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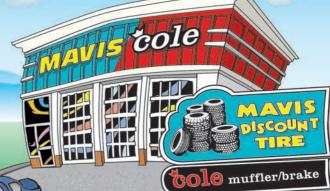
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4 • August 21, 2015 **EDITOR**

growled.

"I'm looking for a

job," I blurted out.

section gang shanty

and tell Casey, the

you. If anyone asks you, tell 'em you're

Working on the Railroad

By Joseph Parzych

I got a job on the railroad when I was 16. It was war time and the railroads were desperate for help. Someone told me, if I wanted a good-paying job, to just walk into the Division Engineer's

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office and ask him for a job on the section gang. An ex-railroad employee warned me that the section gang was a rough crew. But, in I went without knocking. The division engineer, Mr.Wilkens, sat behind a big desk with stacks of papers

strewn about. He was barkif I should turn around and threw me out.

"What do you want?" he

ing orders into a telephone. My heart began pounding a hole in my chest. I wondered leave before he hung up and



He didn't say where the shanty was, but a railroad worker standing on the station platform pointed it out to me. He wore a striped railroad cap, something I couldn't wait to begin wearing.

The foreman asked for my name and social security number for the time book. To my relief, he did not ask how old I was. The pay was about three times the most I had ever earned before, and overtime pay was liberal. But I think I'd have worked for nothing just to be part of the excitement of working on the railroad.

The workmen taught me how to swing the long snouted hammers when driving spikes, how to space the rails to an exact width and the essential details of the iob that insured the safety of workmen and passengers, alike. They were a rough hard-drinking bunch, but they treated me well. Our gang mostly maintained tracks around the railroad station

When a steam train pulled in at the station, a great hubbub arose. Steam hissed out of various places of the locomotive as it sat in the station panting like a big black beast. The enormous steam cylinders and connecting rods that drove the massive iron wheels were all out in the open. Soon, the conductor called, "Allaboard," and the train chugged out of the station. With the train gone, calm and quiet descended on the station. The lunch room lost all its urgency and the counter help relaxed after the big rush.

One evening we took a coffee break as we worked late into the night clearing snow. The station was quiet during a lull. The brassy blonde waitress bantered with the section gang. They egged her on to show me her butterfly. She raised

her skirt, but I looked away. I didn't realize she was showing me a butterfly tattoo on her inner thigh. I wasn't exactly sure what she wanted to show me and I hadn't dared to look.The men howled when my face got red. Later, I wished I'd taken a peek.

Working on the tracks was a dangerous job. Dropping a rail could smash toes or break a leg. Sometimes a train bore down on a different track than expected, catching trackmen unaware, especially after working around the clock.

Not only was railroad pay more than three times what other occupations paid, but after eight hours we got paid time and a half, and after sixteen hours we got paid double time. Then it went back to straight time and started all over again. When it snowed, the section gang's job was to keep the rail switches clear of snow and ice. If a switch didn't close all the way, the train would derail.

It felt good to have a pocket full of folding money...

After clearing the ice and snow away, we lit kerosene smudge pots to keep the rail switches from freezing. If it snowed all night, we worked all night. The railroad lunch counter closed about ten o'clock but Smitty's Diner never closed.

The diner sold a delicious bowl of beef stew and a big chunk of crusty bread for 40 cents. It felt good to have a pocket full of folding money, eating out instead of carrying a lunch bucket, working

all night with the section gang doing a man's job even though I was only sixteen.

When it looked like the snow storm was letting up and we might not work all night and lose out on the time and a half and double time, the gang would take up a collection to take Casey out for a few drinks. While they were getting him mellow, my job was getting a good fire going in the railroad shanty. If the shanty was warm and cozy, Casey would soon doze off and snore through the night.

The men took turns checking the smudge pots and switches while the others curled up on benches to catch a snooze-- on double overtime. I stoked the pot bellied stove though the night between snatches of sleep. At about two o'clock in the morning, a train came thundering by, making a horrendous noise. It shook the shanty as though it were going to take the shanty with it. Someone stirred, "There goes the bootlegger." (The train got named "boot legger" during prohibition when people took the Montrealer to Canada to bring back whiskey.) The train roared off into the night and quiet descended on the shanty. The foreman's snoring continued uninterrupted.

The next morning, Casey was hung over and grouchy until the crew took him out for breakfast and a cup of Irish coffee. My first week's paycheck equaled more than what a store clerk earned in a month. I never did buy a striped railroad cap. But whenever I saw a train, rumbling by, or heard a train whistle blow, that old railroad feeling stirred in me.





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Small engines may have big futures



The move is on to produce more fuel-efficient automo-

biles. Although alternative fuels have garnered signifi-

cant 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 snowmobiles, 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 touting 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

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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.

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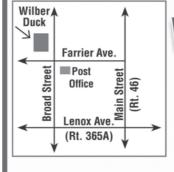
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How to safely navigate wet roadways



Fall showers contribute to challenging driving conditions. Fall weather can be fickle, vacillating between dry, wet and even icy conditions. Drivers need to remain on their toes to safely traverse roadways near and far.

Wet roadways and poor driving conditions contribute to thousands of road accidents each and every year. As roads get wet, oil and other substances rise to the surface of the pavement, those beautiful falling leaves become very slippery and compromise the traction offered by tires. According to the

United States Department of Transportation, there are around 707,000 automobile crashes each year due to rain.

Heavy rains also may lead to puddles, which can obscure hazards on the roadway. Cars may stall out in puddles or hydroplane, which occurs when cars coast along the surface of the water. Puddles also can be splashed by oncoming cars, leading to visibility issues.

It is in every driver's best interest to use caution when driving on wet roads. The following tips can help prevent accidents, injuries and even fatalities during rainy conditions.

- Slow down. Drivers should drive slower when roads are wet and when rain compromises visibility. It can take up to three times longer to stop on a wet road than a dry one. By slowing down you will be able to stop or veer out of the way of danger.
- Leave room. When driving on wet roads, leave more room between your vehicle and the one in front of you. Again, this plays into stopping distance. Tailgating increases your risk of rear-ending a vehicle if you cannot stop in time on a wet roadway.
- Stay alert. It can be easy to be lulled into complacency while driving. But staying alert and conscious of every detail going on around you can reduce your risk of accident when driving in less than ideal conditions.
- Skip cruise control. As a driver, you want to remain in control of acceleration and speed, rather than leaving it up to the cruise control system. If you begin to hydroplane on cruise control, the car may actually speed up.
- Use your headlights. Headlights can light up the road in front of you, helping illuminate potential hazards. Lights on a car also make your vehicle more visible to others on the road. Always turn on the headlights in inclement weather.
- Avoid jerky movements. Keep a steady pace and the vehicle in control. Jerking the wheel or accelerating and braking in a erratic fashion can cause the vehicle to spin out or skid on wet roads.
- Check your tires. Inspect your tires for tread wear and air pressure. Tires should be rotated as part of routine maintenance. Poorly performing tires are a significant safety risk. If you live in an area known for a lot of rain, invest in tires designed for wet road conditions.

Don't let wet weather get the best of you. Slow down, stay visible and be on the alert. ■

6 • August 21, 2015 **EDITOR**

Published bi-monthly on the first and third Friday of every month by Lee Newspapers, Inc. 6113 State Hwy. 5, Palatine Bridge, NY 13428

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

Publisher, President Frederick W. Lee

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Train-wrecked but still running



By Daniel Baldwin

No one could ever picture or imagine a 132-ton train crashing into a train station. But this sort of accident happened at Union Station, in Utica, on Jul. 21.

According to Syracuse. com, a freight car, traveling 40 miles per hour, hit an antique locomotive, which then slammed into the station's stairway. Thankfully there was only one minor injury. Syracuse.com also reported that a 13-year-old boy started the incident when he was playing with the freight car. The car broke loose, which set off a chain reaction accident. The

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boy faced no charges. This incident was captured on video, and when it showed the train hitting the building's stairway, there was a ton of smoke and the passengers were fleeing away from the

"The inside of the building was chaos," Penny, an employee at the station, said. "When that train hit, they did have customers waiting out there toward the other side of the track. When that train started coming, there was screaming, there was yelling, people crying, and people running. It happened fast and everybody was running.

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The station's renovation plan is still in question. County officials estimated that it would cost up to one million dollars to repair the station's stairway.

There is no doubt that the wreck will take a big toll out of the station's finances, but it does not have that much affect towards its business.

This train station is still open and operational. Many passengers are still getting their tickets, at the front gates of the station, and hopping aboard every train that stops there.

Of course, station officials are going to have to spend a ton of dollars in new windows and get help from the construction crew, but the station only sustained minor damage. The station's stairway, which is very small and narrow in size, was the only part of the station that was heavily damaged. The front entrance and waiting area, which makes up more than half the building's space, are still in tact.

Many residents said that this wreck was chaotic for both the passengers and employees, but others, like Utica resident and station employee Dave Barnes, said that they were hardly aware that this incident occurred.

"I didn't hear any noise on that day," Barnes said "The wreck was very far. I wasn't aware of it until I got a text from a friend in Syracuse that told me about it."

Construction workers are still cleaning up the aftermath of this incident. The train and freight car were left unattended for two weeks, but they were finally removed from the building on Aug. 3. The antique train always stood near the

building, and it was used as an historic landmark for this station. But after its long stand, this train is now heavily damaged and gone.

"We're familiar with this train," Penny said again. "It's an antique train that sits out there every day. I know friends who took their wedding pictures in this general area (behind the train). It's sad that it is no longer there."

The Federal Railroad Administration (FDA) investigated this incident and said, to Usnews.com, "no indications that the train crew that delivered the train car to the private company violated any federal securement regulations in this incident."

Although, Oneida County executive Anthony Picente Jr. said, to Usnews.com, that he was astounded by the FDA's conclusion statements.

"There was significant danger to our citizens," he said, "and there is significant damage to our train station, and someone is responsible and it isn't the taxpayers of Oneida County." ■

Did you know?

Private sellers may know that

the amount of mileage on their vehicles will go a long way toward determining their asking price, but they may not know that certain mileage milestones can affect how prospective buyers view their automobiles. For example, savvy buyers know that manufacturer warranties tend to expire after three years or 36,000 miles, whichever comes first. That may make a vehicle less attractive to buyers or inspire buyers to ask that the price of an extended warranty be deducted from the asking price of the vehicle. Another important mileage marker to consider is the 60,000-mile marker. Upon reaching 60,000 miles, many vehicles need certain upgrades, including new brakes. Sellers who wish to unload their preowned vehicle as quickly as possible may want to make these upgrades prior to selling their vehicles and showcase the service records to prospective buyers. If not, sellers should be flexible with their asking price, as buyers are likely to know that significant maintenance could be just around the corner for a vehicle that has exceeded the 60,000 mile mark. ■





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August 21, 2015 • 7

SUMMER CAMP

J. Scharf



Lonely and deserted Cabins and bunkers sit By lofty pines, quiet waters Windows yet unlit.

Eager and energetic Staff comes one by one Hammer a nail, sweep a floor Summer camp has begun.

Quick and cheerful With many plans to make Grass is mowed, benches painted Dock put in the lake.

Breezy and sunny Arrives registration day Staff wearing green shirts Campers on the way.

Smiling but anxious Are looks on campers' faces As they meet their counselors And start to find their places.

Vigorous and enthusiastic Activities begin meeting Swimming, hiking, arts and crafts The camp's heart is now beating.

Swiftly so swiftly The summer days are going Camp-outs, awards and dances Singing, flagpole, rowing.

Surely and quietly Camp draws to a close Its lifeblood slowly ebbing As the last young camper goes.

Serene and now silent Once again the camp is still Containing only memories Of echoes from the hill.



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Back to school time can be frustrating, stressful, and exhausting. But the good thing about going back to school is getting to show off a brand new hairstyle and color!! Whether it be making a bold statement, or calming down your summer color with something more sophisticated. These before/after pictures represent both. Kimberly wanted to go bold for the fall. We decided on bright blonde, cinnamon red, and dark chocolate brown! Solid brown underneath in a teardrop section. A solid panel of red in the face frame on both sides with solid blonde panels behind them. Then we added chunky highlights and lowlights on top. With a trim after the color processed because she is growing her length out, she was ready for the new year! Her process took about I hour and 15 minutes and cost \$90.

Cheyenne had colored her own hair a bright vibrant red in the beginning of the summer and it had faded out to a muddy red/copper color. She was ready to say goodbye to the red and have more of a natural look for the school season. This process is considered a "corrective color" due to the fact that it takes patience, talent, and the

knowledge to be able to take a worn out red boxed color and turn it into a beautiful healthy blonde. Because of these reasons corrective color can be very extensive and expensive. Thankfully, Cheyenne had only colored it once and it wasn't damaged so it lifted and toned fairly easy. I started by decolorizing from regrowth to ends. This lifted the red out to a very bright yellow/ blonde that was a high enough level to tone her to a more natural looking blonde that was very flattering and was incredibly close to her natural color. With both of us happy with the result, further toning wasn't necessary. We then did a trim of her length and layers and dried her to see the new color. After about 3 hours her service was complete and I was thrilled with how it came out.

This particular service cost her \$150 and to be honest it could have been a lot worse. There are a lot of factors when it comes to coloring hair. It really isn't as easy as we make it look. There is a ton of training, trial and error, and chemistry that needs to be considered during these processes. We have a lot of time, money, and passion invested in what we do as stylists and I for one am thrilled to do this on a daily basis!















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 . . .

Can you believe that they are still banning books in the year of our lord 2015, AD? Here in America, land of the free, home of the brave, possessor of the First Amendment, freedom of speech, authorities and groups are banning books.

Some of the books that are regularly banned include a veritable list of classics; The Great Gatsby, by F. Scott Fitzgerald, The Catcher in the Rye, by J.D. Salinger, The Grapes of Wrath, by John Steinbeck, To Kill a Mockingbird, by Harper Lee, The Color Purple, by Alice Walker, Ulysses, by James Joyce, Beloved, by Toni Morrison, The Lord of the Flies, by William Golding, 1984, by George Orwell, Lolita, by Vladmir Nabokov, Of Mice and Men, by John Steinbeck, Catch-22, by Joseph Heller, and more. It is practically a high school English class reading list. It is also ironic that 1984 is on

What Would Your Mother Say????

Banning Books in 2015

By S.D. Shapiro

In the classic Kevin Costner baseball movie. Field of Dreams, Ray Kinsella's wife Annie said, "They're talking about banning books again! Really subversive books, like "The Wizard of Oz"..."The Diary of Anne Frank".... This is literally a line out of Hollywood but surprisingly it is more real than you can imagine.

1986 saw one of the

most publicized cases

against the banning of the Wizard of Oz. A group of Fundamentalist Christian families from Tennessee filed a lawsuit against their school to have the novel removed from use in the school. They claimed, "The novel's depiction of benevolent witches and promoting the belief that essential human attributes were 'individually developed rather than God given". They argued that all witches are bad, therefore it is "theologically impossible" for good witches to exist. So, in summary, they were opposed to the character Glinda the GOOD witch. One of the parents stated, "I do not want my children seduced into godless supernaturalism", arguing that the books promoted self-reliance rather than dependency on God to provide salvation."The judge hearing the case decided that children whose families objected to Dorothy, Toto, and the Tin Man could be excused from lessons that included the novel. The families appealed the outcome to the United States Supreme Court, (thankfully) SCOTUS

refused to hear the case.

The Internet for all its bad aspects is a safe haven for banned books. You can find nearly anything you are looking for (and some things that you are not) on the World Wide Web. The scary thing about banning books in the high tech world we live in is the inevitable evolution of censorship. In the digital age why ban a book when you can just delete offensive content. Taboo topics are gone simply by highlighting and deleting. If you do not like something just hack the system and change it. Huckleberry Finn's rafting partner could become 'Robot'' Jim or have his name changed altogether.

If you think this scenario is science fiction then guess again. It has happened with movies already. Steven Spielberg edited out toy guns from his classic movie E.T. and replaced them with sticks. George Lucas edited Star Wars so that Han Solo shot second in the famous cantina scene when the series was released on DVD. How soon before your favorite books are "edited?" Would you even notice?

Banning books is like trying to unthink an idea. Once you add a book to a list of other banned books it only increases the desire of the public to read it. With the internet, finding banned books is a click away.

When it comes down to banning books and censorship in modern times the instant gratification of our technological era is actually a beneficial tool. You can download banned books and start reading them almost instantaneously. Stop and think, "What would my mother say? She would say, "The more you read, the more you know. Read a book today." ■



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

August 21, 2015 • 9

Our Cover Story

By AI Dorantes

The Village Crossing on the Green is located at 11 West Park Row, in Clinton, New York on the village's historic village green. Joyce Polanowicz bought the small, women's boutique when it was in New Hartford (Genesee Street) in 2008. Joyce Polanowicz explained that she was driving home from work as a nursing inservice instructor on a Friday afternoon when she noticed a HUGE "Retirement Sale" sign in the window of her favorite store, The Village Crossing in New Hartford. She made a quick u-turn and went back to find out what was going on. She shopped there for what she thought was the last time, chatted with owners, and then went to meet her husband for dinner. Joyce talked incessantly about her favorite store closing. In his desperation to quiet her down, her husband suggested,"Did you ever think about buying it?" The wheels were turning. The next day Joyce had her first conversation about the purchase of the store with the owners. The biggest obstacle at the time was the fact that their store space was already rented out. After a thorough search of New Hartford nothing appropriate turned up. Joyce's next thought was Clinton and amazingly there was a space available on West Park Row. She had found her spot. After a great deal of cleaning, painting, and hard work the space was ready. Joyce took a crash course in retail with help from the previous owners and the new "Village Crossing on the Green" was born. The Village Crossing opened in its current location March 2009.

The Village Crossing caters to customers of all ages but they have found themselves a niche. Joyce explained, "There are very few places like this in the area. We cater to a 30+ demographic who want to look nice and trendy but don't want to look like a teenager or frumpy." The Village Crossing carries clothing, accessories, "Clinton wear" - anything with a big C on it, and more. The style and trends of the area lean toward

Village Crossing on the Green

-en vogue fashions with great customer service



Jovce Polanowicz, owner of the Village Crossing on the Green, Clinton poses on the green with her college student model, Elisa Marchione who attends the University of North Carolina, to show us just a couple of the great fall outfits available at the shop!

comfort and trendy and the Village Crossing's moderate to high moderate prices can accommodate almost any budget. The Village Crossing carries a great deal of natural fabrics; cotton, linen, organic hemp.

The Village Crossing spotlights local and made in the USA products. The en vogue fashions at the shop are 60-75% made in USA (depending on the season). It is refreshing to see so many local and made in the USA styles under one roof.

Joyce Polanowicz is a firm believer in the 3/50 project. The 3/50 Project's purpose is retaining locally owned, independent businesses. "Saving the Brick and Mortars Our Nation is Built On," is their tag line. The 3/50 Project asks shoppers to think of three businesses they would miss if they disappeared and then go back to them keeping in mind that money spent there is what keeps the doors open. The number 50 correlates to the fact that if just half the employed U.S. population dedicated \$50 of their current monthly spending to locally owned, independent businesses, then more than \$42.6 billion of revenue would be generated annually. For every \$100 spent in local, independent, brick and mortar businesses, more

than \$68 returns to the local economy; when spent in a big box or chain, the amount drops to only \$43. If you spend your money online then nothing comes home. For more info on the 3/50 project go to: www. the350project.net

One way Joyce keeps things local at the Village Crossing is with handmade jewelry by local artists; Kissing Dog Designs, Whirled Peas and Beads, Kaia Green, MY Designs, and others. She said, "It's important to support local; small business, small villages, county, state, and even the country. Buying local supports local."

Joyce also said, "I wear what I sell." Naturally, Joyce's closet is full of items from the Village Crossing. She explained that once a year they have "Joyce's closet sale." They send out emails and when the sale is complete a donation is made to a charity. This year it was Abraham House

The Village Crossing has a second space in Hamilton, New York in the Evergreen Gallery. The secondary space has brought many new customers to the shop on the on the green in Clinton. Customers who have discovered the contemporary fashion in Hamilton have joined trendy customers from Clinton, Utica, Rome, Syracuse, Cooperstown, Dolgeville, and more.

One of the Village Crossing's keys to success is customer service. Customer service starts with honesty. Joyce said, "You could tell everybody that everything looks great but that won't keep customers coming

Pat Krueger, the Village Crossing's part time employee of about 4 years, said, "Most customers are great." I've met people and made friends and got to know other shop owners."

Currently the Village Cross-

ing sends out an electronic notice once a week to their customer list. This dispatch alerts customers to what is new and what is happening at the shop. Right now fall styles are pouring in the door. Joyce points out that her styles look great on a wide age group of women. The cover photo features Joyce with Elisa Marchione, who attends University of North Carolina. Great style is ageless!

In the coming months The Village Crossing will unveil a new, interactive website to keep up with the times. Customers will be able to order their favorite fashions with ease: one click or tap

of their screen. Joyce said, "In order to be competitive and to survive you have to evolve. I mail order to people anyway so this is a logical step."

If you're looking for something unique, stylish, and trendy, the Village Crossing is for you. "Running the Village Crossing has been a growing experience," Joyce said. "I have always hated public speaking but it seems I'm getting used to it." Let Joyce help your closet grow. For more information go to: www.thevillagecrossing.com or follow them on Facebook: The Village Crossing.









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Success is the best revenge

-the right teacher can make all the difference

By Joseph Parzych

My first three years of grammar school could only be termed as "heavenly." Our teacher was a young woman—a girl, actually, since she was still a teenager when she began teaching. During the Great Depression, students at Massachusetts State Teachers' Colleges were allowed to teach grammar school students as interns in lieu of classes. Our Miss Pagoda kept a journal and reported in person to Fitchburg State Teachers College one afternoon a month. She left the entire eight grades unattended "On our honor" the whole afternoon. We sat quieter than mice, until the end of the school day, when we left, locked the door behind us, and went home.

Since I spoke only Polish at home, English is a second language for me. Fortunately, our teacher, Blanch Pogoda, was of Polish heritage and supplied the English translations of my Polish words. She stifled the laughter and ridicule, by praising bilingualism. I quickly caught on and was soon speaking English as well as my classmates. It wasn't long before Miss Pogoda assigned me to help the very girl who'd jeered at me the loudest. Unfortunately, after three wonderful years, Miss Pogoda became engaged to marry. During the Great Depression, married women were not allowed to teach. Before she left, Miss Pogoda spoke with me to tell me that I'd done so well she was leaving word for the new teacher to let me skip the fourth grade. When Miss Randall arrived, she said, "You think you're pretty good, don't you? Well, when I get done with you, you'll be lucky to pass the grade you were supposed to skip.'

My brain turned to mush. School, which was once a delight, was now a night-mare. One day when I glanced out the window at a farmer whose tractor got stuck in the mud, making a terrible racket, she whacked my knuckles numb with a metal edged ruler. I was miserable that year, and got D's and F's when I'd previously received A's. I began to wet the bed at night, no matter

She was absolutely right.



how often I got up at night. My father teased me, saying, "I see the skunk visited, again, last night."

I passed into fourth grade "on trial" and began studying a book of humor that illustrated various ways to commit suicide, not realizing it was intended to be humorous. What saved me from attempting to end my misery was being transferred to another school. The school committee had split up the town's four schools so that each school taught only two grades, enabling me to escape Miss Randall.

Miss Quentillio, a vivacious redhead at the new school, spoke with me privately about my sudden drop in grades, and said she'd help me get back on track. She was so kind and good natured that I was soon getting A's, again. One day, she praised me for the improvement I'd made, in front of the entire class. The other boys, who were older and bigger, began ganging up on me, calling me "teacher's pet."They'd knock me to the ground, hold me there, tickle me until I'd open my mouth, then spit in it. They'd take off my pants and give them to a girl to return to me. I lost a front tooth from one of the beatings, but I never told Miss Quentillio how it had happened, or tattled on the bullies, in any way.

The following year, I was transferred to another school for the sixth and seventh grades. And who should the teacher be, but my old nemesis, Miss Randall who earlier had made my life a living hell. My marks took a nose dive, again. She taunted me about my hopes

of going to Mt Hermon, a private boarding school that allowed town residents to attend on a scholarship of sorts, tuition free as day students, provided the school accepted them.

"You're never going to get accepted at Mt Hermon with your grades," the teacher said. The bullies heard her and began taunting me about my goal of going to Mt Hermon. They also ganged up on me, again. The teacher stood at the window during recess, watching them hold me down while they spit in my mouth.

One day, I hid in the basement during noon hour. Miss Randall came looking for me. When I told her she knew why I was hiding, she didn't deny it.

"You need to learn to fight your own battles", she said.

She sent me outside, then took her place at the window to watch the mayhem. As soon as I stepped out the door, Buell, one of my tormentors, was the first to spot me. Twice my size, Buell stood at the edge of a steep embankment covered with sharp brush stubble.

"Hey guys, here he is!" Big Buell announced, and stepped forward to grab me. I felt a blind rage come over me. Adrenalin gave me a feeling of ferocious strength. I knew no fear. I socked Buell as hard as I could. Big Buell, lost his balance, toppled over the bank, and rolled down the hill like a barrel. The sharp stubble tore unmercifully at his clothes and face. When he got to the bottom of the hill, he looked like a tiger had attacked him. The other bullies came running toward me. I sprinted to meet them. Big John, the first to arrive was older and the most muscular. He liked to brag about being over six feet tall. I knew I was no physical match for him, so I kicked him in a vital area. He fell to the ground howling and writhing in pain, clutching his groin. George, the bully who'd earlier punched out my front tooth, came running to the rescue. I got him in a choke hold, tightening it until he could no longer talk and barely breathe. Vernon, the fourth bully, an arrogant pretty boy, stopped in his tracks. He watched for a moment

Signs a tutor might be necessary

School is not always easy, and some students struggle as they transition from grade to grade. As students get older, some who may have experienced smooth sailing as youngsters may find they need some extra help grasping the material as coursework becomes more complicated.

Those who need some extra clarification and reinforcement may first turn to their parents. But parents may not be familiar with certain subjects or capable of explaining certain concepts in terms kids can understand. In such situations, tutors can prove to be valuable resources to get kids back on the right academic track.

One-on-one attention from a tutor can benefit all types of learners. Students who discover newfound success under the guidance of a tutor may have more self-confidence in the classroom. Parents wondering if a tutor can help their children may want to consider the following indicators that students may need tutors.

- Consistently falling grades: Tutors may be necessary for students whose grades are gradually on the decline. First speak with your child's teachers, who may recommend tutors that specialize in certain subjects.
- Confusion in and out of the classroom: Some kids struggle to grasp certain concepts, and such confusion can sometimes be remedied with the kind of intense study available in tutoring sessions.
- Low confidence: Some kids' confidence wanes when their grades suffer. Kids whose grades have been on the decline may feel a sense of defeat even before they take a test or work on an assignment. Tutors can help restore confidence by creating small victories that slowly build up to larger successes.
- Indifference to coursework: No student will be captivated by every subject he or she studies, but there should be some subjects that students find engaging. Students battling indifference toward their coursework may benefit from a dynamic tutor who can present subject matter in new ways and revive students' interest.



Tutors can fill voids and help students get back on a successful track.

Students who are struggling in the classroom may need some extra help outside the classroom, and many tutors are adept at reviving interest in subjects kids are studying at school. Some teachers may recommend certain tutors, while others may do some tutoring work themselves.

Revenge from previous__

before running away to hide. Miss Randall passed him on her way out of the school. She was yelling, "Stop! Stop! Stop fighting this instant! You're going to kill him. Stop fighting, I say!"

I yelled back at her. "You told me to go out and fight my own battles, and I'm doing just what you told me to do." By then George was making hoarse gargling sounds. I let him fall to the ground where he lay gasping. The teacher kept her distance from me with a look of fear in her eyes.

Miss Randall kept me after school, so that I missed the school bus ride, home. She warned that she'd sent a note home to Buell's mother, telling her how I'd beat up Buell and torn his clothes. Buell's mother arrived, shortly. She turned out to be a kindly person. She smiled and said she was surprised to see how much smaller I was than Buell. She took a donut out of her purse, as if to calm this wild creature before her, saying with a smile, "So you're the one who beat up my Buell?"

I thanked her for the donut, and told her what had been happening. Upon hearing about the bullies ganging up on me, spitting in my mouth, beating me up, and knocking out a tooth, she said, "I certainly think Buell had it coming to him. I doubt he'll ever try beating you up again."

She must have spoken to her husband, who was on the school committee. Miss Randall's teaching contract was not renewed.

I was late after having to walk the four miles to our farm. My father was furious that I'd been kept after school, especially since I had chores to do on our farm. He reminded me that whenever I got punished at school, he'd punish me even more at home, and he proceeded to try to hit me, but I blocked every blow. I told him he wasn't going to beat me, anymore, because I was all done letting anyone beat me.

Enraged, at being denied what he considered his parental right, he took me to a police station, to send me to reform school as a stubborn child, for which I qualified. But, he'd taken me to the police station of another town, since we only had a constable in our town, who never arrested anyone and didn't even own a gun. The chief lied, saying, "They don't do that no more." My father took me back home. He treated me with more respect, after that, and never tried to beat me, again.

The day after the massacre, when I came out onto the school playground, Buell spotted me. He yelled to his bud-

dies, "Hey, Guys, here he is; he's coming out!" But my former tormenters scattered, turning a deaf ear to Buell's attempts to rally them. I hopped onto Buell's back and steered him by his ears around the playground for a while. His friends ignored his cries for help. They had no stomach for messing with me, again. I hopped off, figuring I had humiliated all of them enough, and I didn't want to fall into the same category as my bullies, even though Buell was much bigger than me.

At the end of the school year, Miss Randall passed me "on trial", to the eighth grade at yet another school. On parting, she took pleasure in sneering that I'd never be admitted to Mt Hermon. Fortunately, the eight grade teacher was excellent. My marks went back up, I got on the honor roll, and was accepted at Mt Hermon. Despite Buell's father being a member of the faculty at Mt Hermon, Buell was rejected. The bullies all dropped out of school, and ended up working at dead end jobs. The Two girls who befriended me in eighth grade, Betsy Rikert and Alice Tabor, were also accepted at Mt Hermon's sister school, Northfield School for Girls,. We were the only ones from our class to go to prep school that year. All three of us went on to earn college degrees.■

Business















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Bushels of shoes

-be careful what you wish for

By Joseph Parzych

During the Great Depression, jobs were scarce and even people who had jobs were often laid off. There was no such thing as unemployment compensation. With a dozen kids still living at home, money was scarce in our family. When the soles of our shoes wore through. we put cardboard in them to cover the holes, but the cardboard soon wore out. Water also soaked our feet The boys didn't have it as bad as the girls. Boy's shoes could be "tapped", meaning a new piece of leather could be nailed onto the sole with a tap-tapping of the cobbler's little hammer. Girls and women's shoes were a different story. Their shoes had a thinner sole and wouldn't hold a cobbler's nail.

My father had a cobbler friend who prospered during these hard times. He was a dandy who sported a neatly trimmed moustache. He always wore a bowler hat and black suit, with a white shirt and tie, as fitting his position in the community as a very successful businessman. He kept his shoes highly polished, and when repairing shoes, took off his suit-coat, but retained his vest. To keep his white shirtsleeves from getting

soiled, he wore black sleeve protectors that reached to his biceps. People could not afford new shoes and they flocked to his shop to have their worn-out shoes repaired. He also attended auctions of shoe stores, or cobbler shops, that had gone bankrupt. Often he bought their stock and/or cobbler's tools. He sold my father a cobbler's metal stand with a set of shoe lasts, and leather, which my father used for tapping the boys' shoes those of whom hadn't run away from home.The cobbler also sold my father shoes at bargain prices when he was successful at auctions of shoe stores that had gone out of business.

Of the five boys in our combined families, soon, only my younger brother and I remained at home. Our baby sister died, but the surviving six girls lived at home until their early teens. We went barefooted all summer. Our grammar school teacher allowed boys to come to school barefoot, though she required us to first wash our feet in the brook running by the school. It was not lady-like for girls to go barefooted, but for the guys; it was a mark of toughness. In the fall, the boys vied to see who could



go barefooted the longest as the days got colder.

One fall, when school was about to begin, the girls' shoes were in tough shape. Two of my sisters had to walk nearly five miles, each way, to high school. Cardboard innersoles wouldn't last the distance. Upon informing my father of their dilemma, he made a trip to his cobbler friend to see if there were any shoes available for the girls. To my utter delight, my father took me with him. I loved to hear the cobbler's profanity-laced speech. He had profanity down to a fine art, swearing proficiently in several languages.

When my father asked the cobbler if he had any shoes, the cobbler took us into a back room filled with cartons, all full of boxes of new shoes. The cobbler took out a pair of nice new shoes and held them up. They were both for the right foot. There wasn't a left shoe in the lot. He'd bought a load of salesman's samples. The cobbler reared back like a baseball pitcher and hurled the shoes against the back wall with all his might, cursing the salesman, the salesman's company, and the mother who bore him. The cobbler later went to the shoe company to complain. He created such a ruckus with his creative cursing that they gave him his money back in order to get rid of him, and they let him keep the shoes. The next time my father visited the cobbler, he didn't take me with him, perhaps figuring I didn't need to learn any more curse words.

My father came back home, speeding down the dirt road to our farm, skidding to a halt in a cloud of dust. He was jubilant. The car was crammed to the roof with bushels of shoes. He even had bushels of shoes stacked high in the front passenger seat. He was smiling from ear to ear as he told the girls he had purchased a 100 year supply of new shoes, that they would never, never again, be without new shoes.

The girls were overjoyed. That is, until he opened a box to pull out a pair of high heeled green shoes that laced up to the knee in an ancient style. Others shoes were of purple, brown and black. The girls looked like they wanted to die right there in their old worn-out

Later, my sister Emmy, picked out a pair of brown shoes with Cuban heels. She cut off the tops in an effort to make them look like normal shoes. With tears in her eyes, she used shoe polish to try to fix the raw edges of the cut down shoes.

My sister, Gladys, who had an excellent imagination, picked out a pair of startling purple shoes with the highest heels in the lot. On opening day at school, she strutted in, proclaiming that her shoes were of the latest style. When the other girls asked where they, too, could buy a pair, Gladys said the shoes were a scarce item because of demand, but that she could obtain a pair for them. She took their deposit and after waiting a few days, while the shoes were supposedly in shipment, she delivered them, never revealing that there were shoes stacked to the ceiling in a shed attached to our

harn

Our teacher, bless her soul. never complained about the girls smartly tapping about the schoolroom in their height of fashion high heeled shoes, laced up to their knees. And when one of my sisters' classmates came to our house wearing a pair of the knee-high shoes, my father beamed in self-satisfaction at the recognition of his fine taste in women's fashions.

My sister, Bess, scuffed her shoes all the way to high school until the sole of one shoe began to pull loose at the tip. She was able to pry the sole loose in an effort to convince my father that the shoes were of poor quality, and that he needed to buy her a pair of shoes at a shoe store. But he told her to go out to the shed and simply select a new pair, since Lord knew, there were plenty more to choose from.

There was still a lifetime supply of shoes in the shed attached to the barn, when the barn caught fire. The barn burned to the ground along with the shed, shoes and all. I'm sure the girls had nothing to do with the fire, but they didn't shed any tears at the lifetime of shoes going up in flames, in an assortment of colors. ■

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How to manage student loan debt

Thanks to student loans and other financing options, a college education has become much more attainable for a wider array of students.

Just like any other form of credit, a student loan is usually easy to spend but not as easily repaid. Add to that the fact that most educational loans do not require payment until after graduation, it could seem to a student that he or she is attending classes with no strings attached. Some students also use loans to finance their living arrangements and pay for their book, making it easy for loans to add up quickly.

Another potential pitfall of borrowing to finance your education is the uncertainty many people have with regard to the terms of their loans. Many people sign on the dotted line of their lending agreements without ever reading the fine print, which may dictate repayment terms and interest rates.

The following are a few ways to avoid financial struggles that stem from student loans.

• Learn your loans. Learning the terms of your loan is the first step to avoiding delinquency or default. Take the time to fully understand the type of

loan you are receiving as well as when repayment begins and how much your monthly payments will be. Loans may be backed by private lenders, but many student loans are issued through federal government programs. Each type of loan has its own set of regulations. It's also important that you understand the details of loan forgiveness and what happens should you miss a payment.

- Familiarize yourself with the loan repayment schedule. Every student loan comes with a grace period, or the time between when you graduate and when the first payment must be made. Grace periods typically range between six & nine months for federal loans, while privately issued loans may have a different grace period. If you have yet to secure steady employment when your first payment comes due, contact your lender to see if payments can be deferred a little longer.
- Negotiate payment options. Some lenders simply follow a standard formula for determining a repayment schedule, which typically lasts 10 years. If that payment amount or schedule seems unattainable, consider speaking with the lender about changing your payments.

Repaying the loan over a longer period of time will lower your monthly payments but result in you paying more interest over the life of the loan.

If you find you have extra money on hand, make larger payments toward the loan and ask that this money be applied to the principal. Paying down the principal can significantly reduce the loan and reduce the interest you're paying as well.

- Choose an employer wisely. According to The Project on Student Debt, some jobs offer loan forgiveness. After 10 years of qualifying payments for people in government, nonprofit, and other public service jobs, loans may be written off. There are additional federal loan forgiveness options available to teachers, nurses, AmeriCorps and PeaceCorps volunteers, and other professions, as well as some state, school, and private programs.
- Don't ignore problems. If you are falling behind on your loan payments, take action right away. An inability to repay your student loan debt can cause problems later in life, so don't allow the problem to snowball before you do anything about it.

Ironing clothes in the good old days

-are wrinkles really THAT bad?

By Joseph Parzych

Before we had electricity on our farm, my mother ironed clothes with sad irons. They were made of cast iron. A detachable handle was partly made of wood to keep from scorching the user's hand. I don't know how they got the name "sad iron". Perhaps it was because they didn't bring much happiness on ironing day. My mother had six or eight of the sad irons that she juggled on the stove, because they lost heat rather rapidly. She spent much of her ironing day, plugging and unplugging the handle as she exchanged irons. She tested them, to see if they were hot enough, by picking up an iron with the detachable handle, wetting a finger and quickly touching it to the iron. Depending on the amount of sizzle, she could roughly gauge the iron's temperature. If the iron was not hot enough, she moved it to the hottest part of the wood burning kitchen stove. If too hot, she moved it to the cooler side. Ironing was largely a matter of juggling the irons to establish the right amount of heat—enough to smooth the wrinkles, but not so hot that they'd burn the clothes One of the irons was a little smaller and sporting an upturned point that rode over ruffles. It was seldom used and sat alone like a neglected orphan.

I gained a lot of insight into ironing because I liked



to wear pants with a sharp crease. My mother and sisters did not share my enthusiasm. However, using the irons to press my pants and iron my own shirts made me appreciate my mother's and sisters' work of ironing clothes.

When my older brother John left home and began working, he sent off to Sears & Roebuck for a gasoline flat iron. It promised effortless freedom from ironing drudgery. We could hardly wait. When the iron came in the mail, it was cause for rejoicing. We quickly read the instruction manual. It instructed the use of "white" gasoline only.

I rode my bike to D.O. Paul's general store to buy gasoline. When I asked if it was "white gasoline", I ruffled D.O.'s feathers. "Listen, young man, there's no finer gasoline, in the world, than Socony high test." D.O. had once worked in far off Washington D.C. as a chauffeur for the Ambassador China, so I didn't doubt his worldly wisdom.

The iron's instructions recommended lighting the iron outside to guard against burning down the house. There was a little round nickel plated gasoline tank, the size of an apple, at the rear of the iron. The tank was equipped with a little air pump to build up pressure to send gasoline to a row of holes along the edge of the flat iron's base.

When we lit the iron, the flames came on with a "whoomp" that nearly lifted my mother off her feet. The entire iron became engulfed in yellow flames. My mother wrung her hands and looked around to make sure we

hadn't set the house or barn on fire. By adjusting the regulating valve, we got the iron to eventually settle down. A row of small beautifully blue jets along the sides at the bottom of the iron began softly purring.

A sizzle test also determined the temperature of this iron, which we regulated with a little knurled knob. My mother was more than a little nervous during attempts to use the iron. She would open the valve too much and the iron would begin to flare up in yellow flames. Her hands shaking, she'd stand back and reach to hastily shut off the valve. The flames would go out with a pop, which again, nearly lifted her off her feet.

The instruction manual cautioned against relighting the iron until it had completely cooled off. While we'd be out in the yard waiting for the iron to cool for relighting, my mother would be in the house building a fire in the wood stove to heat the cumbersome, but safe, sad irons which were much easier on her nerves.

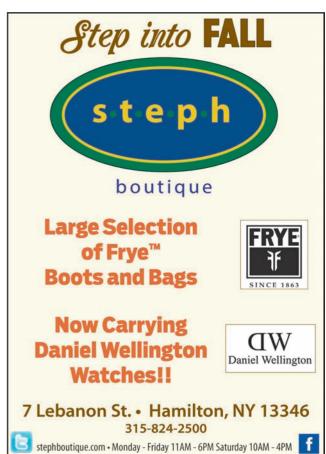
D.O. Paul's "finest gasoline in the world" eventually plugged the jets on the iron so that the it became unusable. During WWII, when D.O. Paul came to the farm collecting scrap for the war effort, my mother hurled the gasoline iron onto the truck with an enthusiastic burst of patriotism.

66

The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires.
-William Arthur Ward







Students seeking private music lessons have options

Time and again research has proven the benefits of music education. Children who study music typically score better on standardized testing and exhibit improved language and reasoning skills, and music education helps students with advanced mathematics lessons by improving their spatial and temporal reasoning. Involvement in music and the arts can improve a student's SAT scores and make the student well-rounded.

Despite these benefits, music and art education is slowly disappearing from the classroom. At many schools across the nation, stages are dark and band and chorus rooms are empty. Budget cuts have been unkind to music education programs. To keep up with the demand for technology in the classroom, certain school programs have to be scaled back, and art and music



are generally the first to go. This leaves it up to parents to involve their kids in music education.

Private lessons have long been a great way for kids to learn music, and many such music coaches are former music teachers. With private lessons, kids get to benefit from working with certified instructors, and parents are happy to make music a part of their youngsters' lives. The following are a handful of ways parents can find private lessons for their kids.

* Word of mouth: Begin by asking neighbors or friends in the community if they know of any reliable music teachers. Someone is bound to know a person or have a connection to a music teacher. Speak with members of a community music ensemble, such as a church choir, or even amateur or professional musicians you see playing at a

Survival tips for single working parents

Becoming a parent may be the most important responsibility an adult ever faces, and that responsibility

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Herkimer's own Al Dorantes writes a funny tale

of two Black Angus bulls who explore the myth

that The Grass is Greener on the Other Side...

is even greater for single parents. Balancing work and home life as a single parent can seem like an endless juggling act. But with a strong support system and some guidance, single parents can handle the challenge.

The daily responsibilities of a single parent do not differ from those of a married couple, but single parents tasked with playing the roles of both mom and dad may understandably feel overwhelmed. Here are some challenges and coping mechanisms.

* Establish boundaries. Work and home life are both full-time responsibilities for single parents, and the line between work and family life often blurs for single parents wondering whether to put in more hours at the office or leave to tend to a family matter. Thanks to the financial strain of being a single parent, it's easy to put work before family. While single parents do their best to provide financially for their families, such efforts should not come at the expense of being there for their kids and providing them with emotional support. Find a balance that works for you



and do your best to stick to your boundaries. Work time and family time should be clearly distinguished.

* Pick your battles. You probably will not be able to micromanage every detail of your home and professional life, so recognize which things in life are worth fighting for and which things (kids' hairstyles or clothing choices) may just be

a phase. Let trivial matters slide, as there may be more important affairs that demand your attention.

* Find your support system. Many single parents juggle their responsibilities without much help from outside their households, but many also have a network of friends or family members on whom they can call if they need reinforcements.

Figure out which person or people you can rely on to have your back should you need a few hours of alone time or someone to pick up a sick child while you are in the middle of a business meeting. Single parents often feel a kinship with other single parents, who may be willing to pool their resources to help one another when necessary.

* Explore other assistance. Single parents may be eligible to enroll in certain assistance programs to make their lives a little more manageable. For example, single parents may qualify for grants to return to school or low-cost housing and supplemental food allowances to ease some of the financial burden of raising a family on their own. Explore programs that may be available to you.

* Pay attention to your needs. Single parents should not overlook the importance of taking care of themselves. Though kids might be your top priority, that does not mean you should forgo routine health screenings or overlook the importance of getting your rest. When the juggling act gets especially difficult and stressful, create some time to relax and pamper yourself, which can have a profound impact on your mental and physical well-being. ■



BARNES&NOBLE

66

"The difference between school and life? In school, you're taught a lesson and then given a test.

In life, you're given a test that teaches you a lesson."

- Tom Bodett

Music lessons from previous _____

restaurant or bar. There's a good chance you can get a referral. You may also have a friend or neighbor who is a talented musician and will agree to offer lessons on the side.

* Community music programs: While schools may not have music classes, community centers offer programs for both adults and children. A community arts center may offer instrument training and/or vocal lessons, so look into such organizations in your community. A community YMCA or a similar organization also may have after-school music programs.

* Nearby colleges: Music students at local colleges may want to make extra money by offering music lessons. They may be able either to meet at your home or use the music room on campus to conduct lessons.

* Newspaper classifieds: Tutors frequently advertise their services in the newspaper. Look in the classified section to see if anyone is offering music lessons. Many newspapers now offer their classifieds both online and in print, so utilize both options to ensure your search is as thorough as possible.

Music education is important, but those seeking instruction may have to look outside of school. Private instructors are available to help foster a love of the arts and mold creative, well-rounded children.

Unforgettable Meeting

By Joseph Parzych

When I was serving in the U.S. Army of Occupation of Japan in the I 27th Para/Glider Regiment of the I I th Airborne Division, we were stationed on Hokkaido, the northern Island of Japan. We traveled by rail to Sendai Airport on the mainland, to make a parachute jumps. I was I7 years old.

Japanese railcars were much smaller than American railcars, with just one spoked wheel at each corner of the railcar, whereas American railcars have double wheeled trucks of disc wheels on much longer cars. I was pulling KP duty in a makeshift kitchen inside one of those Japanese freight

cars. We had four gasoline cooking stoves that were about three feet wide, three feet deep and five feet tall. Fuel for the stoves was stored in a 55 gallon drum. We refilled the stoves' fuel tanks by tipping the drums to splash gasoline into an open container, to a pail, and then into a gallon sized open-topped can used to funnel gasoline into the stoves' gas tank. The railcars swayed back and forth, and jostled over the bumpy railroad. Gasoline splashed on the floor, standing in puddles. I'd once seen how auickly gasoline ignites, so I spoke to a cook about the danger. He reassured me that it was perfectly safe.

"Don't worry", he said,

"There's plenty of air blowing in through these big open doors on both sides of the freight car to get rid of the fumes."

After a few hours traveling along the seacoast, we got to a ferry landing where we were to board a ferry to cross 12 miles of sea to reach the mainland. It seemed impossible that they would attempt to load the railcar onto the ferry boat. The train moved back and forth as the engineer cut the kitchen car out of the train. At long last, the locomotive pushed the kitchen car along the railroad track that they'd lined up with a set of train tracks in a big opening on the end of the ferry boat. The seas were uneven and

the ferry boat lurched up and down, but after a lot of yelling and hand waving, the Japanese crew hooked the rails together and the locomotive pushed the kitchen car to the center of the ferry boat. The kitchen car was parked right above the ferry's steam boiler. Below the grated floor, we could see Japanese workmen shoveling coal into the boilers, lighted by the blazing fire that made steam for the ferry's steam engine. We soon felt heat rising as headed out to sea.

The cook had turned off the stoves and ordered us to refill the gas tanks. We went through the messy job of splashing gasoline from the 55 gallon drums to the large container, into a pail, to the gallon tin and finally into a funnel stuck in the stove's tank. Gasoline puddles soon formed, again. There was no air movement to dissipate the fumes. My eyes became irritated, and we coughed as breathing became difficult.

One of the orphan street children, that railroad workers typically allowed to ride on Japanese trains, had come into the kitchen car to garner food. The cook fed him. When the railcar was cut out of the train, the boy stayed on the railcar as it was loaded aboard the ferry. He wolfed down food the cook gave him, but squirreled away some inside his jacket. The boy was eager to help us wherever he could.

He could speak some English as most Japanese did. He said he'd been orphaned by bombing raids during the war. The bombs our air force dropped. I realized. It made me feel guilty, and sad, that we'd committed this terrible thing this to this shabbily dressed little boy who was so much smaller than me and was so very, very, thin. It struck me that he was all alone while younger than me. It didn't seem fair that I was well dressed, well fed and had a family who loved me, while he was alone in the world.

I later learned that all Japanese were small, during that time, because of years of malnutrition caused by severe food shortages. The

Lift-Off

By Joan O. Scharf

"God Speed," she uttered softly.

Her forehead remained pressed to the glass of the observation window, and the words fluttered like little birds against the cold pane. Silent sobs quivered her shoulders. All the cheering and applause around her had by now subsided, but the crowd lingered, wanting to prolong the aura of accomplishment of this momentous and successful historic launch.

Mars. A reddish speck in the night sky; soon to be at its closest point during its elliptical solar orbit... approximately 86.6 million miles from earth. Moments ago, after years of precise and careful calculation, a spaceship with a cargo of America's finest had blasted off to meet it.

She remembered ten years ago when it was initially announced volunteers were being sought for the planned mission. Nearly 200,000 people had rushed to apply, one of them her then 14 years old son, Adam.

At first she considered it a passing childish whim, but it became fixated in his mind and his desire never wavered. He avidly read everything he could find concerning Mars and space travel. Additional forms were eventually sent to Adam to be filled in and submitted. Scores of volunteers were weeded out, eliminated for

various reasons. Three years ago, when Adam turned 21, a bid from Washington summoned him to an interview. Detailed medical examinations soon followed. A rigorous psychological and physical training schedule was posted.

It was then Adam wrapped his arms around her and said, "Mom, you know how much I love you, but this is mission my lifelong dream. I've got to go for it!"

She held him close and nodded, her tears wetting his shirt.

When he moved away for the training years she kept on believing he would be back. Only twelve --six men and six women-- would be chosen for the mission. He wouldn't be one of them. ...But he was.

News media now flooded the observation area. Cameras rolled and clicked. Microphones were being thrust towards those who wanted to be quoted on this memorable day of liftoff for the first manned voyage to Mars, a journey of eight months to destination.

The space ship with its twelve passengers was appropriately named "The Christopher Project," after that long ago voyager, Christopher Columbus. In her hurt and in her pain, she wanted to believe it was really named after St. Christopher, the patron saint of safe travel. Resolutely

she dabbed at her face and turned to join the celebration, a false smile stuck to her lips.

"You must be so proud of Adam." A man standing nearby from her neighborhood spoke.

"Yes, he's always been adventurous, but I must admit, I'll miss him terribly," she said crushing the tissue tightly in her fist.

He patted her shoulder as he turned away. He remembered the time when Adam was 4 or 5 years old and had wandered several miles from home in search of his missing father. The boy didn't understand that his father had fled to Aruba with his secretary and the family's accumulated savings, never to return.

More friends gravitated to where she stood to offer their support. "Your son is so brave." "They are on an awesome adventure." "What a fantastic mission." "This is a wonderful thing for our country."

Politely she threaded her way through the crowd avoiding the cameras, but one earnest young reporter caught her at the door. "Please, can you tell us why your son wanted to be a part of this mission?"

She hesitated, but decided to answer, remembering the burning intensity in Adam's expression when he had explained it to her. "Adam told me it was because he wanted his life to matter, to mean something in this world. He's fulfilling his wish."

The reporter persisted.

"And as his mother, how do you feel about this?"

Blinking back the sting of tears, she looked him squarely in the eye. "How can you even ask me that? We all know the Christopher Project is a one way mission." ■

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ation (hunting, 4-wheeling, etc) Come take a look. Upon purchase survey will be completed and taxes will be determined.

Turning a Russian Bear into a Teddy Bear

_just add marshmallow

By Joseph Parzych

When my daughter Debbie was just a few years out of college, she was promoted to Supervising Engineer at King County's Solid Waste Department. She was in charge of 165 workers, all of whom were much older than she. Her secretary was old enough to be her mother. Debbie

had been promoted over two of her supervisors, who were now under her supervision. To her credit, she had a good working relationship with most of them. However, Boris, a gruff Russian engineer, made no secret of disliking being supervised by a female. He referred to Debbie as "Dat girl." Meanwhile, somehow, Debbie's friends and family

got the mistaken idea that Debbie liked Peeps, the yellow marshmallow chicks that emerge at Easter like sparrows at Capistrano. Everyone sent Debbie Peeps, but not wanting to hurt anyone's feelings, Debbie never told generous friends and relatives that their gifts were not welcome. So, Peeps kept coming. She brought a quantity of Peeps to work one day, figuring she could unload them onto fellow workers. But before she was able to palm any off, Boris the Difficult came into her office. He looked at the basket of Peeps and brusquely demanded, "Vot iss diss?" pointing to the marshmallow chicks on her desk.

"They're Peeps, Boris. Here, try a few," and she handed him a handful.

Later that day, Boris came

back, asking in his gruff voice, "You hef more dem Peeps?"

"Why, yes, I do have a few more Peeps," she said, not revealing she was inundated with them. She doled out a few more of the tender morsels to him. After that. when she wanted Boris to do some engineering, she would approach him with a smile and a handful of Peeps.

"So! Vat do you vant?" he'd gruffly ask.

"I just brought you some Peeps, Boris. But, as long as you ask, I do need some engineering," she'd say. Then, one day, after bringing Boris some Peeps, she asked him how he happened to come to the U.S. He opened up to her, and told her all about how he'd fled Russia, alone, leaving all his family and friends behind. Sadly, he



was not able to get any of his family out of the country to join him, as he'd hoped, and he dared not return.

"He was just a misunderstood man," Debbie said. "He was really a nice man who had become lonely and depressed at the intolerable position he had gotten himself into."

Whenever Debbie approached Boris, she had a handful of Peeps and a smile for him. The two became good friends, and Boris



turned out to be not at all the grumpy uncooperative person everyone held him to be. He even told Debbie that he admired her for having been promoted to such a demanding job at such an early age and said he admired her for her ability to get cooperation from a workforce of people old enough to be her parents. He no longer referred to her as "Dat girl." And he even began to smile, again.

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Quick Tips and Tricks to Help Pull Off Better Paint Jobs

Proper prep work is the key to professional-looking results. Before starting any paint pattern project, reference these quick tips and tricks:

- * Tape around baseboards, windows and tiles to protect them from drips and to ensure sharp paint lines.
- * Always clean surfaces before painting and only apply tape once the area is fully dry.
- * Choose the right tape for the surface you're painting, such as Multi-Surface Tape for baseboards and trim, metal and glass, or Delicate Surfaces Tape for walls, cabinets, wood floors and freshly painted surfaces.
- * Use a pencil to sketch designs onto walls before applying the painter's tape. Be sure to apply the tape just outside the lines so that you ultimately cover the
- * Once the paint has fully dried, remove the tape slowly at a 45-degree angle to reveal the pattern.■



Meeting from previous_____

Nippon Times even published recipes on how to chop grass to increase the amount of food. Grass

cannot be digested, and does not offer any nutrition, but it added bulk to make a person feel fuller.

The boy looked 12, or 14, came to my eyes, and I had to look away.

The light was poor in the railcar, the boat rocked, and

we spilled more gasoline, as we re- filled the stoves. The cook called for a ferry boat crewman to bring us a light. The crewman came hurrying back with a drop light at the end of a long extension cord. Somehow, the lightbulb broke. The filament flared out and smoked. I braced for an explosion, but miraculously, no explosion came. The cook yelled at the Japanese crewman, "Get another light."

The crewman soon came running back with a gasoline lantern held high. It had a glowing white mantle that threw a bright light. We tried to ward the crewman off. But, with everyone yelling at him, he only hurried more. He raised the lantern to the open door. I saw the Japtin, as someone poured gasoline from the pail. I quickly moved to the opposite open door, ready to jump out. In a blinding flash the fumes exploded. The explosion blew me backward out of the open door. I saw the boy drop the tin. Gasoline splashed on him, and he was engulfed in orange flames. The very air was burning with boiling fire. Ferry crewmen came running with a fire hose and quickly doused the flames. The boy lay still, looking even smaller. Ferry crewmen brought a stretcher and laid him on it. They covered his scorched face with a piece of dirty canvas and carried him away, no longer hurrying. ■

anese boy holding the gallon



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at the most. I could not help but admire him for being so cheerful despite having no relatives, being homeless, not going to school, and traveling like a hobo wherever the trains took him, never knowing where he would find anything to eat, or a place to lay his head, with no place to call home. I tried not to cry when he cheerfully said he was 17, counting the time he was inside his mama. But my throat tightened up, tears

EDITOR 17 • August 21, 2015



Easy Ideas with GRILLED LEFTOVERS

FAMILY FEATURES

Ithough brisket is generally regarded as a cool weather dish, you may be surprised how this ultimate comfort

A food works in delicious recipes that help you hang on to the fading days of summer.

A traditional Barbecued Beef Brisket prepared low and slow over a charcoal grill is sure to be a crowd pleaser for a backyard tailgate or a casual gathering with friends. Leftovers can help warm up a cool morning with a decadent serving of Barbecue Benedict, and you can look forward to a Grilled Greek Salad Pita with Beef Brisket for a tasty

As any grill master knows, achieving grilling greatness begins with a charcoal fire. These recipes, created by world champion pitmaster Chris Lilly, showcase how Kingsford® Charcoal can help you achieve an authentic smoky flavor that will delight the taste buds of your family and friends. Each briquet contains natural ingredients and real wood for a delicious cookout every time.

Find more recipes featuring your favorite grilled meats at www.kingsford.com.



Grilled Greek Salad Pita with Beef Brisket

Makes: 8 stuffed pitas Prep time: 15 minutes Cook time: 6 minutes

Greek Dressing:

- 2 tablespoons olive oil 1 1/2 tablespoons Kalamata olives, minced
- 4 1/2 teaspoons lemon juice
- 1/2 teaspoon dried oregano
- 1/8 teaspoon black pepper
- 4 pita bread rounds, cut in half forming 8 pockets
- cucumber, cut into 1/2-inch slices
- tomato
- red onion, cut into 1/2-inch slices cups romaine lettuce, cut into
- 1-inch pieces cup feta cheese
- 1 pound leftover beef brisket

In small bowl combine all Greek dressing ingredients. Set aside.

Build charcoal fire for direct grilling. Place pita bread directly over hot coals (approximately 450°F) and cook for 1 minute on each side or until grill marks are visible. Place cucumbers, whole tomato and onion directly over hot coals (approximately 450°F) and cook, turning once, for 4 minutes or until they brown and start to soften.

Remove vegetables from grill and dice. Place vegetables into medium bowl and stir in dressing. Let mixture stand for 5 minutes before adding romaine lettuce and feta cheese.

Fill each pita pocket with leftover beef brisket and grilled Greek salad.

Barbecue Beef Brisket

Makes: 8-10 servings Prep time: 30 minutes Cook time: 5-6 hours

- 1 beef brisket flat (5-6 pounds)
- tablespoon beef bouillon base Dry Rub
- 1 cup beef broth

Dry Rub:

- 1/2 tablespoon salt
- 1/2 tablespoon paprika 1/2 tablespoon black pepper
- 1/2 tablespoon sugar
- 3/4 teaspoon garlic powder 1/2 teaspoon onion powder
- 1/4 teaspoon oregano
- 1/8 teaspoon ground coriander Build a charcoal fire with Kingsford

charcoal for indirect cooking by situating coals on only one side of grill, leaving other side void.

Cover entire brisket with beef bouillon base. In small bowl, mix dry rub ingredients and coat brisket with rub. When cooker reaches 225°F, place brisket on void side of grill and close lid. Cook for 4 hours, until internal temperature reaches 160-

Remove brisket from grill and place in shallow baking dish or disposable aluminum pan. Pour beef broth over brisket and cover pan with aluminum foil. Place baking dish in cooker for an additional 1-2 hours, until internal temperature reaches 185°F.

Remove baking dish from grill and let meat rest undisturbed for 20-30 minutes. Slice brisket across grain and serve

Barbecue Benedict

Makes: 6 servings Prep time: 45 minutes Cook time: 7 minutes

- 1 white onion cut into 1/2-inchthick strips Onion Marinade Barbecue Benedict Sauce
- 3 English muffins cut in half pound leftover beef brisket
- 6 poached eggs

Onion Marinade:

- tablespoons soy sauce
- tablespoons lemon juice
- tablespoons extra virgin olive oil tablespoons water teaspoons dark brown sugar
- 3/4 teaspoon garlic powder 3/4 teaspoon black pepper

Barbecue Benedict Sauce:

- egg yolks
- teaspoon vinegar teaspoon water
- cup butter, melted
- teaspoon salt
- Pinch of cavenne pepper tablespoons of your favorite KC Masterpiece barbecue sauce

In small bowl, mix onion marinade ingredients. Pour marinade into resealable plastic bag and add onion strips. Let marinate for 30 minutes.

For sauce, place egg yolks, vinegar and water into stainless steel bowl and vigor-ously whip until mixture is thickened and doubled in volume. Place bowl over sauce pan containing barely simmering water (just below boil), making sure bottom of bowl does not touch water. Whisk continuously, making sure eggs don't get too hot or they will scramble. Very slowly drizzle melted butter into mixture while whisking rapidly until mixture thickens and doubles in volume. Remove from heat and stir in remaining sauce ingredients.

Build charcoal fire for direct grilling. Place onion strips in grill basket and cook directly over hot coals (approximately 450°F), stirring often for 5 minutes or until onions brown and start to soften. Remove onions from grill and set aside.

Place English muffin halves directly over hot coals for 2 minutes or until toasted. Remove each from grill and top with leftover beef brisket, grilled onions and a poached egg. Drizzle with Barbecue Benedict Sauce



Beat the Heat with Pet Safety Tips

(Family Features) Sunny, warm days bring the welcome opportunity to change up your routine and spend more time outdoors with your beloved pets. However, soaring temperatures bring risks from heat and sun exposure, making your furry friends rely on you to help keep them healthy and safe.

Make these warm-weather adjustments to keep your pets in top condition and ready to enjoy all the season has to offer with these safety tips from PetSmart experts:

Keep them hydrated. Dehydration and heatstroke can be fatal to pets, so access to a clean water bowl both inside and







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outside is critical in the summertime. While you're on the go, be sure to bring water for your pet in a suitable drinking container.

Serve up healthy meals. Warmer weather invites opportunities, such as enticing picnic spreads, for pets to nab tasty treats. Protect your pet's health by preventing them from ingesting food intended for humans, and opt instead for food and treats that fit their special needs and preferences. The varieties offered by Natural Balance, which is now available at PetSmart, span dry and wet food made with premium quality ingredients in formulas such as limited ingredient, grain-free and weight management.

Never leave your pet in a parked car. Studies show that on a hot day, the temperature inside a car can reach more than 160 degrees in five minutes. Leaving the windows cracked for fresh air or parking in the shade don't keep temperatures from soaring in record time, either. Leaving pets in the car "just for a minute" is never a good idea.

Groom regularly. One of the best ways to keep a dog's coat healthy and help prevent matting and summertime skin irritation is regular grooming. The right grooming tool can dramatically reduce shedding by removing the undercoat and loose hair without sacrificing the healthy top coat.

Provide skin protection. Just like humans, dogs can experience sunburn and even skin cancer. To prevent sunburn, apply a sunscreen where hair is thin and skin lacks pigment (nose, ears and sensitive areas) every day your dog is outside.

Avoid hot surfaces. Dogs' pads may seem tough, but sidewalks, pavement and sand can get so hot in the summer that



dogs' feet can burn and blister. To prevent this, schedule walks for the morning or evening, when sidewalks are cooler, or purchase protective boots designed just for dogs.

Practice smart snacking. After exercising and in between meals, a sensible snack can provide a boost of energy. Treats such as Natural Balance Dental Chews do double duty by giving a little help with oral care between brushing. Scientifically formulated with unique grooves, these tasty treats encourage natural, healthy chewing to help reduce and remove tartar and plaque.

Provide outdoor relief. The best spot for your pet to cool off in the yard is a shaded grassy area because grass releases moisture and keeps your pet cooler than concrete, dirt or gravel. For added comfort, provide a raised bed that increases the flow of cooler air underneath the bed mat to help your pet beat the heat.

Keep water safety top of mind. Even if you consider your dog a good swimmer, a life jacket is very important if you take him with you on the boat or trips to the beach.

Find more ways to keep your pet summer safe at www. petsmart.com. ■

Warm offer refused



By Joseph Parzych

I once traveled to Europe with a group from Elms College located in Chicopee, MA. We first flew into Germany, before going on to Poland. We also once briefly crossed into the Czech Republic. But, the majority of our trip was spent in Poland.

One evening, I attended a performance of Polish and Ukrainian folk dancers, at an outdoor partially sheltered theater that fanned out over the audience like a giant cornucopia. The next evening, some of the dance troop performed a few numbers for us at a banquet. They invited us to join them for

the last number: A woman in our group grabbed my arm and said, "Come on Joe, I know you can dance." So we joined them. It was much like a very fast polka, but we kept up, and followed their steps. But on the night of the outdoor concert, I'd come alone and decided to walk back to our ski resort five star hotel, where our group had received a reduced rate because it was the off season for skiers.

On my way back to the hotel, I asked a young Polish couple if I was on the right course. They assured me I was, but said they were taking a short cut through a park, and they welcomed

me to join them. Though English is a second language for me, I'd spoken very little Polish since beginning grammar school at age 5 when I learned English. But hearing Polish spoken, again, brought it flooding back to me. In fact, a teacher in the college group, who teaches Polish in the U.S. and English in Poland during the summer, said to me, "You know, Joseph, your Polish is very good, but it is very archaic."

However, the young Polish couple, I'd met, spoke English and wanted to practice it on the way. The street lights illuminating the short-cut were widely spaced. As we continued further into the woods, the lights became more and more widely spaced until there were no street lights, at all. As we walked on in silence, I began to feel uneasy. The young woman murmured something to her husband. He stopped and enunciated in English, "My wife, she hess to pee."

I turned away in the semi-darkness to give her some privacy, as she squatted. The woman almost immediately jumped up.

"My, my, such a speedy woman," I joked to the husband.

"My wife says someone coming behind us," the man

said in alarm.

I looked back in the nearly pitch black darkness, and felt for my money belt and passport hidden beneath my shirt. The couple stood peering into the night, but then continued on. I wondered if I should run, duck into the underbrush at the side of the path or hide behind a tree. While I debated, two people emerged from the darkness. It turned out to be two women close to my age. After pleasant greetings all around, the women accompanied us in our walk. When the wooded path came out onto a lighted street, the young man said, "We are turning here to go to our apartment. Perhaps these ladies will accompany you to your hotel.'

The ladies happily agreed, and walked beside me, questioning me at length about my visit to Poland, my occupation, and my marital status. When I said I was widowed and lived alone, they offered me their sympathy. One of them then asked, "Wouldn't you like to bring a nice Polish lady home with you to cook, and clean for you, and to warm your bed?"

"I know how to cook and clean," I said, "and I have an electric blanket, but thank you very much."



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Sarita's Food Truck

By AI Dorantes

Sarita's Food Truck is a vibrant food truck that serves empanadas, a stuffed pastry, Spanish style. Sarita's is Spanish cuisine with American flavor and a mission to spread diversity and spark conversation with a fusion of food and culture.

This is Sarita Ruiz's third season running her food truck. She began with a popup that she towed with a Chevy S10. The truck was standard shift and Sarita didn't know how to drive a manual transmission at the time. But that didn't stop her! She started from the ground up. Sarita researched the food truck industry and when she sold out of empanadas the first day she knew it would work. She has been doing great ever since. The food truck is a full time business. Sarita said, "I'm a business woman



first; cook second." Now she has a full-fledged food truck with a second food truck coming soon.

Sarita was accepted to Tech Garden, the Northeast's premier entrepreneurial ecosystem and a business incubator for manufacturing and services businesses. Sarita's goal is to have her empanadas (flash frozen) in super markets. You will be able to pick up her empanadas as easily as picking up a TV dinner but they are so much better.

Sarita is an entrepreneur.

"Why make somebody else rich when you can do it yourself," she said.

Empanadas are a mainstay at Sarita's food truck. An empanada is a stuffed bread or pastry baked or fried in Spain and Latin America. The name comes from the verb empanar, meaning to wrap or coat in bread. Empanadas are made by folding dough with stuffing consisting of a variety of meat, cheese, vegetables, fruits, and other fillings. Sarita cuts no corners with her empanadas. Her empanadas are stuffed with top of the line ingredients and you will likely get double the amount of filling that you would get elsewhere. Sarita's empanadas are available in a number of combinations so finding an empanada that suits your tastes will be easy. Sarita also offers fried Twinkies and fried Oreos. The food truck is also well stocked with soda, water and other drinks.

Sarita is spreading diversity with a fusion of food and culture and it has never tasted better. Sarita loves the kids that come to the truck, loves the community, loves the Rome Farmers Market, and loves customers new and old. Sarita's offers catering and special orders for your holiday parties. Stop by Sarita's Food Truck and see what fusion can do for you. For more information follow her on Facebook: SaritasSpanishSnackShack. ■



Delta Lake Inn

By AI Dorantes

The Delta Lake Inn, 8524 Fish Hatchery Road in Rome, New York has a color full history. For over 100 years the building has been an inn, restaurant, and even, (allegedly) a house of ill repute. New owner and general manager, Mike Lynskey, renovated the inn and reopened in September of 2009. With chefs Theresa Woolsey and Brian Benoit running the kitchen the Delta Lake Inn has a storied future ahead of itself.

The Delta Lake Inn has a varied menu with items from soups and salads to steaks. Specialties include; Italian greens, really good burgers, and white chocolate bread pudding. The Delta Lake Inn's new streamlined menu is available all day. If you want the Roman, a grilled 14 oz Delmonico Steak topped with Italian greens, Mozzarella cheese & fire roasted long hot peppers for lunch you can get it. If you want a juicy burger like the Delta Burger, a burger topped with Gorgonzola, bacon, Mozzarella, and creamy bleu cheese for dinner then you can have that too.

A brunch to remember every Sunday!

Tuesday and Thursday the Delta Lake Inn has a lunch buffet for \$9.99. The buffet has 5 items, a vegetable, potato, steak, chicken, and pasta plus salad and dessert. The buffet changes each time; Tuesday is different from Thursday.



The views are spectacular at Delta Lake Inn.

The Delta Lake Inn is open on Sunday from I I am to 2pm featuring their Sunday Brunch. Brunch menu items include a champagne station with fresh berries, scrambled eggs, western scrambled eggs, Eggs Benedict, bacon, French toast with maple syrup, breakfast potatoes, roast chicken balsamic, haddock imperial, garlic whipped potatoes, harvest vegetable, fresh salad bar, assorted Danish, assorted petite fours, cakes and pies, (menu will vary week to week).

A unique feature of the Delta Lake Inn is its many separate rooms. The Delta Lake Inn is handicapped accessible. They can accommodate different sized groups in the privacy of their own dining room. All the rooms have different names; Tuscany, Sonoma, Revere, Bordeaux, the piano room (Sunday brunch has piano player) the Lakeview room, and Palisades (banquet room). The Delta Lake Inn has a full bar serving seasonal and specialty drinks.

In their Palisades room the Delta Lake Inn can host weddings, events, and banquets up to 180 people. The staff will customize a menu to meet any dietary restrictions your guests might have to ensure that your event is perfect.

The Delta Lake Inn has numerous events throughout the year. They have happy hour every Friday from 5-7pm with live music on the deck (inside during winter). On Thursdays they host Thirsty Painters, a perfect mix of art and alcohol. In the fall and winter months, September through March, they have a series of murder mysteries scheduled. In March, right in time for St. Patrick's Day, they have a Jamison Irish Whiskey night planned.

Join the Delta Lake Inn's dinner club and receive news about their entertainment schedule, coupons, and much more. Whether it is a burger or steak dinner that you are craving the historic Delta Lake Inn can accommodate. For more information go to: www.deltalakeinn. com or follow them on Facebook: Delta Lake Inn ■



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August 21, 2015 • 21

Mandy's Diner

By AI Dorantes

On Tuesday, August 4th Mandy's Diner, 5616 State Rte 5, East Herkimer, New York, had its grand reopening. The former Donna's Diner was rechristened as Mandy's Diner in honor of owner Greg Costello's daughter Mandy. The Herkimer County Chamber of Commerce and local elected officials were on hand to assist with the ribbon cutting.

Greg Costello, took over in April 2014, explained that the grand reopening was really just a name change and rebranding. The old Donna's Diner sign was replaced with a brand new Mandy's diner sign.

Costello also explained that the core menu and favorites are still the same. New additions include: daily specials, a new steak sandwich, a lighter menu including a half sandwich plus a cup of soup for a good price, sea food platter, Friday fish fry for \$9.95 (they actually lowered the price) available breaded, beer battered, broiled or lemon pepper, and fish and chips \$8.95 (3 pieces of cod plus potato wedges). Greg added that they also removed some underperforming items from the menu. This ensures that customers are getting the freshest and best food.

Greg Costello, a US Navy veteran, retired from UPS. He was a driver who handled



the Dolgeville route. He drove past the diner a million times and finally decided to buy it. Now Greg has some flexibility to make it to a lot more family things

Mandy Costello, the diner's namesake, said she is happy to be behind the scenes, "Until I can take over."

Greg said he plans to keep making improvements and eventually add on to the diner. An ice cream shop is a possibility.

Mandy's Diner is a homestyle diner with great quality foods and excellent service. They are open Monday through Thursday 6am - 2pm, Friday and Saturday 6am-7pm with fish fry and seafood available both days, and Sunday 6am - 12pm for breakfast only. For more information call (315) 866-1483



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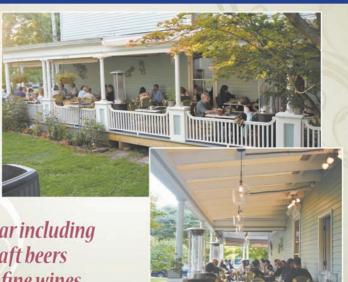
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Tips for grandparents helping to raise children

As retirement age approaches, many older adults envision themselves downsizing and moving to a quaint community to enjoy their golden years in as relaxing a fashion as possible. However, for a growing number of seniors, their retirement years are being spent helping to raise grandchildren.

United States Census data from 2010 indicates 4.9 million American children are being raised solely by their grandparents. CanGrads, a National Kinship Support organization, says approximately 62,500 children are being raised by grandparents and other family in Canada. Many grandparents provide part-time care when their older children

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have to move back home with their families, as roughly 13 million children are now living in homes with their grandparents.

Although being raised by grandparents may not be the ideal situation for all parties involved, such situations are a necessity for many families. Seniors who are once again thrown into the caregiver arena may need a crash course in childcare or a few pointers on parenting in the modern age.

• Get the right equipment. Children certainly require a lot of gear, more than grandparents likely used when raising their own children. Certain safety requirements



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are in place to safeguard young children, and that often means investing in new cribs, car seats, high chairs, and other items. Grandparents should resist the temptation to use old items they may have kept in storage, as such items may no longer be safe and could put grandchildren at risk for injury.

- Gather important documents. Grandparents should keep pertinent documents in one easily accessible place in their homes should an emergency arise. These include birth certificates, health immunization records, death certificates (if the child's parents are deceased), dental records, school papers, citizenship papers, and proof of income and assets.
- Speak with an attorney. Lawyers can help grandparents wade through legal arrangements, such as filing for custody, guardianship or adoption. Options vary depending on where petitioners live, but lawyers can provide peace of mind to grandparents concerned about their grandkids' futures.
- Investigate financial assistance. Seniors may not earn the income they once did and may be on assistance programs or living off of retirement savings. Grandparents who find themselves caring for a child may be eligible for financial assistance. The Temporary Assistance for Needy Families is a joint federal and state program that can provide need-based financial assistance. The AARP or the organization GrandFamilies may be

able to put grandparents in touch with financial advisors in their areas.

- · Contact schools and daycare centers. School-aged children will need to be enrolled in school. Grandparents should contact the department of education where they live to learn about local school systems, especially when grandkids are moving in with their grandparents. Some grandparents can qualify for free or low-cost daycare, and such programs can be discussed with local Social Services offices. Enrollment in school or daycare can provide grandparents with much-needed free time during the day.
- Find emotional support. Taking care of grandchildren is a full-time job. At times, grandparents may feel stressed or out of sorts. Having a strong support system available can help grandparents work through the peaks and valleys of this new and unexpected stage in life. Church- or community center-based counseling services may be available. Grandparents also can check with their healthcare providers to determine if counseling or therapy sessions are covered under their plans.

Caring for grandchildren is a life-changing event. Although it can be fulfilling, it also requires a lot of energy and commitment. But grandparents needn't go it alone, as there are numerous resources available to seniors who suddenly find themselves caring for their grandchildren. ■

"Summer was our best season: it was sleeping on the back screened porch in cots, or trying to sleep in the treehouse; summer was everything good to eat; it was a thousand colors in a parched landscape; but most of all, summer was Dill." ~ Harper Lee

Hunting for Hemingway in Yellowstone country



By GAIL SCHONTZLER Bozeman Daily Chronicle

BOZEMAN, Mont. (AP) _ Ernest Hemingway first arrived at the Clarks Fork River valley on July 13, 1931, bouncing along Yellowstone National Park's gravel roads in a Ford Model A roadster until he reached one of the wildest places in America.

Hemingway was 31, looking for a place to hunt, fish and write, looking to get away from Key West's heat and anyone who fawned over the best-selling author of `The Sun Also Rises' and `A Farewell to Arms." He was seeking something wilder and more adventurous than the Sheridan area he'd visited in 1928 on his first trip to Wyoming.

He found what he was looking for near Cooke City, Montana, an old mining town at Yellowstone's northeast entrance. It was a rough and tumble place where bootleg whiskey - "Red Lodge's finest product," he'd wryly call it - came in over the Beartooths by mule.

Twelve miles from town down a sketchy dirt road, just across the border into Wyoming, Hemingway and his second wife, Pauline, drove over the Clarks Fork on a rickety plank bridge to the L BarT Ranch.

"Hunting in the mts. is more damned fun than anything you can imagine," Hemingway wrote from the ranch to his buddy Henry "Mike" Strater on Sept. 10, 1930. "I saw 12 mt. sheep a week ago. I can guaranty you shots at elk, deer, bear, and Big horn sheep - wonderful rainbow trout fishing - I caught 28 yest aft . all on fly. ... I wish the hell you'd come. This is the most beautiful country you ever saw."

The dude ranch owned by Lawrence and Olive Nordquist was a rustic paradise, framed by spectacular Pilot and Index peaks and the Absaroka Mountains. Ranch hands knew a lot about wilderness and little about famous writers.

"Am going damned well on my book," Hemingway wrote Strater. At the ranch over the decade, he would write parts of "Death in the Afternoon," "To Have and Have Not" and "For Whom the Bell Tolls."

Here the future winner of the Pulitzer and Nobel prizes for literature would spend five late summers and early falls (in 1930, 1932, 1936, 1938 and 1939), until his marriage to Pauline collapsed as he pursued new adventures with Martha Gellhorn.

Yet compared to the writer's more famous haunts - Paris and Pamplona, Key West and Cuba - Hemingway's connection to Yellowstone country and the role it played in his life and writing are little known, even by many locals.

"You hear so many stories," said the clerk at the Silver Gate General Store. "You don't know what's true." "It is a bit of a mystery," agreed Patrick Hemingway, 87, sole survivor of the writer's three sons. After a career guiding big game safaris in Africa, Patrick settled years ago in Bozeman. For last month's reissue of "Green Hills of Africa," Patrick wrote some personal memoirs. He also remembers the L BarT Ranch well.

"Both my older brother Jack and I spent summers there," Patrick said. "It was a nice time for a young boy. I learned to ride and also to shoot. I have fond memories of going on a pack trip. I guess I was around 7 or 8."

His dad and the others rode off to hunt grizzly bears - they would shoot an old horse as bait and wait for it to ``put out'' and start to smell. Young Patrick stayed in camp with Leland Stanford ``Chub'' Weaver, camp cook, guide and Patrick's godfather. The boy was having difficulty in school learning to read.

"He more or less got me reading," Patrick said.

The boy learned to bait fish with grasshoppers, catch cutthroats and ride a "terrible" horse named Pinkie, who dumped him on the ground.

Patrick said perhaps his dad's Yellowstone connection was eclipsed by his later move to Sun Valley, Idaho. The L BarT Ranch had no resort promoting itself, no movie stars posing with the writer for photographers.

"It is funny it isn't as well known," Patrick said. "Actually he did spend more time big game hunting at Cooke City than he ever did at Sun Valley. He had trophies of mountain sheep, elk and bear.

"My dad loved big game hunting and most of the big game hunting he did was in Africa and around Cooke City."

Is the ranch still there? Yes, Patrick said, though it's no longer a dude ranch, sold decades ago to two families that used to come out from Chicago.

He said his dad wrote a lot of ``For Whom the Bell Tolls'' at the ranch.

"I always say it is Hemingway's Western," Patrick said.
"All the things about how the snow makes tracking easy, that was . all knowledge he picked up at Cooke City."

CRAZY CREEK

We hiked up Crazy Creek Cascade to eat bread and cheese on the granite boulders and cast a few flies in a tributary of the Clarks Fork.

Hunting for traces of Hemingway, husband Keith and I had driven from Bozeman into Yellowstone Park, past herds of bison and antelope, past lupine, arnica and fireweed, on the same route the writer traveled 85 years before.

We stopped at the historic Cooke City General Store, where Hemingway posted letters to his New York editor Max Perkins, and drove 12 miles beyond on the Beartooth Highway. The highway opened in 1936, prompting Hemingway to complain it brought in more people and ruined the fishing.

Keith had tied three of Hemingway's favorite flies - a bee-imitation McGinty, a Co-ch-y-bondhu and a Wood-cock and Green. He caught 10 small but eager rainbows on a dry fly version of the Coch-y-bondu, one every few casts.

Pilot and Index peaks still dominate the valley, the rushing Clarks Fork River still glints in the sun. But landowners have plastered the area around Crazy Creek Campground with ``Keep Out" and ``Criminal Trespassing" signs, even where the topo map shows the public owns the land. Unlike in Montana, the streambed is not public. Welcome to modern-day Wyoming.

The private road to the

Nordquist Ranch - owned, according to tax records, by heirs to a founder of Quaker Oats - is gated and locked.

So we bushwhacked over a sagebrush hillside on public land to get just a glimpse of the L BarT. It was a bit of

Cont. page 25

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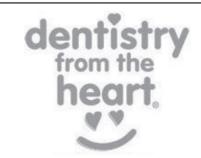
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FAMILY FEATURES

Parents have plenty of things to think about when back to school rolls around, but thanks to Rock the Lunch Box, lunch packing doesn't have to be one of them! Using this helpful online tool, we rounded up a list of delicious, better-for-you lunch offerings that kids will love and parents can feel good about packing. RocktheLunchBox.com is also a great online resource for exploring and sharing lunch ideas, printing coupons and discovering ways to get kids excited about real food. Here's a look at some lunchtime favorites:



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Hemingway from page 23

a eureka moment for me, tempered by the stunning beauty of the peaks, forests and river.

We could see that the owners have kept the chinklog cabins and the ranch looking pristine.

Here, Hemingway stayed with his wife and sons in a two-bedroom cabin, nearest the river, with a cold shower. As biographer Michael Reynolds recounted in ``Hemingway in the 1930s," his routine was early breakfast, writing all morning, fishing after lunch, supper in the lodge with the Nordquists and ranch guests, ``and whiskey afterward in the heavy chairs around the fireplace."

Here, Hemingway rode out one day to Crandall Creek to hunt bears, got thrown by his horse and suffered a deep cut in his chin. He had to drive 50 miles on terrible roads to Cody, where Dr. Trueblood, a former veterinarian, stitched up his face.

Here, Hemingway once rode up to a high mountain lake and threw into the water the Smith and Wesson Civil War pistol his father had used to kill himself. Tom Weaver, Chub's son, recounted his dad's story in the 1999 KUSM documentary 'Paradise and Purgatory: Hemingway at the L Bar T and St.V's." Hemingway retold the pistol story in 'For Whom the Bell Tolls," through the voice of his hero Robert Jordan, a fictional Spanish professor from Red Lodge, Montana.

Here in the summer of 1932, Hemingway wrote by hand a 24-page manuscript for a short story, "The Light of the World," which would sell at Christie's New York auction house in 2000 for \$127,000.

And it was from here that Hemingway started driving in November 1930, heading back to Billings with writer John Dos Passos, camping on the way at Mammoth before crashing and overturning the Ford near Laurel. Bright lights of an oncoming car were blamed, though it was said later that bourbon was involved.

Hemingway fractured his right arm, his writing arm, so badly that he spent seven painful weeks at St.Vincent's Hospital recovering from surgery. Dr. Louis Allard famously used kangaroo tendon to bind the bone together. That Billings experience would inspire the short story, ``The Gambler, the Nun and the Radio.''

In 1939, Hemingway wrote a short reminiscence, ``The Clark's Fork Valley, Wyoming," which appeared in Vogue magazine. He recalled scrambling on rockslides of Pilot Peak to hunt sheep, seeing grizzlies crash in the forest, hearing elk bugling and the elk he ``refused to shoot, and you were pleased about every one of them." He ended the piece simply: ``It's a good country."

`A MAN OFTHE WORLD'

Chris Warren has made following Hemingway's trail something of a quest.

Living in Cooke City for 22 years, Warren met his wife and raised his kids there, owned a coffee shop and tended bar. He had a lot of time in the long winters to read.

Warren stumbled into the discovery that Hemingway's adventures in the West all seemed to have happened within 20 miles of Cooke City.

"This is a huge and really neglected part of his biography, and it had pretty profound influence on his work." Warren said.

Passionate about the subject, Warren is writing a book on Hemingway in Yellowstone. He said he'd started out skeptical of the writer with the macho, womanizing reputation, but reading Hemingway's writings won him over.

Last summer Warren launched Hemingway's Yellowstone guided tours, which he had hoped to expand this summer, until a family medical emergency required moving to Portland, Oregon. He's uncertain whether the tours will resume next summer.

In Silver Gate, we stopped at the pine-log Range Riders Lodge, built in 1937 right after the Beartooth Highway opened, one of the places where Hemingway used to sit at the bar, Warren said. It was empty of guests the

morning we arrived, but manager Maddie Young let us look around the small Hemingway exhibit that Warren had created in the southwest corner room.

Here was Hemingway on the 1952 cover of Life magazine, a vintage Royal typewriter, and lots of images of Hemingway: smiling with young Patrick atop a dead bear, showing off his catch of trout, wearing a heavy beard and chaps on a cabin porch at the L Bar T, grinning with friends

`This wasn't just a place he went to write,"Warren said. ``It was a big part of his life, his family life."

Warren said Hemingway should be judged by his writing, not by the caricature he has become in Woody Allen movies or the cartoon-like `most interesting man in the world" of TV commercials.

One of Hemingway's last short stories, ``A Man of the World," takes place in Cooke City, renamed Jessup in the piece. The action takes place in two bars, The Pilot and The Index.

It's a story about Blindy, whose eyes were gouged

out by Willie in a fight so vicious that Willie's face is disfigured in some horrible way, left to the reader's imagination. Willie is a recluse, but Blindy still goes out to bars and tries to bum drinks and have fun. Blindy says Willie will never be ``a man of the world."

It seemed to me a gruesome story, a picture of how lawless Cooke City was in the 1930s. Warren saw something deeper, an allegory, with a theme akin to that of ``The Old Man and the Sea."

Life is going to leave you wounded and broken. Yet it's not the injuries that define you, it's how you deal with them, Warren said. That's not macho, he said, but insight from ``a deeply sensitive place."

Ernest Hemingway was a man of the world.

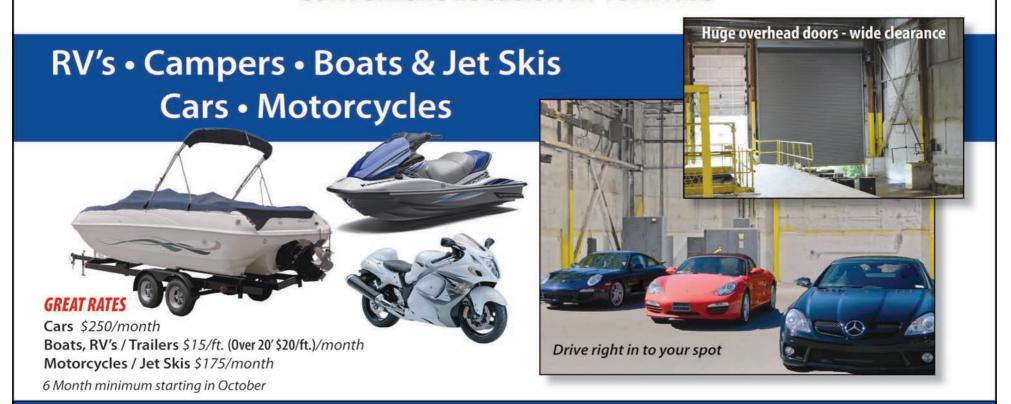
'He had a very full life," son Patrick said. 'I think he was very much aware that it was a fantastic experience to be alive and to go through a life.

``Always, one thing he always said, was, `Your one and only life.'''■

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Adirondack Cheese

By AI Dorantes

Adirondack Cheese
Company is located at
8190 State Rt. 12, Suite 1 in
Barneveld, New York. The
store, located at the gateway
to the Adirondack State
Park, specializes in New
York State Cheddar; aged
on site, from one to seven
years. Adirondack Cheese
Company offers an array of
flavored white cheddars and
cheddar spreads.

With 2 retail shops, featuring their artisan cheeses, specialty foods, snacks and gifts, Adirondack Cheese Company makes it easy for you to experience the

special flavor of the north country. Their headquarters and home base in Barneveld is where all the cutting and packaging takes place as well as being home to all the specialty foods and gift items. The second retail store, located at 13 West Park Row in Clinton, New York offers all of Adirondack Cheese Company's great cheese products as well as all the specialty foods, snacks and gifts. Both shops spotlight New York State products.

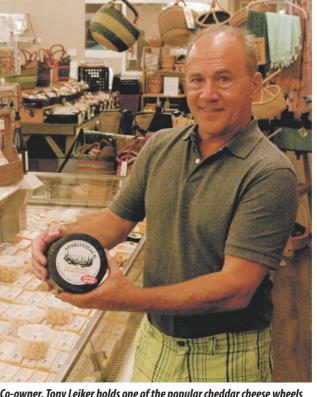
Co-ownerTony Leiker is now living the Adirondack life. How does a former flight nurse and head of a bio-med company come to run a cheese company? Tony asked himself, "What would be something fun to do?" The Adirondack Cheese Company was struggling at that time and he and his partner, co-owner Craig Shaffer, an attorney and former prosecutor, bought it in 2006. Since the purchase Tony has added products to their line, added new equipment, and added new distribution.

Debby Leiker, Tony's sister, is the buyer and manager for Adirondack Cheese Company. She has an extensive retail background having worked for Macy's CA for 21 years. Debby handles keeping the stores stocked with interesting gifts. Patrons know they can find gifts at Adirondack Cheese Company. The retail segment of their business grows every year.

Adirondack Cheese's wholesale, mail order, and retail business goes year round. Adirondack Cheese will ship you their bars, blocks, wheels and spreads as well as other specialty foods all year long. An Adirondack Cheese gift box makes a perfect gift for anyone. They have a variety of gift boxes to choose from and shipping is included within the continental United States.

Tony Leiker explained that biggest growth for Adirondack Cheese Company is with its wholesale enterprise. The more cheese they can get to the retailers; the more great Adirondack Cheese products are available. The wholesale side of the business is also the most time consuming. Tony meets with stores. They do tastings with stores, small chains, and specialty shops. Adirondack Cheese Company is currently available from the Hudson Valley to New York City, in the Adirondacks, Lake George, Albany, from Buffalo, to New Jersey and Connecticut, and more.

Adirondack Cheese Company offers premium grade cheeses. Any cheese with their label is 100% guaranteed to be like no other.Their NYS Cheddar Cheese products are unique and aged to perfection. Adirondack Cheese Company cheeses are the perfect accompaniment for



Co-owner, Tony Leiker holds one of the popular cheddar cheese wheels offered at the Adirondack Cheese Company.

your favorite wine, beer, or cocktail. All of Adirondack Cheese Company's products are hand packed. Unlike other "larger, mass producing cheese retailers," Adirondack Cheese Company provides personalized service.

Whether it is a spread, cheddar block, cheese bars, or cheese wheels you will notice the difference that small batches and artisanal pride makes in these fine cheeses. Adirondack Cheese Company spreads include: cheddar, horseradish, port wine, garlic & herb, hot

pepper, jalapeno horseradish, bacon horseradish, dill, buffalo wing, peppercorn, sundried tomato & basil, blue cheese, smokehouse bacon, orange-honey cranberry and maple bacon. Their cheddar blocks, NYS cheddar cheese, are available in 5 lbs. or 2 1/2 lbs of either their old fashioned extra aged or extra sharp Adirondack white gold. Adirondack Cheese bars are available in: sharp, extra sharp, 3-year, white gold, and flavored cheddars: peppercorn, pepperoni, horseradish, buffalo wing (hot!), bacon horseradish,

Cheddar. The tangy cheese is wrapped in a flavor-sealing coat of old-fashioned black wax.

A typical week for Adirondack Cheese Company starts off with Monday's orders and planning,

Tuesday sees the various spreads being made,

jalapeno, sun-dried toma-

to & basil, garlic, dill, and

and pricing). Adirondack

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to take home the award

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hickory smoked (for 5- and

7-year old call for availability

Cheese Company's Cheddar

Tuesday sees the various spreads being made, Wednesday is cutting and packing the different types of cheddar, Thursday is "Curdsday," Adirondack Cheese Company packs and delivers the fresh cheese curd, and Friday is another block cutting day where they try to get ahead for the next Monday.

Some of the local events that Adirondack Cheese attends included. Remsen Barn Fest, Sauquoit Valley Fine Arts & Crafts Show, and Little Falls Cheese Festival (when it rolls around again next year). This past July they sold out of cheese curd by noon and everything else by 3 at the inaugural Little Falls Cheese Festival. One of the ironic things that holds the Adirondack Cheese Company back from attending a lot of shows is the freshness of their product; it has to be refrigerated so they are limited by the distance they can travel from Barneveld.

Adirondack Cheese Company's spreads are top sellers and new flavors of spreads are always on the horizon as new flavor profiles are discovered. They have already added maple bacon cheddar and their orange-honey cranberry sold so well it is made year round now.

Adirondack Cheese has become a self-supporting business. Tony Leiker explained that they intend to keep growing with controlled growth; slow and steady but they are determined to stay a specialty cheese purveyor. For more information visit: www.adirondackcheese.com or follow them on Facebook: Adirondack Cheese Company.



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This 40 pound cheddar cheese brick gets cut into 64 blocks of cheese by using their harp.

Mechanical Marvel

By Joseph Parzych

We lived on a small farm far from any telephone or electricity. My mother was expected to cook, clean and can, care for horses, cows, pigs, chickens, the garden, and six kids under the age of thirteen.

Washday was a nightmare. My mother lugged water into the house from the rain barrel, pail by pail, to fill a big copper boiler sitting on top of a glowing woodstove. When the water was hot, she transferred it into a washtub, scrubbed every piece of dirty clothing on a metal scrub-board, ran it through the wringer into rinse water and back again.



She refilled the boiler to boil grease-stained work clothes in brown lye soap to loosen the dirt. Soon

steam billowed from the boiler and the kitchen became an inferno. Her hair, wet with sweat stuck to her face. And, with a half dozen kids underfoot, she never quite got caught up.

When a Sears Roebuck salesman drove into the yard with a gasoline washer on the back of a pickup truck, he greeted her by saying, "Lady; have

I got the machine for you." He had no trouble persuading her that a free trial was a great idea, and had the machine puttering merrily on the back step landing in no time. He showed Mother how to operate it, gave a cheery wave and drove off in a cloud of dust.

As soon as one batch of laundry was done, we'd start another, pausing only long enough to change the water when it got too murky. Soon the clotheslines were full. We began hanging laundry on the barbwire fence. Then the machine died. Mother went into a panic, thinking we'd worked the poor thing to death. But, it was only out of gas. I siphoned gasoline from our saw rig and got the washer going again.

We took down curtains and stripped the beds. "Take off your clothes," she said, and she washed those, too. We were now half naked, laying laundry on the lawn to dry, eventually reaching out into the hayfield. When the last of the laundry was laid, the farm looked like a clothing factory had exploded. My mother was ecstatic, her hopes were high. But when my father came home, he just shook his head.

My mother watched, tears brimming, as the Sears truck drove away from the farm with that wonderful washer. "Don't worry, Ma," my older sister Emmy said, putting her arm around her. "Someday I'll get a job and I'll buy you that washing machine."

Not long after that, Emmy left home to work as a maid for \$3 a week. As soon as she saved up the \$5 down payment, Sears delivered the washer to the farm. The day it arrived, my mother's eyes glistened and she couldn't stop smiling. She had water on to heat before the Sears installer finished boring a hole in the kitchen floor for the exhaust pipe.

When Emmy came home that evening, they sat in the kitchen, side by side, listening to that mechanical marvel humming its "Chunka-chunk" song.

MLB Commissioner, Rob Manfred addresses the Rome Area Chamber of Commerce



Rob Manfred Jr. addressed the 103rd anniversary business meeting of the Rome Area Chamber of Commerce on July 24 at The Beeches restaurant.

By PAT MALIN

When Rob Manfred Jr. became major league base-ball's 10th commissioner last January. the job came along with excess baggage by the name of Pete Rose.

Rose, who is greatly beloved and simultaneously hated by baseball fans, is serving a lifetime suspension from the game. Yet he still remains the talk of the baseball world.

Rose's name was on everyone lips, including Manfred's, as they appeared at the annual Hall of Fame induction ceremonies in Cooperstown on July 25-26. Manfred made his first appearance as commissioner at baseball's premier event of the year. Rose, meanwhile, played his

usual role as the pathetic outsider-looking-in/innocent victim who remains highly sought after by autograph hounds.

On the eve of the Hall of Fame ceremonies, Manfred, a Rome native, returned home for a brief visit. He addressed the 103rd anniversary business meeting of the Rome Area Chamber of Commerce on July 24 at The Beeches restaurant and met with the local press.

On Sunday, July 26, he watched as a few good men, Craig Biggio, Randy Johnson, Pedro Martinez and John Smoltz were inducted into the hall of Fame. Just hours later, Manfred was himself tapped for the Rome Sports Hall of Fame.

At every appearance, whether metropolis or a small upstate city, Manfred was questioned ad nauseum about Rose, whom he met for the first time at the All-Star game recently in Cincinnati.

Rose, 74, played from 1963 to 1986, predominantly with the Cincinnati Reds and managed them from 1984 to 1989. But in 1989, he was charged with gambling on baseball and betting on his own team.

Then-baseball commissioner Fay Vincent insisted that Rose be "permanently ineligible" for the Baseball Hall of Fame. It wasn't until 2004 that Rose, in his autobiography, actually confessed to betting on the Reds while he was manager.

But just two months ago, an ESPN investigation revealed Rose had actually bet on his team while he was still a player. That didn't stop "Charlie Hustle" from being cheered by thousands of hometown fans at the All-Star game.

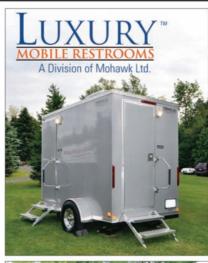
Rose has all the gaudy statistics, and more, of those most recent inductees. He is unquestionably one of the top 10 performers in the history of baseball, if arguably not No. I. He holds records galore. One only has to remember the acclaim he got, deservedly, on September 11, 1985 when he smashed Ty Cobb's all-time record with his 4,192nd hit.

At every appearance since taking office, Manfred has stated he is willing to meet Rose and discuss his case. Manfred insisted he has not made any decision on whether to upheld the suspension imposed by Vincent and continued under his successor, Bud Selig.

"I get a lot of mail, both good and bad (on Rose)," Manfred said following his address to the Rome Chamber.

During that speech, Manfred drew upon his childhood memories of growing up in Rome. Naturally, he played Little League baseball, "but I wasn't good at it," he noted. Instead, he carved out notable success on the tennis courts.

Manfred, who turns 58 on Sept. 28, graduated as valedictorian from Rome Free Academy in 1976. He went









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EDITOR

Stock up on students' tech supplies



Shopping for back-to-school supplies was once limited to picking up a few folders, spiral-bound notebooks and assorted writing implements. But today's students need much

more, including a variety of technological gadgets, to keep up with their classmates.

Technology is now an integral part of many classrooms, where Internet-ready devices

such as tablets, computers and smartboards are part of daily lessons. Although some educators believe overuse of such devices in the classroom can have a negative impact on students and make it more difficult to capture and hold students' attention, many feel that technology integrated into the curriculum improves students' learning processes and outcomes, noting that interactive media and use of technology are conducive to project-based learning.

Many students already know how to browse the Internet, create blogs or manipulate photos. But they may not know how to make use of digital resources with regard to their education. Students cannot learn such lessons unless they are equipped with the tools to facilitate digital learning. Parents who want their youngsters to embrace technology as part of their education may want to consider the following devices.

- * Internet-ready devices: Internet-ready devices include desktop computers, laptops, Chromebooks, tablets, and even smartphones. Assignments may require that students use the Internet, and many of today's teachers create their own websites where they list assignments or post links to supplemental materials. Students may have to confer with teachers via email or share materials with classmates
- * Word-processing applications: Whether students are writing a 20-page term paper or have to type up a short summary for a homework assignment, eventually they will need access to word-processing software that includes basic typing, editing and desktop publishing functions. Many computer software bundles come with a word processor pre-installed. If not, software is available for purchase or parents can download free shareware. Examples of word-processing software include Microsoft Word, Word-

perfect, TextMaker, Corel Write, and Google

- * High-speed Internet: Households that have not yet upgraded to digital Internet services are well behind the times. Many cable and fiber optic television providers now offer television, Internet and phone bundles for reasonable fees. Compared to the dial-up services and initial coaxial Internet of yesteryear, today's Internet speeds are light years ahead. Students who need to stream movies or other content or upload and download large picture or text files often find highspeed Internet invaluable.
- * Digital planners: Many devices come with calendars and planner functions built in, and those that don't can often be upgraded by simply downloading an app that performs such functions. A calendar is a handy tool for students who need to keep current on assignments and tests, extracurricular activities and other important dates to remember. Students may want to lean toward a calendar app that is integrated across many platforms. This way calendar events can be synched and viewed on phones, laptops and tablets.
- * Phones:Smartphones are akin to mini computers capable of more functions than one can imagine. Kids can use their phones to get a head start on homework assignments or to email teachers if they forget an assignment at school. In addition, students who have their own smartphones can easily contact their parents in case of emergencies, and parents can rest easy knowing their kids are always just a phone call or text message

Depending on the courses they take, students may need additional gadgets, such as graphing calculators, scanners and printers. Parents can speak their kids' teachers to determine which devices will support lessons students are learning in the classroom.

Rob Manfred from previous_

on to LeMoyne College in Syracuse, but transferred after two years to Cornell University. He then obtained a degree from Harvard Law School

Manfred was welcomed to his hometown with a

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cornerpost.

reception worthy of Babe Ruth. Manfred was greeted warmly by those who fondly remembered his family. His father was a respected coach who somehow found time to help local youth, despite working fulltime at Revere Copper and Brass.

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Rome businessman Gene Blackburn, president of the board of the United Way of Rome and Western Oneida County, observed the crowd around Manfred at the Beeches and remarked,

he's from Rome!" "There's only one guy in

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the world who can hold the title of major league baseball commissioner and to think

Manfred began his career as a law clerk in Boston. He then became a partner at Morgan, Lewis & Bockius, a prestigious law firm (ironically the original owners of the MLB.com website), specializing in labor relations and employment law.

It was that expertise, not his athletic background, that attracted the attention of Major League Baseball. He began working with the baseball owners during collective bargaining sessions in 1987. During the disastrous players' strike that wiped out the 1994–95 season. he served as the owners' outside counsel.

He was hired by MLB (baseball) fulltime in 1998 as executive vice president of economics and league affairs. He negotiated the league's first drug testing agreement with the players association in 2002.

Over the next 10 years, he continued to represent the owners and earned their gratitude as the players approved a series of new contracts.

He became a trusted advisor to commissioner Selig, and in 2013 when Manfred was promoted to baseball's chief operating officer, he was deemed Selig's heir apparent.

Also in 2013, Manfred led MLB's investigation of the Biogenesis scandal, which implicated current Yankees star Alex Rodriguez, among others, in using performance-enhancing drugs. Last fall, after Selig announced his retirement, a majority of the

30 baseball owners voted for the lawyer, rather than one of their peers to lead the league.

Already Manfred has introduced innovations, such as speeding up the pace of the game. At the Beeches press conference, he said his priority as commissioner is to keep youth involved in baseball. He emphasized that MLB is now a "clean" sport, free of scandal.

He was asked if he recalled any meaningful advice from his father. "Yes, he always told me a big part of life is to give back to the community."

In case you're wondering, can a baseball commissioner root for his favorite team? Manfred said his father is a Yankees fan, so it's easy to conclude, like father, like son.■

Dixie -part two

By Terry Berkson

To recap last issue's story, it was 1965 and we were soldiers out on bivouac in Germany. Whizzer, a private from New York City, gets into a debate about The Civil War with Meyers, a sergeant from New Orleans and an argument about an entirely different subject ensues.

The other soldiers jumped between us before any blows could be exchanged. Meyers broke free of their grip, glared at me and once again left the place without saying a word. I apologized to the startled Germans and began to straighten the disrupted tables and chairs. In a short time we were back to our beers and the rosy-cheeked harmonica player was back to his music. It was as though the scuffle had never taken place.

About an hour later, those of us who had remained at the gasthaus were leaving when Sergeant Polaris, Myers friend, came out of the dark just outside the front door, called my name and tapped me on the shoulder. When I turned towards him, a fist with the full weight and force of Meyers 230 pounds landed just below my left eye. My teeth crunched and my nose cracked as I slumped against a wall. I didn't lose consciousness but I was dazed as Meyers stood in front of me with his fists tightened. Luckily, Hailey and Bartle got between us because they knew if I raised my hands, Meyers would have pulverized me. Though he outweighed me by about 65 pounds I think I could have gotten at least a few licks in because in basic training I had defeated the sergeant who was our hand to hand combat instructor. Bushwacked the way I was, left me defenseless. Meyers seemed to be satisfied with the damage he'd done and

in a short time headed back to camp with Polaris and of all soldiers, Whizzer, the guy Myers had been arguing with.

On the way back through the woods Hailey explained to me what he thought had happened that I wasn't aware of:

"Big mouth Whizzer got Meyers all steamed up about The Civil War as though he was talkin' about a baseball game. Myers was mad but he tried not to show it. When he asked you, a guy from Brooklyn, to stand when they played "Dixie", you did. You were just showin' respect. But, Meyers was already angry and there you were, a Yankee at hand, while Whizzer wisely faded into the background. Myers used your crack about calling him and Polaris 'children' to vent his rage. If Whizzer had said anything more, he would've gotten it. You picked up the tab for Whizzer's wise

My face throbbed as Healey talked and I walked through the woods weighing his analysis of what had happened.

To our surprise, a soldier on guard duty was waiting at our pup tent. He said that Major Otis, the commanding officer, wanted to see me, just me, not Healey or anyone else. Sergeants Meyers and Polaris had raced back to camp, reporting that they had heard I was A.W.O.L. at a gasthaus, that they went to get me, that I had resisted and had fought with Sergeant Myers. By now I must have looked like a mess. My eye was swollen shut and dried blood from my nose was smeared on my face. When questioned, I just kept my mouth shut not wanting to implicate any of the other guys who had been A.W.O.L. and who could have backed



Vessels like those that held the brew that fueled the fight

up my account of what happened. I don't think the major believed Myers' story but it was probably easiest to deal with his version because a sergeant slugging a private, without provocation, would have been a lot more complicated. So, I was the fall guy who took the blame and the punishment.

Even worse, word got around that the quiet southern sergeant from New Orleans asked the Yankee from Brooklyn if he would stand up when they played "Dixie" and when I said, "No," he let me have it. A common jest from guys who didn't know the truth was, "Hey Brooklyn, would you stand up if they played "Dixie?" Unfortunately, Bartle had transferred and Healy was too quiet a guy to set the record straight. Also, it was frustrating to know that the two sergeants had set me up. Polaris had tapped me on the shoulder and 230 pounds of Myers' frustration ran into me like a freight train. Luckily my nose was fractured but not displaced and only an eye tooth was

broken. But, for weeks, my raw meat of an eye attracted attention wherever I went.

One night while I was having a beer at Gasthaus Pfisterer in Ludwigsburg, I observed a young man

rolling a cigarette. When he noticed me watching, he rolled a second cigarette and invited me to join him at his table. It wasn't long before he asked me how I got the "blau Auge", which literally means blue eye in German. I told him my story and from then on we became fast friends. Several nights a week I'd meet Schlango, that was his nick name, at the Pfisterer where he and many of his comrades and their girlfriends would play cards or fuss ball or talk sports and automobile racing. I was always the only American there--like an ex-patriot in a way--thinking that it was safer to drink with these friends than with soldiers who bushwhack you when they've had a few

Today, I doubt if Meyers even remembers the incident. It was a kind of reversal. Like The North in The Civil War, he was the victor and didn't suffer the frustration and humiliation of defeat. I, on the other

hand, like The South, had lost a "battle" that was fought for reasons that were deliberately distorted. There's a phrase I often hear: "The South remembers." I think the incident in Germany enabled me to better understand what those words

As for Meyers, in the months that followed, I often observed that he'd show up for morning formation with scrapes and bruises on his face and knuckles. I think he and Polaris had a regular routine where Polaris would set a guy up and Meyers would launch the attack. I never talked to him again, though one night when he was on duty at a desk where I had to sign in, I was tempted to sucker punch him the way he did me, but the "war" was over and the best thing to do—-as difficult as it might have been--was to forget about it. Obviously, I haven't. Whenever I hear the song "Dixie," I think of Myers and the phrase, "The South remembers." ■

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Guess Engla
Pri
a sol
Voca
land

I was born on January 6, 1982 in England. I attended Eton College with Prince William and performed as a soloist with the school's choir. That vocal training served me well when I landed a role in "Les Misérables."

Answers: Eddie Redmayne

A Kitchen Staple

Olive oil offers nutrition, flexibility

FAMILY FEATURES

ou may be surprised to learn that cooking with olive oil is a simple way to add hearthealthy "good" fats to your diet. In fact, the health benefits, flavor and versatility of olive oil are all good reasons that olive oil is a staple in many kitchens.

Not only can you replace other oils in recipes with olive oil (or extra virgin olive oil for added flavor), in many recipes you can also replace butter with olive oil to reduce saturated

Studies show that your body absorbs nutrients from greens and vegetables better when they are consumed with a monounsaturated fat such as olive oil. These recipes help you get the most out of your veggies, and enjoy a decadent dessert too. Learn more at www.aboutoliveoil.org.

Olive Oil. The One You Love

Olive Oil Poached **Tuna with Crisp Romaine Salad**

Serves: 4

- 2 romaine hearts. cleaned and leaves separated
- hard boiled eggs, cut into quarters 25 Haricot Vert/French
- green beans, blanched
- Olive Oil Poached Tuna portions, recipe follows
- 4 yellow potatoes, peeled Salt and pepper to taste
- 20 Kalamata olives, pitted
- 12 grape or cherry tomatoes, washed

8 lemon quarters Prep romaine, eggs and green beans, and chill the day before. Poach tuna and let cool to room

temperature. Boil potatoes until tender and drain. Season potatoes with salt and pepper while still hot. Let potatoes cool to room temperature, cover with plastic and reserve.

Arrange romaine, eggs, green beans, olives, tomatoes and potatoes on four dinner plates. Break and flake tuna on top and drizzle with olive oil from poaching. Squeeze one lemon wedge on each plate and season with fresh pepper and salt. Serve with another lemon wedge.

Olive Oil Poached Tuna

- 4 tuna portions (5 ounces each)
- 2 cups extra virgin olive oil Kosher salt to taste Black pepper, freshly ground to taste
- garlic cloves, minced tablespoon chopped
- fresh rosemary tablespoons parsley cut in long.
- thin strips 2 lemons, zested and juiced

Drizzle tuna with extra virgin olive oil. Season tuna generously with salt, pepper, garlic, rosemary, parsley and lemon zest. Place tuna in 12-inch saucepot and cover with extra virgin olive oil and juice of lemons. Heat over moderate heat until tuna poaches to medium rare, approximately 7-10 minutes depending on thickness of tuna. Remove from heat; allow tuna to continue to poach and cool to room temperature.

Grilled Flat Bread Pizza with Hidden Vegetable Sauce

Serves: 1

1 large slice peasant bread cut 1/4-3/8-inch thick, or any type artisan/ crusty bread Extra virgin olive oil Salt and pepper to taste Hidden Vegetable Tomato Sauce. recipe follows Mozzarella, grated Parmesan Reggiano, grated

Heat oven to 350°F and heat gas grill or grill pan to medium high.

Brush bread generously with extra virgin olive oil and season with salt and pepper. Grill bread crisp on each side and transfer to baking sheet lined with baking paper. Top each slice with tomato sauce Cover with grated mozzarella and sprinkle with grated parmesan Reggiano.

Bake until cheese is melted, about 10-15 minutes. Cut into wedges and serve.

Hidden Vegetable Tomato Sauce

- 1/2 cup extra virgin olive oil
- cups peeled and small
- diced eggplant cup small diced onion
- cup small diced carrot
- 1 cup small diced
- celery
 2-3 garlic cloves, chopped
- quarts canned crushed tomatoes 2 teaspoons chopped
- fresh thyme tablespoons fresh basil cut in long,
- thin strips 1-2 dry bay leaves Salt and pepper to taste

In large (5-quart or bigger) thick-bottomed pot, heat extra virgin olive oil over medium heat. Add eggplant, onion, carrot, celery and garlic, and saute gently (not browning vegetables or garlic) until vegetables start to become tender. Add tomatoes, herbs and bay leaves. Simmer, uncovered, for about 1 hour, then season to taste with salt and pepper. Puree until all vegetables are hidden in tomato sauce. Chill and reserve to make quick pizzas. Freeze unused sauce in smaller portions for future use.

Olive Oil Ice Cream with Grilled Pineapple

Serves: 6

- 1/4 cup extra virgin olive oil
- 1/2 teaspoon kosher salt 3 tablespoons honey

- teaspoons Sriracha chili sauce golden pineapple Olive Oil Ice Cream, recipe follows Mint sprigs

Sliced strawberries

Combine extra virgin olive oil, salt, honey and Sriracha. Set aside.

Cut top and bottom off pineapple and

remove outer skin. Turn pineapple on side and cut even slices about 3/8-inch thick leaving the core in. Place cleaned pineapple slices in large resealable bag, pour marinade over them, and gently rotate bag to distribute. Marinate overnight or at least 4 hours.

Heat charcoal or gas grill for direct grilling. Use sharp round cutter to remove core before grilling, if preferred. (This is optional; you can eat the core and it is easier to grill with it intact.) Brush grill grates and wipe with rag soaked with olive oil. Grill pineapple on each side about 3 minutes

Transfer grilled pineapple to plate and top with scoop of Olive Oil Ice Cream. Garnish with sliced strawberries and mint.

Olive Oil Ice Cream

- 12 ounces heavy cream
- 1 vanilla bean, split and scraped 2 pinches ground cinnamon

- 1/2 cup egg yolks
- 1/2-2/3 cup honey
 - cup extra virgin olive oil, delicate/fruity flavor profile

In saucepot scald cream, vanilla, cinnamon and milk. In bowl whip yolks and honey. Temper whipped mixture with scalded cream mixture. Pour tempered mixture back into saucepot and cook until it coats the back of a spoon. Don't boil. Strain mixture and cool. Stir in olive oil. Cool and freeze in ice cream machine.







SIMPLE SUBSTITUTIONS			
Margarine/Butter	Olive Oil		
1 teaspoon	3/4 teaspoon		
1 tablespoon	2 1/4 teaspoons		
2 tablespoons	1 1/2 tablespoons		
1/4 cup	3 tablespoons		
1/3 cup	1/4 cup		
1/2 cup	1/4 cup + 2 tablespoons		
2/3 cup	1/2 cup		
3/4 cup	1/2 cup + 1 tablespoon		
1 cup	3/4 cup		

On the edge

By Joan O. Scharf

"All my friends are dating. I don't see why I can't!" Her lipstick pink lower lip stuck out in a sulky expression.

Continuing to snip green beans at the kitchen counter, Addie looked over at her oldest daughter leaning defiantly against the refrigerator. She was clad in jeans and an oversized sweatshirt that hid her underdeveloped slim figure. Addie could still discern a sprinkling of freckles scattered across her face.

"As I said, your father and I talked about it and we think I4 is too young, especially since the boy who asked you out is I7."

"But Mom, he's reliable! He gets good grades. And besides, he's the cutest boy in school. Pleeeese...It's only to a movie." Addie wavered. "Oh, God, help me! I wish kids came with blueprints. It's so hard to know what the right decision should be." She momentarily closed her eyes. A memory edged its way into her mind...

"It's not fair! All the other kids are going! Melvin is a good driver." She was sitting cross legged on the blue living room couch, whining to go to a dance and stubbornly pushing back against her parents' objections.

"I don't care what 'all the other kids' do. You're OUR daughter, and we feel you are too young to start dating," Addie's mother said.

Not one to give in easily,



she turned to her father. "Daddy, I promise I'll come right home after the dance. Can't I go just this once?" He lowered the newspaper he was reading and his dark eyes connected with hers. "Didn't you hear what your mother said? The answer is no." When her father used that tone, she knew there was no space for argument.

With a huffy flourish, she stomped off to her room, outwardly angry, but secretly relieved. She had never been on a date and wasn't sure she was ready to be alone in a car with a boy. Especially one as popular as Melvin. Now she had a good face-saving excuse for not being able to accept his offer. She could tell him and the rest of her friends, with dramatic flair, "I can't go! My parents won't let me!"

Addie straightened her shoulders. Her voice was firm and steady. "Sorry, my

dear. You will have plenty of time to date when you are older. My answer is no." Her tone softened as she added, "Someday when you have your own kids, you'll understand."

66

The best way
to keep
children at
home is to
make the home
atmosphere
pleasant, and
let the air out
of the tires.
-Dorothy Parker

911 To the Rescue



By Joseph Parzych

Seven or eight attractive young ladies surrounded me as I lay on the bed.

"Where's your wallet?" one of them demanded. I handed it to her. "Do you have any money?"

"Yes," I replied.

"Take off your pants."

"My mother warned me about women like you," I said. She didn't smile. A bevy of the ladies descended upon me, stripping me to my shorts.

"Do you want to take off your shorts?"

"Maybe I better not."

Apparently they were just taking a survey, because they whipped those off, too. Soon I was dressed in a johnny with my bare backside open to the breeze. Someone

stuck a clipboard in front of me. "Sign here," she commanded.

"What am I signing?"

"This is a form that states that you understand the privacy laws protecting you."

"I'll sign, but there doesn't seem to be much privacy around here to protect."

It had all started when I awoke at three o'clock one morning with my hands hurting. It felt like "chill blains", the pain of thawing half frozen hands too quickly. At about six o'clock, I could no longer stand the pain and I drove to the Baystate Franklin Medical Emergency room. The ER waiting room was empty. The receptionist did not seem particularly concerned that my hands hurt. The triad nurse asked if I had chest pains, neck pains, arm pains, or back pains.

"Nothing; just pains in my hands. I can barely stand it," I said.

"Well, come on in", she said with a bored sigh, "We'll take a look."

No one seemed particularly concerned until a blood test detected enzymes indicating that I was having a heart attack. They gave me a clot buster shot and quickly loaded me into an ambulance for a fast ride to Bay State Medical in Springfield, MA, lights flashing, siren wailing.

One of the first doctors to greet me was Dr. James Arcoleo in the catheter lab.

"I know this guy," he said.

"Oh, oh," I thought. "This is payback time."The last time I'd seen Dr. Arcoleo was when I'd reprimanded him for his bedside manner. He'd been treating my wife for heart failure and had given her a brutal assessment of her medical condition, telling her that her reserve was gone and that she was "all done". Hearing that she was doomed threw her into deep despair, requiring a series of retail therapy sessions at Wilsons Department Store to bring her out of it. I was able to convince her that she'd misunderstood the doctor, and that we were buying her a new

wardrobe of fancy new clothes because we were going to be going places and doing things. We never did; but she was happy looking forward to these happy times that, unfortunately, never took place.

Back at the catheter lab I assured Dr. Arcoleo. "You've mistaken me for my evil twin."

"I didn't know you had a twin brother."

"Oh, yes. We're both named Joe."

"Do you have any misgivings about me performing this procedure in view of my treatment of your late wife?"

"You performed a minor miracle in keeping my wife alive for quite some time from this very lab, and I feel confident that you'll do as well for me." I made no mention of his bedside manner lapse. Dr. Arcoleo's





Cost-Conscious Ways to Ship Packages

I. Understand how shipping rates are calculated differently among major carriers. Some of the major carriers introduced a pricing system that determines pricing based on dimensional weight (DIM), charging for a package's overall density (both the cubic space a package occupies relative

to its weight). In the past, most packages smaller than three cubic feet were charged by weight only. Customers will now be responsible for the greater of the actual weight or DIM weight, so in many cases prices will be higher. Choosing a shipper with a variety of cost-saving solutions is one way to overcome these cost increases.

"The U.S. Postal Service is changing and improving in a number of ways, and we want consumers to be fully informed about our services and how they compare to others. We offer several pricing options that can provide great savings, such as ounce-based pricing or weight and zone pricing," Budzynski said. "We're here to help clear up any confusion and ensure you are empowered to make the best shipping decision for your needs."

Visit www.usps.com or speak with your local postal service representative to learn more about how the Postal Service is advancing numerous product and service innovations to better serve the public.

2. Protect the contents of your package. Select a box strong and large enough to accommodate cushioning. Use tissue, ink-free packing paper, foam or bubble wrap for delicate items. Close and shake the box. If it rattles, add additional padding to keep items from shifting. Tape the opening of the box and reinforce all seams with 2-inch wide clear or brown packaging tape.

Place a card inside the package with the delivery and return addresses to ensure the safe return of an item that could not be delivered if the mailing label becomes damaged or



falls off.

3. Evaluate specialty services, such as insurance and tracking. Some carriers automatically insure your package up to a designated amount. Be sure you know the limitations and exclusions, and purchase additional coverage if needed to protect yourself in case of damage or loss.

In addition, there are numerous ways, at a range of price points, to keep track of your package while it is en route. Various tracking options are available to let you monitor a package's progress from pickup to delivery; factors such as speed and the type of confirmation you want will influence the cost.

With such a wide range of options available, you are sure to find a fit for your specific shipping needs. Taking time to understand the various carriers and fees for specialty services will help minimize your expenses while getting your package safely to its destination.



911 Continued from previous __

exploration of my heart confirmed that I needed an immediate by-pass operation.

The surgeon, Dr Flack, worked from 9 AM to 6 PM, sewing in six new by-pass veins that he'd taken from my right leg.

In recovery, relatives gathered. Only two could visit, at a time, for a very limited time. They'd come into the room for a little while, but soon announce that they were leaving. "Goodbye," they'd say, and leave. After each one said "goodbye", the first two returned to say "hello" and in a minute, or so, they said "Goodbye" and announced that they were leaving. Soon, two more of the previous visitors arrived to repeat the "hello" and "goodbye" routine.

"What am I playing here?" I asked my brother, Louis, "Whack a mole? This is the third time I've said "good bye" to you. Everyone tells me that they're leaving, and pretty soon they're popping up beside my bed, again."

Louis later said that when he heard me say that, he knew I was going to be O.K.

The intensive care cardiac unit gave me excellent care. It was in a regular room that I ran into trouble. They placed me in a room next to the nurse's station so that I'd get prompt service and extra good care. My first roommate had wide mood swings, going from extremely happy to violent fits of temper, "I have a constitutional right to lose my temper," he'd announce at the top of his lungs, and proceed to demonstrate his right to make everyone else miserable. At midnight, I asked him if he didn't think it was time

to quiet down and go to sleep. That suggestion triggered such a tantrum that it took much of the nursing staff and security personnel to escort him to a single room. I could hear him ranting about his constitutional rights, all the way. Meanwhile, they'd taken me out of bed and put me into a chair. The nurse brought a pitcher of water and instructed me to drink lots of water. I obeyed. Later, when I pushed the call button to tell the responding technical assistant (nurses' aide) that I was going to throw up, she gave me a tiny little tray. I erupted like a geyser, gushing water all over myself. I told her I needed a bigger container. She got me one, but I overshot that, too. After the third eruption, I was soaked, feeling very sick, shivering and shaking. The smell wasn't that great, either. When the aide again responded, after long last, I repeatedly asked her through chattering teeth that she clean me up, get me into dry clothes and back into bed. She said she couldn't get me cleaned up and put back into bed by herself.

"What about getting help from one of those people I hear yakking their heads off?"

"They're socializing. Is it against the law to socialize?"

"It might be, if a patient is being neglected."

"Well, you're just going to have to sit there," she said, as she strode out.

"You think so?" I said to myself.

I picked up the telephone and dialed 911, giving them the room number and the circumstance surrounding the lack of available help from nurses who were too busy socializing. I asked if

they could spare someone, anyone, to help me get back into bed. That got results in a hurry. The socializing nurses were able to tear themselves away from their socializing in a twinkling. The first thing a nurse did, when she came into the room, was to grab the telephone with both hands and yank the telephone wire out of the jack with a vengeance, before giving me a lecture. "Don't you ever dare call 911, again!"

After the 911 call, response to the call button was extremely prompt. I even got nursing personnel from other parts of the hospital coming in to visit me. A pleasant technical assistant from another section came in to praise me for my resourcefulness, stopping by to chat, from time to time. "I'm going to miss you," she said with a chuckle. "You make me laugh."

Before the call to 911, I'd asked to have a vertical window blind fixed because one of the slats stayed open, allowing a yard light to shine right into my eyes, all night, making it difficult to sleep.

"It can't be fixed, because it's broke," the nurses' aide had announced.

I repeated my request after resorting to 911. A maintenance man was there in less than 20 minutes, with a ladder, to climb up and put the errant slat back into place.

On a subsequent visit to the hospital, for an entirely different problem, I wanted to make a phone call, but there was no phone to be seen. No one could tell me why I had no phone.

Later, that day, I heard the telephone ringing. It was in the closet.■





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Hello Again,

A senior-gentleman had an appointment with his family doctor. When he was preparing to leave he asked the doctor. "Where is my coat'? The doctor replied you are wearing it sir. "It's a good thing," you told me the patient said, or I would have gone home without it. When the patient returned home his wife asked, "what did the doctor say about your drinking problem? He said the only choice I have to save my kidney is abstinence. His wife asked, "What are you going to do about it? I agreed with the doctors diagnosis of abstinence as long as I can practice it in moderation.

Possibly the title or heading for this Hello Again should be "goodbye" or "so long it's been good to know you" or even "cry your heart out baby". I believe either of these suggested headlines would attract more reader interest than:

Cigarette smoking causes more than 480,000 deaths each year in the United States--

With a paragraph lead of "smoking causes more deaths each year than all of these combined":

- Human Immunodeficiency virus (HIV)
- Illegal Drug Use
- Alcohol use
- Motor Vehicle Injuries

Possibly we can chat about the following, which might have greater meaning: New York State imposes an excise tax on cigarettes at the rate of \$4.35 per package of twenty cigarettes. Our state's largest city – New York City, imposes an additional local city tax at the rate of \$1.50 per pack of 20 cigarettes bringing a combined tax rate in the city to \$5.85.

Recently I visited one of our local convenience stores and asked what brand of cigarettes is the most expensive. The answer was Newports at nearly \$11.00 per pack.

To cigarette smokers I'm sure this is old information – to non-smokers it must be equivalent to a Ripley's Believe It Or Not.

If a Husband, wife and a teenage son or daughter each smoke 2 packs of Newport cigarettes every day the cost would add up to nearly \$66.00 per day, \$462.00 per week or \$24,024 per year.

What exactly are they getting for their twenty four thousand dollars? A wonderful chance to die from cancer of the lungs, a heart attack years prior to an old age.



I realize that the following statement may be loaded with blarney but just maybe it's not:

If everyone in the United States stopped smoking or using tobacco in any form 30-40 percent of our doctors and nurses would have to look for a new way of life, and the credit card companies which depend on collecting those outrageous – 20-25% interest charges would have to turn to some honest way of life to do business. Naturally your cost of health insurance would take a fantastic and needed - drop.

Let's take a few minutes break. The old barn at Ft. Klock near St. Johnsville was packed with smiles, friendly foot stompings and happy applause while enjoying just good listening music and humor presented by the local Stone Soup group.

The good folks of Fort
Klock invite Stone Soup
each year to present an

millions of do those
get for the
already be

I am not a big fan of Mr. Obama, our President or any other advocate of Big Government. But – on February 4, 2009 the Children's Health Insurance Program Reauthorization Act of 2009 was signed into law. Which raised the federal tax rate for cigarettes on April I, 2009 from \$.039 per pack to \$1.01 per pack. This tax could have prevented smokers from purchasing more cigarettes, but it didn't.

evening of just plain fun.

I am sure the increase in cigarette tax was not to slow down the number of cancer patients and deaths but simply to give the ever-growing government more money to waste.

With all of Mr. Obama's guff about the bad rich people and the helpless poor people, most heavy smokers are poor people. Hence along with their cigarette cough they are actually coughing up most of the increase in Obama's tax.

While smarting over the fortune individuals, companies and governments are donating to the Clinton Foundation. I thought maybe it would be smart to cozy up a little and offer to donate a few of our hard earned bucks. So I visited their beautifully appointed office on Park Avenue. When I entered the office it was devoid of a receptionist (so much for creating jobs). There were two doors marked Gentleman and Ladies. I went through the door marked Gentlemen and found two other doors marked Conservative and Liberal. I opened the door marked conservative and found myself in another room with two more doors - those making over \$100,000 and those making less than \$100,000. I opened the door making less than \$100,000. I went through the door of making less and found two more doors labeled "willing to donate \$10,000 or more" or "willing to donate less than \$10,000." I went through the door labeled "\$10,000 or less" and found myself back on the street.

You were expecting a little blarney. The above is blarney but with a little kick and truth to it. The Clinton Foundation is receiving

millions of dollars. What do those donors expect to get for their money? Has it already been agreed upon? What do you think?

Yesterday while riding on the little red Spyder a man standing next to a lady in a wheelchair waved with both hands. The lady waved with one. It made the cockles of this old Irish heart sing with Hello Again. This valley is still alive with loving and caring people. My prayer for those two, may God Bless and care for you.

Fred Lee

P.S. 70 years ago 129,000 people in Japan were killed when two atomic bombs dropped in Nagasaki and Hiroshima. It has been accepted as one of the greatest examples of the "wrongness" of war. Over 400,000 will die in the United States this year from cancer mostly caused by smoking. And what is the most powerful nation on earth doing about it? Collecting tobacco taxes.

Guess Who?

I am an actress born on April 14, 1977 in New York. At age 4 I was scouted by an agent and started acting commercials and other television work. My best-known roles have been on "All MyChildren" and "Buffy the Vampire Slayer."

Answers: Sarah Michelle Gellar







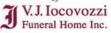
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34 • August 21, 2015 **EDITOR**

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\$1,000,000!

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By Joan O. Scharf

It was Cheri's idea. She had suggested the two of them go off on a sisters' weekend together, and

said she would make the arrangements. In the beginning, Nicole was reluctant, and hinted at making it a 'husbands included' trip, but

On ALL Your Printing

& Promotional Needs

the enthusiasm in Cheri's voice convinced her other-

"No husbands allowed on this trip, Nicki. I know it's expensive, but we're going to splurge and give ourselves the royal treatment. Pack a few fancy outfits and we'll do it up right."

Nicole switched the phone to her left ear, cradling it with her shoulder as she rummaged around to find a pencil to jot down the

"Cheri, did you say we're going to stay at the Equinox Hotel? Ryan and I stopped there one time for a Sunday brunch. It's beautiful!'

"Yes, it'll be great, and fall is the best time of the year to go. Vermont's leaves are almost at peak now and the ride should be spectacular. We appreciate the views, but our husbands aren't big fans'

"I guess you're right," Nicole replied. "Ryan says, 'Once you've seen one hillside of colorful trees, you've seen them all.' I'm the one doing all the oohs and aahs."

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"I know you've been wanting to go to those outlets in nearby Manchester," Cheri said. "If we leave this afternoon we'll have all Saturday to get a good head start on our shopping, and then do some leaf looking Sunday on our way home."

"You mean leave today? So soon? I don't know....I'll have to check with Ryan. He already left for work. Guess you're right about leaving our husbands home, though. Ryan hates to shop and usually sits in the car to read or nap while I'm in the

"There, you see? It's settled. Now hurry up and pack.'

Nicole looked at the clock. Ryan left a half hour ago and should be at the office by now. She picked up the phone again.

"Hi hon. Sorry to bother you at work, but my sister called me a few minutes ago. Remember that shopping trip to Manchester I mentioned awhile back? Well, Cheri booked it for this weekend. Do you mind my

going without you?

Cheri's driving, and we'll be staying at the Equinox Hotel. We'll leave this afternoon and by home on Sunday."

Nicole braced herself for a series of questions, but Ryan quickly gave his approval. He didn't seem to mind staying home by himself. A bit surprised, Nicole slowly replaced the receiver. She thought he would be reluctant to have her go without him, or at least ask for a few

She shrugged, and then sat down to make out a list. So much to do before leaving this afternoon. Her navy blue dress with the beaded neckline needed to go to the I-hour dry cleaners, as well as the suit Ryan wore to the office yesterday. He must have spilled something on it. Might as well start there.

She was standing at the dry cleaner's counter routinely going through the pockets when her hand encountered a folded cream color paper in Ryan's jacket pocket.

Ryan, thanks for lunch. You are so creative.

Do you think Nicki suspects anything? See you tomorrow. Lark

Nicole felt she was encased in ice! Lark was one of her closest friends. There could be no mistaking that name and handwriting. The betrayal from two sides was like a double edge knife being slid between her ribs. She found it difficult to breath. Tears brimmed her lower lids, but anger quickly followed. How could they do this to her! She and Ryan had been married for twenty-six years. Although she was turning fifty in a few weeks, she had kept herself trim and attractive. Lark was only four years younger...it wasn't fair.

She would cancel her trip with her sister. She would drive to Ryan's office and confront him. She would text her so called friend, Lark, and tell her exactly what she thought of her. She would contact a divorce lawyer. She would throw all Ryan's belongings out on the lawn and lock the door..... In the end, she did none of it. She went home, called her sister, and read her the

Continued on page 37



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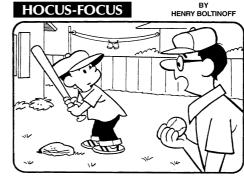
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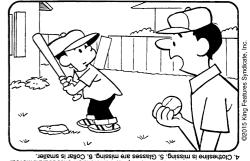
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36 • August 21, 2015 **EDITOR**

10 12 13 14 16 17 15 18 20 19 21 22 25 23 24 27 28 29 30 32 34 35 36 38 39 40 42 43 44 47 49 45 46 48 50 51 52 53 54 55



Find at least six differences in details between panels.



Amber Waves









ACROSS Campus

King Crossword

- mil program Stein or
- Stiller 8 Carpet style
- 12 Vicinity 13 George's brother
- 14 Mimicking bird
- 15 Tide type 16 Cookie
- holder 17 Leave out
- 18 Singer Fats
- 20 Snatch 22 Orange flowered
- impatiens 26 Shade
- 29 Meadow 30 Biblical verb
- suffix 31 Hebrew
- month 32 Carton
- 33 Destiny 34 Veto
- 35 Piglet's mama 36 Metallic
- mixture 37 Unpredict-
- able 40 Sunbeams
- 41 Royal attendant
- 45 Clone 47 Heavy weight

- 49 Queen of Carthage
- 50 Molt 51 Away from WSW
- 52 Cupid's alias 36 Candle 53 Bouquet
- 54 Two, in Tijuana
- 55 Medicinal amount

DOWN

- 1 McNally's partner
- 2 Sandwich treat
- Squad Domed landmark
- Delicate ornament 6 Historic time
- Access to
- a nave 8 Fire sign?
- 9 Weddingrelated
- 10 Blackbird "Roscoe'
- 19 Neither partner
- Camera"
- 23 Emmett Kelly, for one
- "Beetle Bailey" dog

27 Hodgepodge

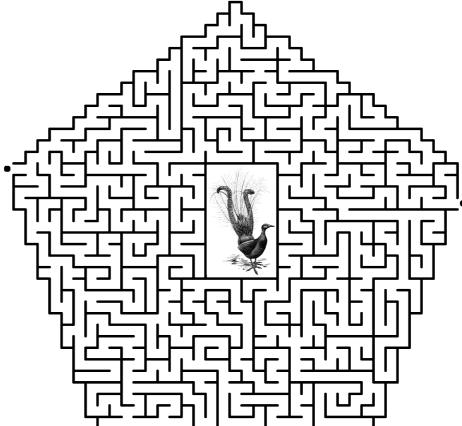
25 Yon folks 26 Minimal change

28 Nonessential comforts

- 32 Bragged 33 Inundated
- 35 Bashful count
- 38 Halloween bagful
- 39 Units of force
- 42 Muralist Joan
- 43 Commotions
- 44 Schnozz 45 Recipe
- meas. 46 Personal
- question? 48 Lennon's

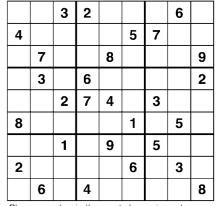
lady

Mega Maze



Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging * * * HOO BOY!

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- LINE: *MAGIC MAZE* ● **SPORTS**

J X U T R P M J G D A X V S Q ECIV(RESTRAINING)

NKIFDUSAXVTQEOM

J H F C D A O A Y W U R S P N

LJHEYLFCBDBZAXV

WORHTEERFTTEBRQ

 $O\;M\;K\;\;I\;\;H\;N\;\;L\;\;I\;\;H\;\;L\;\;S\;\;F\;\;D\;\;D\;\;B$

ZYWVTDTLFCARRIR

QONEULBUADUHILS

KIRHFDCOAOIOHFZ

XWVUSRQFONGMTMK

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

Blue End

First-base Foul Goal

Half-court Midfield Service

Side Third-base

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"Wrinkles should merely indicate where smiles have been." —Mark Twain



August 21, 2015 • 37

\$100 Contest Winner - You could be the next lucky reader



This issue's lucky reader was Barb Kelsey of Hinckley. Barb called in with great confidence! When Charity answered our phone and took down Barb's information she mentioned to her that the winner would be drawn the very next day. Barb's answer? "Then I guess you will be calling me tomorrow to tell me I won!" Now that's confidence! When Barb's name was drawn out of hundreds of entries Charity told me she thought this was the lady who so confidently claimed her prize more than 24 hours earlier! After I made the phone call, Charity's suspicions were confirmed! Congratulations Barb!!

Barb picked up her issue at Barneveld Liquors. She said she really enjoys reading EDI-TOR and looks forward to every issue. When asked what her favorite parts were she said, "The diversity of the articles and the ads are so colorful and great to read." She finds the

entire magazine informative and she loves the fact that it's free to pick up and enjoy!

The new contest clue can be found in the promotional advertisement on this page. We wish you all good luck! The winner will randomly be drawn on Wednesday, September 2nd at 4pm and will be announced in our September | Ith issue!

Congratulations Barb! Stay confident and positive and thank you for being a faithful reader!

Pass the Cake from page 34

After a long thoughtful pause, Cheri asked, "What are you going to do?"

Nicole began to sob. "I don't know. I just don't know!"

"Nicki, listen to me. Please don't make any decision in a hurry. Give yourself time to cool off and think. Come away for the week-end as we planned and we can talk about it. It would be the best thing to do. And don't say a word about this to anyone. Anyone! Promise me?''

Reluctantly, Nicole agreed. She hung up the phone and stared at the list still on the counter in front of her. After the dry-cleaner notation, she had written:

Leave a meal in the refrig for Ryan.

Bake a cake.

Grabbing a pencil, she scribbled them out, nearly ripping the paper. No way would she cook or bake for him again! Running around behind her back like that. And they would probably be together this weekend while she was away ...unless... Nicole had a flash of inspiration. Yes...she would bake a cake for him after all.

Five minutes later, and she was on her way to buy the ingredients. First stop, the grocery store, and second the pharmacy where she bought all fourteen boxes of Ex-lax on the shelf. This would be a chocolate cake he wouldn't forget. And it would keep him at home

and away from Lark. Nicole thought, now I know the meaning of the phrase 'sweet revenge!'

The cake was a masterpiece. Three layers of extra rich chocolate with creamy fudge frosting. It looked like it belonged in a bake shop window. And Ryan loved chocolate. Nicole smiled in merciless satisfaction. The note she left behind was simple. "Enjoy."

Her sister picked her up in late afternoon. Ryan hadn't come home yet, and Nicole was thankful she didn't have to face him.

The Hotel Equinox was charming with its gracious hospitality and old fashioned elegance, but Nicole found it difficult to appreciate. She refused to budge when Cheri suggested the two of them try one of the near-by restaurants for dinner that

"I can't do it. My stomach is all in knots. Let's just have something light sent up by room service."

Cheri said, "I understand how you must feel, so that's what we'll do, but promise me you won't make any hasty decisions about Ryan tonight. Give yourself a little more time. Until Sunday, we won't even mention his name, okay? She crossed the room to give Nichole a warm hug. "Let's try our best to enjoy these few days together. Please sis?'

The next day was spent in therapeutic shopping. It helped keep Nicole's thoughts from the heartache back home. When they returned to their room, Cheri heaped the packages in the closet and Nicole flopped on the bed.

"Come on, Nicki. Get dressed for dinner.

"I'm tired from all that walking and spending money. Let's get a quick sandwich somewhere.'

"No way! We're not going

to do that again tonight! We indulged ourselves to stay at this fancy hotel and we're not going to waste the opportunity to have at least one gourmet dinner here! We deserve it. Besides, I've already made reservations for the dining room downstairs. Get your act in gear and put on your clingy blue dress. The one that shows off your cute shape." Nicole stuck out her tongue at Cheri, and couldn't help but smile. Her sister always had an easygoing knack of making her feel better. Reluctantly she showered and dressed for dinner.

Downstairs, the tuxedoed and smiling maitre'd led them to a large alcove off the main dining room. The area first impressed Nicole as too crowed and noisy for a quiet dinner. She was turning to request a different table, when she was greeted with, "Surprise! Happy Birthday, Nicki!" Family, friends, Lark, Ryan... all there, gathering around her, clapping.

Nicole, momentarily overwhelmed, was at a loss for words. Cheri gave her a quick squeeze. "Sorry I couldn't tell you, sis, but I promised to keep it a secret. Ryan planned it all when

he heard you mention the Manchester outlets a few weeks ago, and asked Lark and me to help."

Pinning a rosebud corsage on her dress, Ryan slipped his arm around her waist and planted a firm kiss on her cheek. "I know we're celebrating a few weeks ahead, but I wanted your fiftieth to be a special surprise.'

The heat of shame crept along her neck. To think she had suspected Ryan and Lark of being anything but the kind good people they

Nicole looked around. Bouquets of flowers and tall ivory candles graced the tables. A cloud of white and gold balloons floated above the chair he indicated for her. A large inscribed birthday cake was wheeled out on a small table of its own, festooned with real pink and red roses. Seeing the cake suddenly reminded her...

"Ryan this is all such a wonderful surprise! Thank you!" She hesitated. "Ahhh...by the way, what did you do with the chocolate cake I left for you on the kitchen counter?'

"Oh, that was a great looking cake and the timing was perfect! I donated it to the bake sale our church was having this week-end."

Misinterpreting the stricken look on her face, he added, "Don't worry, honey. I taped your name on the bottom of the glass cake plate so they'll know where it came from." ■



A Winner Chosen Each and Every Issue!!

email: editor.leepub@gmail.com

OR call our office at 315-985-9137 with your

- 1-Name, Address, and Phone Number
- 2-The page number you find the answer on
- 3-The name of the article you found it in
- 4-The author of that article....
- a random drawing will be held of all correct entries and ONE lucky reader will win \$100*!!!

*Must be at least 18 years of age to participate. MUST BE WILLING TO HAVE YOUR PHOTO TAKEN FOR THE NEXT ISSUE



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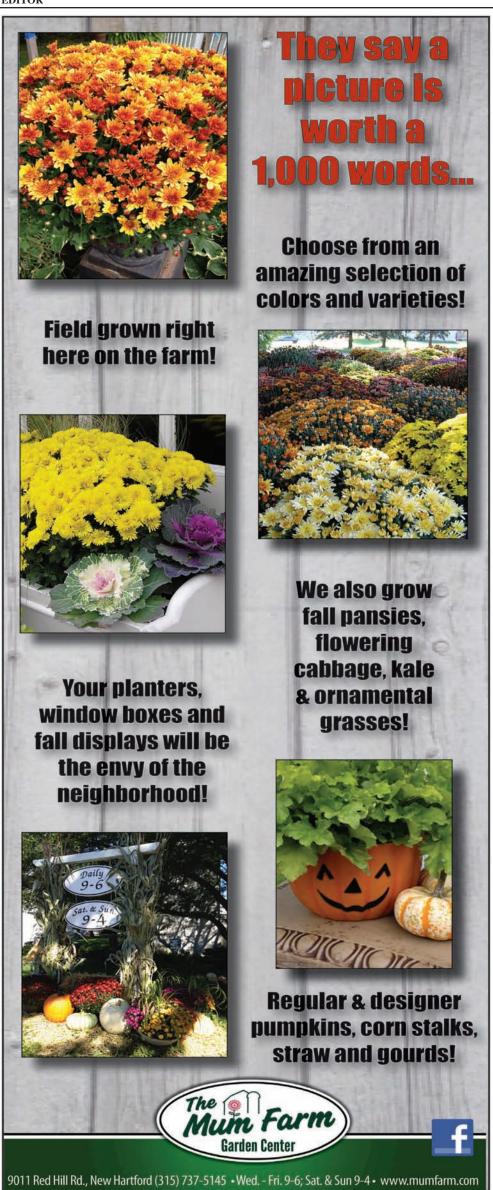
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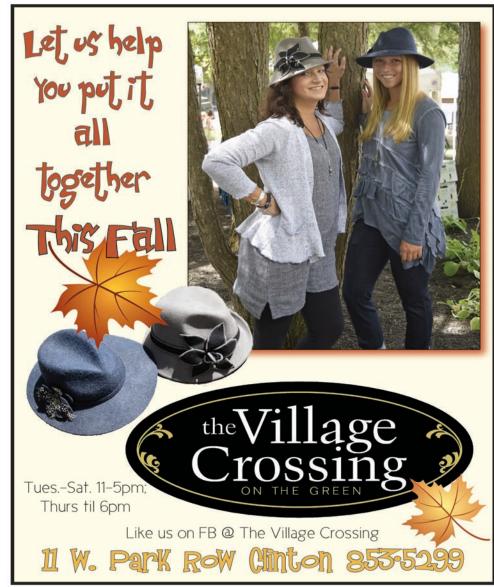


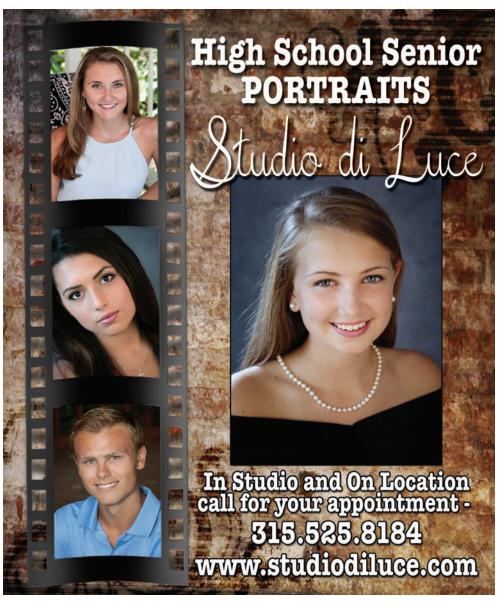


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