ice crystals and freezer

burn, which can affect flavor.

Bulk ground beef or turkey purchases are another popular buy. Place in a large storage bag and flatten the ground meat as much as



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How shopping locally can help you and your community



Todays consumers have more shopping options at their disposal than they did in years past. Though the Internet may put the world at one's fingertips, more and more shoppers are discovering that buying locally makes for a superior shopping experience.

The benefits associated

with shopping locally are many, and the following are just a few reasons why shoppers may want to look no further than their own communities when planning their next shopping excursions.

Keeps money in the local economy

Locally-owned businesses

often put a larger share of their revenue back into their communities. Small business owners may be more inclined to employ local residents, giving more people in the community solid employment. Business owners may reach out and support other neighborhood efforts, such as fundraising initiatives for charities and schools. By shopping at local stores, you have a hand in supporting these efforts as well.

Save money

When factoring in travel time and the cost of fuel, shopping locally makes more sense than driving to a far-away mall. In addition, repeat customers who establish a rapport with a local business owner may find that such owners are more inclined

to price match or work with loyal customers to find lower prices through suppliers.

Diversify your home and lifestyle

Shoppers who prefer more unique styles may find local businesses cater to their needs better than large chain stores. Larger retailers offer the same products to customers regardless of where those customers live, so a person in California may be decorating his or her home with the same furnishings as a person in North Carolina. But local shops tend to produce more unique items that are not available nationwide.

Promote entrepreneurship

Small businesses are an essential element to the country's economic growth. By shopping locally, consumers are showing their support for this important segment of the national economy.

Help establish local pride

Independent shops contribute to the fabric of a community and what makes it special and unique. Tourists and other visitors will be much more inclined to remember a local shop rather than a big chain in a particular neighborhood.

When travelers want to get a feel for a community, they seek out small, local stores that are much more likely to stock a high percentage of locally-sourced goods.

Attract other businesses

Private and public sector businesses tend to gravitate around anchor stores. Should a local store be successful, banks, restaurants, salons, and other businesses may move in as well.

Shopping locally benefits consumers in various ways, many of which contribute to a healthy local economy. ■

Ed and Buds Grill

By Lisa Lauritsen

Ed and Bud's, located at 16 W Main Street in Little Falls, is a dimly lit beacon of hope for those craving the simplicity and welcome of an enduring neighborhood bar. It's a place for absolutely everyone, but leave your pretense by the door; the bartenders are friendly without being flirty, and it's understood among regulars that side talk is limited to commercial breaks during Jeopardy. I would highly recommend you go during the show, especially if you're fit to compete.

Famed for great burgers served with zesty homemade Mexican sauce and or melted cheese. Classic domestic beer offerings and trustworthy daily specials include a variety of delicious sandwiches and soups. The owner, "Moose", is a fountain of Little Falls history; with books and photos to illustrate. The business has been around since 1958, and he's owned it since '73.

Throughout December Moose serves up the jolliest batch of the iconic winter beverage: The Tom and Jerry; a whipped warm froth of merengue and brandy. I for one would not like to endure another harsh winter in upstate New York without sharing at least one round of this rich delight with friends. It's a Little Falls tradition that pulls even the most reluctant bar goers out to enjoy the festivities.

Ed and Bud's is a comfortable place to stop almost any time of day, to have a beer and relax for a while; meet with friends or strike up a conversation with someone new, either way you're probably going to love this place. ■

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from previous_____ possible. Use a spatula to indent the meat almost through to the bottom in a grid pattern. This perforation allows you to access as much of the frozen meat as necessary.

Defrosting

The USDA advises to defrost foods properly to avoid foodborne illnesses. Freezing suspends bacteria trapped in food indefinitely. Improper defrosting practices can cause that bacteria to grow. If the food is not cooked thoroughly, illness can result.

Plan ahead to defrost foods in the refrigerator. It can take up to a day for this method of thawing, so plan meals well in advance.

A cold-water bath also can defrost foods. They should be in a leak-proof package, and the bag should be submerged in cold tap water, changing the water every 30 minutes so it continues to thaw. Small packages of meat, poultry or seafood N about a pound N may thaw in an hour or less.

Microwaves also have a defrost setting. Just remember to cook foods immediately afterward if you defrost them in a microwave.



Purchasing larger quantities of food can save money and time. Proper storage and food handling afterward ensures meals will be safe and tasty. ■

Close Call on the Erie Canal

by Larry Schnell

Our sailing trip to Florida and back involved some 3,000 miles in the Atlantic Ocean, the Chesapeake Bay, the Gulf of Mexico, the Florida Keys, mostly without incident or danger. We were happy to be almost home this spring, when our fortunes changed and we faced greatest danger of the trip in the Erie Canal.

After taking our mast down in Catskill, we began the last leg of our journey – the Erie Canal. Intrada, our 40 foot sailboat, is much more suited to open ocean than the tight locks of the canal, and each lock was a challenge, with dams and cross currents alongside the lock, steep concrete walls sometimes turbulent water. We filled our three fuel tanks in Ilion to make sure we were not short. A power loss could be disastrous.

Early June was rainy as we motored west through the canal system. After Oneida Lake and Three Rivers Lock, we turned north through the Oswego portion of the canal. On June 12, heavy rains pelted the area, swelling the Oswego River with fast current. The next day, two kayakers died on the Seneca River portion of the canal, and parts of the western canal were closed.

The Oswego Canal remained open, but lock masters advised boaters that the water level was up over 2.5 feet and within a tenth of an inch of closing locks. Lockmasters warned that strong currents before the locks could make the approach dangerous for under-powered boats.

We were not underpowered and decided to make for Oswego, aided by 2.5 knots of favorable current. Water over the dams that fed the locks was running high, as much as four times the normal flow rate. As we approached each lock, we could hear the roar and see the mist as the rushing water tumbled over the dam. A strong cross current pulled us toward the dam as we approached the locks. We corrected for the current, grateful for the Volvo diesel that had not failed me in eight years. In the Oswego Canal, I switched to a full fuel tank to avoid any problems with fuel shortage at the locks, giving us enough fuel to get to our home port of Fair Haven in Lake Ontario.

As we approached Lock 7 in Oswego, the lockmaster had the lock ready for us. We eyed the rush of water over the dam to our port side and compensated for the pull of cross current. A hundred yards before reaching the concrete wall separating the lock from the dam, I detected stronger current and pressed the throttle for more power. Instead, I got less. The engine was not responding. It sputtered in idle, providing little power. I worked it a few times, but there was no power.

I called to my wife, Debbie, to prepare to drop an anchor, a likely ineffective last resort. On the momentum of 30,000 pounds and a prop barely turning, we inched toward the safety of the concrete wall while sliding helplessly toward the dam. In the following seconds, I imagined Intrada caught on the dam with two people, two dogs and two cats, but beyond that there was little I could do. It seemed like an endless minute before we glided inside the concrete wall out of reach of the current.

We tied up and I notified the lock master that with engine problems likely serious, we would not be transiting the lock. I sat in the cockpit for a while, enjoying the safety of the lock and contemplating the fact that had the engine failed a few minutes earlier, we'd be on one side or the other of the dam. It was just luck that we made it to the lock.

I looked over the engine and the filters and saw no obvious problem, so I entered the hold where the tanks and gauges were located. The tank we were running on was empty. We ran out of fuel.

"I thought you switched tanks," said Debbie. "So did I."

I looked over the fuel system and discovered the problem. Diesels pump more fuel than they consume and the unused fuel is returned to the tank. When there are multiple tanks, the fuel should be returned to the feeding tank. I neglected to switch over the diesel return valve and pumped the tank empty.

This was embarrassing, as I had designed and installed the fuel tanks, lines and valves. As a Coast Guard captain, I am expected to do things right, and Debbie always expressed confidence in me. She was silent when I delivered the explanation. At least the four pets seemed unfazed.

Human error will never go away. It is not accurately calculated for nautical failures, but it is for aviation failures. An NTSB study of aviation accidents between 1990 and 1996 divided human error into four categories and calculated the percentage that each involved in the study period. Because in some cases, multiple causes were found, the totals add to more than 100 percent.

Skill errors: 60.5 percent

Decision errors: 28.6 percent

Perceptual errors: 14.3 percent

Violation errors: 26.9 percent

Human error is something we live with. With luck, we survive it.

(http://www.faa.gov/data_research/research/med_humanfacs/oamtechreports/2000s/media/0103.pdf)



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LOVE AT FIRST SIGHT

by Joan O. Scharf

Pacing back and forth on the sidewalk in front of the Fleur Blanche restaurant Nathan awaited the arrival of Regina's taxi. He hadn't been on a blind date since college, and here he was, at

age thirty two, nervous as a school boy.

As he waited, he thought over what had transpired in the past six months to bring him to this point. Involved in an Internet book discussion group, Nathan found himself drawn to the ideas and val-

ues of a person he knew as Regina. After trading online opinions for several weeks, he asked for her phone number, but it had taken him another month of persuasive e-mailings to get it.

In their phone chats, they first discussed books they had read from the classics to the contemporaries, and eventually they talked about the more personal aspects of their lives. He learned she was twenty seven years old and single. She lived in a nearby city working as a medical transcriptionist, typing reports from physicians' dictation tapes. Following weeks of increasingly frequent conversations over the telephone, she let him know she was coming to a nearby office for a business appointment, and he convinced her to meet him for lunch. Nathan looked at his watch. She was late. It was eight minutes past the agreed upon time. It worried him that during their conversations she had ignored his suggestion to exchange photos. Maybe she would be disappointed by his looks. Maybe there would be something about her appearance that wouldn't appeal to him. ... Or maybe she wouldn't even show up.

A Black and White taxi turned the corner and slowed to a stop. Nathan felt his stomach lurch as he walked forward in anticipation of meeting Regina, face to face, for the first time. When she stepped out of the cab, Nathan didn't say a word. He couldn't seem to find his voice. Regina was strikingly beautiful! The sun highlighted the copper tones in her light brown hair, and the pale yellow outfit she wore complimented her tanned skin and slender figure. From her fashionable sunglasses to the pliant leather purse slung over her shoulder, to him, she seemed perfect.

He finally ventured, "Regina?"

She held out her hand. "Are you Nathan?"

As he shook her hand, he wondered what expression was registering behind her



mirrored lenses. He had been told he was a nice looking guy, but at the moment was quite unsure of himself.

She ran her fingers lightly along his right sleeve, tucked her left hand over his arm and smiled. "Well, I believe you invited me to lunch. Shall we go inside?"

The Fleur Blanche welcomed them by its charm of homey country-French atmosphere and the enticing aroma of freshly baked bread. With Regina still on his arm he followed the hostess to a windowed alcove where a table awaited them. It was covered in a blue and white checkered cloth adorned with a simple arrangement of assorted white flowers.

He had his first suspicion as she groped for the table edge while he was holding the chair for her, and he knew for sure when the waitress brought the menus. With a brief laugh, Regina said, "Well, I can't read the French menu. Actually, I can't read the English menu either, so you'll have to do it for me." Her sunglasses were still in place. Again, he was at a loss for words.

"I don't hear you, Nathan. Are you still here? This is the point where my last blind date excused himself to go to the men's room and never returned. And another time a gentleman lasted all through a dinner, then left ...and left me with the bill."

Nathan could the brittle pain in her voice. He put his hand over hers with a reassuring squeeze. "I'm here Regina, and I'm not about to leave. I've invested over six months to get to meet you and you're not getting away that easily."

Lunch went well. They conversed comfortably, avoiding the delicate subject of her eyesight. She had a dainty way of touching her food with the fingertips of her left hand to position her fork or spoon, and the only help she needed was in the placement of the cup of hot coffee.

Attempting to stifle a thought that repeatedly crossed his mind, his curiosity finally got the best of him. "Regina, we exchanged e-mails. How do you use a computer?"

She fidgeted with the napkin on her lap. "The blind

have Braille keyboards, and software that transposes e-mail and messages into spoken words. They listen to audio books and CD's besides reading what they can in Braille."

The two lingered over coffee, neither in any hurry to leave. When finished, Nathan asked to take her home.

"No, but you can call a taxi for me. Thank you for the nice lunch. I truly enjoyed it, but there is no further obligation on your part, Nathan. You don't have to say 'I'll call you sometime.' I understand."

Nathan replied, "You're right, Regina. I'm not going to say 'I'll call you sometime.' I'm asking you outright, here and now, if you will go out with me again. Like tomorrow. How about a movie?"

A movie! It slipped out before he thought about it. After a brief pointed silence, they both started to laugh.

"Well, how about a walk in the park instead, and there's a jazz concert this week-end I'd like to take you to. What do you say?" He looked at her anxiously.

Regina slowly turned to face him. "I liked your sincerity and felt connected to you from the beginning of our computer and telephone discussions, Nathan. I could see with my heart that you have a kind and loving spirit, and now I know that even blindness doesn't matter to you. You are a good person." She carefully placed both hands on his chest and said, "Meeting someone over the internet can be deceiving. I was nervous and scared, so I had to be sure. I hope you will forgive me..."

She took off her sunglasses. He could see her eyes were hazel green, even prettier than he had imagined. She gazed up at him. "Nathan, your eyes are blue." Smiling, she continued, "You passed the test. I can take you up on that movie offer after all..."

Once again, Nathan was speechless.■

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Oliver's Ocean



By Terry Berkson

Finding laying hens proved difficult this year. Maybe it was the avian flu that has taken 40 million chickens or the fact that I was looking for egg layers later in the spring than usual. One of my suppliers had already rotated the girls whose production was slowing down. Those are usually the birds I get. The price is right and due to maturity the eggs are often a lot bigger. Another poultry man I deal with was hit by a fox that massacred a third of his "herd." Now, he wasn't about to part with any of his Golden Comets that were "laying footballs!" last year. I didn't believe it until one of the chickens I bought from him laid the biggest egg ever on our farm—the very first day she arrived! Now, desperate for fresh unadulterated eggs I was working on an Amish neighbor who said it would be difficult to convince his wife to give up some of her treasured troop—but he'd try. It looked like I'd have to settle for pullets and maybe wait till August before they'd start laying. Last year, before deep winter set in I gave my flock to a neighbor which freed us up for an extended trip down south.

Ironically, the other day when I was about to give up on my egg-layer search, a friend fresh up from Florida knew somebody who knew somebody who had recently started up an organic chicken farm. A few phone calls later I was talking to Oliver Aeschlimann who was running Oliver's Organic Eggs, a 2500 bird operation set up nearby to

Frankfort, New York. A scenic two-lane blacktop ride took me to 361 Butcher Road. The spread now called CanAM Farms was once a dairy farm. The name of the place is due to the fact that Oliver is originally from Canada and his wife Shauna is from The States. Since they arrived on the farm four years ago they've hatched two little chicks of their own, Rhianna 3 and Avery 1.

Oliver who is now 38 years old grew up on a dairy farm where chickens were raised on a casual basis. "But, I've always had a thing for chickens," he says. "And now I've realized my dream of having an all natural operation where my girls can forage free range and also eat the organic food that I grow." Since the inception of CanAM Farms, literally hundreds of thousands of eggs have passed through Oliver's aquatic egg cleaner, a prized \$400 second-hand find that allows him to wash, grade and package 150 dozen eggs an hour. Oliver says that now he could easily get \$8000 for the machine that would cost \$24,000 new. He's observed that, "Egg operations in most countries around the world don't wash their eggs." The procedure seems to be peculiar to the United States and Canada where people are more squeamish about stains or slightly soiled eggs. "Everything that comes out of a chicken comes out of the same place," Oliver stated in way of explanation. One manual on raising chickens suggests cleaning a soiled egg with steel wool. The purpose of the

dry cleaning method is to preserve the water-soluble protective coating on an egg that once washed away, leaves the egg more vulnerable to contamination. Refrigeration makes up for the removal of the protective coat.

After demonstrating the egg washing procedure that was done in a converted milk house, Oliver steered me into the main part of the former dairy barn where I was knocked over by a seemingly endless ocean of chickens. Even the noise was impressive—2500 clucks a second! I guess some hens argue, some gossip and some brag about a big egg they just laid. Curiosity made the red and white Isas move towards us like a wave. Isa chickens are the result of crossing a Rhode Island Red male with a White Leghorn female. They are relatively calm birds that surprisingly didn't flee when he went to pick them up.

While selecting the hens I was about to buy, Oliver proved to be a walking encyclopedia about chickens. "They need 20 percent protein in their diet," he said. "This helps them produce bigger, stronger eggs." He also said that limestone in feed helps make stronger shells and that you can tell what color the egg will be by the color of the chicken's ear. In general, young chickens lay darker, stronger eggs. When they pull out each other's feathers it may indicate a protein deficiency. "If you can space two fingers between a hen's pelvic bones it means she is laying well." The way Oliver handled the birds

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\$100 Contest Winner

You could be the next lucky reader



Kathy Bacher, is our lucky winner! Now \$100 richer... you could be next!! See contest rules on page 36 for instructions and this issue's deadline!

This week's lucky winner is Kathy Bacher of Herkimer. She picked up her winning copy at the Herkimer Curves. Kathy told us that she really enjoys reading EDITOR and looks for her copy faithfully.

What attracts her to EDITOR? She says, "I love the colorfulness of the ads. They are so well done and really catch your eye. I also love the variety of articles in EDITOR. It is a pleasure to sit down with and read.

Kathy was born and raised in Ilion but moved to Herkimer after she was married. She loves this area and likes to see all that the local businesses have to offer.

Congratulations Kathy, we at EDITOR thank you for being a loyal reader! See the clue for this issue on page 36. Good luck to all our faithful readers!

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AN OLD HABIT

By Joan O. Scharf

Edna stood by her kitchen stove stirring and jabbing at the contents of the pan. As the sauce slowly simmered and bubbled, her anger and resentment boiled inside. How dare they! It was a rotten shame. She had been the front desk secretary at Midi Manufacturing Company for forty five years, and this week they let her go...just like that. She kept going over it in her mind.

She loved her work at Midi Manufacturing. It was more than just a job; it was her life. She had started there right out of high school. Tall, attractive and efficient in the early years, she made a favorable impression on the sales representatives who stopped by the desk. She was not above flirting a bit, at one time even being engaged for several months. That was the closest she came to marriage. Obsessed with work, she couldn't bring herself to divide her loyalties.

Every morning without fail she arrived early to make the coffee, water her plants, and dust the furniture. She stayed late to make sure all appointments were confirmed, every last item filed and every magazine left tidy. She rarely missed a day. They depended on her.

Things had come to a head last month when Mrs. Jenkins, her long time supervisor, retired and was replaced by that cocky little fellow, Dirk Lightner. Edna remembered how he called her into his office last Wednesday. He sat behind his desk, twirling slowly from side to side on his swivel chair. "So, Edna. You've been with Midi a good many years. Have you considered retirement?"

Edna had, and the thought frightened her; but she wasn't about to tell him that.

"No, I haven't," she replied evenly

Mr. Lightner rubbed the back of his neck uncertainly. "Well now, I think you should. At sixty-five you deserve to relax and enjoy life. That's why Midi

Manufacturing is offering you a nice severance package."

"No thank you. I prefer to stay."

Mr. Lightner squirmed in his chair. "Edna, you're making this difficult." He took a deep breath. "I'm sorry, but your severance will be in your next paycheck, and your last official day with us will be tomorrow." He added, "And you can come in on Friday to clean out your desk."

Edna, mortally wounded, had not let her expression give any indication of her emotional turmoil. Priding herself on retaining control, she answered, "I understand." She straightened her shoulders and left quietly, but knew she would never understand.

Now adjusting the flame under the saucepan, she recalled how things had gradually changed over the years at Midi, and in Edna's opinion, not for the better. When the company expanded and installed computers, she was forced to give up her typewriter. She hated the computer. Pounding the keys of a typewriter gave her a visceral satisfaction that she could not elicit from the computer. And most of the new secretaries they hired were very young, she thought. A bunch of chipmunks; short termers waiting for the right guy.

In spite of her disdain, she tried her best to get along with them, frequently bringing in her own home baked goodies and special casseroles to share with the staff at lunch. Edna was a born cook who went by taste and experience rather than follow a recipe. It was her only hobby, and she knew she was good. Darn good. Her chicken Kiev was among the best. Her wine marinated pork tenderloin drew raves and her elaborate desserts were delicious as well as admired works of art. Since she had no family and few friends, fellow employees were the lucky recipients of her culinary skills. Edna feigned humility, even indifference; in truth, she basked in the praise and attention. But now, faced with the loss of a lifestyle she had relied on for so

long, Edna decided to make an exceptional farewell dish.

The scent of garlic and tomatoes drifted up from the pan as Edna, with lips pressed together, added seasoning and with renewed determination continued to stir.

Today she was holding Dirk Lightner to his promise of an extra day to clean out her desk and remove her personal mementoes from the office. Big Deal, she sniffed. She was seething at the thought of packing up her Norman Rockwell prints, her pot of English ivy, her solid brass desk clock. The one memory she could depend on was of Dirk Lightner...that shifty-eyed pudgy twit...sitting across from her telling her she was through. Despicable!

For her final day at Midi Manufacturing, Edna was preparing a pan of lasagna...one with a special sauce; a very special sauce, all her own. A few hours on the Internet, and she had found the necessary information. An acquaintance was a pharmacist with huge gambling debts; therefore, a surreptitious trade was negotiated. Her lasagna would be a show-stopper.

A fitting good-bye party, she smiled grimly. Just one tiny bite and it would be all over. Her secret ingredient was very powerful. Dirk Lightner, as usual, would be first in line to sample it, and anyone else in that secretarial cesspool who wanted to join him for lunch would be welcome. She wasn't concerned about her own future. He had already taken that away from her.

The basil she was chopping and adding to the sauce smelled wonderful. She always used fresh basil, never dried. It was so much better, she thought. As she considered which baking dish she should choose, the white fluted one or the yellow with the bright flowered pattern, she scooped up a fragrant spoonful of the sauce, blew on it and tasted to test the flavor. Perfect.

Her eyes slowly widened in horror as she realized what she had done.

Old habits die hard. ■

Oliver's Ocean from previous



different breeds so that he could produce a package of green, blue, brown, red and white etc. and label the trendy mixture Oliver's Designer Eggs. "But," he assured. "No matter what color my eggs are, they'll always be organic."

Thursday is a local delivery day for Oliver's wife Shauna who heads out egg-loaded with kids in tow to nearby Mohawk Valley customers like the Nail Creek Pub, The Tailor and the Cook, Tom's Natural Food, The Little Place on Main and The Locavore. Oliver's Organic Eggs are also shipped to Albany, New York City, New Jersey and Connecticut. During the extended interview it was obvious that I was keeping the farmer from his many chores so finally I put an egg in my shoe and beat it.

Now to find Romeo the rooster—to prepare for hatching some chicks for my visiting grandchildren.. ■

Joe the Bartender

– more than a mixologist

From
our cover

by Al Dorantes

When you belly up to the bar at the Tailor and the Cook you will be met with a smile and a friendly greeting from Joe Early. The Tailor and the Cook, 94 Genesee Street, Utica is a Farm to table restaurant focusing on great food. Quality and deliciousness, local sourcing, and the satisfaction of their customers are the cornerstones that the Tailor and the Cook have based their business on. Whether it is picking the right ingredients for a seasonal dish, obtaining local products, or making sure each meal is prepared to exacting specifications for the customer the Tailor and the Cook is a bright spot in the CNY culinary scene. A good meal is often preceded, accompanied, or followed by a drink. Sometimes a really good dinner has all three. The bar at the Tailor and the Cook and its bar manager, Joe Early, can accommodate.

Joe Early, also known as Joe the Bartender among other noms de guerre, cut his teeth in the bar trade since 2009. He began bar-backing at Nail Creek Pub on Varick Street in Utica. Stocking the bar, getting ice, and taking care of glasses led to bartending. It was at Nail Creek that Joe started creating mixed drinks. Joe started using resources, books, to learn how to make cocktails.

Joe said, "I don't consider myself a mixologist. I'm just a guy who works hard at what I do"

For years bartenders have been compared to psychiatrists. When asked about his psychiatry skills Joe said, "It's all about listening." He added, "People can decompress at my bar."

One of Joe's secrets to being a great bartender is putting part of yourself into your craft. One way that Joe does this is through the housemade infusions that he painstakingly prepares. Infusions start with a base liquor in which a flavor is introduced. This is usually done by steeping fruit, herbs, or extracts. Sometimes sugar



Joseph Early, a.k.a. Cool Joe, Joe the bartender.... mixes it up behind the bar at the Tailor and the Cook, Utica. His unique cocktail blends are as much to look forward to when you visit as the fresh, delicious farm to table cuisine! Photo by ariandavidphotography.com

or sugar syrup is added. It sounds easier than it is. Like an alchemist, Joe has spent countless hours perfecting his infusions; proper bases combined with the right flavors and the right amount of time to make the perfect infusion. The house infusions change throughout the season. The house infusions right now include "vodka spicy veg" and "hot and dirty" which is used to make a martini. Coming soon is Joe's peach and bourbon infusion which features New York State peaches and Temptation bourbon.

Joe is a bit of a classicist when it comes to cocktails. He likes to put his own touch on classic cocktails. For instance, an Old Fashioned whiskey cocktail is, "A small lump of sugar dissolved with a little water in a whiskey-glass, two dashes Angostura bitters, a small piece of ice, a piece of lemon-peel, and one jigger of whiskey. Mix with small bar-spoon and serve, leaving spoon in glass." Last month Joe featured a "Beanball Old Fashioned" which was

Beanball Bourbon (from Cooperstown), muddled grapefruit, Luxardo cherries, and orange bitters.

It is through this philosophy, thoughtfully crafting a cocktail, that Joe is discovering new flavor profiles. One of the other ways that Joe will attempt to get you what you are looking for; what you want, is by simply asking. Some customers are able to rattle their drink order off the tip of their tongues. Some are not so fluid. If the latter is the case, you might hear Joe ask, "How do you like your coffee?" From this simple question and your answer, Joe will be able to figure out the right drink for you. If you like your coffee black that might lead Joe in one direction or if you like your coffee with sugar and cream he might go a different direction. Joe said, "I can make drinks that taste like soda pop or strong drinks that that you will sip for hours."

Fine tuning drinks are what make Joe more than just a bartender. Quality ingredi-

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A. Crissey~ "Black Stallion Catered my sisters wedding and everyone loved it! Sal was great to work with and worked with our specifications, we had GF and vegetarian guests, and it turned out better than we imagined. From the appetizers to the main course, everything was fantastic! Thank you for helping my sisters big day go on without a hitch."

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A well stocked bar awaits you at the Tailor and the Cook, Utica. Photo by ariandavidphotography.com

ents are another element in his success. The well stocked bar at the Tailor and the Cook allows him plenty of room for experimenta-

tion. With local offerings like Fenimore Gin, a light floral gin with a hint of lavender, made in Cooperstown or Blue Line Gin from Lake

Placid with its bright, piney taste at his disposal he is able to feature his twists on well known drinks. On the drink menu at the Tailor and

the Cook they feature options like the pickled ramp Gibson. With house made pickled ramps (ramps are also known as wild leeks or spring onions) replacing the standard Gibson's onion garnish. He said, "Condiments and garnish should have a purpose."

Joe smiled when asked about the future. For the Tailor and the Cook he sees a tincture and bitter programs. Tinctures are a high proof high flavor infusion. Bitters are a mixture of tinctures. Joe loves bitters.

Another objective for the future; Joe wants to help develop the drink industry in the area. He said, "I want people to know that the Tailor and the Cook can make a great drink. I also want people to know that there are great bartenders in the area. I want to help us all become better at what we're doing." Joe rattled off



Joseph Early, the fantastic bar manager at the Tailor and the Cook, Utica. Be sure to stop in and sample one of his personal creations. Photo by ariandavidphotography.com

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some other great bartenders in the area: Tim Starsiak at the Celtic Harp makes a classic Sazerac (a bourbon drink with its origins in New Orleans), Dan Walter makes a great Brandy Alexander at the DEV, and Nick Dominico at the Green Onion makes a mean Bloody Mary

Joseph Early, Joe the Bartender, a.k.a. Cool Joe, is

a consummate professional. He is constantly seeking knowledge and upping his game to bring his customers the best cocktails possible. For more information go to: thetailorandthecook.com Or, better yet, stop in and belly up to the bar, order a drink and see what a craftsman like Joe can create for you. ■

“

It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.

-Lewis Grizzard

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Kirby's Grill and Taphouse

by Al Dorantes

Kirby's Grill and Taphouse, a mainstay on Commercial Drive in Yorkville, is locally owned by Richard Zdyb. A long time restaurateur he has operated restaurants in the area with easily recognizable names like Zebbs, Hook Line and Sinkers, Chips Fish Fry and Kirby's. At one time he owned and operated 11 restaurants. He is now concentrating on Kirby's, with 3 locations in Yorkville, Fayetteville (Syracuse), and Westvale (Syracuse). At Kirby's in Yorkville there is seating for 196 and their 40 employees will make sure your every need is met.

Scott Brim, district manager, said, "You can enjoy a beverage, relax and have a good meal without feeling like you're at a chain restaurant."

With the huge influx of chain restaurants to the Utica area Kirby's has had to stay innovative to stay at the top of a challenging and competitive marketplace. They have rebranded as Kirby's Grill and Taphouse, adding a new full service bar in February 2015, with 20 craft beers on tap, and a new creative menu in Yorkville. It is a hybrid menu with lunch and dinner on one menu. You can get a steak dinner at lunch or a sandwich at dinner time. Sorry, there's no breakfast. Yet.

Kirby's prides itself on their commitment to the food. All food is prepared and cooked on premises. From scratch made soups to homemade desserts Kirby's devotion to quality goes into every recipe. Kirby's fresh slices all the deli meats used in their sandwiches. Fresh seafood and quality ingredients are fundamental to Kirby's philosophy of giving the customer a great product for a good value.



WITH specialties like their tender bbq baby back ribs, chicken parmesan served with freshly made San Marzano tomato sauce, and slow roasted prime rib (available every day of the week in half pound or three quarters of a pound) you will taste their dedication.

Kirby's new Bistro menu is designed new every week and includes specials that run for the whole week. Drink suggestions, appetizers, lunch and dinner options like, Firecracker shrimp for \$8 or Mustard Glazed plank Salmon for \$16. Kirby's new bistro menu not breaking customer's bank; it is great alternatives with value. With bbq items being added soon everyone will be able to find something to order from the Bistro menu.

The bar features 20 New York State craft beers on tap at the new bar. You can find over 40 different varieties of bottled beer at Kirby's too. The draft selections change weekly with new tapplings happening on Tuesdays. Kirby's even has 3 gluten free beers to choose from. In addition to a nice selection of wines and cocktails round out the beverage selection.

If you cannot decide which craft beer to drink you can try a flight of beers; four 5

ounce samples of their 20 draft beers. Take some of Kirby's draft selection home with you with one of their growlers. A growler is a refillable container for draft beer designed so you can transport your beverage to drink at home. With Kirby's 20 craft beers on tap it is like taking the keg to go. Kirby's will even fill competitor's growlers.

With all the different beer choices, the craft beers are a big draw. Kyle Zdyb, one of the managers at Kirby's in Yorkville said, "Our knowledgeable beer distributors are great partners." He also explained



20 NYS Craft Beers on tap- Now that's a lot of handles to pull! Stop by and enjoy a cold one. The draft selection changes weekly so stop in often to sample those great craft beers!

that the distributors helped educate and train the staff so they know all the beers

on tap.

Kirby's has been around for 45 years. The key to their success is their staff. Some of the staff has been here for years. Manager Shaun Lewis said, "You practically need a family tree for the business." Key personnel have been with Kirby's for decades.

Kirby's commitment spills over to the local community. They support local businesses, serving Utica Coffee Roasting Co. coffee along with 20 New York State craft beers. They volunteer at community events such as Epicurean Delight which benefits

members of the Chamber of Commerce.

Locally owned with 3 locations, Yorkville, Fayetteville (Syracuse), and Westvale (Syracuse) Kirby's offers something

for everyone. Scott Brim said, "Consistency will get you 45 years." For more information go to: www.kirby.com or find them on Facebook, Twitter, Untapped, or Beermenu. ■

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What Would Your Mother Say????

- dealing with a new waitress

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 . . .

Nothing is quite as terrifying as popping into your regular spot for a quick bite and your regular waitress has the day off. Dread wraps its cold hand around your heart as you realize that you are about to face one of the scariest fiends on the face of the earth; the new waitress.

The new waitress does not know your drink order. She does not know that you like extra sauce for your spaghetti. She is unaware of all the inside jokes you have spent years building with your regular waitress. Everything is different. Your regular waitress delivers your drink order before she takes the rest of the order. The new waitress; she wants to take the whole order, drinks and entrees, all at once. Change is different. Different is bad. Humans are creatures of habit. We do not like change.

A new waitress, especially if it is her first time waitressing, is like a deer in headlights. They are just scared. They are in a new place with new rules. It can be overwhelming. Add in new customers and you



could be dealing with a waitress too frightened to work.

A new waitress could be so jumbled up that they mess up your order. It is one thing to bring coffee instead of tea or switch mashed potatoes for baked potatoes but when the mix up is off the charts it is another story. When you ordered a porterhouse, medium rare, with steak fries and you get vegetable primavera you might be in for a long meal. You might want to skip dessert.

The worst thing I ever saw a new waitress do was drop an entire tray of drinks. I do not know if she slipped or tripped or

what exactly happened but in an instant the poor girl was heels over head and the tray hung in the air for a minute before crashing to the floor in a splash of soda and glass. The waitress struggled to her feet with tears streaming down her face. She rushed back into the kitchen, to get a mop I assumed. Alas, she was not quick enough and another waiter exited the kitchen, hit the wet mess, and ended up on the floor in a pile of his own glass and soft drinks.

The best advice for dealing with a new waitress is to be nice and make friends. After all, experienced waitresses do not grow on trees. The only way for a new waitress to become an old waitress is for your patience to wear off on them. After a while they will know your drink order, they will know how you like your sandwich, and they will become your regular waitress. When it comes down to a new waitress remember, you are just as frightened as they are. Stop and think, "What would my mother say?" She would say, "Give her a chance. But, if she spills anything on me then, no tip for her!" ■

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SIXTH GRADE “GRADUATION”

by Joan O. Scharf

When Valentine graduated from sixth grade, it was an important event in his young life. There was no ceremony of any kind in the small one room school-house he attended. Nothing at all. The students simply passed into seventh grade. There was, however, a rite of passage among the boys that happened OUTSIDE the school that had gone on for as long as Valentine could remember.

It was an unwritten tradition that each boy graduating from sixth had to climb up into the steeple of the First Community Church and ring the big hanging bell. The closer this feat was done to the actual graduation day, the more daring it was considered to be, as the parson became increasingly watchful knowing what was about to happen.

Valentine, Ralphie, George, and Shirley were the sixth graders this year. Girls were ruled out. They didn't have to prove themselves, but to avoid humiliation, the boys did. It was only a week away from graduation time, and Ralphie was getting anxious.

“So, Val, how we gonna do it? You gotta plan yet?”

“I've been thinkin'. I figure it's best if you and me both ring it on the same night. Reverend Teesdale won't be expecting two in one night, and it'll catch him by surprise.”

“What about George?” Ralphie asked.

Valentine scowled. “He's on his own! Remember when he grabbed off my cap and stomped it in the mud last week? He thought it was funny. I almost punched him in the mouth.”

The church, located in the center of the village, was old. Some years after it was built, the steeple and bell were added, and an outside stairway was constructed for the parson to be able to climb up and ring the bell. When the rope was pulled and the round metal clapper hit the inside of the bell, the loud clear peal could be heard throughout the entire village.



It was rung every Sunday before the 10AM church service, and occasionally for important village gatherings. Otherwise it remained silent. Until graduation time.

Each year the parson in residence vowed to “catch the young scalawags” that dared to climb up and ring the bell, but so far, all attempts to catch any had failed. Early last spring the lower half of the stairway was enclosed, and now its only entry had a heavy wooden door fastened with a lock. The higher part of the stairway where it turned toward the steeple remained open.

The next day at school, George approached Valentine and Ralphie. “So, when are you guys plannin' to ring the bell?”

Valentine answered. “Don't know yet. How 'bout you?”

“Don't you worry 'bout me! I got it all planned out,” George smirked. “You two chickens go first. I'm not afraid to wait!”

They all knew the closer it got to the last day of school the more Reverend Teesdale would be on guard. He was determined not to let the boys outwit him this year,

tradition or not! With only one week left, Valentine and Ralphie set their plan for Sunday night. They studied the stairway to the steeple from a distance, and an idea formed in Valentine's mind. A large climbable oak tree grew near the church on the stairway side. The Reverend Teesdale knew about it, but he wasn't worried because there was no way someone could jump to reach the steps even if they did climb the tree. However, he underestimated the cleverness of sixth grade boys.

“Tell me again how we gonna do it,” said Ralphie.

“You see that big tree branch that sticks out toward the stairway?”

“Yeah, but we can't jump it from there,” Ralphie replied squinting against the sunshine.

“Don'cha remember? I told you my Pa's got a long pole in the barn. We'll haul it up the tree, put one end in that crook of the branch and lay the other end on the open stairway wall.”

Ralphie eyeballed the situation. “I see what you mean. What kinda pole is it?”

“It's oak. Skinny, but real

strong. Should lay level enough I figure.”

“How we gonna walk across on a skinny pole? You think we're like those guys in the circus or somethin'?”

“Naw...we hang down and go hand over hand. Think you're up to it?” Valentine stared at Ralphie.

Ralphie spat at a dandelion, “Yeah, sure. I can do it.”

Sunday night came. It was after midnight when Valentine silently slipped out of the house wearing a dark shirt and pants. Even though the night was warm, he had a dark jacket tied around his waist. The moon helped him pick his way along the half mile of road to the church, alternately dragging and balancing the wooden pole awkwardly in his hands. Ralphie already was there, waiting under the tree.

All the lights in the parsonage were out. The boys hoped the Reverend Teesdale was sound asleep. Climbing the tree and pulling up the pole after them required effort, but with maneuvering and determination, they were able to position the ends of the pole, one on top of the stair wall, and the other end wedged into a fork of the tree branch.

Motioning for Ralphie to follow him, Valentine carefully lowered himself, and sliding his hands along the pole, took only a few minutes to reach the stairs. Ralphie clenched his teeth and swung down, his palms sweaty and his face pale in the moonlight. His relief showed when he finally reached Valentine's outstretched helping hand.

Leaving the pole in place, they tiptoed up the rest of the steps and sat on the tiny steeple floor to catch their breath. The shape of the big bell dangled over their heads, and they could make out the rope that snaked down within easy reach.

Ralphie peered cautiously over the edge. “It's a long way down, ain't it?”

Valentine whispered, “I'll ring the bell first, and then

we'll wait 'bout a half hour. That'll fake him out cause he'll be thinking it's all over for the night. Then, after you ring it, we'll run like the devil, ok?”

Ralphie nodded. His mouth was dry. “Do ya

think there's bats up in there?” He jerked his head upward.

Valentine carefully stood up. “Guess we'll soon find out.” He clutched the rope tightly and pulled down with all his weight. Bong! And



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How families can cut vacation costs



Family vacations are the one time each year when all members of the family get to leave the daily grind behind to enjoy a little R&R together. Such excursions often strengthen family bonds and help to create lasting memories that parents and kids will cherish for years to come.

Families planning this summer's annual getaway may already know that the cost of travel is on the rise. While there are always deals to be had, budget-conscious parents may still find themselves looking for ways to cut their travel costs so more of their money can be spent on having fun instead of financing trips. The following are a handful of ways parents can trim their families' travel costs without sacrificing the

quality of their vacations.

- Stay closer to home. It may sound simple, but vacationing closer to home is perhaps the best way for families to save a substantial amount of money on their vacations. Airline tickets can take up a sizable portion of a family vacation budget, and once the plane touches down families may need to add the additional expense of rental cars so they can get around their destination and enjoy all its sights and sounds. But families who choose to vacation closer to home can take their own vehicles, paying only for gas instead of airline tickets, car rentals (including rental insurance) and gas. Find a location close to home that still offers everyone an escape, but one that's not far enough away that car travel will prove burdensome and exhausting.

- Plan to make some of your own meals. Dining out is another considerable expense for families on vacation. Depending on the size of their families, parents may find that their dining budgets will approach or even exceed the cost of air travel by the end of a single week. But parents can drastically reduce those costs by planning to make some of their own meals while away on vacation. Bring along a couple of cereal boxes so breakfast is simple and inexpensive, and try to book accommodations equipped with kitchens or outdoor areas where the family can fire up a grill a few times during the week to save on costly dinner tabs.

- Travel light. Families who must travel by air can trim some of the cost of flying by traveling light. Many airlines now charge fees for bags that exceed preestablished weight limits and may charge for additional baggage as well. Leave hefty jackets and extra footwear behind when traveling during the warmer months, as everyone can likely get by with just some lighter summer attire and less formal footwear. If traveling to a ski resort in the winter, consider renting bulky skiing attire, including boots, so baggage limits are not exceeded.

- Work with a travel agency that specializes in your locale. Many families may feel they can now plan their own vacations and save money, but planning through a travel agency may still be a family's best bet. When booking trips via a travel agency, families can often negotiate with a representative, who can work to tailor a vacation that fits families' budgets. Such negotiation is much more difficult when going it alone or working through a travel website. In addition, many travel agencies include tours and other attractions in the price of their packages, and that can be a great way to earn discounts to local sights and activities.

Travel is expensive, especially for parents traveling with kids in tow. But cost-conscious moms and dads can still plan relaxing and enjoyable vacations without breaking the bank.

Sixth Grade continued

again, Bong! The bell was unbelievably loud in the quiet night. Ralphie's hands were over his ears. Letting go of the rope, Valentine huddled together with Ralphie in the shadow of the steeple.

It wasn't long before the parsonage window showed a glimmer of lantern light and the door opened. They could hear Reverend Teesdale shuffling around

the outside. "Who did that! Where are you?"

Valentine wondered if Reverend Teesdale really expected them to be dumb enough to answer.

"Do ya think he'll come up here?" Ralphie whispered?

"Naah. He probably has his pajamas on, and thinks we're gone by now."

Finding the door-lock to

the lower stairway intact, and with nothing else appearing amiss, Reverend Teesdale finished his brief search and went back inside, grumbling to himself.

The two boys sat quietly for a time, lulled by the night sounds of the peeper frogs in the nearby swamp as they watched the thin veils of clouds drift over the slice of moon.

Valentine finally stirred. "Your turn."

Once again the bell swung back and forth with the clapper banging firmly against its brassy sides, echoing loudly through the night. Ralphie let go of the rope and scampered down the stairs as quick as a spider. Lowering himself over the stair wall, he went hand by hand across the pole and scrambled into the tree safely with surprising speed. He glanced back. There was no sign of Valentine.

Ralphie anxiously peered into the dimness and called in a loud whisper, "Valentine! Whatcha doin? Hurry up! Hurry up! He's comin!"

A light could be seen again in the parsonage. Valentine's shape appeared over the stairwell, and he clumsily lowered himself to dangle from the pole. The parsonage door opened with a bang. They could tell Rev-

erend Teesdale was mad. "I know someone is out there, and I'll get you this time!" he bellowed.

Ralphie watched Valentine's slow progress. He suddenly froze with fear as Valentine's hands slipped off the pole, and he fell to the ground with a thud. Thinking quickly, Ralphie dislodged the pole, heaving it away from the tree into the darkness of the field, and scurried down. The Reverend Teesdale was still on the other side of the church, but would soon be heading in their direction!

Running to where Valentine lay, Ralphie squatted beside him. "Are you ok? Can you get up? He's comin!"

Valentine struggled to his feet. "Yeah, I guess I can make it."

Beside the church, the old village cemetery offered numerous hiding places, and this is where they headed. Ralphie sprinted so fast he stumbled over a low lying headstone in his haste, and crawled out of sight behind a tall monument. Valentine hobbled over, breathing heavily, and dropped down beside him just as the lantern light appeared around the corner of the church.

They could hear the parson complain nosily to himself as he drew nearer. "Darn kids! Ringing that

bell and waking up decent people! Wonder how they got up there, anyway!" A beam of light flickered around the edge of the cemetery. The boys hardly dared to breathe as they crouched together behind the tombstone. Eventually unable to find anyone to scold, the Reverend Teesdale reluctantly clomped his way back into the parsonage and slammed the door.

Ralphie cautiously peeked around the monument, and Valentine made an effort to stand. "Valentine, you ok? What's the matter? Didja hurt yourself when you fell?"

"Naw, I'm ok. But I got something. Look here."

It was difficult to see in the dark, but as Valentine unwrapped the jacket he was carrying, the moon gave off enough light to reveal a rounded object. It felt like cold metal to Ralphie's touch. He tried lifting it. "Whoa! That's sure heavy. Must weigh 'bout 10 pounds! What the heck is it?"

There was a flash of white teeth as Valentine grinned. "It's the clapper from inside the bell. I unhooked it after you rang it and tied it up in my jacket. Now let's see if smarty-pants George the bragger can ring the bell!"

Ralphie slapped Valentine on the back in delight.

"How'd you think of that!"

They walked home taking turns carrying their prize, and hid it in a safe place.

The next day, Monday, the little schoolhouse buzzed with the news, and students gathered about Valentine and Ralphie offering congratulations. All the students except George, who hung back.

"Yaaaaaa, you two are sissies. You didn't dare to wait till the last few days like I'm gonna do! When I ring the bell, it'll count for more, cause it's more dangerous."

Valentine and Ralphie looked at each other. George saw them smiling, and his face got even redder. He continued to boast. "And I'm gonna ring that thing even louder and longer than you did! So there!"

Valentine and Ralphie didn't know what scheme George had in mind for climbing to the steeple, but they were not worried about the noise of the bell.

Valentine already had plans for safely returning the bell's clapper before the Sunday morning church service, but NOT before the last day of school on Friday. That was when the passage into seventh grade would be final.■

EDITOR

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Preventing carbon monoxide poisoning on your boat



Boat owners must take steps to protect themselves and their passengers from exposure to carbon monoxide.

Gas-powered boat engines produce carbon monoxide, or CO, a colorless, odorless and tasteless gas that can prove fatal to humans. People exposed to high concentrations of CO over a short period of time can die from that exposure, as can people exposed to lower concentrations of CO over a longer

period of time.

No one gets on a boat expecting to be poisoned by CO. But CO can build up on a boat rather quickly, and because it has no color, odor or taste, boaters and their passengers may be inhaling CO without knowing it. To protect themselves from

CO poisoning, those who plan to go boating should learn to recognize the symptoms of CO exposure and react to their presence as quickly as possible. According to the Centers for Disease Control and Prevention, the most common symptoms of CO exposure and poisoning include:

- * headache
- * dizziness
- * weakness
- * nausea
- * vomiting
- * chest pain
- * confusion

Many of the symptoms of CO poisoning are also indicative of seasickness, so boaters and their passengers exhibiting any of the aforementioned symptoms should consider that they might be suffering from seasickness, which is not nearly as risky to a person's overall health as CO poisoning.

In addition to learning about CO, boat owners should take steps to prevent CO poisoning on their boats. At the onset of each boating season and before each trip, inspect your boat's CO detector to make sure it is working properly.

When it is, the detector will alert boat owners and their passengers to elevated levels of CO in the cabin. Boat owners should keep a brand new backup detector on their boat so they won't have to cancel a trip should they arrive at their boat only to find out their existing detector is not functioning properly.

In addition to installing and maintaining your CO detector, the CDC recommends the following preventive measures to reduce you and your passengers' risk of CO poisoning.

- * Swim and play away from areas where engines vent their exhaust.
- * Keep a watchful eye on children when they play on rear swim decks or water platforms.
- * Do not block exhaust outlets. When such outlets are blocked, CO can build up in the cabin and the cockpit.
- * Do not dock or anchor within 20 feet of another

boat that is running an engine or generator because exhaust from nearby vessels can send CO into the boat's cabin or cockpit.

Preventing CO exposure and poisoning also involves teaching passengers to recognize its symptoms. It's easy for boaters to get distracted when hosting passengers on their boats, so make sure passengers know how to recognize potential CO issues. Keep a list of exposure symptoms in an accessible common area on your boat so passengers can familiarize themselves and recognize any potential problems that might arise.

A case of CO poisoning can quickly turn a relaxing day on the boat into an emergency situation. Boat owners owe it to themselves and their passengers to take preventive measures to ensure no one is exposed to or poisoned by CO while out on the water. ■

Boating 101

Boating tips for beginners

Learning to boat or sail is similar to learning to drive an automobile. Neither one happens overnight. Learning to get around on the water can be exciting, but it can also be intimidating to take over the reins of a boat for the first time.

Though beginners might be apprehensive when they first start to boat or sail, there are some tips that can make it a little easier for those new to captaining their own ship.

* Start small. Much like teenagers learning to drive are often more comfortable learning behind the wheel of a compact car, boating beginners might be more comfortable learning to sail on a small boat. Smaller boats are easier to maneuver, making even the most nervous novice a little more comfortable.

* Choose calm waters in which to practice. According

to the United States Coast Guard, in 2010 there were more than 4,600 recreational boating accidents that involved 672 deaths. That said, beginners should always practice in calm waters that don't boast big waves or lots of fellow boaters. This gives beginners the chance to learn the feel of the boat without the added pressure of handling choppy waters or traffic.

* Read the weather reports. Veteran boaters struggle with inclement weather from time to time, so beginners should expect to struggle with adverse conditions as well. But don't be caught off guard by bad weather: Always check the weather reports before going out, and be sure to bring along appropriate attire and gear.

* Don't go it alone. Boating and sailing come with their own terminology, which beginners are typically unfa-

miliar with. Before heading out on the water, learn as much of this terminology as possible, be it by studying manuals or books, or even asking experienced friends for help. When taking to the water, bring those friends along.

* Respect other boaters. Boating is a hobby enjoyed by millions, and boaters should always respect that there are other people on the water as well. Whether you're out in the middle of the ocean or relaxing at the pier on your docked boat, respect the other boaters by keeping the music down and always discarding of trash in a responsible way. Far too many boaters or boat passengers dump their garbage over the side of the boat, so always be sure you and your passengers are respectful of Mother Nature and other boaters. ■

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Buying locally grown foods pays dividends

The popularity of organic foods and stores that cater to customers who prefer such foods continues to grow, and that growth has contributed to a growing awareness among shoppers of where the food they eat comes from. Many consumers now recognize the impact that food production has on the environment, and

that recognition has spurred interest in locally grown foods.

Locally grown foods are those that are grown within your community or a community nearby. Such foods do not need to be shipped hundreds of miles before they ultimately find their way onto your plate, and many people find that contributes to meals that are more fresh than meals made up of foods shipped from afar. But freshness is not the only benefit to purchasing locally grown foods, which pay various dividends for people and the planet.

- Locally grown foods benefit the environment. The phrase “field to plate” is significant to consumers who prefer locally grown foods. That phrase refers to the distance food travels from the grower to the plate on your dinner table. Estimates vary depending on the source, but advocates of locally grown food suggest that it reduces the field to plate distance by an average of 1,300 miles.

- Locally grown foods fuel your local economy. In addition to benefitting the environment, locally grown foods stimulate your local economy. Local, independent farmers have largely fallen by the wayside in the 21st century, as industrial agribusinesses have taken over the produce sections in grocery stores across the country.

Continued on next page.

Sad Little Boy

a haunting memory

by Joseph A. Parzych

When traveling in Europe with a college group, we spent considerable time in Poland, which is where my parents were born. In fact, English is a second language for me, since we only spoke Polish at home. When enrolled in first grade when I was 5, I learned English. Fortunately, the teacher was of Polish extraction. Once I learned English I hardly spoke Polish, again. But, it all came back to me as soon as I heard Polish spoken, again. A teacher of Polish in our group said, “You speak very good Polish,” which made me puff up in pride, until she added, “But it is very archaic.” I felt better when people in our group asked me to interpret Polish for them, archaic or not.

In Poland there are groups of Romany people, or “Gypsies”, which is an offensive term. They are accepted by Polish citizens and the Polish government which is trying to get them to send their children to school, with little success. The Roma still roam the country and perhaps other parts of Europe, but they now park in camp grounds rather than squatting on any vacant land they come upon, largely because there's little vacant land left in the country. In the campgrounds, they can also hook up their campers to water and electricity.

The vision of a sad little Roma boy of about 6 or 7 years old stays with me. He sat on a curb, squeezing out a melancholy tune on a concertina, the same tired tune, over and over. He sat by a walkway to a museum where tourists passed by. There was a small dish in front of him with a few coins in it. A scruffy little puppy was tied with a short length of rope to a railing post by the boy, .

I asked why he wasn't in school. “I Roma,” he said in explanation. He seemed to understand English better than Polish when I alternately tried each. I dropped some money into his dish, wondering if that was an encouragement for his parents to continue exploiting him. I also wondered what would become of him without an education. I also wondered whether he'd follow in his parents' footsteps, which seemed assured without an education.

Further down the path, I came upon another little boy, also with a puppy. He, too, was playing a concertina, squeezing out the same tired melancholy tune, over and over. ■

Did you know?



A concertina is a free-reed musical instrument, like the various accordions and the harmonica. It has a bellows, and buttons typically on both ends of it. When pressed, the buttons travel in the same direction as the bellows, unlike accordion buttons, which travel perpendicularly to the bellows.

The concertina was developed in England and Germany, most likely independently. The English version was invented in 1829 by Sir Charles Wheatstone, while Carl Friedrich Uhlig announced the German version in 1834. Various forms of concertina are used for classical music, for the traditional musics of Ireland, England, and South Africa, and for tango and polka music.

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Bob's Strawberry Banana Nut Bread (mini loaf)

Submitted by Robert Peck

Ingredients

- 1 C Flour
- 1/4 t baking soda
- 1/2 t baking powder
- 1/4 t salt
- 1/4 C granulated sugar
- 1/4 C brown sugar
- 4T butter (softened)
- 1 egg
- 1/2 t vanilla
- 1 medium ripe banana
- 1 T buttermilk
- 1/4 C of your favorite nuts
- 1/2 C strawberries



Note: To make your own buttermilk, mix 1 T of lemon juice or vinegar with 1 C of milk.

In a small bowl, whisk together flour, baking soda, baking powder and salt. Set aside.

In a medium bowl beat softened butter and both sugars, Add vanilla and egg and beat them in. Mash banana and beat.

Blend in the powdered mixture from your small bowl.

Hull, rinse, dry and slice the strawberries. Fold into the mixture.

Pour into a sprayed or greased 9" x 5" loaf pan.

Bake at 350 degree oven for 30 minutes or until a toothpick inserted comes out clean.

Cool on a wire rack for at least 10 minutes. ENJOY!

Relay for Life



by Daniel Baldwin

Cancer is rapidly spreading throughout New York State and across the U.S. Each year, cancer has taken the lives of more than half a million Americans, according to Cdc.gov.

Cancer may bring a scary and nervous feeling to many American citizens, but there are others who are willing to fight the disease and do whatever they can to find a cure. On Saturday Jun. 13, cancer survivors and family members, who have lost a loved one from this disease, had the chance to stand-up to cancer, by participating in Relay for Life events which took place in a majority of football fields and athletic facilities throughout the U.S.

Utica College hosted its first ever Relay for Life at Harold Thomas Clark Jr. Athletic Center. Mohawk Valley Community College

(MVCC) hosted its event on their college campus.

The Herkimer Elementary School also hosted this fundraiser on its football field and track. This is the 30th year that Herkimer County has hosted this fundraiser, according to Becki Reyes, who is an Ilion resident and event leader for Herkimer's Relay for Life.

The relays at Herkimer, Utica College, and MVCC kicked off at noon Saturday when cancer survivors walked around the track for "The Survivors Lap." Bands and other musical entertainment played throughout the evening, and a luminary took place late in the night. The luminary serves as a dedication to those who have fought or are currently fighting cancer.

Relay for Life is a cancer fundraising event that is hosted by The American Cancer

Society. People, who are a cancer survivor or have lost a loved one from cancer, attend this event to donate money in order to find a cure or help another person who is currently fighting this disease. It is also a time to remember the ones who have lost the fight to cancer.

A team formation is the one way that people could show strong support towards this relay. They could either start a new team from scratch or join an existing team.

The Frankfort School District attended Herkimer's Relay for Life and formed a team known as "The Frankfort Knights Who Remember." Team captain Dee Talarico said that this is the 15th year that the district has come down and support fundraiser. She also said that

the team started this relay when a few staff members, who worked for this school district, were diagnosed with cancer.

"We originally started it years ago when we have several faculty members that were diagnosed with cancer," Talarico said. "Some of them are still with us and we kept it going. It seems like every year a faculty member or a student is affected by cancer. So we keep on relaying every year. We've got great support from our school, community, and board of education. It really is a group effort, and we're hoping in the end it pays off."

Liz Schrader is member of Team Bailey's Karate, and she said that this is her first time attending this event. Schrader also said that the Her-

kimer karate school started going to this fundraiser when their faculties' family members passed away from cancer.

"They (Bailey's) originally started the team three years ago when one of our sensei's mother passed away from pancreatic cancer," she said. "It grows and grows each year because so many people are affected by cancer. Baileys is a good promoter. They're cancer fundraisers year-round. They just don't do it here at the event. All-year-round they do bottle drives and bake sales, so it grow and grow for them."

A lot of advertising is involved for this event. Reyes said that she and the rest of her staff put many Relay for Life newspaper ads out to encourage local residents to

come down to the school and support the people who are infected by cancer. Although, she also said that the people, who are healthy and cancer free, may not have strong interest or knowledge of this event.

"I think people actually don't get attracted to it until they are infected by cancer," she said. "Then once they are infected by it, their ears are opened a little bit and they realized there is such an event. We do a lot of advertising, but I think people are actually unaware of the event until someone they know is affected by cancer." ■

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How to avoid unhealthy habits at the office

–stay healthier with a few tips

According to the United States Bureau of Labor Statistics, working professionals spend an average of 8.5 hours per day at work. Many professionals spend much of their time at work sitting down in front of a computer, which can be detrimental to long-term health.

Staying sedentary for long periods of time can contribute to a host of health ailments, including being overweight and obese. But professionals who work in offices can take various steps to ensure all that time at work is not having an adverse affect on their overall health.



Getting up and moving around is key to good health while on the job.

- Get out of your seat. Modern workplaces are built around sitting, so workers must find some time to stand up and stretch. Sitting too long can compromise posture and lead to craning of the neck for looking at the computer screen. Get out of your chair; walk around the office and get the blood moving in your body.
- Pack your lunch. Bringing lunch to work puts you in greater control over the foods you are eating. You can pack a healthy and diverse selection of foods. Don't

forget to also bring some snacks that offer a healthy mix of protein and carbohydrates to keep your energy levels up. Otherwise, you may succumb to the temptation of the lunchroom snack machine.

- Take frequent breaks. Stale air inside an office environment can make you feel fatigued and less productive. Also, spending too much time behind your desk may contribute to feelings of stress and tension. Use every opportunity possible to get up and leave your office. Instead of sending an instant message or making a phone call to a coworker, visit him or her in person. Use your lunch hour to get outside instead of eating at your desk. Plan a brief, mid-afternoon walk outside of your office to clear your mind and get some fresh air.
- Disinfect surfaces often. Oftentimes, when one person at the office gets sick, many others soon follow. Colds and the flu can spread rapidly in close quarters. Keep your desk drawer stocked with some alcohol swabs or disinfecting spray and routinely clean your keyboard, mouse, touch-screen, and desk surfaces. You also can wipe off door handles and knobs around the office if you want to be proactive.

- Rest your eyes. Close your eyes and look away from the computer monitor every 20 minutes. Focusing on objects of varying distances can help keep the eyes strong and reduce fatigue.

It's not difficult to remain healthy at work. Breaks, exercise and watching what you eat can help. ■

Shopping for the right family phone and data plan

The cost of phone and data plans can quickly add up, especially for heads of household who finance such plans for their entire families. Though cell phone minutes were once the primary concern of cellular phone users, today's increasingly advanced smartphones have led many families to use their mobile devices for much more than just making calls. That increased reliance is one reason the cost of phone and data plans has risen since the salad days of cell phones. Families looking to trim those costs can take inventory of their phone and data plans to make sure they are getting the most bang for their buck.

- Establish a budget. To get started, it's best to establish a budget. Families should decide how much they are comfortable paying for mobile devices and then work from that number. Without a budget, it is possible to spend more than desired, especially when faced with all of the features available in today's plans. Research the average prices of plans from a few different providers to get a grasp of what's available.
- Calculate the family's needs. To be able to compare prices accurately from different providers, first determine how many minutes, gigabytes of data and other features you and your family use in a given month. Look at the usage history on past cell phone bills to get a firm grasp of this usage, and add a reasonable amount to that total if you will be adding one or more children onto the plan. With an approximate usage number in mind, you can more easily find the plan that best suits your family.
- Consider pre-paid phones. Pre-paid plans are an option for some families. With such plans, users load a set amount of money on an account. Once that limit is exceeded, users no longer use their phones. This can be a good option for children who need to learn about the responsibility of cell phone ownership. Parents won't have to worry about incurring extra charges or receiving high bills for exceeding data or minutes. Pre-paid plans can give parents more control over phone usage without getting locked into a contract.
- Bundle plans. Enrolling in a family plan, which offers a number of lines and shared data or combining a mobile plan with other services offered by a cellular provider can save families money. For example, if your cable television and Internet provider also offers mobile phone services, signing up for one of their mobile plans might just save you money under a bundled package. Speak with a sales representative to see which plans will yield the most savings. Don't be afraid to mention what you've found at other providers. Some companies are willing to price match or offer additional discounts to earn your business.
- Learn the lingo. By learning the vocabulary of the mobile phone market, you will have more negotiating power. As with any technology, the terminology can be confusing. Terms such as data, rollover, talk and text, mobile share, and cloud storage may seem like a foreign language to the novice user. But it's relatively easy to get a crash course in cell phone lingo.
- Weigh the pros and cons of contracts. Some phone plans require users to sign contracts for certain lengths of time, while others do not require contracts. In many instances, if you sign up for a one- or two-year contract, the service provider will offset the costs of your mobile phone or provide one free. Without a contract, it may be the customer's responsibly to purchase a phone outright. You must decide what works best for your family.
- Look beyond the major providers. New providers continually enter the mobile phone arena, providing even more options to savvy consumers. While AT&T, Verizon, Sprint, and T-Mobile have long dominated the market and still may offer you the best value depending on your needs, keep in mind there are a variety of other providers and plans. What's more, retail stores may have agreements with certain mobile phone providers to offer you even more perks. Consumer Reports routinely ranks cell phone coverage and service and may be able to guide you in your next plan purchase. Thanks to greater plan flexibility, more competition, and educated consumers, there has never been a better time to look at mobile phone plans for families. ■

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How small business owners can market their businesses



Small business owners can explore the various marketing options they have to spread the word about their businesses.

According to Forbes magazine, more than 50 percent of the working population works for a small business. The Small Business Association reports there are almost 28 million small businesses in the United States. Many small businesses are home-based and hundreds get started each month.

Despite their prevalence, only a handful of small businesses survive more than 10 years. Small business owners must learn how to properly market their businesses and garner a larger audience to stay afloat. While there's no set amount a business should devote to advertising and marketing, such expenses should be included in an organization's operational budget.

Small business owners just getting started may want to consider the following tips as they attempt to market their businesses and expand their customer base.

- Create an online presence. A survey from online marketing firm Yodle found that only about half of small businesses have websites. Customers routinely go online to learn more about businesses and make purchases. Customers will visit websites to find directions to brick-and-mortar stores, find store hours and/or learn about the products or services offered by a particular firm. Small business owners should establish an online presence and ensure the site is routinely updated and modernized.

- Sponsor local events. For a relatively small investment, small businesses can get

their names out to the public by sponsoring community events. When approached by schools and other organizations, lend your help. Donate a basket of goods or a certificate for services for gift auctions. Work with organizations to donate a portion of sales to a charity or school through a specialized fundraiser. Contact a sports league to see if your company name can be printed on uniforms or used on banners around the field. Not only will this get your name out, but it also will establish a positive image of your company.

- Establish yourself as an 'expert.' Be accessible to journalists and media outlets who may need quotes or insight when writing articles. Local papers and circulars can get your name out to the community and bring in new customers. Being quoted in print helps establish a reputation as being an authority in your field.

- Don't ignore social media. According to Adroit Digital, 75 percent of Americans who use the Internet admit that product information found on social media influences their shopping behavior and enhances brand loyalty. Social media accounts are generally free to set up and require minimal effort to maintain. Social media can help establish and maintain a brand and help you share messages and other content.

Small business owners can enhance their marketing efforts by taking some relatively easy steps to widen their reach and get their names out to the public. ■

“

Small business is the backbone of our economy.
I'm for big business, too.
But small business is where the jobs are generated.
~Michele Bachmann

CHILLY TREATS

FOR EVERY SUMMER OCCASION

FAMILY FEATURES

After splashing in the pool, rooting on your favorite team or playing in the backyard, nothing beats the end of a long summer day like a cool, classic treat. So grab the kids, some bowls, spoons and the trusty old ice cream scoop — and dig in.

July is National Ice Cream Month, and aficionados agree that when it comes to the best tasting ice cream, “fresh” is the must-have ingredient. For nearly 80 years, Blue Bunny has been making premium ice cream using only the best, locally-sourced milk from within 75 miles and turning it into out-of-this-world ice cream in less than 24 hours.

Dial up your summer fun with the freshness of ice cream and fruit with these recipes, and find more recipes at www.BlueBunny.com.

Cherry Vanilla Crumble Squares

Prep time: 25 minutes

Freeze time: at least 8 hours

Makes: 9 servings

- 1 cup old fashioned oats (rolled oats)
- 1/2 cup whole wheat flour
- 1/3 cup firmly packed light brown sugar
- 1/4 cup butter, melted
- 1 package (12 ounces) frozen dark sweet cherries, thawed and well drained
- 1/3 cup all fruit black cherry fruit spread
- 4 cups Blue Bunny Sweet Freedom Cherry Vanilla Ice Cream, softened

In medium bowl, combine oats, flour, brown sugar and butter; mix thoroughly. Remove 1/2 cup and set aside; pour remaining crumb mixture in an 8-by-8-inch baking dish.

Coarsely chop cherries and transfer to medium bowl. Add fruit spread, stirring to blend. Pour over crust, gently spreading evenly in bottom. Spoon ice cream over top, gently spreading evenly. Sprinkle with reserved crumb mixture.

Cover and freeze at least 8 hours. Cut into squares to serve.

Honey-Peach Frozen Yogurt Sundaes

Prep time: 15 minutes

Makes: 4 servings

- 1/3 cup walnut halves
- 2 medium fresh peaches, sliced
- 1/4 cup honey
- 1/4 teaspoon ground cinnamon
- Pinch ground cloves
- 4 scoops (1/2 cup each) Blue Bunny Vanilla Bean Frozen Yogurt
- 2/3 cup fresh raspberries

In medium skillet over medium heat, cook walnuts until toasted, about 5 minutes, stirring constantly. Cool. When cool enough to handle, chop very coarsely. Set aside.

In same skillet over medium heat, combine peaches, honey, cinnamon and cloves; cook and stir until peaches soften. Cool several minutes before spooning equally over frozen yogurt.

Top each serving with about 4 raspberries. Serve immediately.

Cool Party Cubes

Prep time: 30 minutes

Freeze time: at least 1 hour

Makes: 4 servings

- 2 squares (2 ounces) white chocolate baking squares
- 1/2 cup prepared vanilla frosting
- 4 Blue Bunny Premium Birthday Party Ice Cream Sandwiches
- 2 medium firm kiwi, peeled
- 1 3/4 cups halved small strawberries (or large strawberries cut into chunks)
- 3/4 cup fresh blueberries
- 3 tablespoons peach preserves (pineapple, mango or apricot could be substituted)

Grate or shred white chocolate with box grater onto large plate. Thinly spread frosting on one side of one ice cream sandwich, keeping remaining sandwiches in freezer. Press frosting side into white chocolate, spread frosting on unfrosted side, turn and press into white chocolate.

Return to freezer; repeat with remaining ice cream sandwiches. Freeze at least 1 hour, until solid. (May be kept covered in freezer overnight.)

Thirty minutes before serving, cut kiwi into thick slices, then cut slices into quarters. Place in medium bowl along with other fruit. Heat preserves in microwave-safe bowl, just until melted (20 seconds in a 1250 watt microwave), breaking up large pieces of fruit. Pour over fruit and toss to coat; chill 15 to 20 minutes.

Remove prepared ice cream sandwiches from freezer, cut each into bite-size squares; arrange with glazed fruit in 4 dessert bowls or plates.

Fruit Salsa Sundaes

Prep time: 10 minutes

Makes: 4 servings

- 1 cup fresh pineapple chunks
- 1 tablespoon light brown sugar
- 6 medium fresh strawberries, diced
- 1 large kiwi, peeled and diced
- 1/8 teaspoon ground cumin
- 4 small firm bananas, cut in half lengthwise
- 8 1/3 cups Blue Bunny Premium Banana Split Ice Cream
- Fat-free whipped topping, optional
- Chocolate sprinkles, optional
- 4 maraschino cherries, optional

In medium skillet over medium-low heat, cook pineapple and brown sugar just until pineapple is softened, 5 minutes. Add strawberries, kiwi and cumin; cook several minutes until fruit is heated through.

Arrange 2 banana halves in each of 4 dessert bowls; top each with 2 scoops ice cream. Spoon glazed fruits equally over ice cream. Garnish with whipped topping, chocolate sprinkles and a maraschino cherry, if desired. Serve immediately.



JC Smith - Whitesboro

by Al Dorantes

J.C. Smith Inc. is one of the largest family owned construction supply companies in Upstate New York. Founded by John C. Smith Jr. in June of 1976, they continue to grow and serve the heavy highway construction, landscaping, municipal, concrete and building supply contractors. J.C. Smith not only provides a broad selection of construction supplies and equipment, they take pride in providing expert advice, estimating, equipment parts, repair and rental as well as an in-house custom design and stock DOT sign shop.

Owners Joanne S. Reed, Mary S. Smith, and Jay C. Smith have opened a new facility at 394 Oriskany Blvd in Whitesboro, NY. The 3 month old facility, located in the former Taylor Rental Center building, underwent a total renovation. Demo and renovation started November of 2014 and the new shop opened March 1, 2015. The renovation brought an influx of money to the area. All contractors were from the area. Over \$120,000 was invested in the building improvements including new energy efficient insulation. The new facility, showroom, pole barn/storage, service and mechanic shop, is 16000 square feet. The new shop is open Monday through Friday, 7:00am till 5:00pm and Saturday 7:30am until 11:30am.

Salesman Jim Smith from Herkimer and store manager Peter Coughlin from Sauquoit joined salesman Steve Spencer who resides in Oneida at the new Utica location. Before the new facility Steve covered the whole area himself out of the Syracuse location. Now he has a home base. Add in two mechanics in the shop and there are a total of 5 new jobs to the area

J.C. Smith sells everything from pipe geotextiles to compaction equipment. They rent or sell



J.C. Smith, Inc. has opened a new location in Whitesboro. Seen here are some of the crew. From left: Steve Spencer, Jim Smith, Peter Coughlin, Chris English, and Rick Gold. Stop by their new facility located at 394 Oriskany Boulevard.

excavators, boom lifts, and scissor lifts. You can reach 42 feet with their boom lift and 19 feet with their indoor/outdoor scissor lift. The Utica location also has scaffolding to rent. Scaffolding is exclusive to the Utica store. The sky is the limit with scaffolding from JC Smith.

J.C. Smith features Powers Fasteners line of adhesive and anchors; epoxy and concrete anchors. Powers Fasteners has been a worldwide pioneer in the fastening industry since 1921. They are leading supplier of concrete and masonry anchors and fastening systems in North America and you can pick up a variety of Powers Fasteners to suit your application.

In addition to all your construction equipment and rental needs the new Utica location also offers tool repair and small engine repair. The knowledgeable mechanics can repair a myriad of products from specialized

road construction equipment to power tools and laser surveying devices. Their staff can also inspect and conduct routine maintenance on your equipment in order to achieve optimum performance and maximize life of the product-getting the most out of your investment.

Another unique aspect of JC Smith is their in-house sign shop. They have a huge inventory of common road signs that are ready for pickup or delivery. Custom signs and DOT signs can be made at the in-house sign shops at their Syracuse, Rochester and Albany locations.

J.C. Smith is certified WBE and DBE business and their new Utica location offers another solution for construction companies, contractors and weekend warriors. For more information go to: www.jcsmithinc.com/utica-store.html ■

Ethanol could damage outboard motors

Ethanol, a corn-based fuel that is mixed with traditional gasoline, has been a boon to the fuel industry. It helps to keep costs down and provides a renewable, more eco-friendly option to fuel cars and trucks. While ethanol may perform fine in automobile engines, boat engines may not be so lucky, and some engine manufacturers have expressed concern over the use of ethanol in boat engines.

Gasoline that contains 10 percent ethanol, commonly referred to as E10, is not recommended for outboard motors, particularly older engines. The only way to avoid ethanol is to purchase marine-grade fuel that has none of it. This fuel costs more, but many boaters prefer it because of the risks for costly engine repairs when ethanol is used.

Unlike car engines that burn through a tank of gas quickly and are used frequently, outboard boat motors are often left to sit until the boat is used again. When ethanol fuel is allowed to sit, the corn alcohol can separate from the gasoline and settle at the bottom of the fuel tank.

Ethanol is also hygroscopic. This means it absorbs water. In high moisture conditions such as those on a boat, this can further exacerbate the separation of ethanol and gasoline. The result is a sludge that forms in the fuel tank. Most outboard engines have their fuel outlet at the bottom of the tank. After being left to sit, the engine will draw in pure ethanol



and water that has accumulated, which can muck up the engine and corrode internal parts.

Ethanol also is a strong solvent, and it can dissolve substances in the engine, potentially clogging fuel ports. Many boat owners have noticed clogged carburetors due to ethanol fuels. Boat service centers have mentioned an increase of engines needing cleaning from oxygenated fuels like ethanol. Buildup in the engine can restrict gas flow and cause the engine to overheat -- precipitating a breakdown.

Although many manufac-

turers and repair shops recommend avoiding ethanol fuel for boats, if they cannot be avoided it is best to heed these tips.

* Buy as little as possible -- just enough to fuel the trip so leftover fuel will not remain sitting in the tank.

* Drain the carburetor on the engine after using ethanol.

* Use a fuel stabilizer that will help prevent separation.

Ethanol is not recommended for all engines, and it may cause costly engine problems on outboard motors when the fuel is allowed to sit in the tank for extended periods of time. ■



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HAIR
MATTERS

Kelly was a brand new client who heard of me and saw some of my work by reading this column!

Kelly had a picture of exactly what she wanted to try for her new color and style. Not "in love" with her current look she expressed how unhappy she was with the brassiness of her tone and hated how it just hung lifeless. During our consultation, we discussed using darker cool tones to compliment her skin tone and her gorgeous green eyes. The picture she showed me had a dramatic ombre' in the front lengths only to offset the dark base and give the style some pop. For the cut we decided on a slight inversion in the back, with long layers through the whole cut to give her locks more mobility. Both of us excited for her transformation I got started!

I chose a medium ash brown for her base. This shade wasn't too dark for her features but dark enough to compliment them. After I applied the color to the roots I dusted it down into the mid shaft to assist the blending of the ombre'. I then used a balayage technique to create her ombre' and with the use of my color machine she was fully processed in 15 minutes!

BEFORE



AFTER



Her cut was incredibly fun to do. I took her length in the back right to the base of her shoulders and made the front lengths lay at her collar bone. Added long layers to add movement and a slight angle to the front. I dried and curled it a bit to give her a beachy wave and she was finally IN LOVE with her hair again!

The whole service took about 2 hours from consultation to curl and cost Kelly \$80. But how thrilled she was with her new look totally made my day!



www.facebook.com/pages/Amanda-Comstock-at-Julie-Diehl-Salon

Traveling Wall

a Tribute to Vietnam Veterans



Honor Guard: An honor guard consisting of local veterans participated in a closing ceremony in front of the Traveling Vietnam Memorial Tribute Wall at Hennessey Post in Boonville on June 21. (photo by Jerry Waskiewicz)

By Pat Malin

Imagine a memorial dedicated to 58,000 souls who died over a 16-year span. It makes a chilling sight.

Although the Vietnam War ended in 1975, it is still a haunting memory for some people. The residents of central New York had the opportunity recently to reflect on the undeclared war and its horrific casualties when the American Veterans Traveling Vietnam Memorial Tribute Wall came to Boonville, June 18-21.

The Harland J. Hennessey VFW Post on Park Ave. in Boonville spent more than a year in preparations and raised \$20,000 to bring the replica of the famous memorial wall based in Washington, D.C., to upstate New York.

Ken Bundy, the commander of Boonville Post, explained that he came up with the idea in 2012 of bringing the traveling wall here to celebrate the 25th anniversary of the Boonville Vietnam Veterans "Get Together."

"It was my dream," said Bundy, a native of the state of Ohio. He enlisted in the Marines when he was 17. He served with the Third Battalion, 7th Marines as crew chief of an armored personnel carrier in 1965-66.

Decades later, he and his wife were traveling through New York State and happened to learn about the Vietnam Veterans Get

Together. They settled in the Boonville area in 1995 and got involved in the VFW.

The "wall that heals" drew hundreds of veterans who served in Vietnam, many of them now elderly, and those from more recent wars.

Ceremonies were held throughout the four days, including tributes from U.S. Rep. Richard Hanna and State Assemblywoman Claudia Tenney. Visitors were reminded not only of those killed in action, but the prisoners of war, soldiers still missing, plus the walking wounded who returned home.

One gray-bearded veteran dressed in Army camouflage walked along the path alone and faced the wall silently.

Arnold Jones, 65, of Utica served 15 months, December 1969 to February 1971, with the U.S. Army in Vietnam. The former Specialist 4 was saddened as he stood in front of the wall searching for the names of deceased friends.

"I made it... and they didn't," he said, admitting he carried a feeling of guilt for a long time.

Jones felt alone, though he was surrounded a steady stream of visitors quietly walking by the low, black wall in respect and awe. The sounds of hundreds of American flags flapping in a stiff wind broke the silence.

A few yards away, volunteers from Boonville Post stood at a podium

under a tent and read aloud 58,300 names around the clock for four days, capping off a hectic year of preparation with ceremonies both somber and joyous.

Meanwhile, ex-soldiers from VFW and American Legion posts throughout the state stood proudly on guard near the wall to assist visitors or answer questions.

Families passed by, many too young to remember that controversial, undeclared war. Those who lost family members in the deadly conflict placed wreaths and flowers at the base of the wall. Those mementos will be preserved by Hennessey Post.

Few people recognized the emotional impact of the display on some veterans. "I reckon I know 12 names of guys I served with or trained with," said Jones, glancing at the wall.

"That guy was from Texas," he said pointing to a name. "He used to play Johnny Cash records all the time."

Jones doesn't have many good memories of those 365-plus days spent in Southeast Asia. His difficulties there were compounded when he returned home.

"People spit on me, called me a baby-killer," he recalled. "But it could have been worse."

He suffered post-traumatic stress syndrome and battled alcoholism, he said. For years, he had

trouble sleeping and would grind his teeth, resulting in temporary joint dysfunction. He sought treatment at the VA Hospital, explaining it has taken 37 years to deal with the nightmares.

Some bitterness remains. He complained that the U.S. government for years attempted to deny veterans treatment for PTSD and the effects of the poisonous chemical Agent Orange.

The Vietnam Veterans Wall was erected in Washington, D.C., in 1982. The names on the wall are listed in chronological order on 140 panels, 70 on the east wing and 70 on the west. The list starts in 1959 and ends in 1975.

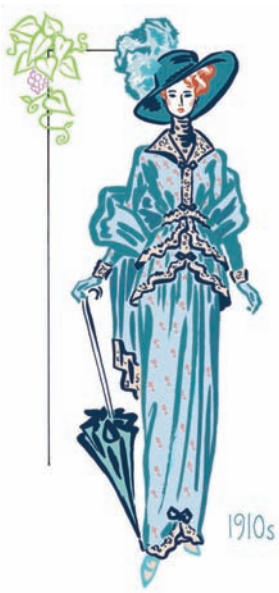
Three men from the Boonville area were killed in Vietnam: George Robert Denslow, panel 38E, line 25; Gregory Lee White, panel 06W, line 52; and William John Winters, panel 24W, line 14.

Anita LaPolla Cannistra of Frankfort and her friend Barbara VanWormer visited the traveling wall to remember relatives killed in Vietnam. Cannistra's 20-year-old brother, Staff Sgt. John LaPolla, was killed on April 15, 1969, apparently as a result of "friendly fire." VanWormer's cousin, John Winslow of Hartwick, fell in July 1969.

They took photos of the panel of the wall that displayed LaPolla's and Winslow's names in the bright sunshine reflecting off the grim black surface. ■

Dripping Jewelry and Rainwater

By Joseph Parzych



During the Great Depression when my family couldn't afford to buy coal or firewood, we hauled nearly useless discarded elm firewood home in the back of our car from the Mount Hermon School dump. On day, I asked my mother what all the cows, pigs and chickens were doing on the surrounding land. "It's a boys' school where they teach rich boys to farm."

"Will I be able to go there?"

"Oh, no. You've got to be smart and rich to go there."

I wonder why on earth a rich person would want to farm. When I learned it was a preparatory school and it was time to go to high school, I applied at the school, which turned out not to be a school teaching farming at all, but had a hired crew of men to raise animals for meat, milk and eggs to feed the boys who were preparing for college. Though students had to work at some kind of job for 10 hours a week, it was not necessarily work on the farm.

I was accepted as a day student on scholarship. Unfortunately, the school had a dress code. A suit coat and tie were required for daily chapel and the dining hall. I had a tie but no suit coat; neither did I have money for a coat, lunch, lab fees, and books, so I went to public high school

for a school year while I accumulated enough money for clothes and fees at the private school. I worked for the private school for a month during the start of summer but the pay for an entire month was \$16, I discovered to my dismay; so I quit. A local farmer hired me for \$25 a week. With my savings, I bought a plaid sport coat and a brown tweed suit, relying on the men's store salesman to advise me on buying proper attire for a prep school.

Since it was a private school, our town offered no transportation for the 4-1/2 miles to the school. On opening day, I set out on my bike, proudly wearing my tweed suit. Half way there, the skies opened up and I was caught in a downpour. It soaked me to the skin. The rain let up, but my tweed suit now looked like lumpy burlap, and the bike's synthetic rubber handlebar grips stained my hands black. At the school, I leaned my bike against an elm tree in the parking lot of the administration building. The headmaster stood outside, greeting new students.

A long black limousine, with a chauffeur at the wheel, glided into the parking space next to me. A boy neatly dressed in a black suit with white shirt and black bow tie got out as the chauffeur held the door open. A regal looking lady also emerged, wearing a picture hat and dripping jewelry, while I dripped water. I got in line to meet the headmaster with my soggy suit dripping and my shoes squishing at every step. The grande dame and her little darling followed. The headmaster grasped my black stained hand with both of his, and boomed a hearty greeting, "Welcome! And this must be your mother," he said, directing his attention to the grande dame, next in line, ignoring the transfer of black stain to his hand.

"Good heavens, no!" Was her reply, as she hastily brushed the cashmere sleeves of her jacket to remove any vermin that

might have migrated from me.

When school started I didn't see too much of her darling heir, before he was expelled for hiring someone to do his homework. Campus rumors reported that she'd presented a generous check to smooth over the "difficulty". He stayed on, until the check cleared, before getting a ride to the train station.

In my sophomore year, I fell asleep while seated in the front row of Advanced Grammar class. As the teacher vented his anger, inches from my face, my eyes rolled back up into my head. Outraged, the teacher sent me to the administration office with a scribbled note. The assistant headmaster read the note and said I could finish the school year, but not to return, as I clearly was not a serious student.

The problem was actually the result of working on a potato farm afternoons, getting to bed late, and getting up at 4 AM to do the milking at home. In addition, I had an undiagnosed low blood sugar problem. I ate breakfast at 4 AM, and Advance Grammar class was at 11 o'clock, an hour before lunch, leaving me perilously low on blood sugar.

In a way, it was not the disaster I'd first thought it to be. I enlisted in the Army for 18 months, and got to see the world, drove a staff car in Washington, D.C. traveled by train to California where I graduated from Pittsburg Evening High School, then sailed under the Golden Gate Bridge in San Francisco, then over the seas to Japan on a transport ship with some of the first troops of the U.S. Army of Occupation. In Japan, I joined a parachute/glider regiment where I got an extra \$50 a month hazardous duty pay for jumping out of airplanes, which appealed to my immature mind.

The Parachute/Glider Regiment was stationed on the northern Island of Hokkaido where Ainu (Eskimos) live.

Did you know?

Digging into a delicious ice cream sundae can be heavenly on a warm day. But such decadence sometimes comes with a price, most often in the form of a painful ice cream headache. Ice cream headaches occur when the cold ice cream moves across the roof of the mouth and back of the throat. Scientists are not quite certain what causes ice cream headaches, but some suggest that it involves cold ice cream temporarily altering blood flow. This constriction and expansion of blood vessels can cause pain. Once the body adapts to the change in temperature, the pain should subside. Eating ice cream slowly can help prevent ice cream headaches.



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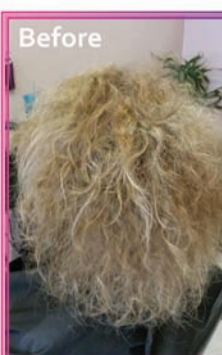
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Dripping Jewelry

ies, leveling them and killing more people than the atomic bombs did at Hiroshima and Nagasaki. The only magazines available to us were women's magazines such as Woman's Day, or Redbook.

The paratroops were a rough bunch and they weren't very happy to sit and listen to a 17 year old kid. Luckily, an officer gave me a Time magazine with

"The Yellow Peril" on the cover, reporting on the Chinese Army massing on the Korean border. I used the article for my talk and became an instant expert. To keep their continued attention, I researched the history of Hokkaido in the library and discovered that the Ainu were not Japanese, or even oriental, but at the bottom of a five tier Japanese caste system. I didn't tell that to the American soldiers who

did not know that the Ainu women were untouchables. Japanese women flattened themselves, while the Ainu women, who were full-figured, did not. Soldiers found the Ainu women attractive, even marrying them. I'm sure the women made fine wives.

On the ship headed home, as we stood at the ship's railing in Yokohama harbor, the American soldier's Japanese girlfriends, they'd left behind, gathered in small boats, many of them with swollen bellies. They cast bouquets of flowers on the water and waved colorful silk handkerchiefs from the rented boats as we got ready to set sail. Ironically, at the rail with us were some of the untouchable Ainu women, soldier's brides, who waved a scornful farewell to their oppressors.

At the end of 16 months, I received an honorable discharge, in time to attend the second semester of the senior year at Turners Falls High School. I also worked afternoons at a garage where I began buying and selling cars with the owner, using money I'd saved in the Army. I graduated with honors and reapplied to Mount Hermon School, telling them I'd graduated from two high schools, attended Hokkaido University, was successful in business, and promised to stay awake. They accepted me. I then graduated high school (Mount Hermon) for the third time without ever having attended a junior year, anywhere. Two years later, I graduated from Bryant University with a Bachelor of Science degree in Business Administration by carrying a heavy load and attending year 'round. ■

Historical scrapbooks

-honor older relatives



Scrapbook memorabilia for grandparents may include mementos from military days.

There are so many different and creative ways for families to showcase their heritage and honor a grandparent or other special senior. Scrapbooks are one such way to share the life of a special person and indirectly tell the tale of your family history.

Very often personal history projects are a part of elementary school curricula, so you may already have the makings of a family tree or a family diary in your home. All it takes is a little more research and some planning to design a scrapbook that can be gifted or kept for generations to enjoy.

Begin by making an outline of what you would like to cover in the scrapbook. Perhaps there is a specific event in a grandparent's life that is worth highlighting, like a military tour of duty or a brief stint in show business. Maybe you would like to present different snapshots in time during his or her life. Either way, planning out the content of the scrapbook will make it easier to gather the necessary elements.

Once you've settled on a theme, begin your research by interviewing the eventual recipient (he or she doesn't have to know the reason behind the inquiry).

During the interview, take note of key dates and try to establish the mood of the era with supporting materials. For example, you may be able to find samples of advertisements from a correlating period in history or newspaper clippings that can be used to fluff up the content of the book.

In the meantime, gather photos that can be used in the scrapbook, which may take some hunting. Prints can be scanned and copied via a desktop scanner at home, or loaded onto a CD or thumb drive and brought to a pharmacy photo kiosk. Some specialty shops can even scan slides or convert stills from film into images. Make sure to make copies of all original prints and be careful not to lose or damage the originals.

Scrapbooks can be made manually with materials purchased anywhere from craft and hobby stores to stationery shops. There are a variety of paper-cutting tools, adhesives, stickers, labels, and stencils that can be used to enhance the look of the scrapbook. There also are computer software programs or online tools through photo-sharing sites that enable you to upload images and text and design photo books entirely online. Then the finished product can be printed out in a variety of finishes. This method may actually be preferable for those who plan to save the scrapbook or anticipate it being such a big hit that others will want their own copies.

Create a digital file of all of your information and copies of images. This way if you ever want to add to the scrapbook or reproduce information in the future you will have all of the information at your fingertips. The scrapbook also will serve as a good source material down the line should future generations want to learn about their ancestors.

Scrapbooking is more than just detailing baby's first birthday or a vacation. This popular pastime can help document the life of a special senior. ■

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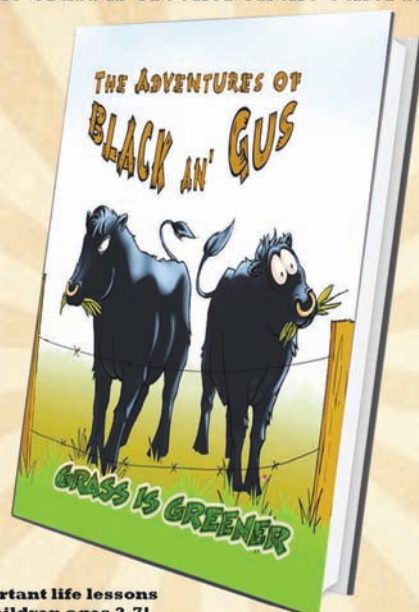
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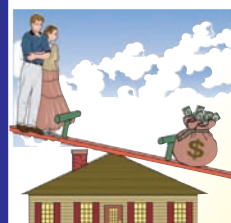
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Guess Who?

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Answers: Prince

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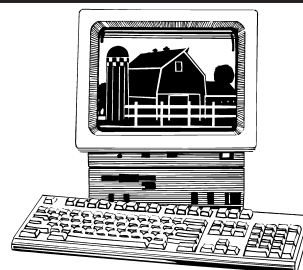
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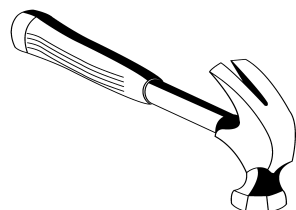
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Boilermaker Officials Take Precautions Against Weather, Bad Events

By Pat Malin

There's a four-letter word in Tim Reed's vocabulary that people might be surprised to hear on the eve of the 2015 Boilermaker Road Race.

It's R-A-I-N.

As executive director of the iconic race that's true to its moniker and known worldwide for its heat and humidity, he is aware it has never rained on Utica's parade in 38 years. But coming off a rainy and sometimes cool June (not to mention one of the coldest, snowiest winters on record), it's conceivable we might get some precipitation on Sunday, July 12.

"Weather is always a concern," Reed said in a recent interview. "Light rain is not necessarily a bad thing. It would cool down the runners, although it would be hard on the spectators and volunteers."

As of June 30, the National Weather Service's long-range forecast predicted a possibility of rain on most of the upcoming days, but just 20 percent on July 12.

Light rain is certainly preferable to a host of other problems that could plague an outdoor event that draws nearly 20,000 runners and untold thousands of spectators, tourists and volunteers.

Reed thinks sadly of the Boston Marathon bombing in 2013 and superstorm Sandy that plagued the New York Marathon the previous October.

"That really helped us with issues, with planning," noted the 61-year-old Reed, who is in his eighth year as executive director. "We asked ourselves, what can we do to make our race better?"



The Boilermaker dodged the biggest bullet in its history in 2014 when the weather forecast called for severe thunderstorms. It was never a case of the race must go on or else.

In his blog of July 2014, when summarizing the "drama" of how the Boilermaker committee pulled off the race despite the odds, Reed wrote, "Sometimes out of great tragedy comes benefits we could not have imagined."

Race organizers spent about 24 sleepless hours huddled in the "unified command center" at an undisclosed location to weigh the pros and cons of carrying out the 15-kilometer and 5-kilometer races.

On the con side: "This storm had a history behind it of hail and thunder and lightning," said Reed. "In one room we had federal, state and local organizations working together for a common purpose of protecting our community and our runners."

Police agencies, even the New York State Department of Transportation and National Grid provided guidance. Everyone heeded the National Weather Service and peeled their eyes to Doppler radar, which was updated every two hours. They weren't worried solely

about the runners, but also about the "wall-to-wall people" in the crowd and volunteers.

"The storm was supposed to arrive by 2:00 or 3:00," Reed explained (it did arrive late that afternoon). "The jets for the flyover couldn't even get out of Rochester (because of the storm), but it dissipated here."

Around 5 a.m. on race day, the officials gave the Boilermaker a thumbs (or leg) up. They would proceed cautiously, but felt compelled to impose radical deadlines. The race party was moved up an hour to 11 a.m. and shortened. Any runners lagging behind after two hours were hustled off by police. Volunteers began tearing down the course early so they would not be caught in the storm.

With a big sigh of relief, the Boilermaker proceeded without incident. All the behind-the-scenes anxiety and nail-biting were diminished, thanks only to wise planning.

"This is what the plan is... and we got in front of it," Reed said. "It really showed the value of social media," referring to emails or cell phone messages sent to runners, plus continuous Facebook, TV, radio and newspaper bulletins. "We got the word out in a timely fashion."

Also, the committee had chosen to move the pre-race Expo to the spacious grounds of Mohawk Valley Community College from the Masonic Care Community. "We felt we needed to have tents up for a week (in case of rain)," said Reed.

In the end, 2014 went into the record books as having both the fastest advance registration and the largest field in Boilermaker history (16,000 runners total).

This year's concern is the North-South Arterial reconstruction project, the highway that intersects Utica. The major Court St. intersection, just blocks from the Matt Brewery and the finish line, cuts off east from west Utica and is forcing perplexing detours for tourists and city residents alike.

Reed said the state DOT engineers were willing to open up Court St. temporarily for Boilermaker weekend, but he feels the site is still too dangerous and confusing for the masses. Birnie Bus Company of Rome stepped up and for the first time is offering a shuttle for 5K runners to the start line on Burrstone Road.

So the 2015 race will have its familiar routine, plus its share of changes. The best advice for participants is to stay alert and be prepared. ■

“

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~John Bryant

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A Picasso in the pasture

by Troy Bishopp

Earlville, N.Y. - Pablo Picasso said, “The meaning of life is to find your gift. The purpose of life is to give it away.” A NOFA-NY workshop billed as “Making Milk on Grass” found the true gift of pasture craftsmanship right in the headwaters of the Chesapeake Bay Water-

shed. A captivated audience of seventy farmers witnessed an exquisite canvas of beautiful cows, frolicking calves and diverse pastures at the hands and management of “Rembrandt” organic dairy farmer, Dave Stratton.

Stratton’s 200 acre Stone Mill Dairy is home to

a 100% all-grass, spring seasonal herd of 50 organic crossbred cows, plus replacements, that produce quality milk (ten years of consecutive Super Milk awards) for Organic Valley CROPP Cooperative. The no-grain herd average is 11,500 pounds annually with a hefty 4.8% butterfat. “I attribute the health of my



cows to grazing taller forage with a substantial ode to the mixtures of forbs they nipple on”, said Dave.

“I invested heavily in soil amendments early on with 1500 pounds of lime annually until the calcium content was right and with products from Lancaster Ag Products and Dr. Paul Detloff. This long-term strategy has improved all phases of the operation. I can tell it’s working when the cows just walk by the mineral feeder”, said Stratton.

Staff veterinarian for Organic Valley, CROPP Cooperative, Guy Jodarski, was on hand to share his perspective on pasture conditions and animal health. He stresses the biological relationships between soil fertility, forage quality, nutrition and animal health in grazing systems. He was intrigued by the amount of diverse plants and “weeds” the cows picked over.

“There’s a lot of knowledge just by taking the time to watch the cows. See, the nurse calves are stealing grass from their mother’s mouth and learning what foods are good”, said Jodarski. Karen Hoffman, NRCS Animal Scientist also chimed in on the intricacies of grass-based nutrition and the importance of the flora in the rumen as a biological catalyst for soil microbes. Refractometer brix readings confirmed why the cows were eating them as higher sugars were found in the burdock, dandelion and orchardgrass leaves.

The robust calves drew plenty of awes. Dave raises

25% of his calves right with his cow herd. He told how important it was to an all-grass operation to raise youngstock that learn how to graze, know the paddock routine and adapt to the environment. They stay with their moms for 4 to 6 months before moving to their own pasture system.

After Lunch and a diverse sampling of Organic Valley Cooperative products and educational materials from NOFA-NY, farmers rotated through three discussion stations on animal health questions, dairy nutrition and organic transition and using a grazing planning chart.

EFS Dairy Herd Manager, Fiona Harrar from nearby Hamilton, N.Y said, “I like seeing how other graziers are managing and having the opportunity to meet like-minded farmers. Learning more about grazing management and the importance of keeping grazing records are key”. Marvin and Vickie Barron of High Sky Farms in New Lisbon, NY came to learn about organic transition. “We needed to see what it took to be organic grass-fed. It helped to see how other people

are successfully producing for this exciting market.” Nationally acclaimed grazing consultant, Sarah Flack from northern Vermont came 5 hours south to enjoy the program. “The plant diversity and seeing the magnificent condition of the cows in peak production was a real treat. It was well worth the long drive.”

As is customary for June, the day ended with Dave and Michelle circumventing the salutations in lieu of



hay-making. A farmer’s work is rarely done. “Inspiration exists, but it has to find us working”. ~ Pablo Picasso.

This event was produced by NOFA-NY with gracious support from Stone Mill Dairy Farm, the USDA-Risk Management Agency and Organic Valley CROPP Cooperative and help from Madison Co. SWCD and the NYGLC. For more information contact Bethany Wallis, Dairy & Livestock Coordinator at (585) 271-1979 or bethany@nofany.org ■

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Family of Vermont gold rush veteran publishes his memoir

By **WILSON RING**
Associated Press

MONTPELIER, Vt. (AP) — The stories of a Vermont farmer who spent years moiling for gold in the Canadian Yukon might have remained in the hand-typed and bound edition that was passed around by his family for decades until a grandson heard a talk about the gold rush of the 1890s.

The tale of how George G. Shaw set out to seek his fortune was family lore: the stories he told were taken down by hand over the years, then hand-typed by his granddaughter and bound as gifts for his descendants.

Now, Shaw's exploits are the subject of a new book, "To the Klondike and Back, 1894-1901," the story of the Bridport farm boy who ended up in the Yukon after hearing of the gold strike then returned after amassing a fortune that would approach a half-million dollars today.

"I never thought of having it published. It was just a family history, something to keep within the family," said Ann G. Shaw, 83, now living in Florida, the widow of George B. Shaw, the son of the prospector who hand-wrote his father's stories over the years. "Then when this came, I had no idea it would be of interest this many years later."

One of Shaw's grandsons, Gary Payne, happened to attend a talk about the gold rush at a library in Vergennes. The speaker put him in touch with a publisher who saw the value of Shaw's story.

The Yukon gold rush was a time immortalized by Jack London's book "The Call of the Wild," the story of the sled dog Buck that escapes humanity and goes wild, or the Cremation of Sam McGee, the Robert Service poem about the efforts of a man from

Tennessee to escape the Arctic cold, even after death.

Middlebury College history Professor Kathryn Morse, who wrote a book about the gold rush called "The Nature of Gold," said that by the 1890s

Bridport in 1890. In 1894, he headed west to Seattle and lived with an uncle while working as a lumberjack and putting away some savings that he ended up using to fund his journey to the gold fields and Canada and Alaska.

Gold was discovered in the Yukon in 1896, fueling the rush that began the next year and lasted until around the turn of the century when the easy-to-find gold had disappeared, Morse said.

During his years outside of Vermont, George G. Shaw wrote one letter home. It was dated June 23, 1898, from Dawson, Northwest Territories.

He wrote of "winter drifting on Bonanza creek" and clearing \$2,000, which didn't cover much because of the high cost of "grub and everything else," including a bag of flour for \$100. He hauled sleds through the wilderness because dogs were too expensive.

He wrote: "There is money in it all right and I am in here to get all I can."

He stayed three more years. Before leaving he sold his claims in the Yukon for \$12,000 in \$100 U.S. bills. He added to that another \$3,000 he'd accumulated from his mining efforts. It would be valued at roughly \$420,000 in 2014 dollars.

George G. Shaw returned to Vermont in 1901, bought a farm in Bridport and stayed there until his death in 1958, all the while telling his stories to his son, George B. Shaw, who died in 1995 after he'd written up the stories by hand.

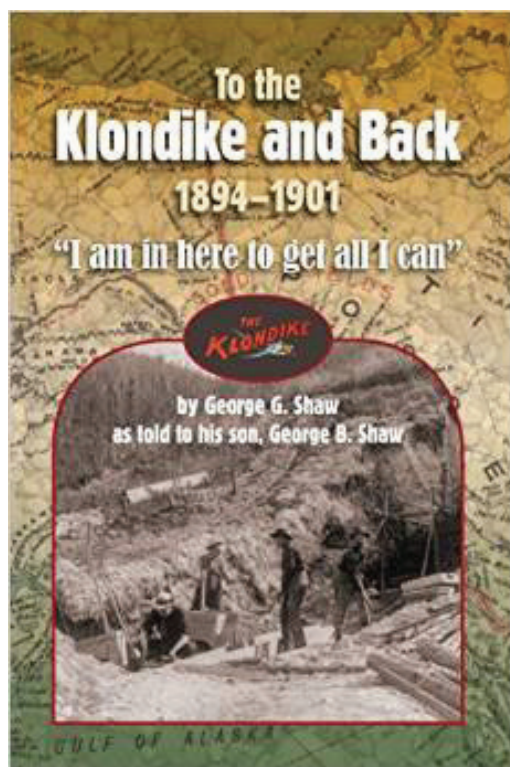
George B. Shaw's daughter, Erin Shaw Pastuszewski, 57, of New York who typed the stories in 1980, which were bound into volumes intended for the family, said her father worked on the farm most of his life. He didn't get his GED until he was an adult and the family was living in Arizona.

"He remembered things so well," she said. "I feel a lot of pride that my dad did that." ■

the railroads had made cross-country travel relatively easy and many easterners made the trek west, intending to return home after their years in the gold fields. At the same time, there was a deep economic depression that made it hard for young men to get a start on their own.

"This was one avenue in which they imagined they could have an adventure, escape from the constraints of their either industrial boring lives or their provincial, rural boring lives, avoid marriage and maybe gain some capital in order to perhaps come home and get some land or get a better job," said Morse.

George G. Shaw fit the profile. He was born in Long Lake, New York in 1872. His family moved to a farm in



Guess Who?

I am an actress born on July 26, 1964 in Virginia. I graduated from drama school at East Carolina University. My first taste of fame came when I starred in a movie about a speeding bus. I won an Oscar in 2010.

Answer: Sandra Bullock



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A SMALL REQUEST

by Joan Scharf

"Dance with me, Daddy"
I pretended I didn't hear her.

"Daddy, I want you to dance with me ...please?"

My five year old daughter was persistent.

"Kadence, I'm watching a program on television right now."

"I know, but can't you stop watching it?"

The movie was a good one.

"Honey, I'll dance with you some other time, ok? I want to see the rest of this program. Why don't you find something else to do?"

How about coloring in one of your color books?"

She left without saying anything. Since no one else was home, I kept half an ear tuned to what she was up to, and was reassured to hear sounds of rustling paper and the soft click-clacking of crayons on the kitchen table. It wasn't long before she came back into the living room and fastened a sheet of paper on the end of the couch with two long pieces of tape. She returned to the kitchen.

A few minutes later I heard her call, "Daddy, did you read the note?"

"No, was I supposed to?"

"Yes, I wrote it for you."

With my attention still on the movie, I reached over and pulled the paper off the couch.

In her childish scrawl she had printed across the top part of the sheet:

"Dear Daddy. I love you. Kadence"

On the lower part was a drawing of two halves of a heart, heavily colored in bright red. Raising my voice so she could hear me, I said, "I got your note, Kadence. Thank you. It's really cute."



She edged into the room from the kitchen doorway, her little face serious.

"It's not supposed to be cute, Daddy. It's a broken heart." ■

Did you know?

Dining outdoors when the weather is warm can make for a pleasant change of pace. While certain aspects of eating outside can be enticing, Mother Nature can sometimes complicate the experience. Wind is one challenge to dining outside, as diners may find themselves chasing paper napkins or airborne plastic cups on windy afternoons or evenings. To safeguard against the wind, rely on reusable, heavy plastic items that are less likely to blow away in the wind. Also, keep tablecloths in place with a few supplies. Use a grommet-making tool to punch holes into the tablecloth and attach plastic or metal grommets. Place the tablecloth on the table and slip a thin bungee cord fastener to a grommet on the underside of the table. Stretch the cord across to a grommet on the other side of the tablecloth and secure. Two or three sets of grommets and bungee cords may be all you need to keep the tablecloth in place and enjoy an interruption-free meal outside.



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Find the following phrase:
Raising my voice so she could hear me, I said, "I got your note, Kadence."
Drawing July 15th, 4pm

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Fortune Telling

Mother's coming; buy some tea bags, quick!

by Joseph A. Parzych

My wife's mother loved to tell fortunes by reading tea leaves. She always insisted that we have a cup of tea when we visited. She used loose tea leaves; teabags were out. Since I was an excavating contractor, she always saw hordes of men in the leaves, working on a highway, predicting I would soon be in their midst. But I worked mostly on pipelines for steam,



electric and telephone ductwork and manholes at the University of MA in Amherst for the better part of 4 years. I also spent two years excavating for building foundations at Westover Air Force Base in Chicopee, Ma, but she kept predicting highway work. I eventually did work on the interstate highways but long after she'd given up reading tea leaves. My wife's other relatives predicted I would surely fail in business because I was an overeducated idiot who ran heavy equipment by day and wrote for publication at night. My mother-

in-law was worried that they were right in their prediction.

My mother-in-law was hoping for grandchildren, but she never saw any in the tea leaves even when her daughter was pregnant. Perhaps it was because she felt it was not wise for us to have children, just yet.

"Are you sure, you don't see any," I asked.

She shook her head, sadly, "I'm sorry, but there's no baby anywhere in the leaves." ■

"You'd better look again," I said, "Because your daughter's three months along."

She did not think that was at all funny, and she never read our tea leaves nor even offered us tea until we prospered enough to buy a motorhome. We drove to see her in it, and welcomed her to come inside to sit for a cup of tea. She accepted. The tea leaves were safely confined to tea bags, so there was no mention of her reading the leaves. That cup of tea healed the breach. We got along just fine, after that, and she again began offering us tea when we visited but she did not read the leaves. I felt bad about making light of her failure to see a baby in the leaves, since her daughter had been obviously pregnant. I did a lot of work around her home to compensate and we developed a good relationship despite my error in treating her tea leaf reading lightly. ■

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“Furriner” Wins Over Old Yankee



By Joseph A. Parzych

I was in college when I was courting my wife. She sometimes spent weekends on her mother and stepfather’s farm. To make a good impression on my first visit, I came all decked out in a navy blue blazer sporting gold buttons, gray slacks with a razor sharp crease, a white shirt, necktie tied in a Windsor knot and held in place with a gold tie clasp to match my gold cuff links. I wore penny loafers polished to a patent leather shine, and had my hair combed in an Elvis Presley style.

My date’s stepfather was an old Yankee with a grammar school education, if that, who wanted no truck

with “furriners or edicated dandies.” Being of Polish extraction, I qualified in both categories. He could hardly stand to look at me, and when he did, I thought he was going to throw up. He uttered not one word to me. Later he offered my future bride a hundred dollars if she’d marry someone else.

His wife, who was an undocumented alien, unbeknownst to him, seemed to accept me despite the college boy get-up and that I was an admitted Catholic. I wasn’t off to the greatest start. What saved me was an old Ford dump truck that stood in a field, in full view of the highway. Her mission in life was to get ‘that old piece of junk’ hauled off to a junkyard.

Her husband, Cyrus, on the other hand, loved his faithful old truck and hoped to get it running again, someday. Vandals had let it roll down the hill to its present resting place in hopes of getting it started. Failing that, they tore out the ignition wires and distributor caps on both sides of the V-8 engine.

Poor Cyrus was subject to an unrelenting harangue by his helpmate, renewed with some vigor at my appearance in my grand outfit. “You’ve got to get rid of that eye-sore. It is a disgrace to have it sitting there. It will cost way more than it’s worth to get it towed to a garage and have it fixed, if that’s possible.”

One day, when Cyrus and his sharp tongued wife were away, I put on dungarees and a tee shirt, got ignition wires and distributor caps at a junk yard, rewired the engine, poured gas in the tank, gave the carburetor a drink, used the battery from my car and after a little whirring of the starter, the engine roared to life. With the engine running, I switched batteries to charge the truck battery.

Later that day, when the folks got home, the truck stood in the yard. Cyrus act-

ed leery; perhaps suspecting I’d dragged it up from the field in preparation for the junkyard wrecker to haul it away. When I fired up the engine, he could only beam. He was beginning to soften, and I was half way there.

The next opportunity to win him over was the day they’d gone to the Bellows Falls Cattle Auction Barn, when I arrived to visit my future wife. It got later and later; way past milking time. I took off my dress clothes, which were now a bit more casual, and put on Cy’s barn boots and overalls, went out to the barn and milked the cows with his Surge milking machine. I stripped the udders dry, strained the milk and put it in the cooler. My wife-to-be helped me feed the cows hay that I’d thrown down from the hayloft. I cleaned the gutters and put fresh bedding down for the cows.

It was long after dark when Cyrus and his wife with her serpent toothed tongue drove into the yard. We could hear her berating him

before they got out of the car.

“Now, look what you’ve done. The cows will all dry up and, then, what will you do with no milk check coming in? You had to go to that damned auction, and what for? You weren’t going to buy anything. You just wanted to blab your head off with those other stupid farmers who were blabbing their heads off when they should have been home tending to business, just like you should have been doing, instead of letting all the cows dry up.”

“Cyrus just hung his head, got into his overalls and boots, and hurried out to the barn. He soon came back, all smiles.

“Well, what are you grinning about? You’ve got a barn full of cows with their milk drying up and you’re standing there grinning like a fool,” she said, eyes flashing in anger.

“The cows is all milked, the milk’s in the cooler and the chores is all done.”

He looked at me sitting in my preppy clothes, and smiled, adding, “And he went and done it.”

After that, I could do no wrong. My wife never got the \$100 marital gift as she still married a “furriner”, but he continued to talk to me. He told of his early days working as a teamster at lumber camps, skidding logs to a sawmill or down to a landing on the Connecticut River for spring logging drives. After his stroke he asked me to drive him to some of the old logging sites. He opened up about his former life when he lived in logging shanties, eating in the cook shack, taking part in “wrasslin” matches that he usually won. After our marriage, my wife and I bought a TV, but then, gave it to the old couple, figuring they’d enjoy it more than we would, since they’d given up farming, making the days long and the evenings even longer. Cyrus really came back to life when he discovered he could watch “wrasslin” on the “tellyvision.” ■

Interlude

by Joan O. Scharf

The two of them, husband and wife, moved as one to the slow tempo of the music. They had danced to this song in the past, swaying, dipping, smiling.

He was less than enthusiastic about attending tonight. However, being fond of his first cousin, Isabella, he consented to come to her wedding reception despite his reluctance. He hadn’t danced in a long time. Not since his return home from Afghanistan last fall. It was only after a satisfying dinner and two Margaritas that he let his wife persuade him.

When the song began they threaded their way between tables to join the already crowded dance floor. Gradually, almost without being noticed, couples faded away one by one leaving the dance floor to them. As he held her, she leaned her head on his chest, and with both her arms laced over his shoulders they circled and turned in slow easy twirls.

He bent his head to her ear and whispered, “I’m not stepping on your feet, am I?”

She giggled softly against his neck loving him for the humor. “No, I’m keeping my toes out of the way.”

Absorbed in each other, in the music, and in the moment, they didn’t seem to notice Aunt Annie and Uncle Jim raise their wine glasses in a Merlot salute as they made the turn near them. They didn’t seem to see white gowned Isabella blow a kiss in their direction when they passed by the bridal table. They didn’t pay attention to Sally’s little boy, his red bow tie askew, staring with wide eyes as they spun around in front of him; nor to Grandma Josephine sitting at a table dabbing her eyes with a hanky. They were only vaguely aware of the groups of friends standing with thumbs up as they glided by.

One song morphed into another, and his arms became tired. Her legs, wrapped in a long rose silk skirt, remained draped gracefully over the side of his chair as he rolled to the edge of the dance floor. Her head slowly lifted from the wilting white cotton of his shoulder, and her arms slipped from his neck as the music faded away. ■

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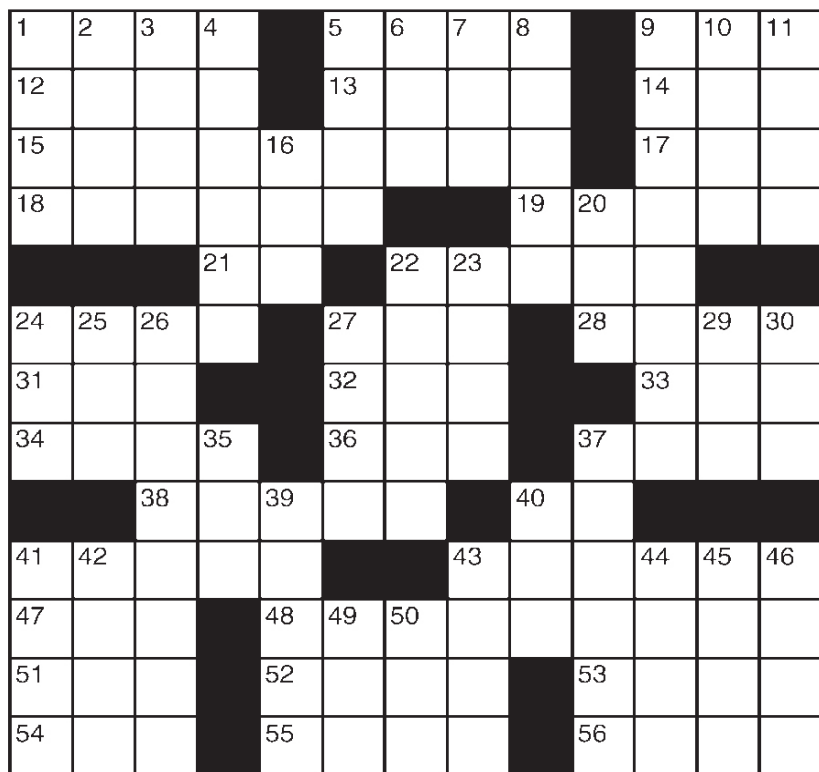


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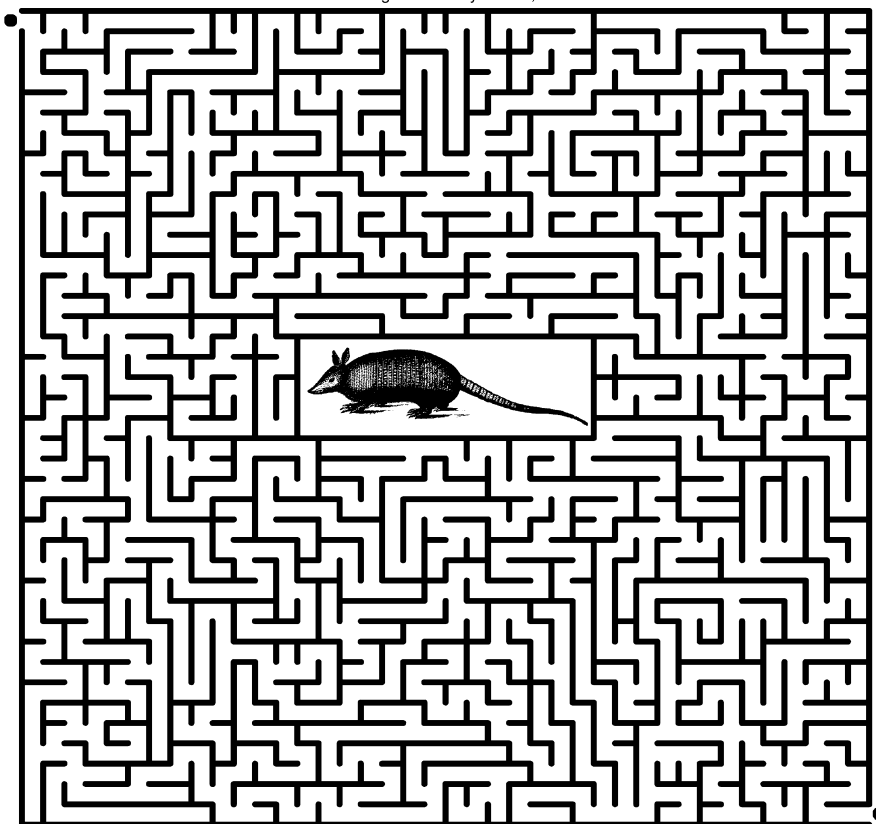
King Crossword



1	Taj Mahal city	43	Spanish pre-euro money	30	Parched Tibetan bovine
5	Brat's stocking stuffer	47	Scuttle	35	Olympic Frisbee?
9	Hollywood trickery (Abbr.)	48	Cool and calm	37	Transfer "Goshi!"
12	Upper palate	51	Exploit	40	Stay away from
13	Formerly	52	Met melody	41	Sit for a shot
14	Bygone	53	Loosen	42	Stage presentation
15	Caved in	54	Actor Beatty	43	Italian volcano
17	See 41-Across	55	Tax	44	"Bill & — Excellent Adventure"
18	Sly	56	Lip	45	Fusses
19	Big winds			46	Tramcar load
21	Cellist Yo-Yo —			49	Tyler or Ullmann
22	Michelangelo masterpiece			50	
24	Wear a rut in the rug				
27	Shack				
28	TV's talking horse				
31	Pair				
32	Exist				
33	Mess up				
34	Partner				
36	Doctrine				
37	6/6/44				
38	Tureen accessory				
40	U.S. soldier				
41	With 17-Across, "Do the Right Thing" director				

Mega Maze

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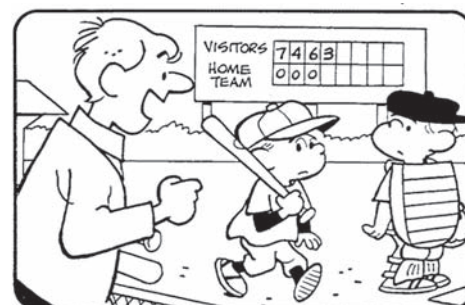


“Many of life’s failures are people who did not realize how close they were to success when they gave up.” – Thomas A. Edison

BY
HENRY BOLTINOFF



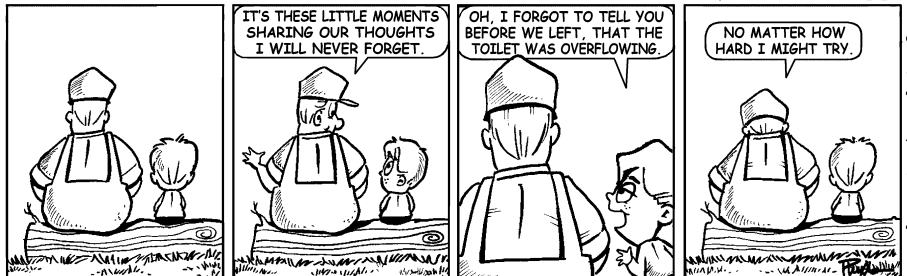
Find at least six differences in details between panels.



ifferences: 1. Glasses are missing. 2. Arm is moved. 3. Bat is shorter. 4. Fails to shorter. 5. Scoreboard numbers are missing. 6. Mask is missing.

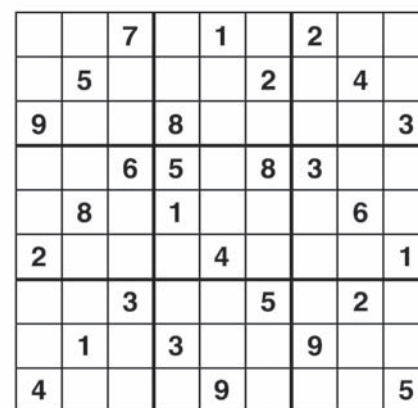
Amber Waves

by Dave T. Phipps



Weekly SUDOKU

by Linda Thistle



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 ● SLANG FOR HOME RUN

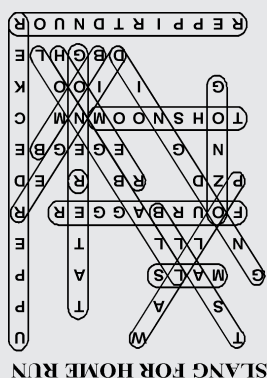
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K I H **FOURBAGGER** F R
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Q O N M K J I H A D B G H L E
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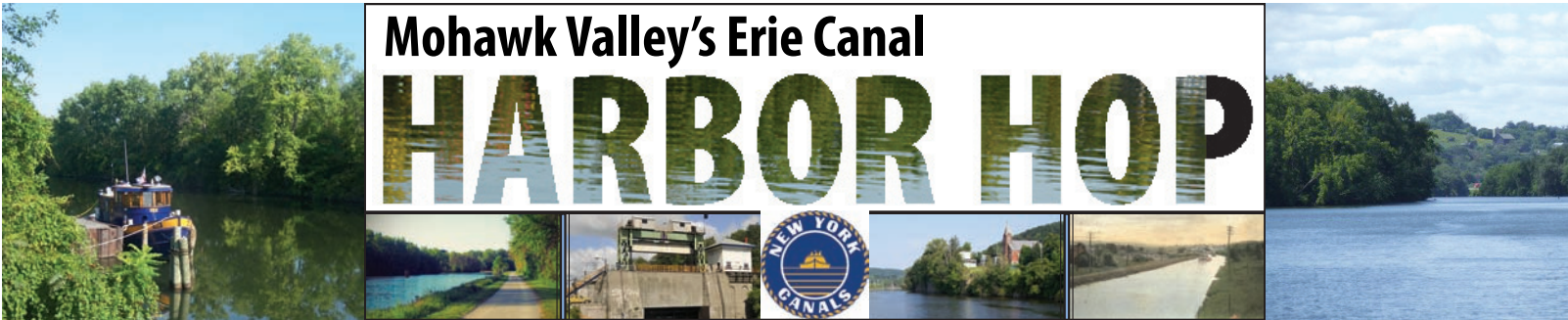
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Blast	Four-bagger	Long ball	Tater
Bomb	Goner	Moonshot	Upper-decker
Ding-dong	Gonzo	Round-tripper	Wallop
Dinger	Homer	Slam	

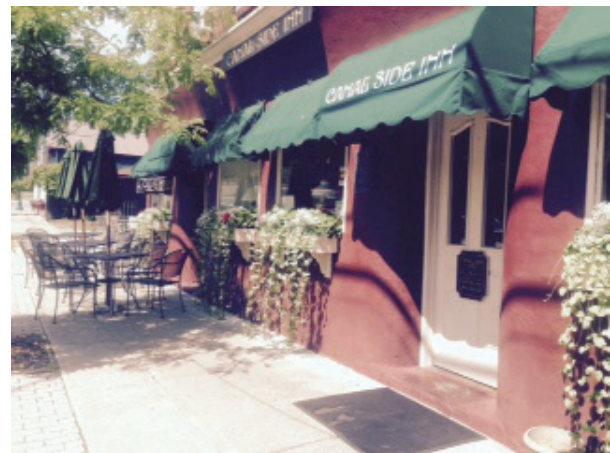
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ANSWERS





Canal Side Inn



By Lisa Lauritsen

Hemmed into the landscape of the tranquil Canal and adventure of Moss Island; the beautiful gardens of Canal Place, artisan shops, eco salon and gallery on lower Anne Street, Little Falls, lies a cozy bistro

serving authentic French cuisine every bit as delicious as it is rare. The Canal Side Inn and Restaurant is a place of unpretentious culinary excellence. French- American chef, Julia Child, once said, "What is continually pleasing about the French way of cooking is that you

do something with the food. You don't just boil it, butter it, then dish it out." In a fashion Ms. Childs would appreciate James Aufmuth, proprietor and chef, carefully prepares savory gratins, succulent steaks; cheese plates featuring local offerings and in season fruits, pastries, and crudites as someone with only his unique background could prepare.

In the early 1970's, after graduating with a degree in sociology James forged an unexpected path to master French cuisine. First he traveled to New Orleans, where he rubbed elbows with notable Creole chefs, then to Paris where he took on apprenticeships under honored chefs of the region. Over the course of ten years he learned first hand

the art of flambe, tournee, chiffonade and other unique methods of French food preparation. The result is a full menu of authentic fare that is consistently pleasing.

Aufmuth sparked an ambitious but unwavering flame when he opened The Canal Side Inn and Restaurant, in 1982. Aside from an auto parts retailer many of the now bustling store fronts were vaulted by storage. In the middle of what is now a pastoral park lined with artful gardens and a stage that boasts Shakespeare each summer; big bands, and young visitors who playfully perform for their families, stood a towering shell of a depot; a vestige of the old shoe making hey days of Little Falls industry turned shadow maker. The potential

he saw is so characteristic of the small city's spirit to endure tough times; a phenomenon most new comers describe simply as "love at first sight". Almost immediately The Canal Side Inn raised interest from residents and tourists alike and has been a destination spot for over two decades. It was no doubt a catalyst to the areas resurgence.

This is a place to woo a new love, treat friends from out of town, or simply indulge

in an ethereal brûlée and a glass of Vouvray after work. The company of boaters and cyclists have complimented many of my meals at this oasis of fine food. Anyone seeking an extraordinary gastronomical experience at a fair price in an unpretentious setting would fare well dining at The Canal Place Inn. The second floor boasts three gorgeous suites with kitchenette amenities perfect for longer stays in the pleasant city. ■

Frankfort Harbor Marina & Park

– a bright future

by Al Dorantes

The Frankfort Harbor Marina & Park is on a natural inlet that allows boaters to launch and dock without dealing with the impacts of waves and currents from the Mohawk River and New York State Canal System. The Frankfort Marina is a diamond in the rough. With big plans for development, this jewel of a marina will get even brighter.

The Village of Frankfort is in the process of purchasing 11 acres from Canal Corp with the idea of developing a portion of the area into a new RV park for 2016. The RV sites will include water, sewer, cable TV and WiFi. Additional plans call for the installation of a dozen rental cabin units right on the water. The cabins would resemble tiny log cabins and would be available for rental all year. The existing building will become the office for the harbor master who will handle the RV and cabin rentals, and the marina in general. The development plans also call for the addition of tables and grills to the picnic area. The plan even calls for the building of a gazebo for events like weddings and an amphitheater. One key to the development is the relocation of docks and slips to the harbor's south side. The existing bulkhead will accommodate larger vessels. A kayak launch is also part of the plan. With kayaking's popularity it is a sure draw for the Frankfort Marina and will be a good combination with the free public boat launch already in place. The village of Frankfort recently received a grant from Herkimer County Health Net to install exercise equipment on the nature trail near the Marina.

One of the highlights of the year for the Frankfort marina comes, ironically enough, when the canal is closed. The Frankfort Marina hosts Christmas at the Marina. The community fundraiser includes a parade through the village to the Marina, a visit from Santa Claus, Christmas carols from the Frankfort Schuyler Central School choir, and a Christmas tree lighting followed by fireworks.

The future for the Frankfort Marina includes more community events like Christmas at the Marina. One possibility that has been proposed is showing movies at the Marina on a 25-foot inflatable screen.

The Frankfort Harbor Marina & Park has a bright future. For more information go to: villageoffrankfortny.org ■

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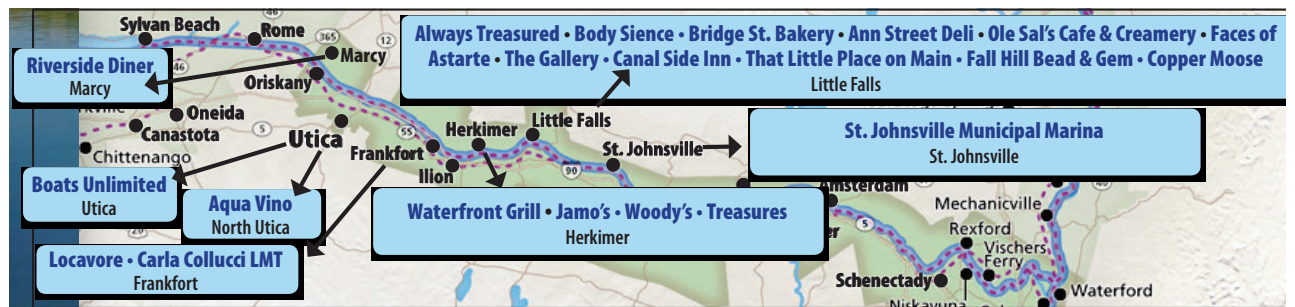
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Voss at the Ilion Marina

by Al Dorantes

Voss's BBQ, a summertime landmark in Yorkville, New York has followed the Erie Canal east and landed at the Ilion Marina.

Voss's BBQ started in Yorkville in 1938 as an ice cream stand. Greg Voss explained that his grandfather had a dairy and the ice cream stand was natural extension of the dairy. They eventually added BBQ and all American fare; hotdogs, hamburgers, French fries, and of course, ice cream. Voss sells 100,000 hotdogs per season at their 3 locations. Many of those hotdogs get dressed with Voss's homemade, family recipe chili. They make 64 quarts of the popular condiment for the three Voss locations every day. They are also whipping up 6 gallons of their BBQ sauce daily.

In the narrow building at the Ilion Marina Voss uses 4 or 5 people per shift to sling hotdogs, hamburgers, and milkshakes to customers who line up from the time they open until late into the evening. 7 full time employees are managed by 4th generation Voss, Ken Voss.

Greg Voss explained, "Our secret is reasonable prices. We



know that money is tight. We're affordable. You can feed a family and go away full." While Voss at the Ilion Marina does not serve fish on Fridays they do phenomenally with chicken nuggets and chicken tenders

"Ilion has embraced us," Greg Voss said. "We love the valley. What a beautiful park"

Whether you are boating down the canal, grabbing a quick lunch during work, or if you happen to be driving by stop into Voss at the Ilion Marina and grab yourself a snack. I suggest the chili dog with a side of fries. And do not forget the ice cream. ■

Aqua Vino and Utica's Historic Marina



by Al Dorantes

Boaters traveling on the New York State Canal System will find casual fine dining as easy as docking their vessel at Aqua Vino and Utica's Historic Marina. Nautical themed colors greet boaters and diners alike. With over 200 feet of bulkhead the Utica's Historic Marina offers plenty of space to tie up for dinner or for overnight stays. They have water, electric, and wifi. Overnight stays will cost transit boaters \$1/foot/night. Beverly Esche, manager of Aqua Vino and dock master by proxy, explained that they had 2 boats stay a couple nights because of recent high water down the canal.

There are many options for boaters close by. Beverly Esche explained that the bike trail is just the other side of the bridge and boaters (who usually travel with bikes on board) or bikers can ride all the way to Rome. The

unadulterated food giving you the ultimate field to fork dining experience. The philosophy of "growing our family one plate at a time" is taken to heart at Aqua Vino. Every meal is prepared with that mantra.

Beverly Esche, restaurant manager said, "We offer people a great opportunity to dine on the water."

Aqua Vino offers a diverse menu with specialties that include a Tomahawk steak, a gigantic ribeye steak from the heart of the "prime rib roast." The massive Tomahawk steak weighs in at a staggering 30-45 ounces. The meat is scrapped from the bone leaving the "handle" resembling a Native American's Tomahawk. Each Tomahawk steak is custom cut per order ensuring the best, picture perfect steak. Another specialty is veal Saltimbocca; veal medallions sauteed with mushrooms,

farmers market at Union Station is also just a short distance away. Another popular attraction is the F.X. Matt Brewery is less than 2 miles away.

Rob Esche and Alicia Dicks, owners of Aqua Vino, have a mission to provide

escarole, prosciutto and mozzarella finished with a light sherry sauce. Aqua Vino also offers gluten free menu options.

Geno's Utica greens; escarole, hot cherry peppers, prosciutto and garlic sauteed with oregano mix and imported Romano and Parmesan cheeses, and chicken riggies; juicy boneless chicken sauteed with onions and peppers in a light tomato cream sauce over rigatoni pasta, are Utica staples and treats for transit boaters.

Do not forget to leave room for dessert. Homemade cheese cake, chocolate lava cake, or Limoncello Mascarpone cake are a perfect way to finish the meal.

Aqua Vino also has a beautiful banquet facility. The banquet hall holds up to 150 partygoers. Trish LaBella, banquet coordinator, has been with Aqua Vino since day one, said, "The banquet room has great view and all around great dining experience." Aqua Vino can handle baby and bridal showers, graduation parties, weddings, political and retirement parties, pharmaceutical dinners, holiday parties, or family reunions. LaBella added, "It's not just 4 walls. It's all windows. What a view."

Whether you are a transit boater crossing the state along the New York State Canal System or a local stopping for dinner, Aqua Vino and Utica's Historic Marina's hospitality will make you feel right at home. For more information go to: aquavinorestaurant.com ■

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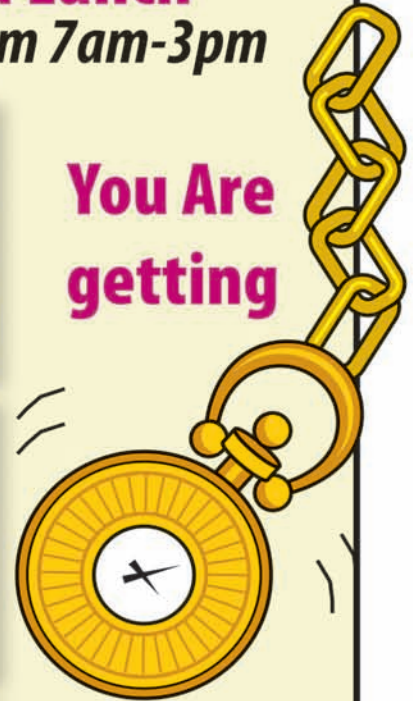
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