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Issue of
JULY
2015

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Rowlands Basile
Owner,
Black Cat
Restaurant

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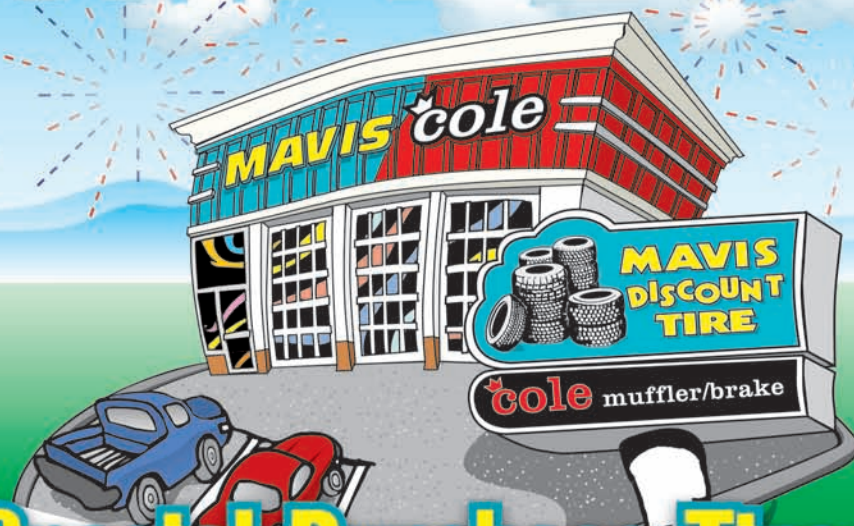
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205/65-15	S	\$91.99	\$68.99
205/60-16	S	\$99.99	\$74.99
205/55-16	SK	\$94.99	\$71.24
215/70-15	SK	\$100.99	\$75.74
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Size	Brand	Reg. Price	Avg. Price After FREE
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245/75-16	S	\$151.99	\$113.99
245/70-16	S	\$152.99	\$114.74
265/70-16	S	\$163.99	\$122.99
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Tire maintenance an important safety precaution

Tires are the link between a vehicle and the roadway, and tire quality has a direct impact on the performance and safety of an automobile. But tire maintenance is easy to overlook. However, ignoring tire maintenance can threaten driver and passenger safety and make a vehicle operate inefficiently.

Steering, breaking ability and traction are all governed by good tires. Worn tread can result in longer stopping times and make it difficult to brake immediately in an emergency situation. Although driving tends to be the primary culprit behind worn down tires, sometimes bald or unevenly worn out tread is indicative of a larger problem, such as a misaligned wheelbase, improperly aligned tires or

tires that are underinflated. The following are some common problems associated with tires and how to address these issues should they arise.

Blowouts

Worn tire treads increase the risk of punctures, which can lead to blowouts. Bald tires also may blowout as a result of friction on roadways that is met with minimal rubber. Getting caught on the side of the road with a tire blowout can be a hassle, so routinely check tire treads and replace tires accordingly.

Tread depth

Average new tires on cars usually start with 10/32 inch to 1 1/32 inch of original



tread depth. When tread reaches a depth of 2/32 inch, they are considered worn out. There are different ways to gauge tread depth. Insert a penny into the tread groove with Lincoln's head upside down and facing you. If you can see all of Lincoln's head, it is time to replace the tires. Another coin test is to insert a quarter into the groove. If the tread touches Washington's head, you have at least 4/32 inch of tread left. Don't have any currency on hand? Then look at the treadwear indicator bar molded into the tires. When these bars become flush with the adjacent ribs of the tire, the tires should be replaced.

Alignment

According to the Rubber Manufacturers Association, improper alignment causes rapid or uneven treadwear. Tires should be aligned and balanced periodically to avoid irregular wear

and having to replace tires prematurely.

Tread pattern

Tires feature different tread patterns depending on the brand of tire. They may be directional, asymmetrical, nondirectional, and directional/asymmetrical. When purchasing replacement tires, it is advisable to match the tread pattern to the existing tires. This helps enhance the performance of the car. In fact, some newer cars require tread to match. Mismatched treads may cause problems with transmission shifting or impact control and steadiness.

Tire pressure

Underinflation of tires can cause failure, stress and irregular wear. Underinflated tires also may contribute to loss of control that leads to accidents. Always maintain the manufacturer's recommendations for the correct pressure, which should be adjusted based on the temperature.

Tires should undergo the same inspection and maintenance as other parts of the vehicle. Tires are a vital component to safe driving, and routine maintenance can prevent accidents and other problems. ■

Learning car dealership terminology can make buying a car less intimidating

Many industries have their own lexicon, and the automotive industry is no exception. Prospective car buyers may visit a dealership and hear an array of unfamiliar terminology.

Familiarizing yourself with such lingo can make it easier to leave a dealership feeling like you got the best deal possible. Such familiarity also makes it easier to understand your surroundings and what's going on as you work to get the car you want for the price you want.

The following are a handful of terms you might hear at the dealership when you decide to upgrade to a new vehicle.

Babysitter: Co-signer or co-buyer on a contract, or term used when the primary buyer needs help to make a decision or buy.

Be back: Prospective buyer who promises to return after researching other vehicles or deals.

Bumping: Raising the customer's offer for a car.

Buy rate: The interest rate that banks or financing institutions will charge on all contracts being financed. It is a "secret" number between the lender and the dealer that is the real amount of the interest rate that the loan starts out at before the dealer increases it for its own extra profit.

Candy store: A dealership with a lot of inventory to check out.

Chisler: A buyer who works the salesman down to the best possible deal on the vehicle.

Closer: Salesperson whose job it is to "close" the deal with customers who are hesitating.

Demo: A test-drive of the car.

F and I: Refers to the sales department that arranges for financing with a lender. It stands for finance and insurance.

First pencil: An opening offer from the sales manager.

Flake: Refers to a customer with bad credit. This customer may be referred to as a "roach" as well.

Four-square: A worksheet divided into four squares to represent the four elements of a car deal: selling price, trade-in value, monthly payment and down payment.

Gold balls: A customer who has excellent credit and usually an impressive down payment.

Green pea: A novice salesperson.

High penny: To increase a customer's monthly payment without exceeding the next dollar amount.

Lay down: A customer who says yes to everything.

Sled: A trade-in that is worth little or nothing.

Tower: The floor manager's office or central location.

Up: A customer who walks onto the car lot or into the dealership. ■

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Enjoy a season of the arts



Making the most of your local arts scene is a great way to expand your horizon and give back to your community.

Do you consider yourself a lover of music and the arts? If you do, you are in very good company. According to the 2012 Survey of Public Participation in the Arts from the National Endowment for the Arts, nearly half of American adults (roughly 115 million people) attended at least one type of visual or performing arts activity that year. Nearly the same amount participated in some type or artistic activity.

Going to the theater or attending a concert are popular ways to indulge one's passion for the arts. Fortunately, there are many additional ways for men and women to support the arts.

- Become an arts patron. If you find yourself attending shows multiple times a year, it may be worth the investment to become a patron of a performance group or a particular theater. Membership may entitle you to advance notification and the opportunity to purchase tickets before they go on sale to the masses. Many organizations even provide complementary offerings to members, including free beverages, complementary tickets to certain performances and entry to member lounges before and/or after the show. Don't dismiss local theater groups,

either, as even high school and college students put on impressive shows.

- Join a discount ticket membership group. Free enrollment in a ticket benefit group is a perk available to men and women who work for certain organizations. Such groups offer discounted ticket rates to members and can help you save a good deal on the purchase of tickets over the course of a year, so speak with human resources personnel at your place of employment to determine your eligibility for such groups.

- Make it a group night out. Spread the word about a favorite play or performance by taking in a show with friends or family members. Inviting others to share in the experience may encourage a love of the arts in your loved ones. Plus, it can be more fun to attend as a group, sharing the experience and making critiques afterward. Theaters and other performance venues are often centrally located, so you can make the most of a night out with dinner before the show and drinks afterward.

- Explore different genres. If you have a tendency to gravitate toward musicals, stray from the norm and try a drama on your next night out. Expand your musical hori-

zons as well. Don't shy away from a particular type of music because it isn't what you're accustomed to. You never know what you may discover when you experiment with different musical styles. It's quite possible you will fall in love with a new style of music.

- Shop well in advance. Although you may periodically earn discounts if you wait until the last minute to purchase tickets, it's often

wise to shop around months before a performance. Shopping early affords you your choice of seats and reduces the risk of losing out to a sellout.

There is no time like the present to enjoy the arts. Don't miss the bevy of artistic endeavors that take place locally and in city centers. ■

“
There is incredible power in the arts
to inspire and influence.
-Julie Taymor

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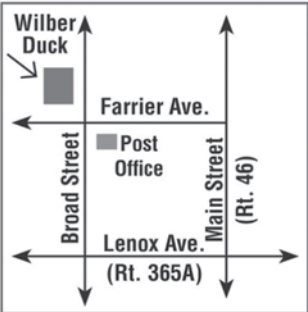
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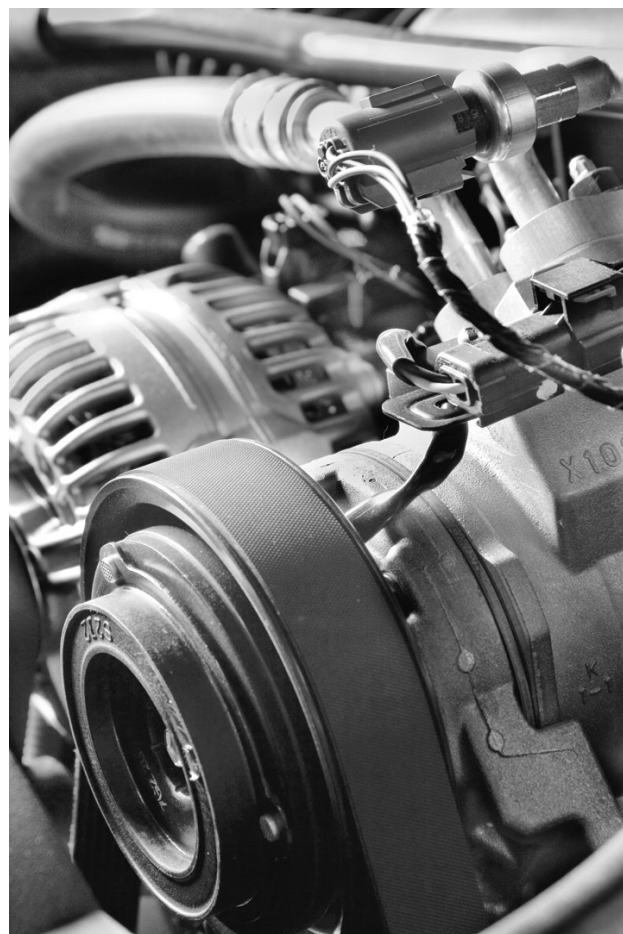
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Small engines may have big futures



The move is on to produce more fuel-efficient automobiles. Although alternative fuels have garnered significant publicity in recent years, some automakers are simply shrinking the standard car engine.

Automakers have been producing three-cylinder engines for some time, but are just now starting to reveal such engines to the public. While these types of engines have traditionally been associated with lawn mowers, mopeds and snow-mobles, a handful of cars are now being equipped with three-cylinder engines to increase fuel efficiency.

While three-cylinder engines have had the unfortunate stereotype of being puny next to vehicles touted more under the hood, experts say that advances in engine technology have made it possible for three-cylinder engines to produce more power with less. Ford, Nissan and BMW are just some of the automakers experimenting with three-cylinder engines while also promoting other innovations to boost efficiency. Streamlined aerodynamics, carbon fiber and improved horsepower can change public perceptions of cars with engines that have fewer cylinders.

In addition to requiring less fuel, three-cylinder engines take up less space in engine compartments, freeing up more room for interior passenger space. This can create more space in traditionally compact vehicles. Smaller engines can improve safety because there is less risk that the engine will penetrate the interior in a front-end collision.

While some three-cylinder vehicles have lackluster responses with acceleration

and road performance, others offer comparable horsepower to some larger engines. According to the automotive website Jalopnik, many modern three-cylinder engines offer power comparable to that offered by V8 engines in the 1970s.

The three-cylinder offerings may be concentrated to a few brands right now, but the advantages of these smaller engines may make them more prevalent in the years to come. ■

Weekend road trip tips



A long weekend provides the perfect opportunity to hop into the car and embark on a road trip. Sometimes it doesn't take an extended vacation to recharge your batteries. A brief change of scenery and venue can make for quite the respite as well.

Road trips also tend to be more affordable than longer getaways. If you have the benefit of a tow hitch and a camper, you already have your accommodations. But even if you still need lodging, there are several budget motels that can fit the bill for overnight lodging along your route. Here are some other road trip tips.

* Before embarking, take out a map and plan your excursion. Stick to locations that are within reasonable driving distance from home. If you roam too far, you will spend more time behind the wheel than you will enjoying your destination. Locations no more than five to six hours away should suffice.

* Get your vehicle in road trip shape by ensuring it is in good working condition. If your car is scheduled for an oil change, get one before leaving. In addition, top off fluids and be sure that tires are properly inflated.

* Stick to the scenic routes. While they may not save you travel time, avoiding interstates in favor of picturesque backroads will make for a much more relaxing and visually inspiring trip. Schedule rest stops so you can get out of the car and explore along the way to your destination. Taking backroads may also help you avoid some of your fellow weekend travelers.

* Make your long weekend a Saturday through Monday affair. You may find the roads are more congested Friday through Sunday. Simply starting your trip on Saturday and returning on Monday could save you the headache of driving in heavy traffic.

* Scope out low-cost activities at your destination. Many national parks are inexpensive and may only charge one fee per vehicle to enter. After Labor Day, many beaches no longer charge entry fees, making them an affordable option.

Take advantage of cooler temperatures and picturesque scenery by planning an autumn weekend road trip. ■

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Black Cat Restaurant

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Crispy Fried Pesto Shrimp Bruschetta

by **Al Dorantes**

The Black Cat Restaurant, located at 470 French Road in Utica, offers Italian American cuisine with Lebanese influence. Whether it is a variety of ethnic dishes or one of their juicy burgers the Black Cat has something that will satisfy any appetite.

The Black Cat Restaurant opened in August of 2006. Chris and Renee (Rowlands) Basile took their 30 plus years in the restaurant business and created a restaurant that is founded on the "Corner Bar Theory;" promoting a home style atmosphere with fresh, homemade food and generous portions.

The Black Cat features specials every day in addition to the regular menu. Compliment your classic Caesar salad with special appetizers like crispy shrimp bruschetta.

The chef's specials range from pasta and peas to fried bologna. Luis Colon, head chef with 15 years experience, creates dishes for everyone; the vegetarian, the burger lover, and the salad lover. From Basile's Steak Sandwich (Chris' Grandmothers' Famous Recipe from Basile's Restaurant in East Utica) which is grilled to order beef tenderloin smothered with sautéed mushrooms, sweet peppers and onions topped with melted cheese served on garlic French bread to burgers. All burgers are 1/2 pound of Angus beef, served with seasoned fries. You can get a burger any number of

ways; topped with bacon, onions, peppers, mushrooms, cheddar, Swiss, mozzarella or American cheese.



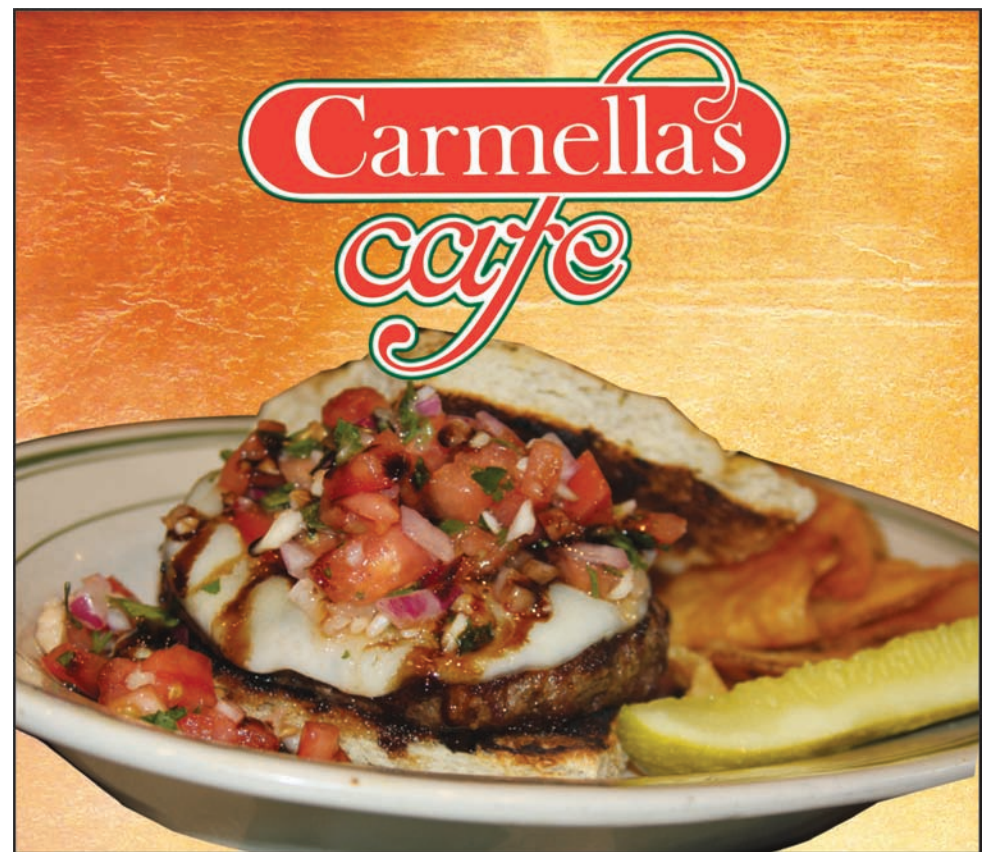
The French cut Pork Chop is a customer favorite. Although not on their regular menu, it is requested so often that it is a very regular feature. Call ahead to get one reserved. Chef Colon says, "They fly out of my kitchen!"

Be sure to see their ad in the Burger Bliss section of this edition for more details on their great burger offerings!

With a philosophy of waste not want not, the Black Cat Restaurant's consistent portioned dishes mean quality day in and day out. This idea extends all the way to desserts. Renee said, "Every bit is homemade." Homemade desserts include tollhouse pie, apple crisp, rice pudding, and flowerless chocolate cake (to die for).

Along with their great lunches, sandwiches, salads, and burgers the Black Cat has a variety of dinner choices such as pastas, meat or fish. One of their most requested dishes is a French cut, 10-12 oz pork chop. The pork chop is seasoned with secret spices on both sides, pan seared on both sides, and finished in the oven. The chop is juicy, tender, and served with homemade garlic mashed potatoes. The French cut pork chop is not officially on the menu but demand for the special pork chop is high enough that Renee and the Black Cat have the chop regularly.

Cont on page 10



Bruschetta Burger

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How to grill the perfect burger

- Could any food be as simplistic and delicious at the same time as a patty of beef on top of a crusty bun, served with lettuce, tomato and your choice of condiments? Burgers are the go-to item for barbecues, campouts, fast-food meals, and late night trips to the diner. A juicy burger can satisfy so many cravings in one sitting.
- If ever there was a recipe to master, it would be grilling the perfect burger. Though barbecued burgers may seem easy to make, all too often burgers are botched by a few mistakes. But don't worry, burger mastery is within reach if you follow these simple tips.
- Chilled burger patties will firm up and hold their shape better during cooking. Leave the pre-made patties in the refrigerator until the last minute. Keep patties on ice if you will be cooking burgers in batches.
- * Make sure the grill is super-hot. The goal is to cook burgers over high heat and fast. This is achieved with a very hot grill. It may only take three to five minutes per side to cook the burgers, depending on the thickness of the patty.
- * Don't overhandle the meat. Compressing the meat and handling it too much can lead to dry, dense burgers. Avoid tough meat by handling it as little as possible. Keep your hands wet
- * Flip only once. Wait until the burgers have been grilling for a few minutes and release easily from the grill grate. Flip them over and allow them to cook

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House Burger Your choice of any grilled burger served on a toasted Kaiser roll with lettuce, sliced tomato and red onion. 10.49	Cowboy Burger House burger with apple wood smoked bacon, BBQ sauce, 3 beer battered onion rings and melted cheddar cheese. 11.49
Black N Bleu Burger House burger topped with apple wood smoked bacon, crumbled bleu cheese and onion strings. 11.49	Swiftys Sliders Three Certified Angus Beef mini burgers with choice of cheese. 10.49
Cajun Burger House burger topped with Cajun seasoning, roasted jalapeños and cheddar cheese. 11.49	Jack Burger House burger topped with our homemade bourbon sauce, apple wood smoked bacon, onion strings and cheddar cheese. 11.49
Swiftys Buffalo Burger Do not be intimidated by this one-of-a-kind burger! Hand breaded, deep fried crisp and golden finished in buffalo sauce. 11.99	West Coast Burger Our house burger with roasted red peppers, ripe avocado and creamy brie cheese. 11.49

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- * Fat has flavor. If you're going to indulge in a burger, make sure it has a fair amount of fat content. Fat helps keep the burgers moist and juicy. Make sure the fat content is about 18 to 20 percent of the mix. This helps to guarantee flavorful burgers.
- * Oil up the grill. A clean, well-oiled grill prevents burgers from sticking during cooking.
- * Resist the urge to squash the burgers. Pushing down on the burgers with the spatula will only force the juices out. If you want dry burgers, press them down. If you want nice, juicy burgers, step away from the spatula.
- * Allow the burgers to rest. Take the burgers off the grill and let them rest for 5 minutes so that all of their juice redistributes through the patty. Toast your hamburger buns and then serve the burgers with your favorite toppings.
- Dig in and enjoy your efforts, as well as the compliments from other diners. ■

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burger Bliss

We ALL Love a good Burger...
Here is your Guide to Find them!!!



The hottest new grilling trends



(MS) -- Americans love their gas grills, but some feel that grilling over gas loses some of the flavor associated with charcoal and smoke. Well worry no more. There are numerous grilling planks and wood chips available (GrillPro, for example, has a full line of flavors) that, when combined with the cooking power of a Broil King gas grill, allow backyard chefs to taste the smoky flavor of wood while cooking with the convenience of gas. Tender, smoky ribs, roasts and seafood can be achieved with ease.

Smoking with wood chips

When you smoke a cut of meat, give it plenty of time and smoke so it can absorb the flavor. Start by soaking the wood chips in water for at least half an hour and then drain them. Use a stainless steel or cast iron smoker box placed under the cooking grids so the chips will smolder and smoke. There are several different types of GrillPro wood chips available. Hickory is used most traditionally in the southern barbecue belt, and gives a strong hearty flavor to meats. Try hickory with beef or pork. Mesquite is a great choice for beef, lamb, or even turkey. Fruit Wood, such as apple or cherry, is great for lamb, poultry and fish. Whatever type of wood chips you choose you're sure to get unparalleled taste.

Planking is a great way to impress your guests

Cooking meat or seafood on a wooden plank is sure to get great results and wow your dinner guests! The process is just as simple as smoking. Just soak the plank in water, juice, or beer for an hour and pat it dry. Place the seasoned meat on the plank and then onto a medium-low temperature grill. Cook it to its desired doneness, and serve. It's that simple. GrillPro offers cedar, maple and alder grilling planks. Cedar is ideal for salmon, but don't be afraid to try other meats on it. Pork goes great on a maple plank and lamb is ideal for alder.

Experiment with these ideas and you will soon discover that smoking can be good for you ... your food that is!

For more smoking recipes and tips visit
www.onthegrill.ca, or www.grillpro.com or
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Black Cat Restaurant- from page 7



The newest additions to the Black Cat Restaurant are the new bar & their open patio area. A friendly corner bar with a big city feel! Renee says, "The patio is a great option for eating this time of year. We serve a lot of lunches and dinners there and have great fun with Jazz on Wednesday and Lip Sync parties on Monday."

events for up to 50 people. Put your communions, retirement parties, surprise parties and more in the Black Cat's more than capable hands. They will tailor a menu that will make your party memorable and they will even open on Sunday for your gathering.

In November of 2013 the Black Cat expanded into the adjoining space and built a brand new bar and patio. The large, full service bar has everything you would expect from a corner bar with a big city feel. The Black Cat hosts lip sync contests in the bar. Out on the patio it is alfresco dining. On Wednesdays they have "Winey Wednesday." A glass of wine and a live jazz trio is the perfect way to

celebrate the halfway point of the week. Enjoy the sun and music the rest of the week too!

Enjoy lunch or dinner in their comfortable dining room or out on their patio. A great spot to kick back after a long day and have a couple of cold ones with your friends!

Small parties are also never a problem. The Black Cat can handle your private

Renee said, "The Black Cat is customer oriented." A great feature offered is call ahead seating which helps you navigate your tighter schedules and get a great lunch and still get back to the office in plenty of time! They also offer to go's or off site catering and they will even deliver with advanced notice.

Be sure to check out their very own Black Cat-mobile, a 1960 Morris Minor. This sweet little car gets used for special occasions such as local parades and always gets a lot of attention.

The Black Cat is open for lunch and dinner, 11-10 Monday through Wednesday and 11-11 Thursday to Saturday. Renee Basile said, "We're easy to get to. Just get off the Arterial at the French Road exit." For more information call 315-724-4444, go to: www.blackcatrestaurant.com or find them on Facebook. ■

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Big Fish Lands Man in Hospital



By Terry Berkson

In the morning I put new and lighter line on my reel. I figured this would enable me to cast out farther from shore near a rock pile where I suspected the big ones were hanging out. I attached my favorite Rapala lure, a trout fingerling, and in the evening after supper I shut in the chickens and headed for the lake. It was almost dark when down off Perkins Landing I made the first cast which yielded a small perch. Well, at least they were biting. So far this season I hadn't brought home anything to speak of. The second cast yielded nothing except for the satisfaction that the thinner line wound high on the spool was getting me way out there. On the third cast something hit my lure hard. At first I figured it was a rock bass. They give you a good fight for their size. But, this was a much stronger pull, almost as though I had hooked onto a floating log. I continued to reel in, the drag giving up line much of the time. Then the fish jumped out of the water, his tail beating the surface. It was no rock bass! My reel continued to pay out line as I kept cranking in what the fish had just taken out. This went on for a few minutes until I thought he was tired and I was able to gain more and more line. I had left my net in the back of the truck, so I pulled the big bass across the rocks that lined the shore. Now, he was mine and I bent down to get the hook out of the corner of his gaping mouth. I looked in the fish's eye as I held him on the ground and should have read what it said. It was something like, "If I'm going down, you're going down with me!" I continued to try to get the hook out but the fight he had given had set it deep into tough cartilage. Unfortunately, I hadn't brought along

the pliers I use for removing hooks. Light was failing and my glasses too were back in the truck. I realized later that this was a perfect storm for what was to happen. After several more failed attempts to free the hook I decided to disconnect the lure from my line. It was almost dark now and as I pressed on the wire to open the swivel the fish jumped violently making the lure slip through my hand as two of its six

hooks tore into my thumb and index finger. The more the fish squirmed the deeper the hooks went. I had the thumb of my left hand in his gill and couldn't let him go. With fish, rod and lure held out in front of me it was as though I were handcuffed. I headed up the bank towards Larry Perkins' house. I knew he was home because we had talked briefly when I arrived at the lake. Just as I was about to cross the road the rod slipped from my hands and dropped to the ground. I left it there and rushed towards the other side narrowly avoiding an oncoming car as the reel paid out line. Now, with the rod on one side of route 28 and me on the other I hoped the oncoming vehicle wouldn't in some way catch onto the line and pull me down the road. 'No problem,' I thought painfully. 'I weigh a hundred and seventy and it's only eight pound test.' Luckily, the car blew by without a snag and I went back to pick up the rod. The lights were already out in the Perkins house. I looked at my truck. The bass lurched in my hands. How

would I get the keys out of my pocket and into the lock and then the ignition? I climbed the stairs and wrapped on the front door--several times. Finally a light went on and moments later I was in the kitchen with Larry trying to cut the hooks to free me from the flapping fish. The snips he was using looked aged and dull but he cut the end of the lure which freed me from the bass. Now, two hooks of the six hook set-up remained in my fingers holding my thumb and index finger together, along with what was left of the lure. Thankfully, my nose wasn't involved. The snips were too big to maneuver into a cutting position. Free of the fish, I wanted to get home where I knew I had cutters that would easily slice through the hooks. "You forgot the bass!" I thought I heard Larry call as I headed for the door. "Thanks. I'm getting something to put it in," I answered impressed by his concern. "Not the bass, my glasses," he enunciated. I had borrowed his. Mine were still in the truck. At home the hook in my thumb was easy pickings. I just cut off the eye and pushed the rest all the way through until it was out. My index finger was another story. The hook was lodged deep, just about to the bone. I hadn't had a tetanus shot in more than twenty years so I headed for the emergency room in Cooperstown hoping I didn't wind up a Bassett case. While I waited at the emergency desk a nurse came out and said she had to clean up the room where I would be received. I pictured blood all over the place. Much like Crocodile Dundee, Dick Trimble, the cheerful doc on duty made light of "the puny" hook I had in my finger. In the operating room he slid open a drawer and pulled out a monster he had removed from a previous patient. "This is a hook!" he said. Not to be accused of fabricating "just another fish story," when I returned home in the wee hours of the morning, I got the fish out of the fridge, stood before a mirror and took a "selfish." ■



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Why do people run the Boilermaker?

—a curious combination of reasons for our beloved race

By Daniel Baldwin

Another Utica Boilermaker race is in the books. The road race kicked off at 7 a.m. Sunday (Jul. 12) and it ended at around 11 a.m.

According to Syracuse.com, more than 15,500 people ran in this year's Boilermaker. Eli-

ud Ngetich of Kenya won the 15k race with a time of 43:31 and Kelan McKenna of New Hartford won the overall 5k with a time of 15:26. Mary Wacera Ngugi of Kenya was the first woman to win the 15k with a time of 48:49 and Elizabeth Lucason of Camden won the 5k with a time of 18:47.

The Boilermaker is the city's biggest, most challenging, and historic race, according to Boilermaker.com; although, it is hard to identify the purpose and goal of this race.

A majority of events around Central New York are focused on one-to two goals. America's Greatest Heart Run and Walk (another event in Utica) is focused on staying healthy and reducing heart disease. The American Cancer Society's Relay for Life is a fundraising event to help current cancer survivors continue their fight towards this disease.

The Boilermaker, on the other hand, has a wide variety of goals. Many people, who participate in this event, run for a different reason. A few runners may have their minds set towards winning the race or getting a top 10 or 20 finish, but a majority of runners may be doing it for a fun or enjoyable purpose.

A few runners, like Cori Jones of Gloversville, said, during the Boilermaker Expo, that this race is a fun and great experience for many runners.

"It's a great adventure," she said. "I like to run with my friends and challenge one another. I think that large races like this are designed to encourage people to challenge themselves, live health-



ier lifestyles, and still be able to have fun while they're doing it. That's what I think the Boilermaker is supposed to be."

Many other runners, like Utica resident Courtney Kinne, said that they are doing it to express their love towards Utica and the rest of Central New York.

"I'm running in the Boilermaker because I love Utica," Kinne said. "It's the one time I think everybody is collectively in love with Utica."

Kevin Burnett, another Boilermaker runner and Utica resident, said that this race is more of a ritual to him.

"This is my ninth year run-

ning in the Boilermaker," Burnett said. "It's more like a tradition for me at least. I love doing it every single year."

Burnett also said that the choice, between running this race, is either driven towards love or competition and cash (which is awarded to the top finishers).

"If you're doing it to race for the money. If you're going for first and second place, then definitely it is for a professional," he said. "For most people, it's probably just to do it because they love the event in Utica."

Kathy Rainbow of Onieda ran in her fifth Boilermaker last Sunday. She said that her family always ran the 15k

and 5k together each year as a tradition, but this year Rainbow and the rest of her family were running for the memory of a lost friend.

"This year we're running in the memory of a friend of ours who passed away in a car accident due to a DWI," she said last Friday (Jul. 10) during the expo. "We all have the same shirts that we're going to be wearing in memory of him."

No matter what the reason people choose to run the Boilermaker, it is certain that each and every one needs to be mentally and physically prepared. ■

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Vincent A. Enea Funeral Service LLC open house and ribbon cutting

by Al Dorantes

On Saturday July 11, 2015 Herkimer's newest funeral home, Vincent A. Enea Funeral Service LLC, located at 527 East Albany Street Herkimer, New York hosted its ribbon cutting. The sun was shining brightly as dozens of attendees toured the new facility and watched the ribbon cutting.

Vincent A. Enea started as a licensed funeral director in May 1982. In February of 2015 Vincent was able to open his newest funeral service in a building that he purchased. Vincent Enea said, "It's always been a dream to have my own facility that I owned, able to help families work within their means to afford funeral services or cremation." Enea added, "We're not about numbers, volume, or sales. It's about helping families in their time of need."

The modern, 3000 square foot facility, is very roomy. Mourners enter into a spacious receiving area that flows into their main chapel. Adjacent to the main chapel is the second chapel, smaller but equally appointed. Upstairs Vincent A. Enea Funeral Service has installed a brand new, state of the art, preparation room. Your loved one's care is their highest priority.

Michael A. Beran has been with Vincent for over 30 years. He is a big part of the service. He is also a licensed funeral director and meets with families and helps with

preparations. At Vincent A. Enea Funeral Service there are 2 licensed funeral directors on staff at all times.

Elyse M. Enea Bellows, Vincent's daughter is currently enrolled in Pittsburgh Institute of Mortuary Science, the program is part online and part hands on. She will be finished with the two year degree in December 2015. Once she has completed course work and takes the National Board for certification in New York State, she will then join the family business.

Vincent A. Enea Funeral Service is there to help your family cope with the loss of your loved one and to plan a celebration of their life. They believe that while a funeral is a sad occasion, to celebrate the life of your loved one honors them and helps a family move forward. Vincent A. Enea Funeral Service helps ease the burden of planning a funeral. They will handle every detail of the funeral with care and courtesy. Their staff will take the time to listen to your needs and wishes. They are dedicated to providing truly meaningful burial and cremation services of distinction. Their offerings are professional, compassionate and, very reasonably priced. Vincent A. Enea Funeral Service's telephone number is (315)-866-1500 or (518)-568-7040 and is answered by a member of their staff 24 hours a day. For more information go to: www.vincenteneafuneralservice.com ■

Journey Along the Erie Canal

– raising awareness with every peddle

by Al Dorantes

Tuesday afternoon, July 7th, Our Ability's 3rd annual Journey Along the Erie Canal stopped at Herkimer ARC. The Journey Along the Erie Canal crosses New York along the Canalway trail. Starting in downtown Buffalo and ending in Albany John Robinson, Doug Hamlin, and their team are biking the 360 miles to prove that there is ability in each of us. The goal is to raise local, regional and national awareness and to raise funds for Adaptive Sports, Education and Employment support for people with disabilities. John Robinson was born a congenital amputee and his inspirational story shows cements what is possible for people with disabilities. John is a motivational speaker and has spoken to Fortune 500 companies, schools and other organizations across the country, and around the world. Along Doug Hamlin, a quadriplegic, and a team consisting of family and volunteers are tackling the 360 from Buffalo to Albany.

John and Doug are not alone on their trip. They are joined on the ride by their families as well as other riders. Along the way many ARC groups have joined to peddle in support. Kevin Crosley, President/CEO of Herkimer ARC said, "The journey along the canal is a perfect example of ability in the term, 'disability.' These guys, John and



John Robinson and Doug Hamlin motivate the Herkimer ARC members

Doug, are a great inspiration. There's no "no" in these guys."

This year they are riding to bring awareness to the 25 anniversary of the American with Disabilities Act. Twenty-five years ago the Americans with Disabilities Act (ADA) eliminated discrimination against people with disabilities. The ADA works towards a future in which all the doors are open to equality of opportunity, full participation, independent living, integration and economic

self-sufficiency for persons with disabilities.

After catching their breath John Robinson gave a short speech. He said, "The ability within all of us reminds all of New York State to advocate for people with disabilities."

Doug Hamlin, said to the crowd of HARC members, "What inspires us is you guys with you signs and optimism. That inspires us."

Brian Wedemeyer, HARC self advocate and HARC board member said about the journey along the Erie Canal, "It inspires you to do great things. It makes you feel you can accomplish anything you put your mind to."

Before grabbing a quick lunch with the HARC members Doug explained that they are slowly planning year 4 as they peddle down the Canalway trail. Next year's Journey could possibly include something different. The Journey Along the Erie Canal has evolved over the past 3 years. This year they added 14 extra miles by starting from downtown Buffalo.

For the 3rd year, the Journey Along the Erie Canal is proving that people with disabilities are able to accomplish great things.



Doug Hamlin peddles to Herkimer ARC. Kevin Crosley, President/CEO of Herkimer ARC said, "There's no 'NO' in these guys."

For more information go to:
www.ourability.com/journey-erie-canal ■

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Remembrance: Community Leader Kevin M. Kelly



Kevin M. Kelly

NEW HARTFORD, NY
—The Central New York community is mourning the passing of one of its own, Kevin M. Kelly, former President of JAY-K Lumber. The New Hartford resident, who devoted himself to serving his community, passed away after a brief illness on July 15, 2015 with his family by his side. He was 83.

Kelly was a graduate of Utica College of Syracuse

University and a highly decorated veteran of the U.S. Army in the Korean War. He was married to his high school sweetheart, Ann (Nancy) Murnane, for 57 years.

During the Korean War, Kelly was a combat medic and medical technician with the 31st Infantry Regiment. He earned the Combat Medic Badge, Korean Service Medal with three Bronze Stars, Good

Conduct Medal, United Nations Service Medal, National Defense Service Medal, and Republic of Korea Medal (this last honor in 2002). He returned to his hometown in 1954 and went to work at his father's lumber yard as a salesman.

Upon the passing of his father in 1972, Kevin and his brothers took over the family business, which was founded in 1937. He was appointed President, and during his tenure, he served on the Boards of a number of local organizations, including Commercial Travelers Insurance, Monitor Life Insurance Company, Carton Foundation, New Hartford Public Library, New Hartford Public School Foundation, Mohawk Valley Chamber of Commerce, New Hartford Chamber of Commerce, Central New York Vision Foundation, and St. Elizabeth Medical Center Foundation. He also served stints as Director of a number of regional trade organizations, including the Northeast Retail Lumber Association (twice), and Lumber Dealers' Foundation.

For many years Kevin Kelly pursued his passions—the study of lumber, construction, and indoor air quality—serving on the Building Environment and Thermal Envelope Council of the National Institute of Building Science until his passing. He presented at national conferences, and published respected papers on those topics in national trade magazines and journals. He held patents for weather-resistant wood siding and grooved forks for forklift trucks.

Kevin and his siblings, Christopher and Stephen, brought many innovations to the industry as officers of JAY-K Lumber. One of Kevin's early accomplishments as president was the implementation of a point-of-sale computer system in 1974, one of the earliest for independent lumber yards in the country. He also created a drive-through concept, allowing customers to pick and load their own materials becoming one of the first yards in the country to merchandise building materials using this method. Kevin, along with his brother Chris, were instrumental

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Town of Schuyler 17th Annual Car Show and Corn on the Cob Eating Contest



Can you eat enough corn on the cob to win the belt???

by Al Dorantes

On Saturday, August 8th 2015 at 3:00pm crowds of people will descend on the Schuyler Recreation Center (located on Wood Lane off of Route 5 in Schuyler) for the Town of Schuyler 17th Annual Car Show and Corn on the Cob Eating Contest!

The classic car show started 17 years ago as a free community event. On Saturday, August 8th bring your hotrod or classic car and show off your favorite ride. The event will also feature a hula-hoop contest, a mini-petting zoo, face painting, and many other family-friendly activities. New this year is a wine

tasting and at 3:00 pm Talon Hawks will show live birds of prey.

The corn on the cob eating contest was added 4 years

ago and it has been a big hit. Last year the I.F.C.E. (International Federation Of Competitive Eaters) called to invite the Schuyler contest to join their ranks. The way the contest works is: contestants pay \$2.00 to receive 60 seconds to eat as much corn on the cob as possible. The corn is weighed before and after each qualification. Your name (or stage name) and the amount of corn eaten is posted on a bulletin board. You can check throughout the evening to see where you are ranked. You can even re-qualify as many times as you would like. Qualification time is between 5:00pm and 7:45pm. The top five qualifiers move on to the



The GRAND Eat-Off! Do you have what it takes?

grand eat-off at 8:00pm. The top five qualifiers then

have a 90 second corn on the cob eating competition.

Kelly cont. from previous

in transforming JAY-K Lumber from a small hardware store and lumber yard to the first major home center to serve the Mohawk Valley. They expanded the company's business and service over the years, and in 1988, JAY-K Lumber was voted "Business of the Year" by the Utica Area Chamber of Commerce. Throughout the 90's JAY-K Lumber received numerous awards, including "Retailer of the Year" by Building Supply Home Centers.

In 1989 after a brief illness, Kevin's brother Stephen passed away at the age of 45. Kevin and Christopher Kelly retired in 2000, passing the business on to his son Dean and Christopher's son Jonas, the third generation to oversee JAY-K Lumber. Kevin was always proud of the role JAY-K Lumber played in building so many homes and businesses in the Mohawk Valley and beyond, and started many traditions to support the community—including giving generously to local charitable organizations—that continue today.

Kevin Kelly also dedicated himself to his community as a member of many civic organizations and local institutions, including St.

John the Evangelist Church, the Genesis Economic Development Committee, and as a lifelong charter member of New Hartford Kiwanis. Over the years he received numerous awards, among them the Dewitt Clinton Award from the Amicable Masonic Lodge, Lumber Person of the Year from the Central New York Lumber Dealers' Association, one of 40 Outstanding Utica College Alumni, Humanitarian of the Year Award from St. Elizabeth Hospital, and the Living Legend Award from Oneida County Historical Society.

Kevin was an avid outdoorsman who loved to hike, mountain climb, canoe, travel, read, and dance. He and his wife Nancy placed a strong emphasis on educating their children about world culture, and spent spring school vacations traveling to Europe when their children were growing up. Kevin is survived by his wife, Nancy; three children, Dean Kelly and his wife Eva of New Hartford, David A. Kelly and his wife Alice of Newton, Mass., and Laura Suraci and her husband Chris of Natick, Mass.; his brother Christopher; and many grandchildren, close family, and friends. ■

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Town of Schuyler cont. from previous

Judges will enforce rules during this event. The winner will receive \$500.00

along with his or her name on the corn on the cob competition belt. There is

a \$50.00 prize for second place and \$25.00 prize for third place. Contestants must be 18 years of age or older.

The organizers of the event have commissioned a black championship belt reminiscent of a championship wrestling belt. Competitors do not have to throw haymakers or jump off the top rope; they just have to eat a lot of corn. The championship belt resides at Dave's Diner so that everyone can see it throughout the year.

The Town of Schuyler 17th Annual Car Show and Corn on the Cob Eating Contest has a rain date on Sunday. The event has only been cancelled once in the past and they have only used the rain date once. The organizers have an "all or nothing" attitude. This year the event is honoring Bev Gillette & Betty Courrie for their commitment to Schuyler

The Town of Schuyler 17th Annual Car Show and Corn on the Cob Eating Contest will conclude with a huge fireworks display. Come



Classic cars will be on display August 8th.

on down, throw your hat in the ring, and see how much corn you can eat. For more information go to www.townofschuyler.com

or find them on Facebook. ■

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Utica Brews

by Al Dorantes

The Shoppes at the Finish Line, 809 Court Street, Utica, New York, the former Globe Mill, is home to Utica Brews Cafe & Coffee Shop. The old mill building is also home to Tiger Lilly Quilt Co. and Finishline Furniture, offering up living room and bedroom furniture, mattresses and more.

Building owner Andy Beneivino, said, "It's an interesting building." Construction on the Utica Globe Mill began in April 1847. The Utica Globe Mill was constructed during the height of Utica's industrial growth and in 1855 it became the Utica Woolen Mills where it was a staple of Utica's industry until 1871. After the mill operations ceased, the buildings became the first home of SUNY IT. Exposed beams with oldtimey graffiti are not the only connection

the building has to the past. Some people think the building is haunted. People who climb to the third floor claim to feel an unseen force keeping them from moving forward. Many investigations of the building have revealed supernatural experiences and some people have even heard disembodied voices.

Marcus Zwierecki presides over the kitchen, Laurie Aruience Hale handles the front of the coffee shop and Sue Keller manages the Shoppes. Utica Brews is in the process of obtaining a beer and wine license to serve with dinners. Once they get the license they will probably add another night for dinners. "Local," is one of their mantras at Utica Brews. They try to use as many local vendors and local ingredients as possible. They are brewing Utica Roasting Co. Coffee. The coffee shop seats 50 with room for an additional 20 outside. Utica Brews serves breakfast, lunch and dinner Monday: 8:00 am - 8:00 pm, Tuesday and Wednesday: 8:00 am - 4:00 pm, Thursday: 8:00 am - 8:00 pm, Friday: 8:00 am - 4:00 pm, Saturday: 9:00 am - 2:00 pm. For dinner they feature a slow cooked beef w/ peppers and onions in a zesty marinara sauce; \$9.99 (with house salad and side).

One of the signature sandwiches at Utica Brews features locally baked bread. Andy's Muffuletta, a giant sandwich, is prepared on a 8" Sicilian sesame loaf that is specially made for Utica Brews by New York Dough



An inside view of the Muffuletta sandwich. Enjoy this along with many other specialty sandwiches at Utica Brews!

Co. (on Oswego Street in Utica). The sandwich is stuffed with mortadella, capicola, ham, salami (hard and genoa), provolone, mozzarella cheeses & Jardinière (an olive salad).

Marcus said, "We have sandwiches nobody else serves - sandwiches named after local things and places like: the Boilermaker, the Parkway, and more. The Utica Comet is coming soon."

Another one of Utica Brews tasty treats is the Sin City Cinnamon Bun. The homemade cinnamon bun is big; 7" around! Chef Marcus explained that it takes over 2.5 hours to make just 18 Sin City Cinnamon Buns. He has to mix the dough, proof it, punch down it down, let it rise again, and then bake the confection. The sweet confection is totally worth the investment of the time. It is delicious.

Utica Brews features all kinds of food. They have Kewpie burgers, an old time

hamburger with a pickle on top and they have the Boilermaker, an Italian loaf, sautéed zucchini with red pepper flakes, mozzarella and homemade marinara. You can start your day with breakfast. In fact, they serve breakfast all day. You can get 99 cent egg and toast. 99 cents! And you can finish everything up with a Brookie. That is a brownie with a chocolate chip cookie inside.

Marcus said, "We have enough big box places; come down to Utica Brews for good, homemade cooking." Utica Brews has events on Thursday nights. They are having an open mic night on August 27 and Dion Abraham will play his saxophone on July 30.

Marcus said, "If it's something you want and it's not on the menu I'll make it for you. I want you to feel at home at Utica Brews." For more information go to: www.shoppesatthefinishline.com or Utica Brews on Facebook. ■

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Maximum Power Park, Poland NY

-Redneck Chaos at its best



Getting dirty is the name of the game at Maximum Power Park.

by Al Dorantes

Maximum Power Park located at 551 North Gage Road, Poland, New York is hosting a Trucks Gone Wild event on July 24-26th, 2015. Maximum Power Park will open its trails, mud bog, and jumps to trucks from across the country.

Peter Lockwood and partner Adam Wemple brought 3,100 people to their event in 2014. Lockwood plans on doubling that this year. Trucks will come from as far away as British Columbia, driving for 36 hours to trounce in the mud. Trucks from Texas will join local mudders as they roar over jumps and wallow in the mud.

A mega truck is generally considered a big truck with big axels and big tires. These are big toys for big boys meant for mud bogging, jumping over dirt ramps, and slinging mud off their oversized tires. Lockwood described the event as, "Redneck chaos."

Maximum Power Park features: mud pits, jumps, tug of war, ATV trails, a mud

trench, freestyle competition, bounty hole, tire pit, sand pit, and much more! There will even be bounce house for kids at the event.

If you have a mega truck or want to see some high horsepower action as other trucks sling mud then stop into Maximum Power Park for trucks gone wild on July 24 - 26. For more information and a list of rules go to: www.maximumpowerpark.com ■

TRUCKS GONE WILD!!!!



A very definite goal of each participant is to get muddy, get through the mud and fling major mud!

Guess Who?

I am a singer/songwriter born on May 19, 1992 in England. I began my singing career in 2012 and three short years later I earned Grammy Awards for Best New Artist and Song of the Year.

Answer: Sam Smith

Guess Who?

I am a rock and roll legend who was born on March 25, 1947 in England. I began playing the piano at age 3, and won a scholarship to the Royal Academy of Music. I have worked on music for Broadway productions and many Hollywood projects.

Answer: Elton John

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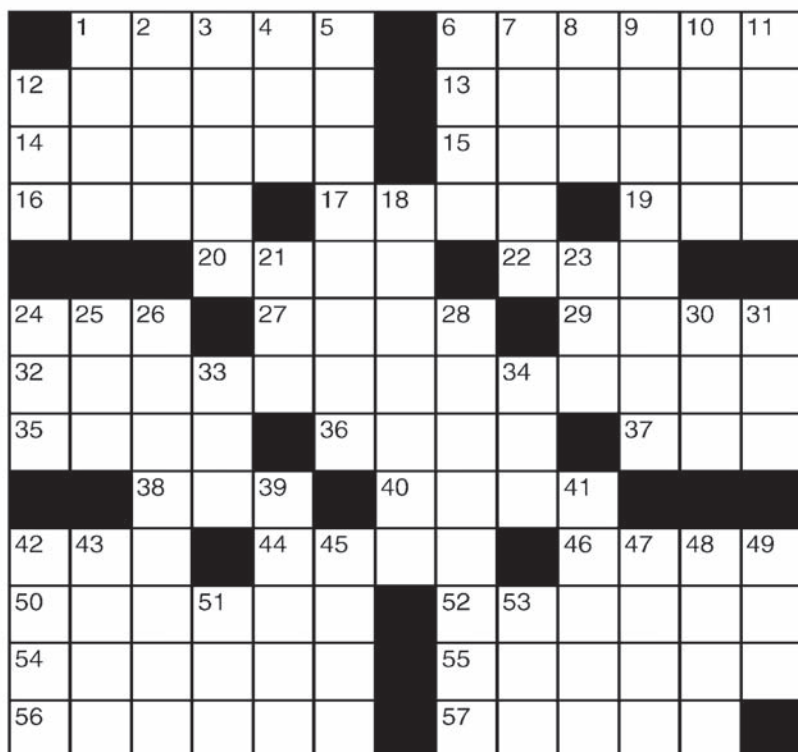
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King Crossword



BY
HENRY BOLTINOFF

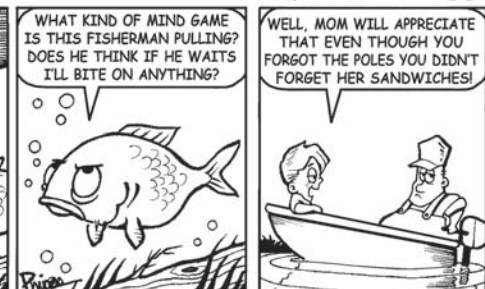
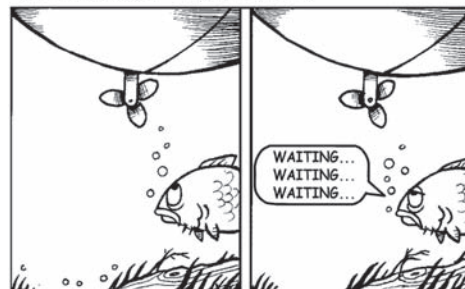


Find at least six differences in details between panels.



1. Cuffs are missing. 5. Cloud is different. 6. Radio is missing.

Amber Waves

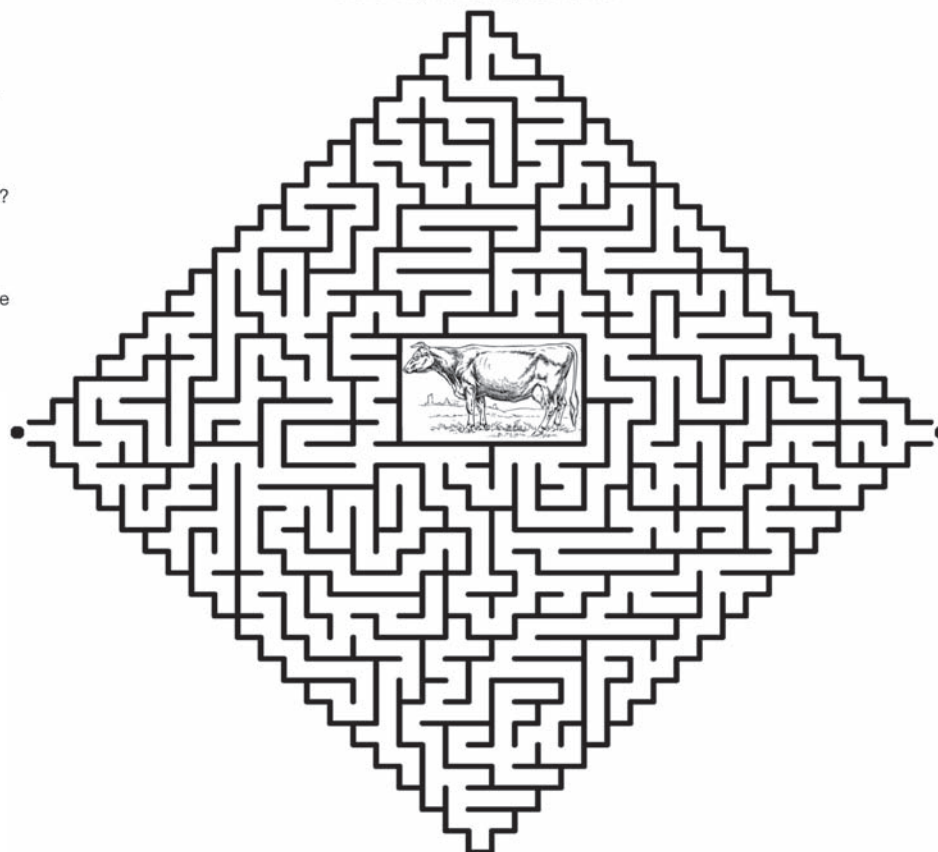


by Dave T. Phipps

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Mega Maze

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Weekly SUDOKU

by Linda Thistle

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

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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ACROSS

- 1 Abacus components
- 6 America's Cup contenders
- 12 Cyclist's need
- 13 Ottoman, for one
- 14 Ill will
- 15 Perfectly
- 16 Touse
- 17 Eastern potentate
- 19 Conditions
- 20 Ganges garment
- 22 Corrode
- 24 Citric quaff
- 27 Smooch
- 29 Unrivaled
- 32 Quick pick-me-up?
- 35 Information
- 36 Cheshire countenance
- 37 Supporting
- 38 Midafternoon, in a way
- 40 "The Thin Man" pooch
- 42 Green machine?
- 44 Wire measures
- 46 Author Uris
- 50 Clutches
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12 "Let me
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18 Strong wind
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 France
21 Wanted-
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23 Alien of
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24 Help
25 "CSI"
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26 Rough guess
28 Collagist's
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30 "The Matrix"

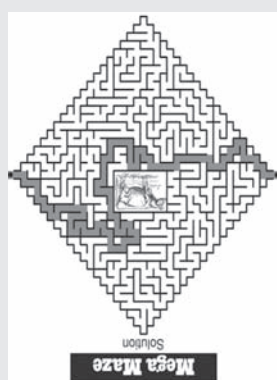
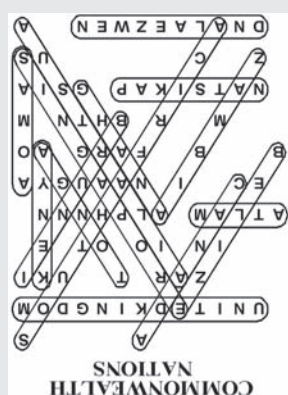
role

- 31 Always, in
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33 Skater
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34 Can. prov.
39 Suggest
41 Soothe
42 City of India
43 Deuce
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45 Land in
the water
47 Green acres?
48 Change for
a five
49 Homer's
neighbor
51 Vast expanse
53 Trawler
need

“Negativity is the enemy of creativity.”

— David Lynch

ANSWERS



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

Weekly SUDOKU — Answer

[illegible]

— King Crossword —
Answers
Solution time: 24 mins.

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Australia	Ghana	Pakistan	Tonga
Belize	Kenya	Samoa	United Kingdom
Brunei	Malta	Singapore	Zambia
Canada	New Zealand	South Africa	

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hello AGAIN



thoughts from our
publisher, Fred Lee

Hello Again,

Grandpa said, "Sonny, it was so cold last night I couldn't sleep. I shivered all night long." "Grandpa, did that noise I heard come from your teeth chattering?" "I don't know, Sonny. We don't sleep together anymore."

The pastor of a local farm community church asked one of the deacons to lead the church family in prayer. Later he said, "Deacon, your voice was so low, I couldn't hear your prayer." "I wasn't praying to you," the deacon replied.

It has been well documented that our government grows at a rate of 6% per year which means it will increase its spending by 6% and increase taxes by at least 6% plus borrowing billions of interest bearing dollars. How much more are you willing to pay each year – for the remainder of your life and stick your children with?

Have you ever wondered what makes someone tick? If you could dig down deep, what would you find? Let's take two well-known names and see what we come up with.

For starters, let's ask ourselves what do we actually know about the man who is the president of the United States, Barack Obama? What makes him tick?

I have been trying to remember if I have ever seen a picture of him entering or exiting a church. If you have, what does that mean to you? If you can't recall any church-related activity, what does that suggest? Possibly to you, it would not suggest or indicate anything or possibly it would cause substantial doubts. George Washington said no one could possibly govern this country without the help of God.

On a few occasions, President Obama said that if he could not have his own way, he would go around

all jobs were created by government. What does that statement suggest concerning her ability to think without talking? I will ask you to draw your own conclusion.

After reading the following statement, how anxious will you be to vote for a believer in big government?

"The greater the government, the greater the poverty." – Senator Bob McEwan

"The larger the government grows, the more taxes it will collect from you." – Hello Again

The question: who will become our next president?

According to the Wall Street Journal, Jeb Bush and Senator Marco Rubio are solidifying their positions at the front of the pack of Republican presidential contenders. However, in a separate journal/NBC News poll 65% said they could see themselves backing Mike Huckabee.

While the presidential hopeful show will not end until the fat lady sings, other hopeful candidates still have strong support and financial

backing. Senator Rand Paul of Kentucky is a favorite of a friend of mine and he is definitely still in the race.

While the candidates running for president all appear to be great, one of them still will need your vote. It has been said, "If you don't vote for the one you want, you are actually giving your vote to the other guy."

Is the problem this little boy faced the one that could destroy our nation?

A little boy versed in the Christian faith wanted \$100 to buy an electrical KitchenAid for his mother. After several nights of prayer, he decided to write a letter to God.

A good democrat postal department employee saw the political ramifications and sent the letter on to the president. In a moment of good-natured political planning, the president said, "Let's send that lad \$10.00. You put in \$5.00 and I will put in the other \$5.00."

When the boy received and opened the envelope and found the \$10.00, he was amazed. He quickly wrote

another letter to God, thanking God for the \$10.00 given. The letter said, "Thank you Heavenly Father but your letter was routed through Washington and they took their 90% cut."

To answer the problem faced by our little boy, will anyone be able to actually run our government if the politicians have already spent more money than taxation will bring in?

I'm sitting near the front plate

glass window in our office. The little red bike is sitting with a hopeful look. The sun is shining with beautiful white clouds and no wind. So what would you expect me to say? You're right. Wave with both hands when we ramble by. We will wave back with one.

God bless you and if you put your trust in Him, all will be well.

Fred Lee

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Marcy Marina

by Al Dorantes

Marcy marina, located at 200 Scharbach Drive, Marcy, New York is a short drive from New York Route 49. The marina puts boaters self service and the do-it-yourself attitude that built the Erie canal to work. Marcy, located between Rome and Utica, is also home to Lock E20. The small suburb of Utica has a fair amount of stores but bring your bicycle because they are more than a short walk away.

Boaters will find a boat

launch that costs \$7 per launch. There are envelopes for you to deposit your \$7 and it is all done on the honor system.

Marcy marina has rest rooms but no shower or laundry facilities. There is water and electric for transit boaters. Marcy Marina's Carol Scharbach Thomas explained that they do not get many overnight boaters. The docks need some attention. She said, "We're trying to get on the Town of Marcy's master plan." She hopes once that happens then the



marina will be back to full speed ahead.

The Marcy Marina does offer indoor seasonal storage based on the size of the boat. Seasonal storage will run

\$2.30 per square foot up to 30 square feet and \$2.50 per square foot over 30 square feet. For more information call Carol at (315) 736-7617.

Rome's Bellamy Harbor Park



Rome Navigation Center under construction.

by Al Dorantes

Bellamy Harbor Park is a regional/community park located off East Whitesboro Street in East Rome. It is not owned by the City of Rome but rather by the New York State Canal Corporation. Serving both the city of Rome and travelers along the New York State Canal System the park has frontage along East Whitesboro Street.

As you enter the city of Rome's Bellamy Harbor Park you will notice the Rome Navigation Center under construction. Site of a former mill for general cable, the city took ownership of 10 acres about 10 years ago and has been remediating. The building will soon house information, shower and restroom, and laundry facility that will be added with phase 2 (final phase) construction of navigation center. Matt Andrews, senior planner for the City of Rome, said, "Good use of an old Brownfield site."

That is only the beginning of the plans for development of Bellamy Harbor Park. Development of Bellamy Harbor Park includes the following: adding a large dock with eight posts for docking boats, a cement promenade walkway along the canal, a wooden walkway also along the canal, a fishing/boating landing, a picnic area with tables, a pedestrian bridge spanning the Mohawk River and connecting the park with East Whitesboro Street, landscaping and landscape trees; and a decorative lighting scheme which provides for both functional lighting and a visually appealing area. The park is well equipped for evening activities and hosts some citywide events during the year.

Jacob A. Dibari Director, Community and Economic Development City of Rome explained, "We are building a new pavilion with commercial space, vending machines, showers and bathrooms for passing boaters. We have 2 acres of prime real estate for a retail/brewery/restaurant. We also built a brand new boat launch and fishing deck. Years ago the city installed a state of the art ADA kayak launch. We are doing some remarkable projects to our waterfront, which is extremely close to our Little Italy downtown with some of the best restaurants in town."

In late June Oneida County Executive Anthony Picente and Mayor Joseph Fusco announced plans to update the infrastructure at Bellamy Harbor Park. The project through Partners in Prosperity will utilize \$350,000 from the Oneida Indian Nation settlement for construction. It will help the city install much-needed restrooms, covered pavilions, a welcome center and other amenities.

Bellamy Harbor Park currently features a lower fixed wooden dock for transit docking of smaller boats. The higher sea wall docking will accommodate larger vessels. Matt Andrews explained that docking is currently free and that it is first come first serve. Bellamy Harbor Park gives boaters direct access to services, food, and gas.

The City of Rome has added a mile and a half of waterfront access trails since last year and eventually will be able to connect with the Mohawk Trail making travel from Bellamy Harbor Park to Delta Lake State Park as easy as riding a bike. 2.5 miles of the Erie Canalway Trail recently opened in late June. The \$1.75 million project consisted of building two sections; the eastern segment, which extends two miles from the existing trailhead in Stanwix to South James Street, and the western segment, which extends the existing trail from Fort Bull Road a half mile to the Erie Canal Village. From there, the western segment will link to an existing trail along Route 46.

It is estimated that more than \$1 billion has been spent on tourism in Central New York, with the primary region being Oneida County. Bellamy Harbor Park is a great asset for the City of Rome and boaters on the NYS Canal System. For more information go to: <http://www.romenewyork.com/organization.asp?Orgid=52> ■

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What Would Your Mother Say????

- bus trip

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 . . .



Recently, due to circumstances beyond my control, I found myself on a bus trip. The early morning departure time had me analyzing bus travel. Bus travel combines the convenience of multi passenger travel with the je ne sais quoi of a road trip. Greyhound Bus used to use the slogan, "leave the driving to us," as they promoted their convenient, affordable travel. Convenience and affordability come with hazards.

You know you are in trouble when you board the bus and more that 6 people have matching shirts. If half the bus is wearing shirts with "Miller Family Reunion" printed on them then your trip will instantly become longer. If you happen to be wearing one of those matching shirts realize that in all likelihood your group will be annoying the rest of the bus.

The bathroom at the back of the bus seems like an ingenious design element. Nonstop travel aided by onboard facilities. Trouble with the bathroom can run from innocuous like the door not latching to the horrible situation of a disgusting predecessor. The light not working in the lavatory is nothing compared to a water closet that won't work. Not having toilet paper on the roll might be

the best worst case scenario you could experience.

Millions of people travel by bus every year. You will meet some interesting people if you travel by bus. One of those people you might meet is "the talker." The serene hum of the bus's diesel engine will be replaced by the drone of the talker as they describe the minutia of their life; their bizarre family tree, time in high school, or how they get ready for work in the morning. Even head phones or a book or magazine will not stop the talker from their chattering. Before the next stop you will learn about Aunt Betty's bunion and the talker's favorite potato salad recipe (they use Miracle Whip).

Another well known bus traveler is the recliner. The recliner pulls the lever on the seat and smashes the seat into your knee without asking. Your kneecaps shatter but you will never hear an apology from the recliner. They will

be asleep in seconds in their comfortable repose.

The get up and downer is the exact opposite of the recliner. They are constantly up and down. They retrieve stuff from the overhead bins, use the restroom (multiple times), and even wander up the aisle to talk to the bus driver. The up and downer is troublesome but even worse when they have the window seat beside you. The words, "excuse me" or "pardon me" will become like fingernails on a blackboard to you.

If you have never encountered one of these people while traveling by bus it is probably because you are the one getting up and down. Consider sitting quietly in your seat with the back in its regular position.

My bus arrived at my destination, ahead of schedule. I disembarked and went on the tour with a crick in my back, shuffling along like a bleary eyed zombie. When it comes down to bus travel, remember to be courteous to the other passengers. You are, literally, as the saying goes, "all in the same boat." Or rather bus. Stop and think, "What would my mother say?" She would say, "Now, does this bus have room service?" ■

Preventing osteoporosis



Certain dairy products, including milk, are great sources of calcium, which women need to reduce their risk of osteoporosis.

Osteoporosis is a disease of the bones that occurs when a person loses too much bone, produces too little bone or both. When a person has osteoporosis, his or her bones become brittle and can easily break.

While osteoporosis can affect anyone, women over the age of 50 are especially susceptible. In fact, the National Osteoporosis Foundation notes that a woman's risk of breaking a hip due to osteoporosis is equal to her risk of breast, ovarian and uterine cancers combined.

In spite of the potentially harmful effects of osteoporosis, studies indicate that only 12 percent of people with osteoporosis have had a bone mineral density, or BMD, screening, which is the most reliable diagnostic test for osteoporosis. A big part of that is likely because osteoporosis does not always produce any recognizable symptoms, meaning many people may have the disease without even knowing it. Many women are first diagnosed with osteoporosis or bone loss after suffering a fracture, but there are steps women can take to lower their risk of developing osteoporosis.

- Get enough calcium and vitamin D. Calcium helps women develop strong, healthy bones, while vitamin D protects the bones and is necessary for absorbing calcium. The human body cannot produce new calcium, so it's essential that women get the recommended amount of calcium from their diets. Women 51 and older are advised to get 1,200 milligrams of calcium daily, and foods like low- and non-fat milk, yogurt and

cheese are great sources of calcium. Women can get vitamin D from sunlight; certain foods, including fatty fish such as salmon and tuna; and vitamin D supplements.

- Eat bone-healthy foods. The National Osteoporosis Foundation notes that recent research has found that blueberries, olive oil, soy beans, and foods rich in omega-3 fatty acids may promote bone health. Women also should know

that even though certain foods may contain calcium, that does not necessarily make them ideal for bone health. Beans, for example, contain calcium, but they also are high in phytates, which can interfere with the body's ability to absorb calcium. Soaking beans in water for several hours before cooking them can reduce their levels of phytates.

Cont. on next page

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Glass Wishes

By Joan O. Scharf

Adjusting the temperature of the oven, Maureen noted with satisfaction the rib roast was almost done. A crisp green salad, a bottle of good Merlot and Stuart's favorite dessert were all cooling in the refrigerator. Hopefully he would come home with the news she was waiting for, the promised big promo-

tion. Not only would this be a boost up the corporate ladder; it would nearly double his salary.

Maureen wrinkled her nose as she set the table with the dishes they bought ten years ago. Cheap stuff, she thought. I'll be getting rid of them along with most of our other household goods. From now on, we'll be able to afford only the best.

She wondered what was keeping Stuart. He had promised to call the moment he received the good news. Perhaps he didn't get the job after all. Maureen bit her lower lip. She'd already bragged to their neighbors. And Maureen hadn't told Stuart, but there was a large brick house for sale in the upscale neighborhood on the outskirts of town. It caught her eye a few weeks ago, and she had contacted the broker for an appointment.

The late afternoon sun patterned leaves against the window pane as Maureen waited. She'd grown up in this neighborhood, but her ambition was to be counted among the exclusive Farnsley Gulf and Country Club members. With this promotion they would be able to afford the pricey membership as well as the new house. Her mauve polished nails drummed impatiently against the window glass

Maureen's attention focused on the silver Honda as it turned into their driveway. Not wanting to appear overly anxious, she busied herself by the stove.

There was no enthusiasm in Stuart's step or warmth in his voice as he greeted her and walked wearily to the closet. He quietly put away his briefcase. Blinking back tears, Maureen clenched her teeth to contain her raging disappointment. "Why?" she managed to ask as she fidgeted with the lid of the pan.

Coming up behind her back, Stuart wrapped his arms around her and whispered in her ear. "Are you asking why I got the promotion?"

The spoon she held dropped with a clatter as she spun to grab Stuart by the arms. "So you did get it! Fantastic! We're on our way up."

He smiled and winked playfully. "Had you going there for a minute, didn't I?"

Now assured of the substantial increase in their income, Maureen wasted no time in persuading Stuart that the big brick home was more in keeping with his managerial position. An excellent choice, she thought with satisfaction. Beverly Wadsworth, the president of the women's golf league at the country club lived only eight houses away. Beverly and her husband were considered the undisputed leaders of the local social set, a group Maureen fully intended to join.

Because of Maureen's decision to avoid children, they were able to lead an unfettered social life, held back only by the lack of position and money. With the promotion, that was now changed.

The real estate closing loomed only a few weeks

away when Stuart left for one of his scheduled business trips; this one for three days. Preparing for the move, Maureen began the tedious chore of packing up their home furnishings when she abruptly decided to have a tag sale instead. Since she already contracted an interior decorator to do the new house, it made sense she reasoned, to get rid of everything and start fresh.

By the time Stuart returned home from his trip, their belongings were peppered with little round white stickers.

"What's all this?" he asked.

Maureen was busy sorting through a drawer of table linens.

Cont. on page 24

Osteoporosis from previous

- Watch what you drink, too. It's not just foods that can contribute to osteoporosis. The beverages women drink also can affect their risk. Caffeine can decrease calcium absorption and contribute to bone loss, so drink beverages like coffee and caffeinated tea and soft drinks in moderation. Heavy alcohol consumption also can cause numerous negative side effects, not the least of which is bone loss, so women should only drink alcohol in moderation.

- Update your fitness regimen. Women can strengthen their bones by including some high-impact weight-bearing exercises, which include dancing, hiking, jogging and jumping rope, in their fitness regimens. In addition, add some muscle-strengthening exercises, such as light weightlifting, to your routine. Yoga and Pilates also can make valuable additions to an exercise regimen, helping to improve balance and reduce the risk of falls, but women should discuss such exercises with their physicians before diving in, as some of the positions in yoga and Pilates may not be safe for older women at heightened risk of osteoporosis.

More information about osteoporosis can be found at www.nof.org. ■

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Glass Wishes

from page 22



"We're going to sell all our old furniture and get everything new," she said.

"Wait a minute. You mean we're selling all our stuff?" His eye caught the white dot on the sage green living room couch. "I always liked this couch and it's still in good shape."

Glancing around, he said, "Maureen, it looks like you're selling your Mom's things from the past, too. And what about this antique pewter pitcher? This was your grandmother's! I remember Nana saying it was old when it was handed

down to her. Don't you want to keep it?" His eye traveled to the television area. "Hey, wait a minute! I don't want to sell my recliner. It's my favorite place to sit. We're not selling it!"

"Oh, get over it Stuart. Mom's stuff is old stuff, and the recliner is the wrong color. Besides, it's showing some wear. We'll get you a new one recommended by Charles."

Stuart frowned. "Charles? Who's Charles?"

"You know, the decorator. I told you about him the oth-

er morning when you were reading the paper. Don't you remember?"

"Hold it! Just hold it. We're going too fast here. I don't think we need to sell everything and hire a decorator."

She left the linen pile on the dining table. Taking one of Stuart's hands in both of hers, she looked pleadingly into his face. "Please listen to me, honey. I need some expert advice on decorating our new home. I don't want to make mistakes. It's important to have it look perfect because we'll be entertaining your new business associates and our friends from the new neighborhood. I want to do a clean sweep and start with everything up to date. Please?"

He hesitated, then shrugged. "My expertise is my job, and yours is running the household, so you may be right. I have a feeling though, it's going to be expensive."

"Yes, but it'll be worth it. You'll see. Charles is highly recommended."

Four months after they moved into the new neighborhood, the cream colored

invitation arrived. Maureen immediately recognized Beverly Wadsworth's return address. She eagerly slit the envelope to find what she longed for...an invitation to a cocktail party at the Wadsworth residence.

Following a flurry of shopping for just the right thing to wear, the anticipated evening came.

Maureen adjusted Stuart's tie nervously and asked for the third time, "Are you sure this dress doesn't look too tight? This is a big event for us. We're going to be meeting a lot of the right people."

"You look beautiful, and our house looks beautiful, so calm down."

She smiled as she looked around. The decorator had done his work, and the house did indeed, look like a showroom.

The Wadsworth residence was aglow with lights. They were soon engulfed in a flurry of introductions to faces with white teeth and tanned skin.

It was nearly an hour after rounds of hors-d'oeuvres and drinks before Beverly

Wadsworth singled out Maureen. "I'm so glad you could come. How about taking a break and let me show you the house."

Maureen's eyes lit up. "I would love that!"

As they walked through the hallway and up the curving stair case, Maureen absorbed the stunning effect of the décor. It was gorgeous, but much different than she had expected. Beverly Wadsworth loved antiques. Valued items were placed in prominent spots that emphasized their timeless beauty. "I think treasures from the past are what put a heart in a home," Beverly said. "They give it unique personality. Otherwise, a house has a cold look with no character, like a display room in a furniture store."

Maureen didn't answer

Beverly continued to point out cherished items and explain their charm. "These old pieces have such history," she said as they entered the dining room. "If only they could talk, I'm sure they would have fascinating stories to tell."

Sparkling crystal prisms in the chandelier cast a glow on the polished vintage cherry sideboard. An antique vase held a generous assortment of fresh flowers in yellow, and vibrant shades of purple. Beside them, in a place of honor, stood a familiar pewter pitcher.

Following the direction of Maureen's eyes, Beverly said, "I see you noticed my latest acquisition. Isn't the pitcher a gem? Even though it did cost me a small fortune, it's worth it. My decorator is great at finding the perfect touches. He bought it recently from a local antique dealer. It's a rare piece made over 200 years ago by Eben Smyth, who was famous for his work in pewter. See here? He even inscribed his initials."

Beverly linked her arm companionably with Maureen's as she led her back toward the voices and music from the patio. "I'd love to see your beautiful new house soon, Maureen. How about I stop in for coffee some morning next week?" ■

YWCA Mohawk Valley Receives Major Gift from Utica National Group Foundation, The Community Foundation

Grant award to provide sustainability for critical YWCA program

UTICA, NY, July 9, 2015 – YWCA Mohawk Valley was the recipient of a \$100,000 grant from the Utica National Group Foundation Fund, a donor-advised fund of The Community Foundation, to assure the future of one of its vital programs. The gift was given in support of the Heston Fund which helps sustain YWCA Mohawk Valley's New Horizons and New Horizons Plus programs, providing residence and wrap-around services to homeless, runaway, and at-risk girls ages 16-21.

New Horizons, established in 1993 and merged with the YWCA in 2005, has always operated at a deficit and its future as a sustainable program has always been uncertain.

This "inspirational gift" as the YWCA Mohawk Valley calls it, is a critical step towards building on the contingency fund created to stabilize the program.

The Heston Fund is named after Cathy Heston, one of the grassroots' founders of New Horizons and W. Craig Heston, former Chairman of the Board and CEO of Utica National Insurance Group and the driving force behind the formation of the Utica National Group Foundation.

For YWCA Mohawk Valley Executive Director Natalie Brown, this recent gesture demonstrates recognition of New Horizon's value and its ability to address the root causes of homelessness, violence, disease, and crime involving young women in our community.

"We are greatly appreciative of the Utica National Group Foundation for understanding how fundamental this program is," explains Brown. "This is recognition that New Horizons needs a contingency fund in order to continue. It serves as a much-needed infusion to help grow the Heston Fund."

Brown adds, "New Horizons is vital to the community. Not only does the program provide a safe haven to young women in dangerous situations, but it helps them build life skills and survive and thrive in a warm, family environment. Without New Horizons, we know they would not be given this opportunity."

"The New Horizon's program is indispensable to our area, providing essential needs of food, shelter and life skills training to at-risk young women in our community," said J. Douglas Robinson, president of the Utica National Group Foundation and chairman of the board and CEO of Utica National Insurance. "The Utica National Group Foundation's grant is designed to preserve the vision of Cathy and Craig by ensuring this program has adequate funding each year, and we encourage others to join this effort to stabilize this program for those in need."

Many of the youth served by New Horizons have left unstable situations and are unable to return home for a variety of reasons. Some of the girls entering the program are mandated by court, some are parenting teens, some are fleeing

domestic violence, and some have been referred to the program to keep them out of more restrictive placement.

Not only does the YWCA understand the need for such a program in the Mohawk Valley, but recent statistics point to the ever growing problem of homelessness in Oneida County.

During a one-day, point-in-time 2014 survey conducted by the Mohawk Valley Housing and Homeless Coalition, it found females made up the majority of those homeless sheltered, with a total of 30 youth, ages 18-24, both in emergency and transitional housing.

Thirty percent of teens surveyed in Oneida County's 2011 Teen Assessment Project Survey Report indicated they seriously contemplated running away from home. As many as 5 percent reported that they had left home and had been homeless for a week or longer. Some in New Horizons are displaced due to domestic violence; and 2013 reports indicated that Oneida County had a higher rate of domestic violence than the state average, up 16 percent from 2009.

New Horizons is specifically designed to meet the basic and developmental needs of homeless young women aged 16-21, to help them further their education, and learn skills that will allow them to enter the work force, secure stable housing, and lead productive lives. New Horizons participants are able to build valuable relationships by living and

No-bake desserts make the perfect end to a gathering

It is the season for entertaining, when invitations for barbecues and parties abound. Common courtesy dictates guests offer a token of appreciation to their host or hostess for the invitation to socialize. Although wine or other beverages are a go-to gift, a tasty dessert also makes a great gift. And gifters can even consider a no-bake recipe so they don't have to turn on the oven when the weather warms up.

Need inspiration? Browse the Internet and you're likely to discover dozens of delicious no-bake recipes. Cooking shows on television and articles in newspapers and magazines also can inspire home chefs. Otherwise, you can try your hand at these simple dessert solutions.

* Ambrosia salad:

Ambrosia is a variation on a traditional fruit salad. While the name references a food enjoyed by Greek deities, most believe the dessert traces its origins to the United States. Although ambrosia salad can have different variations, many recipes begin with a dairy base (pudding, sour cream or yogurt) and then include different canned or fresh fruits, shredded coconut and mini-marshmallows. Ambrosia salad is refreshing on a warm day and takes little time to prepare.



* Pudding trifle:

Trifles are made by layering different ingredients to create a striated design. This dessert may include a variety of ingredients, from cake to cookie crumbs to fruit. Trifles also can be customized to fit a particular party theme. Patriotic parties may feature a trifle made with berries, whipped cream and cubes of vanilla pound cake. Match flavors to cocktails or other food being served.

* Easy ice cream cake:

Packaged ice cream sandwiches can be turned into a tasty and simple dessert. First, purchase a box of ice cream sandwiches, then melt hot fudge and crumble cookies, like Oreos(R), into the fudge. Spread the cookie and fudge layer on top of the sandwiches and then repeat the layers. Finish by sealing everything with a thin coating of frozen whipped topping. Wrap in

aluminum foil and allow to set and harden in the freezer for a few hours.

* Fruit pizza:

This is a refreshing and relatively healthy dessert to complement any occasion. Start by making a graham cracker crust, either by mixing graham cracker crumbs with melted butter and a bit of sugar and pressing into a pie dish or by simply buying one ready-made. (For a less healthy alternative, and one that requires baking, use a sugar cookie dough to make a cookie crust.) Mix whipped cream cheese with a bit of strawberry jam, marmalade or your favorite fruit flavor. Spread over the crust. Place slices of fruit on top of the cream cheese. Peaches, apples, grapes, sliced cherries, kiwi, and blueberries can be used. For a professional-looking finish, a glaze made from cornstarch, water and sugar will give the top of the fruit

pizza an inviting sheen.

* Fresh strawberry yogurt pie:

The benefits of eating yogurt abound. Yogurt is lower in fat and calories than ice cream, and yogurt boasts active, live cultures that keep your digestive system working correctly. Yogurt doesn't just have to be reserved for breakfast or a snack. Enjoy it in a delicious dessert, too. Purchase a ready-made chocolate cookie pie crust or make your own from ground chocolate sandwich cookies. Mix together eight to 10 ounces of strawberry Greek yogurt with a small container of thawed frozen whipped topping. Add in slices of fresh strawberries and chocolate shavings, if desired. Pour the mixture into the pie crust and freeze until firmly set. Thaw slightly to slice easily and enjoy.

No-bake treats make for easily prepared desserts. Experiment with different flavor combinations, and you just may discover a new crowd favorite. ■

“

The ripest peach is highest on the tree.
~James Whitcomb Riley

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YMCA from previous

learning in a supportive, structured environment in which staff are available to advise and assist 24 hours a day, 7 days per week. New Horizon's Plus is a transitional housing service that helps provide a bridge from residential services to independent living. This segment of the program provides transitional housing units to residents who are ready for their own apartments but still in need of support and guidance.

In the past three years alone, New Horizons has given safety and hope to 55 young women. Program participants either earned high school diplomas or GEDs, or gained part or full-time employment. All residents gave back to the community by volunteering.

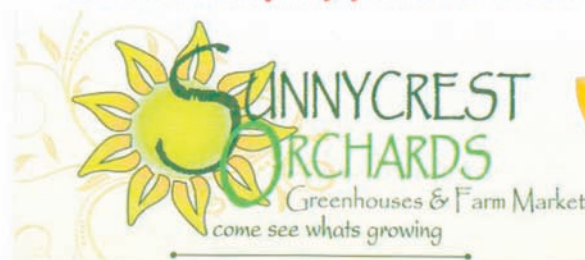
New Horizons is the only program in Oneida County that serves this specific demographic in this manner. If you would like to donate to the Heston Fund please contact YWCA Mohawk Valley Development Director Laura DeStefanis at 732-2159 ext. 235 or ldestefanis@ywcamv.org. ■

About the YWCA Mohawk Valley

The YWCA Mohawk Valley is a nonsectarian organization engaged in the mission of eliminating racism and empowering women. The agency provides services to more than an estimated 13,000 individuals each year in Herkimer and Oneida counties via such programs as domestic and sexual violence crisis services, residential services for homeless and runaway girls, emergency shelters and transitional housing for individuals escaping violence, and violence prevention education.

For 24-hour help with domestic and/or sexual violence in Oneida County, call 315-797-7740. For 24-hour help with sexual violence in Herkimer County, call 315-866-4120. More information about the YWCA Mohawk Valley can be found at www.ywcamv.org or by contacting Kari Procopio at kprocopio@ywcamv.org or (315) 732-2159 ext. 233. The YWCA receives funding support from the United Way of the Valley & Greater Utica and the United Way of Rome & Western Oneida County.

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Fearless founder, Kathrine Switzer

-runner, journalist, author and all around legend

By PAT MALIN

Kathrine Switzer might be a senior citizen, but never misses a step.

That's befitting the "fearless" founder of the 261 Foundation for the empowerment of women. Neither age, occasional physical infirmity nor the unexpected can derail her plans.

The 68-year-old runner/journalist/author and all-around legend visited Utica July 10-12 for ceremonies linked to the 38th running of the Boilermaker 15K Road Race. She topped the week-end off on Sunday, July 12 by broadcasting the race live from the back of a motorcycle for local WIBX Radio.

For the two days prior to one of the premier road races in the U.S., Switzer attended the Boilermaker Expo at Mohawk Valley Community College's Jorgensen Athletic Center.

On Friday night, she relaxed with friends at the volunteer party, also at MVCC. She treated herself to a cup of Saranac beer and dined on a hot dog and salad, then sat down for a brief interview.

"Broadcasting is a lot harder than running. Running is intuitive, but I'd rather be working the race," Switzer commented. "With radio, you have to paint a picture of the race. It has to be instantaneous. The words have to come out of your mouth right away. In running, all you do is run."

Switzer's kinship with the Boilermaker dates back more than four decades. One highlight came in 1998 as she was inducted into the inaugural class of the National Distance Running Hall of Fame in downtown Utica.

"That was phenomenal," she said.

She was joined by other U.S. racing legends, Ted Corbitt, Bill Rodgers, Joan Benoit Samuelson and Frank Shorter. The hall of fame is housed at the Boilermaker's new headquarters on Court Street opposite the finish line.

Her husband, Roger Robinson, a running star, a former professor and a broadcaster in his own right, joined Switzer at the party with close friends who form a cadre of dedicated volunteers from Utica, Niagara Falls, Ont., and Scranton, PA.

She is endeared to Utica, too, because it sparks memories of her college days at Syracuse University. She was an undergraduate in 1967 when she broke into the national consciousness as the first woman who dared enter the sacred man cave known as the Boston Marathon.

Although her entry as "K.V. Switzer" was deliberate, smashing the gender barrier was an accident. The rules for the Boston Marathon did not specifically exclude women, she related in her book, *Marathon Woman*, and in countless interviews. Thinking back to the years before the women's liberation movement, most women felt too intimidated



to run publicly.

As the daughter of a major in the U.S. Army, she never seemed to face that obstacle. Switzer was born in Amberg, Germany, in 1947. When she was two, her family returned to the U.S.

At George C. Marshall High School in Lynchburg, Virginia, her father encouraged her to run a mile a day to prepare for the field hockey team. "I became the fastest player on the team, although my skills never caught up," she said with a chuckle.

She then chose to study journalism at the Newhouse School at SU because, "I wanted to get out of the South and I wanted to get into an urban setting."

In Syracuse in 1966, she said she was shocked to find there was no women's athletic program at the college. Running was ingrained in her and she found a way to unique way to continue merely by requesting to train with the men's cross country team.

She remembers the coach giving her permission, "but of course he never expected me to show up," she recalled, laughing. As she continued to train, she built up confidence to begin entering races.

Switzer's infamous run at the Boston Marathon brought her instant acclaim and paved the way for her work as a runner, sports reporter, race commentator/race organizer, and advocate of women's sports.

Shortly after getting her master's degree, she got a job covering the 1972 Olympics in Munich, Germany, for the New York Daily News. She continued to hone her running skills throughout the 1970s, most often with the Syracuse Harriers club.

She won the 1974 New

York City Marathon and annually returned to the Boston Marathon, although women weren't "officially" admitted until later years.

She discovered many opportunities to race in Central New York, too. She had competed in the Fort Stanwix Run in Rome and became acquainted with a group of Uticans, including running club founder and race organizer Joe Ficcaro, she said.

In 1978, Ficcaro and his friends joined fellow runner Earle Reed, the president of Utica Boilers Inc., to put on a race to celebrate the company's 50th anniversary. They drew up the 15-kilometer course, starting at Utica Boilers (now ECR International) off Culver Ave. in east Utica to the gates of Matt Brewery in west Utica. The first Utica Boilermaker in July 1978 attracted 800 runners (now it's up to 20,000 participants.)

Switzer arrived at the Boilermaker in 1981 or 1982 and loved it, she said. The following year, and every year since then, she's been sitting on the sidelines as a broadcaster for WIBX and an ardent Boilermaker cheerleader.

Switzer, who with Robinson splits her home life in the Hudson Valley and in New Zealand, is involved in many aspects of sports, from competing to administrative to writing. She is an Emmy Award-winning TV commentator and the author of four books. She is president of *Marathon Woman* and *AtAlanta Sports Promotions, Inc.*

She was inducted into the National Women's Hall of Fame in Rochester in October 2011 for "creating positive global social change."

Already on her horizon is her 50th anniversary run in Boston in 2017. ■

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2016 Sorento LX (Excludes taxes, title, license, and dealer fees.)
LEASE: \$0 First Month's Payment/
\$299 a Month for 35 Months Thereafter.
For Qualified Lessees.¹
Model Shown Priced Higher.⁵



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*Call 800-333-4KIA for details. MSRPs exclude taxes, title, license fees, options, and retailer charges. Actual prices may vary. Subject to dealer participation. Lease from Kia Motors Finance on approved credit. Must take delivery from retail stock by 9/8/15.
¹Soul Base 1.6L I4 A/T (Model #B1512) - \$18,015 MSRP. Soul ! (exclaim) shown - \$21,500 MSRP. ²Optima LX 2.4L A/T (Model #S3222) - \$22,665 MSRP. Optima Limited shown - \$36,325. ³Forte LX 1.8L I4 A/T (Model #C3422) - \$18,315 MSRP. Forte EX shown - \$20,215 MSRP. ⁴Sorento LX FWD 2.4L A/T (Model #73222) - \$27,095 MSRP. Sorento Limited AWD shown - \$42,595 MSRP. ⁵The Kia Soul and Kia Sorento received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles and midsize SUVs, respectively, in the proprietary J.D. Power 2015 Initial Quality StudySM. Study based on responses from 84,367 new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2015. Your experiences may vary. Visit jdpower.com. [†]Warranties include 10-year/100,000-mile powertrain and 5-year/60,000-mile basic. All warranties and roadside assistance are limited. See retailer for warranty details. \$0 security deposit. Offer expires by 9/8/15.