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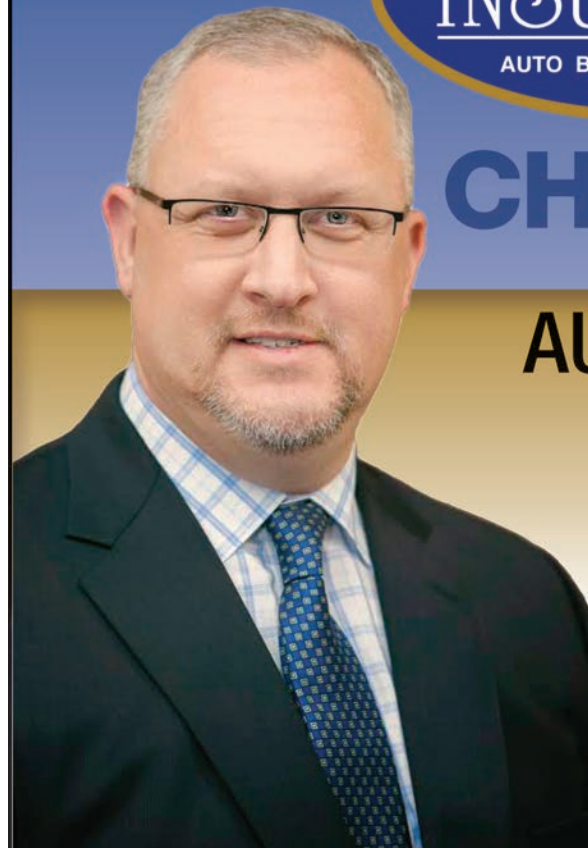
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# What Would Your Mother Say????

## 5th Grade Diorama

By S.D. Shapiro

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

At dinner my fifth grader said, "I'm going to need your help with my diorama project tonight."

Apparently Ms. Hernerfnerfen had assigned this project two weeks earlier. My fifth grader, in their infinite wisdom, decided to wait until the night before it was due to ask for help and finish the water cycle diorama.

"I'm going to need a shoe box," she said in-between bites of tuna noodle casserole.

After a few terse moments of discussion, mostly focused on the fact that nobody in the house has bought, purchased, acquired, or even received as a gift, any shoes in the last six months, I, I mean we, thought we had a plan.

"I already painted the atmosphere on a piece of paper," she added.

My brilliant plan called for approximately 37 gallons of glue. Tape would not suffice. First we used some 3M Super 77 Spray Adhesive. It is a clear glue in an aerosol can. I, I mean, we used it to affix a painted piece of paper with the different layers of the atmosphere diagramed in different colors of paint. The funny thing about Super 77 is that it is really efficient when you get it in the right place. When you accidentally spray your 5th grader's hands along with the atmosphere there will be trouble. After an hour of picking glue off our hands we were ready to continue.

Also of note, the Super 77 may cause the paint



on your atmosphere to run. The atmosphere does not like the idea of being permanently bonded to the back of an old shoe box. We found the shoe box after an exhaustive search of the attic. I think it used to hold wedding photos or some other important documents.

The running paint of the atmosphere has a multifaceted effect. First, a fifth grader will cry. Tears will puddle and run and sobbing is not far behind. Mere seconds after the crying melt down will come the second phase of reaction; yelling. The fifth grader will inform you in their loudest voice that they have spent hours upon countless hours painting and preparing the atmosphere and YOU have just RUINED it.

Your spouse chimes in from the other room, "You should have used tape."

This causes you to yell

back, "It needed to be glued if you're doing it right!"

This will undoubtedly cause more yelling which will eventually lead to more crying. It is the perfect cycle.

I eventually conceded and taped a newly replaced atmosphere inside the shoe box and all was well in the world. We had evaporation. We had condensation. We even had precipitation. We were right as rain. We sent the fifth grader off to school the next morning with the shoebox water cycle, ironically protected from some drizzling rain by an old Wal-Mart bag. Later in the week I got the news that I, I mean we, received an A on the project. When it comes down to fifth grade dioramas, remember, we have all had to make them. We even need to help our kids with them. Stop and think, "What would my mother say?" She would say, "You shouldn't have waited until the last minute." ■

“

Procrastination makes easy things hard,  
hard things harder. -Mason Cooley

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## New York State Police Canine Unit

By Al Dorantes

Some dogs are more than pets. Some dogs are working dogs on the farm or ranch and some dogs work as guide dogs. Some dogs put on a badge and put their lives on the line protecting us. These are the dogs of the New York State Troopers Canine Unit.

In 1975, the New York State Police created the Canine Unit. Three Troopers were selected to receive specialized training to become canine handlers. These first three Troopers were John Curry, Art Krug, and James Keogh. These Troopers were assigned to canines Crow, Miss Jicky and Baretta respectively. These canines were purchased from the United States Army for the sum of \$10,000.00. The canines were put into service solely as explosives detection canines in preparation for the 1980 Winter Olympic Games in Lake Placid, New York.

In 1978, the State Police had success with the initial three canines began training its own canines utilizing the "Baltimore Method". The first training location was the New York State Police Academy in Albany, New York. In 1979, the Canine Unit moved its training to Sidney, New York until 1987 when the NYS Department of Correctional



**Wilder will retire on March 25th.**

Unit was provided with a state of the art training facility unmatched anywhere in the United States. The Facility is a 10,000 square foot colonial style structure set on approximately 2,000 acres of pristine countryside. The Facility can accommodate 15 students and staff and provides a variety of training applications. The Facility additionally serves as a central command center for the entire Canine Unit. The training facility is centrally located in the State and is open to all Police Agencies.



**Trooper Mark Buzzard and CT**

Services provided the Unit with a training location on the grounds of Great Meadow Correctional Facility in Comstock, New York. The Unit continued to grow from those first three canines to a level of 50 in 1990.

In 2000, the Canine Unit finally found a permanent home in Cooperstown, New York. Through the generosity of philanthropist Jane Forbes Clark and the Clark Foundation, the Canine

training to receive certification. Upon completion of the Canine Handlers Basic School, the teams are sent out on patrol and receive re-certification bi-annually at the Training Facility.

The Baltimore Police Department, was chosen as the training agency. The BPD possessed one of the largest canine units in the United States and were experimenting with a new method of training that came to known as the "Baltimore Method". The "new method" of training dictated that the canines be sociable, allowed to be in and around the general public, and reside in the handlers residence. Most canines up to this point were extremely aggressive and kenneled when not in use. This method, is still one of the most prevalent training methods in the United States.

Trooper Mark Buzzard, assigned to Troop D – Oneida explained that every New York State police dog is named in honor of a Trooper who lost their life in the line of duty. Trooper Buzzard's current partner, Wilder, is named after Carl T. Wilder who died in 1927. Wilder is scheduled to retire on March 25, and Trooper Buzzard's new partner, CT will carry on the name sake and Carl T. Wilder's memory.

When Wilder retires he will retire in the comfort of Trooper Buzzard's home. Buzzard said, "Every Canine Handler wants to have his partner with him when they retire."

The dogs of the New York State Troopers Canine Unit are German Shepherds, Dutch Shepherds, and Belgian Malinois, and also bloodhounds. Each dog is specially trained in either narcotics detection or explosives detection. Dogs are not trained in both disciplines. When a narcotics dog alerts they scratch at the area where drugs are present. You do not want a dog scratching at a potential bomb. Bloodhounds are of course used in tracking which the shepherds do as well.

Did you know that all canines are now generously donated to the Canine Unit through Humane Societies, private citizens, and breeders from all over the northeast at no cost to the State Police? These canines undergo a rigorous screening process which includes testing in: sociability, play drive, aggression, agility abilities, and state of the art medical screening provided by the Canine Unit's veterinarian prior to assignment to a handler. Upon the conclusion of the canine screening process only the most suitable canines are chosen for the twenty week Basic Handler School.

Being a canine handler for the New York State Police is a demanding position. It is also demanding on the dogs as well. The vigorous selection process means that only the best and the brightest handlers are teamed with the best and brightest dogs to patrol the State of New York. ■

Over a twenty week training period, a new handler and an untrained canine are teamed together and undergo a strenuous program during which the teams are instructed in: basic obedience, agility, handler protection, either narcotics or explosives detection, tracking, building searches, veterinary first aid, and land navigation - map and compass course. The students are required to pass all aspects of



# Elder Care SPOTLIGHT

Tips & Information to Navigate Senior Life

## Use it or Lose it



In the world of eldercare the term, "use it or lose it" gets bandied about often. The term is usually reserved for exercise and physical abilities. In our modern times the goal is about living to 100 years, so keeping mobile is fundamental in reaching that destination. Physical exercise can limber your limbs and keep you mobile and make your golden years easy to navigate. Physical exercise can be as simple as walking or as strenuous at playing tennis a couple times a week.

The body is a temple and as we keep it in good repair we should remember to exercise our brains too. Recent research into brain plasticity has shown that the brain continues to make new neurons throughout life in response to mental activity. This means that your brain can continue to change and grow throughout our lives. The brain is designed and constructed to be stimulated and challenged; it needs to be stimulated and challenged.

You can exercise your brain as simply as you physically exercise with reading or puzzles and games. Whether you

read the encyclopedia, the newspaper or even trashy romance novels reading is mental exercise. Reading stimulates the imagination and can help maintain cognitive skills. Reading has been proven to aid in delaying the onset of Alzhiemers and related diseases. Another useful benefit of reading is that it allows learning new things, even

for the elderly. Learning is part of brain plasticity and key to keeping mental acuity.

Brain exercise can include crafts, puzzles, and games. These activities have shown to reduce the risk and help slow down the progress of dementia. Just like physical exercise different puzzles and games have different

effects on the brain. Crossword puzzles; whether you do them in pen or use a pencil to erase can have a positive effect on brain health. Crossword puzzles foster creativity and improve memory. Crossword puzzles also increase verbal communication and fights against dementia. Word searches, a staple of life since grade school, can be beneficial as well. Finding patterns in the jumbled letters increases dopamine production. The so-called reward molecule has an impact on the body that is felt in many different areas, including motivation, memory, behavior and cognition, attention, sleep, mood, and learning. Sudoku is a number based logic game. The grid based game adds

exercise equation. Besides the entertainment value the inclusion of logic and mathematics stimulates the brain and can even have a calming effect as the game is played.

In this high tech world we live in, there are also apps available with brain games specifically designed to exercise your brain while having fun. From simple matching games to word searches and crossword puzzles are all available with literal bells and whistles at the touch of a button on smart phones, tablets or computers.

Whether you are reading, doing a crossword puzzle, or playing a brain game exercising you brain is as important to eldercare as exercising the body. Get out there and flex your brain. ■



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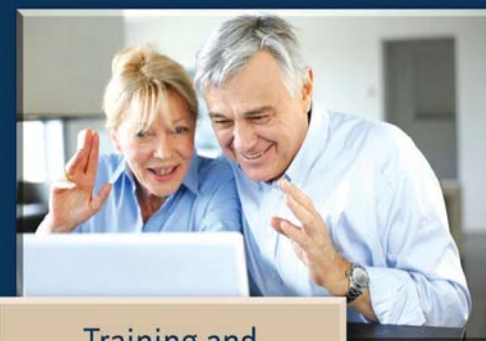
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# HAIR MATTERS

by Amanda Comstock  
at Julie Diehl Salon



Most women over the age of 50 think that they should have a certain appearance. I hear way too often that they are "way too old for that" or "not in their 20's anymore". My advice for these clients.... you're NEVER too old to look and feel amazingly sassy!

My client Liz is the perfect example. You would never be able to guess her age, and to tell you the truth, I hope I'll look this good! She has always rocked a shorter style but fairly recently we changed it up a bit. She came to me one day about a year ago and said she wanted to go platinum. Being my client for about 7 years now I was thrilled with her decision! She's one of the classiest women I know and I thought this shade would be fabulous on her!

Also during her consultation she mentioned wanting to be slightly spiky on top...which also made me giddy!

I got started with her color first. Goldwell has an amazing lightener that allows me to use it right on the scalp so it's easy for me to achieve that platinum blonde without the risk of chemical burn.

After 15 minutes under my processing machine, she was ready to cut! I

decided on a razor cut for the sides and back to give her a super fringy look and keep the hair nice and tight to her head. The bangs and top I used regular shears. Using a point cut technique to keep a bit of texture and give her the spiky look she wanted.

After the cut was done I styled it up using KMS Sea Salt Spray before I dried it for a bit of texture and separation and after it was dry I finished with Goldwell Unlimitor which is a



spray wax to define her texture and add shine.

The whole process took an hour start to finish, cost Liz \$60, and she's been rocking this look ever since with a monthly appointment to maintain it!



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## Compass Lessons

By Joe Parzych

In the Army, learning to read a map and to use a compass was an essential part of our training. The first time I went out on a map problem with a group of trainees, was at Fort Belvoir, Virginia. Our practice objective was a stone boundary marker. From studying the contour lines showing elevations on the map, I saw that the marker was on the other side of a hill rising up, right in front of us. The hill was covered with a thicket of treacherous brambles, but the map showed a small stream running around the base of the bramble covered hill, leading to the marker.

As the others were trying to get a compass reading to locate the marker, I attempted to convince them that we needed only to follow the stream around to the other side of the hill to

find the marker. Though I tried to convince them that our main objective was to find the boundary marker, they scoffed at my idea, saying our orders were to use the compass. Turning their backs on me, they began thrashing through the thicket of brambles in the direction indicated by the compass reading.

I followed the stream along the base of hill to the stone marker, and sat waiting for them, unscathed. After a considerable time had lapsed, the rest of the troop emerged, scratched, torn, and bleeding, quite some distance downstream from the marker, since they'd found it impossible to get an accurate reading on the compass amidst the brambles. When everyone returned, our training sergeant informed us that the lesson was a deliberate trick to

demonstrate that a little common sense and studying the map could have saved them from unnecessarily battling with the brambles, and that they could have achieved their objective, far sooner.

Quite some time later, while serving in Japan, I took part in another compass practice session. This time it was a night training exercise. Our compass dials were dimly illuminated by a little battery powered light bulb. The bulb was dim so as to not be visible to the enemy, making it barely visible to us! On this particular exercise, we needed to use two compass readings to reach our ultimate target. Our first objective was to first find a box nailed to a tree. In the box was the second compass heading. A large steel structure sat next to a railroad track. Using our compass. In a box nailed

to a utility pole next to the structure was a note with a second compass heading that would lead us to our final destination, a large barn. With the first compass heading, we had no problem finding the wooden box affixed to the utility pole near the steel structure. The second compass heading written on a slip of paper inside the box was supposed to direct us to a barn.

I have excellent night vision. Before setting out, I crouched low to the ground and was able to make out that the first objective was a steel structure. I concluded that it was a trap. I could also dimly make out the barn against the night sky. I informed one of my buddies that I thought it was a trick. Because a compass needle is magnetized, a steel structure would draw the compass needle to it, giving an erroneous reading, unless the person reading the compass distanced himself away from the structure when using the compass. He then would need to do a little dead reckoning to compensate for the distance he'd moved away from the structure, but that shouldn't have been a problem.

The soldier reading the compass ignored my warning of the steel structure, falling into the trap. He used the erroneous reading to lead his followers to wander, aimlessly into the night, lost, in the rugged terrain, until long after dawn. I and my friend, who had faith in my night vision ability and reasoning, found the note on the pole by the steel tower. With the second compass heading recorded, we visually found both the steel structure and the barn. We retrieved the compass headings at each site only as proof we'd found each objective, then returned to our tents for a good night's sleep. ■



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# Rare Air of Kilimanjaro

By Pat Malin

When Maggie Peterson of Remsen first visited Tanzania two years ago, she could only view Mt. Kilimanjaro from afar and it was obscured by clouds.

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She accomplished her goal on Feb. 15 with a group which included her son, Joel Peterson of Staten Island, her brother, Emmett Murphy of Maryland, and two local friends, Jill Tyksinski of Clinton and Paul Fortin of Boonville, in addition to about 20 porters and experienced guides.

Peterson is employed as a law clerk for Supreme Court Justice David A. Murad of Utica. She is a veteran runner of marathons and half-marathons along with Tyksinski, a physical therapist.

Peterson felt they were prepared for the grueling, nine-mile trip physically and mentally. Nevertheless, her up close and personal view of Mt. Kilimanjaro was almost more than she bargained for.

"By virtue of the climb being seven days up, and one-and-a-half days down, together with the camping element, it was more difficult for me than a marathon," Peterson said in a phone and email interview.

"A marathon is over in hours, but the climb required daily resilience dealing with rain, damp, wet or cold camping conditions." And battles with altitude sickness.

Kilimanjaro is the only commonly-trekking mountain where extreme altitudes are encountered so quickly, according to one guide's website.

The hikers can use a personal oxygen system or take Diamox medicine to avoid the onset of altitude sickness, which can result in headaches and fatigue, and in extreme cases cause vomiting, brain swelling and death. Prior to starting the trip, Peterson said she took anti-malaria medicine, but two days into the trip the members of the group



**Summit from left: Emmett Murphy- guide Ernest Kutingala, Maggie Peterson- Joel Peterson- Jill Tyksinski- guide Justin Kisota- Paul Fortin. Photo courtesy of Ebensafaris.**

switched to Diamox.

"My brother suffered lack of appetite due to the altitude, which weakened him," she said, but the rest of the trekkers did fine.

The group arrived in base lodging in Arusha National Park on Feb. 9. They drove to Lemosho, the base of Mt. Kilimanjaro, the next day. That's more than 3,000 feet above sea level.

The hikers are allowed a maximum of 40 pounds in their packs. Peterson said she and her son each hired a personal porter.

Beginning on day two, they ascended two to three miles a day to where the trip organizer, Taraji Kilimanjaro, and porters had set up tent camps.

"We had all the amenities of home, large tents that you could stand up in, double mattresses, a shower tent, even potty tents," she exclaimed.

To help the trekkers acclimate to the altitude, the rule of thumb is to hike to a certain height, but to later descend to sleeping quarters at lower elevations. Day Two camp was already at 11,400 feet, better than halfway.

The final trek to the summit took an agonizing eight hours. Weather conditions are in constant flux on the mountain. While base camp is set in a near-tropical rain forest environment, the summit is

usually covered with snow and glaciers and is closer to arctic conditions.

"On the seventh day, (there was) a warm sun for the early hours, changing quickly to brutal cold and wind on the final summit," Peterson reported.

The group celebrated and smiled gratefully as they posed for photos at the summit, which is perched on a volcano. They enjoyed the views for about 20 minutes, despite a temperature around zero Fahrenheit without the wind chill from 25-mile per hour wind gusts.

By the time they descended to 18,500 feet, it was approaching nightfall. "We started descending around 6 p.m.," Peterson said. "We had head lamps, but the snow does reflect the light."

Then she ran into her only difficulties of the hike. "I got

wet going through two feet of snow descending from the summit to the crater where we slept, and nothing felt dry that cold night at 18,500 feet."

The following day, they were able to descend to camp at 10,146 feet. "Going down the mountain the next day was hard on the quads (quadricep muscles)," Peterson noted.

The trip organizer, Taraji Kilimanjaro, believes in giving back to the Tanzania community. The participants have the option of making donations to one of Taraji's designated charities or one of their choice.

"Jill and I intended to raise money for a Tanzanian refugee and school for orphaned or abandoned girls but I had three deaths in my immediate family while planning for this trip, so I didn't have time to

organize a fundraiser," said Peterson.

Paul Fortin, a retired teacher from Adirondack Central School and a Vietnam War veteran, embarked on the trip partially to raise funds for Hennessey VFW Post in Boonville and the military rehabilitation program at Sitrin Medical Rehabilitation

Center.

On his Facebook page, he announced that he had received \$7,042 as of Feb. 29. Hennessey Post expects to solicit additional funds to allocate toward the Sitrin Foundation's 5th annual Stars & Stripes Run Walk on Sept. 17 at SUNY Poly in Marcy. ■

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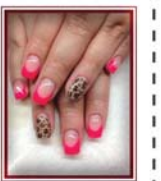


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# Pickleball

By Pat Malin

Even in this day and age of explosive social media, video cams and selfies, it can still take years before a new trend catches on in the Mohawk Valley.

Fear not, Utica won't be kept out of the loop forever.

Nevertheless, it has taken 50 years for pickleball to reach the shores of the Erie Canal in Utica. This fun, social and recreational activity made its debut nearly a

year ago at the Jewish Community Center on Oneida Street in Utica.

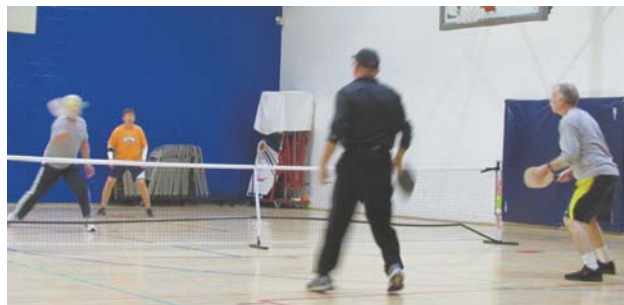
Some residents of Washington State claim credit for inventing the sport in 1965. Yes, it is a legitimate sport with its own governing body, a set of rules and tournaments galore. By 1990, pickleball was being played in all 50 states. It now has spread to 10 Canadian provinces and 10 foreign countries.

In New York State, there

are 136 chapters, according to the USA Pickleball Association.

David Meislin brought the game to Utica last April after hearing about how it captured the retirement community of The Villages in Ocala, Florida by storm.

"I saw it on (NBC) news with Tom Brokaw a few years ago," he said. "They have 130 courts at the Villages and it draws people to buy homes there because of the pickleball courts."



**A Pickleball match in motion as Warren returns one over the net to the opposition.**

Its unique name and its green wiffle ball might draw the curious at first, but its followers soon come to appreciate its simplicity and ease of playing. The game combines the best features of tennis, badminton and ping pong and it can be played indoors on volleyball or basketball courts or outdoors on tennis courts.

The pickleball court resembles that used in tennis, but much smaller. The wooden pickleball racquet is slightly larger than a badminton paddle. The perforated plastic wiffle ball is about as light as a shuttlecock.

In each of these sports, one person serves to the opponent on the opposite side of the court. The net is 22 feet wide and 34 inches in the middle.

Like ping pong, a player serves underhanded and can only win points if he or she is serving. A match consists of 11 points.

Meislin said he has 30 people on the club's roster, with about 20 active members. As many as 12 people can play doubles at one time using the three courts at the Jewish Community Center's gym.

"What I like about it is that the court is one-third the size of a tennis court, so there's not as much running around," he explained. "It's for older people, but you definitely can get a good workout from it. It's addictive. I could play it every day."

Ray Baker, another avid player, picked up the game several years ago while living in Florida. "I heard that it started on the West Coast," he said. "It's popular with retirees. It doesn't take as much skill as tennis. It's more like ping pong on a court."

Meislin said the best pickleball players are those who have a background in tennis, although pickleball

Brett, and David's brother-in-law, Bob. Susan and Brett purchased their own racquets, which are a better quality than those provided by the league.

"It was easy to pick up," said Bob Evans, who is not a tennis player. "It took me about three months."

Meg Cullinan, a retired coach and athletic director from West Canada Valley Central School in Newport, compared the game to racquetball. "I love it," she said as she took time out during a match with Susan Evans.



**James Day getting ready for an exciting match of Pickleball.**

On a recent wintery Monday night, about 15 players gathered at JCC. The benchwarmers rotated in and out of the rotation.

The JCC offers pickleball three times a week, Monday and Wednesday evenings, 6-8 p.m. and Sundays, 7-9



**Dave M and Debra ready to receive a serve.**

"Tennis helps, but most of us are not tennis players," commented David Evans, who sometimes makes up a family foursome with his wife, Susan, their son

a.m. The cost is \$25 for a 10-week season, plus an additional \$5 per session. The club provides paddles and balls. ■

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# CABVI gains National Attention



CABVI, Central Association for the Blind and Visually Impaired is located on Kent Street in Utica.

By Daniel Baldwin

CABVI, Central Association for the Blind and Visually Impaired, is known to be a non-profit based agency and another community-based program. Their headquarters are located on Kent St. in Utica, N.Y. The company's mission, according to their website, [www.cabvi.org](http://www.cabvi.org), is to help the people, who are blind or visually impaired, to achieve their highest level of independence. Employees of CABVI do whatever they can to assist the people who cannot or barely see and offer them jobs.

The organization's hard work and dedication paid off last year as the company won the 2015 Employment Growth Award from National Industries for the Blind. This Employment Growth Award is awarded each year to a blind-assisting and non-profit agency that put the most effort in helping people with these issues and growing the business's popularity and income.

This was not the first time that this company received this award. This is the sixth year-in-a-row that CABVI has won this same prize, according to the CABVI Public Relations Manager Pam DelMedico.

According to the company's recent press release, the agency is made up of 252 employees and 112 of them are blind or visually impaired.

"Our employees are very proud to be able to participate in this agency," Steve Gannon, CABVI Director of Development, said. "There's a real sense of honor in being able to participate. If you go back a decade, the agency's overall employment has grown from 124 employees to 252. The number of people, who are blind and employed by the agency, has grown from about 57 to over 100."

This non-profit agency originally started in 1929, according to [cabvi.org](http://cabvi.org), and was founded by a group of Utica citizens and community leaders who recognized that this city needs a place that helps the blind and visually impaired. This later led to the birth of CABVI and the company's mission still remains the same today. CABVI started its business on Court St. in Utica, but the agency later moved to its current location on Kent Street in 1980. General Electric donated this location CABVI.

CABVI has already expanded its business all across New York State, and they do more than giving the blind independence and employment opportunities. DelMedico said that this company also store and ship many office supplies, medical products, fabrics, flashlights, and biodegradable products.

"We do several things," she said. "We have two warehouse operations that we also have locally here in Utica. We operate five supply centers on five different military installations throughout the northeast. We have a contact center in Albany. We opened a new production facility, CABVI Syracuse Industries, in Liverpool, and right here in Utica, we do several rehabilitation services, which are free of charge."

The low-vision products which include flashlights and other house or office supplies are shipped to the blind and visually impaired residents who live at their homes. The company's federal products which include the medical and other big products are shipped to the hospitals and TSA (Transport Security Administration).

"Our low-vision products are purchased in our website shop ([cabvi.org/sight-shoppe/](http://cabvi.org/sight-shoppe/))," DelMedico said. "Those are purchased by people who are blind and visually impaired for use in their everyday lives. It helps with their finances, their grooming, or cooking. Our federal products are shipped to our customers of the TSA. We work with the VA (Veterans Administration) hospitals nationally. We also ship medical supplies to the New York City Health and Hospital Corporation down in New York. So the federal products pretty much go everywhere."

Although CABVI expanded its industry and came up with great ideas that helped grow their business, storing and shipping office and medical products, DelMedico said that she and the rest of her co-workers will continue to focus and grow off of their number one goal, which is to help the blind and visually impaired.

"It's always an honor to be recognized by a national organization," she said again, "and CABVI is just striving to do the best that we can do to keep our mission out in front, which is to assist people who are blind or visually impaired to be able to achieve their highest levels of independence. It's the most important thing." ■

# Endzone Pub and Grub Sports Bar –opens in Herkimer

By Daniel Baldwin

Having trouble finding a local sports bar and grill in the Village of Herkimer? Are you looking for the perfect place, in Herkimer, to hang out with your friends, enjoy a delicious meal, and watch any game on the big screen. Well no need to search because The Endzone Pub and Grub, a sports bar and restaurant located on North Main Street in Herkimer, just opened its doors on Friday, February, 12.

The idea of creating this sports bar and the name originally came from a classic movie. In the 2000 movie, The Replacements, there was a bar scene that contains all of the main characters drinking and having fun. It turns out that the name of that bar, in the movie, was called The Endzone.

"The name, "The Endzone Pub and Grub," came from a movie, "The Replacements," Brock Morra, Herkimer resident and owner of this bar, said. "There was a bar in The Replacements and the bartender in the movie is from Dodgeville. He is a friend of mine, so that's where the name came from."

The Endzone serves a wide variety of finger foods, which include burgers sandwiches, wings, and much more. They will also have weekly specials, and there is, of course, a bar area that has a wide variety of beverages. Seven big screen televisions are placed above the bar and on every table of this eatery, so customers do not have to fuss over which game they want to watch.

There is even a Wall of Fame, which shows the names and pictures of all of the local high school, college, and professional athletes who made a big play during the game or broke scoring records during the season.

But the one thing that makes this restaurant look like a sports bar are the many sports jerseys and helmets, which are hung and placed all around this area. Morra said that he received these jerseys and

helmets from local football, basketball, and baseball coaches from a high school, collegiate, and professional level.

"It's a local sports bar," he said. "It's not a Yankee or cowboy bar. It's a football, baseball, and basketball bar. We had local coaches

donate jerseys whether it's from Herkimer College, Mohawk Valley Community College, the high schools locally, or some of the stuff that I had while playing."

The restaurant owner was born and raised in Herkimer, and he said that he has worked in many

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Routine dental examinations and cleanings are an important component of oral healthcare for both children and adults. However, many children do not visit the dentist until well after the time recommended by medical and dental professionals. Parents may be unaware of the dental health timeline, or they could be reluctant to bring their children for fear of how their kids will behave — especially if parents are harboring their own apprehensions about the dentist.

The American Academy of Pediatric Dentistry recommends that a child go to the dentist by age 1, or within six months of the eruption of his or her first tooth. Yet, according to a survey commissioned by Delta Dental Plans, the average age of a child's first dental visit is 2.6 years.

Parents worried about how their kids will respond to the dentist can take the following steps to acclimate kids to

dental visits to make them more comfortable during their appointments now and down the road.

- Be a positive role model. Children frequently learn by example. If they see their parents being diligent about dental care, they're more likely to embrace proper oral hygiene. Bring children to your own dental appointments so they understand the process and become familiar with the type of equipment used.

- Stick to the first-tooth milestone. Take your child to the dentist on or about when his or her first tooth erupts. Early dental visits will get kids used to going to the dentist and prevent minor problems that may lead to more complex dental issues.

- Be supportive and instill trust. Avoid telling your child that everything will be okay. If a procedure is needed, this could affect his or her trust in you and make the dental office an even greater source of anxiety. Simply be

supportive and offer a hand to squeeze or a hug if your child needs you.

- Consider using your dentist. Some parents like to take their children to a pediatric dentist, but it may not always be necessary. Many family practices cater to patients of all ages, and the familiarity of the office may help make children feel more comfortable. Speak with your dentist about the ages they see.

- Steer clear of negative words. Michael J. Hanna, DMD, a national spokesperson for the AAPD, suggests using positive phrases like "clean, strong, healthy teeth" to make the visit seem fun and positive rather than scary and alarming. Let the office staff come up with their own words to describe processes that won't seem too frightening.

By employing these techniques, kids' dental visits can be more pleasant for all involved, paving the way for a lifetime of healthy teeth. ■

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**The Endzone, Herkimer, a great place to grab a meal and enjoy the great sports environment or to settle in and watch the BIG game with your friends.**

Herkimer restaurants and bars in the past. His experience in the restaurant business and love for the village was the one reason why he wanted to open this sports bar on Main Street.

"I wanted to stay here in Herkimer," he said. "I worked in the bars in Herkimer since 1991. Then I thought I would make a nice little niche for people who are just going out to watch a game and get some good food. I think we hit the nail on the head by creating this sports bar."

The restaurant's business has been steady for Morra and his crew. The owner said that he received a good amount of customers, as well as a few high school coaches and local

athletes.

The Endzone Pub and Grub is open weekdays 11 am to 2 am and weekends 1:30 pm to 2 am.

"I have a feeling that The Endzone is going to grow rapidly," Morra said again. "We will continue to keep serving people locally, putting good food out, and create a good atmosphere for people who want to hang out. Whether it's a parent with their kid after a Pop Warner football game, a little league baseball game, or an evening for the adults to watch a basketball game, it doesn't matter. We'll be here providing good times for people who want to see the game." ■



# Building Stones Fair Trade Shoppe

By Lisa Lauritsen

CLINTON, NY Tucked beneath the expanse of a church more than a hundred years old, the Building Stones Fair Trade Shoppe may be the best kept secret just off the green in Clinton. At the right hand of this towering Romanesque structure, and through the cellar door, you'll find an unexpected trove of dyed silks, stippled beads, and embroidered tapestries that would beguile Arachne; organic cotton skirts that swirl and caress, spices and condiments from the far corners of the earth, all to make your pirate heart swoon. Exceptional variety and high quality products aren't the only reason you'll love shopping here. Building Stones sells only items backed by Fair Trade principals including but not limited to: fair salaries, safe working conditions, entrepreneurship, and employee owned tools and manufacturing. It's about building sustainable communities that stand on their own, are proud of their cultural heritage, and care for their eco system.

There is a story behind every item here. The carved stone and onyx is made in Pakistan in a single facility that engages Sunni, Shia, and Christian artisans without discrimination. Their shared need to earn real income, and their crafts unify this small microcosm and no doubt make for better relations outside the workplace. The rich, melty



bars of chocolate rival anything you can get at the market and are completely cruelty free. Did you know most of the chocolate we gift our children at Christmas and Halloween is made by kids their same age? Beans to bar, these yummys are harvested by adult hands and processed by adult hands. Silks here are produced using age old methods that promote cultural longevity and high fashion options for thrifty consumers.

I'm no stranger to buyer's remorse. If it were a virtue you could smell in 80 percent of the shoes I've bought and never worn, or feel it in the pricking pain of buying the Howard Stern Sound effect app that didn't work, or hear it in the clapboards the year I bought the farm, well, a\* farm, only to find goats cannot be fenced, and ogling at the patchwork vista at dusk is better shared than alone. I could go on... gym membership's sound familiar?

And, thank goodness time is only theoretically money. In a world where a typical department store offers over fifty varieties of toothpaste, fad diet foods flip across the shelves, and coveted iPhones are status symbols I'd guess I'm not alone in my idiotic and sometimes regretful purchases. Journalist and author Mignon McLaughlin stated, True remorse is never just regret over consequence; it's a regret over motive" And while she may have been referring to interpersonal relationships, I'd say buying gets personal, or maybe it should, in a culture where we rely on our purchases to tell others so much about ourselves. Buying from places like the Building Stones Fair Trade Shoppe offers a guilt free shopping experience that unite us with merchants and virtues of our actual self-spring, effortlessly and in style. Years ago when yet another hurricane ripped

through Nepal, one of the poorest countries in the world, a number of Christian organizations banded together and asked what they could do to help. In typical fashion they thought of fundraisers and bake sales, but the answer they received compelled them in a whole new way. Advocates amidst the rubble of Kathmandu stated the best way to help rebuild their homes and stabilize their society was to simply "buy our things". The Fair Trade alliance became the liaison between stores like Building Stones to help communities help themselves through fair, non-exploitive commerce. This particular store boasts items from over 37 countries and prices range from \$1.50: think about those melt in your palm chocolate bars, yards of colorful stringed beads, to \$150.00: think meticulously threaded tapestries, vases,

and unique cultural art. I find the gifts I love most to give and that are best received, are thoughtful and entail some kind of story. When I want a gift as beautiful and rare as the person I'm gifting this is one of the places I hit up. Not only will you enjoy the experience of shopping at

The Building Stones Fair Trade Shoppe but you'll be giving a gift twice; once to yourself, or a lucky friend, and another to merchants throughout the world striving to better their families and communities. ■

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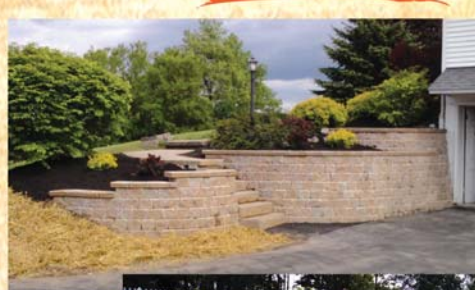
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The majority of homeowners want their properties to appear as appealing as possible. While many homeowners want to be proud of their properties and come home to a welcoming home each night, the benefits to maintaining landscaping go beyond the notion that well-cared for lawns make for more comforting retreats.

Because numerous variables, including landscaping, influence property values, it's difficult to assess just how much the property values of homes with impressive landscapes are influenced by those very landscapes. Indeed, studies have produced varying results regarding the effect of well-landscaped homes on property values. But what many studies have shown and what many realtors indicate is that impressive landscaping adds a significant amount to property values, with estimates suggesting landscaping increases home values by anywhere from 5 to 20 percent.

*“Professional landscapers may have a host of ideas for your property that you would never think of.”*

Such estimates are good news for homeowners, and they also highlight the stakes involved when making landscaping decisions. Homeowners with green thumbs may embrace the challenge of revitalizing their lawns and gardens, but many, especially those pressed for time, can benefit greatly from working with professional landscapers.



prevent potentially costly repairs down the road.

- Professionals can provide inspiration. In addition to maintaining properties, many landscaping professionals have vast experience improving properties through landscape design. Professional landscapers may have a host of ideas for your property that you would never think of. Homeowners with little to no lawn and garden experience may not realize all the things they can do with their properties, and those who go it alone may end up with unappealing landscapes that do not attract buyers' attention when the home hits the market. Professionals typically have a wealth of ideas and, perhaps more importantly, they understand

which ideas will and won't work on a given property.

- Professionals can remove some of the stress of managing landscaping projects. Homeowners know that home improvement projects, whether they are addressing home interiors or exteriors, can be stressful. Professional landscapers typically have a network of profes-

sionals, including contractors, who they have worked with in the past. Such connections can ensure more complex projects that require both landscapers and construction contractors go as smoothly as possible. In addition, homeowners who receive contractor recommendations from their experienced landscapers tend to rest easier knowing the people working on their properties have already developed a rapport and established a successful track record working together.

Professional landscapers can be just what homeowners need to turn their properties into appealing oases no buyer can resist. ■

## Why hire a professional landscaper?

Maintaining a property requires more than just mowing the lawn every couple of weeks. Even homeowners committed to making their properties as pristine as possible can run into problems when adverse weather conditions pose a threat to lawns and gardens. The following are just a handful of reasons why homeowners may find working with landscaping professionals is the best thing for their properties and their bank accounts.

- Professionals understand the local climate. Experienced professional landscapers will understand the local climate and the challenges it presents to your lawn. Experience can prove invaluable as lawns battle adverse conditions that threaten its survival. While homeowners going it alone may struggle through a trial and error period as they try to address problems threatening their lawns, experienced professionals are more likely to identify the problem immediately, providing a ready solution that can



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# Make the most of mulching



Lawns and gardens can often benefit from the laying of mulch. Mulch serves various purposes in lawns and gardens, and many experienced lawn and garden enthusiasts lay mulch to ensure their properties make it through spring, summer and fall unscathed.

First-time homeowners with little or no landscaping experience may not understand the benefits of mulch, which can be used to strengthen soil and protect properties from the elements.

## What is mulch?

Mulch refers to a material spread around or over a plant to enrich and/or insulate its soil. Many homeowners prefer mulch made of wood chips, which is both

effective and readily available. The U.S. Environmental Protection Agency notes that organic mulches, which include leaves, wood chips, compost or grass clippings, can be used by homeowners who want to develop eco-friendly landscapes.

## Why mulch?

Mulching can benefit plants around a property in various ways. Many people lay mulch because the mulch helps soil retain moisture in the summer; when temperatures tend to be at their hottest. This can help plants survive summer heat waves.

Mulch also can be used to suppress weeds. Weeds, which steal moisture plants need to build strong roots and survive summer, need light to grow. When laid

correctly, mulch deprives weeds of the light they need to grow. Organic mulches can even provide homes for crickets and a type of beetle that feed on weed seeds.

Mulch also can deter harmful pests depending on the type of mulch homeowners choose. When purchasing mulch, homeowners will have to choose between the aforementioned organic mulch or man-made mulches, which may be made of plastic or rubber. While man-made mulches may re-

pel pests, they also can have adverse effects. Plastic, for example, can heat up in the summer and cause plants to burn. Certain organic mulches can repel insects that can threaten plants. That's because the majority of organic mulches increase the amount of beneficial bacteria in the soil, and they also increase the presence of helpful insects that do not pose a threat to plant life. Those helpful insects help keep harmful insects at bay. Compost is a type of or-

ganic mulch that may attract harmful insects. While that does not mean homeowners should shy away from using compost as mulch, they should know that they may need to employ organic insecticides to combat their unwanted guests.

Mulch is a potentially valuable tool homeowners can use to improve the look and health of their properties. ■

“

Spring is nature's way of saying, 'Let's party!'  
-Robin Williams

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## Reclaimed wood

add instant appeal to your home projects

Repurposing salvaged wood is a popular trend in the home improvement industry. Not only can using salvaged wood give a home a one-of-a-kind look, but it's a handy way to incorporate the three Rs of green living into your lifestyle: reduce, reuse and recycle.

Reclaimed wood is often used in flooring, beams, wall treatments, and doors, but it also can be turned into furniture or home accent items. Reclaimed wood adds warmth and historical interest to a home's decor that newer materials may lack. Although finding wood that can be salvaged takes time and some legwork, such efforts can quickly pay off. Many businesses are now devoted to reclaimed timber, which can help make the process of finding and using salvaged wood even easier.

Homeowners considering reclaimed wood may be interested to learn that such wood can serve various functions aside from benefiting the planet.

- Match old-growth wood. New regulations may prevent certain species of trees from being cut down. That means it can be challenging to match old wood in a home, particularly if you're looking to maintain historical value and authenticity. Relying on salvaged wood items can alleviate this concern, ensuring that you can find rare woods that are no longer available brand new.

- Salvaged wood has character. It's difficult to mimic the natural age marks and character that older wood may have. Instead of being raised on farms, wood harvested decades ago probably grew in natural environments, making the wood both durable and strong. The color and grain of salvaged wood may also be unique.

- Look at objects in a new way. Doors are versatile pieces of reclaimed lumber because they're already flat and rather large. Doors can be turned into headboards, tables or benches. Staircase or porch posts can be



**Salvaged doors, fences, shutters, beams, and so much more can be put to new use.**

turned into candlestick holders, and wood shutters can dress up walls and provide a place to hang artwork and other wall items.

- Reclaimed wood can be found everywhere. Most people do not have to look too far to find wood they can salvage. Check salvage yards, landfills, dumpsters in front of older homes being renovated, or older, unused barns in rural settings. You also can collect driftwood or discarded shipping crates.

While some reclaimed wood can be used as-is, some pieces may require millwork, including sanding, cutting, shaping, and finishing. If you do not have these skills, you probably will have to hire someone who does.

The Internet is awash with ideas for putting salvaged wood to use. Get inspired and then find the pieces that will fit your project. ■

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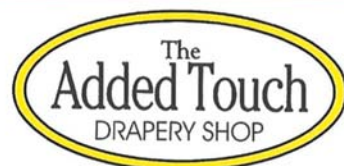
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## 5 simple ways to go green at home and save money

(MS) — Thinking green throughout the year can offer some significant benefits. Here are some easy ways you can go green in your own home and lower your energy bills:

Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you're out for the day, away on vacation or sleeping.

Switch all of your lightbulbs to CFLs (compact fluorescent light) or LED bulbs. They last longer and use up to 75 percent less energy than standard incandescent bulbs, saving you money on your electric bills. Insulate well. Use insulation



with a high R-value, such as Roxul Comfortbatt, to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home efficiency, ensure other areas of your home are well insulated, such as crawl spaces, basement headers, walls

and ceilings. It will keep your house cool in the warm weather and take the stress off your air conditioning unit.

Stop air leaks around your home by sealing existing gaps and cracks. Use caulking or weather stripping around doors and windows. Installing a door sweep is also a good idea.

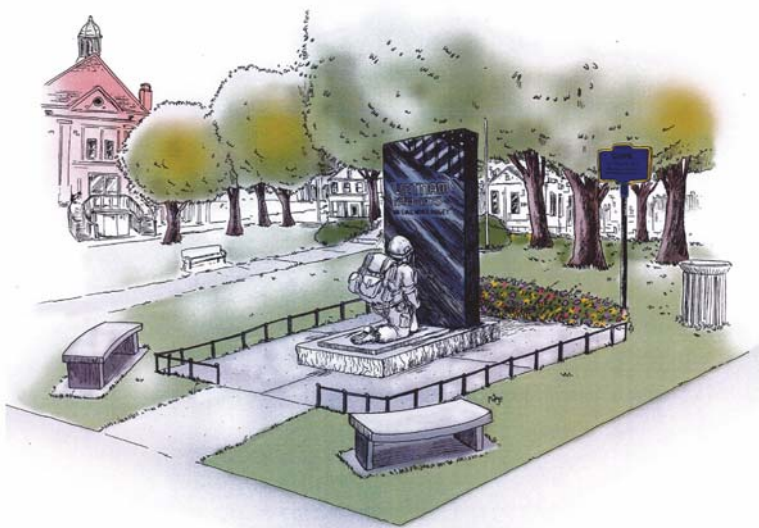
Replace old appliances with energy-efficient models. Only do laundry or run the dishwasher when you have full loads.

Remember that many little improvements can add up — providing valuable monthly savings for you, while protecting our environment for the future. ■



# Rome Vietnam Memorial

-hoping for a 2017 unveiling



By Al Dorantes

In Rome, NY a group of Vietnam Veterans and their supporters are currently fundraising in an effort to erect a memorial for Vietnam Veterans. The New York State Vietnam Veterans Memorial Fund, Inc. (formerly known as Vietnam Veterans of America Chapter 708 of Rome) is an organization that was formed specifically to build this memorial explained member, Rick Falcone. Falcone said, "We're hoping for a 2017 unveiling."

The memorial design incorporates a life sized soldier, in full combat gear, kneeling before a large slab with, "Vietnam 1959-1975 We Shall Never Forget" engraved into its face. The group has raised approximately \$16,000 to date. The estimated cost of the memorial is approximately \$85,000. The group is asking for the public's help to make this mission a success.

If you are interested in donating, contact Victory Chrysler Dodge Jeep Ram located at 5827 Rome Taberg Road in Rome, New York. Victory kicked off the nearly 1 month

old campaign making the first donation of \$800 to the fund. Victory also assists the fund by sending letters to local businesses and covering advertising for the project. Victory's Paul Uvanni said, "I read an article and thought, this should be done." All donations are welcome whether it is \$1, \$5, \$10, or more. All donor names are added to a poster in the Victory Chrysler Dodge

Jeep Ram showroom. Uvanni said that they're hosting a carwash at Friendly Putt Putt in May - all for the memorial fund.

For more information or to donate contact Linda Carlson at Victory Chrysler Dodge Jeep Ram by calling (315) 337-0512. All checks should be made out to Vietnam Memorial Fund. ■

## Save money and stay cool as temperatures rise

(MS) — Excessive energy bills can be a concern in spring and summer, just as much as they are in the winter. So how can you save money while keeping your home cool? The solution is simple: Top up your attic insulation.

A poorly insulated attic is a primary source of energy

loss, forcing your AC unit to work harder than necessary over the warmer months. Most attics are insulated, but oftentimes the amount of insulation present is inadequate — especially in older homes. Over time, insulation can settle and compact, allowing heat to escape through gaps.

Topping it up is easy. Ideally, you want to aim for a depth of 16 inches of insulation for an overall R-value of 50. When existing insulation is present, simply level existing insulation to the top of the joist. Lay a fire- and moisture-resistant batt insulation, like Roxul Comfortbatt, on top of joists, running

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## Top 5 home projects to help you save money

(MS) — It's remodeling season, and with so many projects on the to-do list, which should you tackle first? While some projects provide great long-term return on investment, a few simple ones can provide instant savings. Here are the top home spring projects to help you save money:

### Caulk around windows and doors

Stop air leaks around your

home by sealing existing gaps and cracks. Use caulking or weather stripping around doors and windows. Installing a door sweep is also a good idea.

### Insulate your home

Use insulation with a high R-value, such as Roxul Comfortbatt, which can be used to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home efficiency,

ensure other areas of your home, such as crawl spaces, basement headers, walls and ceilings, are well insulated. It will keep your house cool in the warm weather and take the stress off your air conditioning unit.

### Clean your AC unit

Come spring, it's not uncommon to find an air conditioner's condenser and compressor blocked up with dirt and debris. This can

result in greater stress on the unit, causing it to work harder. Giving it a thorough cleaning is easy and can help maximize your AC unit's service life while minimizing your energy bill.

### Plant trees

Direct sunlight can heat up surfaces and building materials, as well as the interior temperature of your home. Consider planting trees in strategic locations to provide shade and reduce cooling costs.

### Install a rain barrel

Water is an important, but costly resource. Installing a rain barrel is an easy and affordable measure to reduce your water consumption, while keeping your lawn and garden looking great.

These simple home maintenance tasks can be well worth the effort, potentially providing hundreds of dollars in annual savings. ■



“  
The strength of a nation derives  
from the integrity of the home. ~Confucius

Save money from previous

perpendicular to the first layer. Ensure batts are butted against each other tightly. Fit batts closely to cross joists; cut batt if necessary (this can be done easily with a serrated blade or bread knife) and leave no space between layers. Don't forget to insulate the attic hatch to the same level as the rest of the attic. Apply weather-stripping to the edge of the hatch to reduce air leakage. Keep in mind that only IC-rated electrical fixtures can have insulation placed with zero

clearance. Follow the manufacturer's instructions and local building code to insulate around the chimney. When a house is insulated properly, energy savings can add up over time. Remember, insulation starts working the moment it is installed and can last for the life of the building. Tips on this easy, low-cost DIY project that will reduce your home's energy loss and save you money are available at [www.diywithroxul.com](http://www.diywithroxul.com). ■

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## Young Scholars Liberty Partnerships Program

—Growing Big Dreams



By Al Dorantes

Young Scholars Liberty Partnerships Program (YSLLP) is a multi-year collaborative project, established in 1993 with Utica College (UC) and the Utica City School District (UCSD). This program is designed by education professionals to motivate diverse and talented students to stay in school, earn a New York State Regents Diploma with Advanced Designation and graduate college and be career ready. Young Scholars students participate in a comprehensive program providing academic, social, and cultural enrichment.

Each year, Young Scholars serves approximately 350 students from grades 7 through 12. UCSD teachers nominate students in sixth grade. Those selected include students identified as possessing the potential for success in secondary and post-secondary school, but who may not achieve their full potential due to social and economic factors.

The major components of the year-round Young Scholars program are:

academic support, training and special review sessions; counseling provided by social workers and staff; summer program on the Utica College campus; community service; enrichment activities, along with college and career exploration; mentor program involving community members and parent involvement and parent education programs.

The Utica College Promise; Utica College offers admission to all Young Scholars who successfully complete the Young Scholars Program by earning a New York State Advanced Regents Diploma. Eligible students will receive financial assistance consisting of

Young Scholars designated scholarships, grants, loans, and work-study allocations to meet their financial needs.

Through educational and social skills development, Young Scholars enriches our community by motivating students to achieve college and career readiness for life-long success.

Pamela Matt, Esq., executive director, explained the selection process. In October they reach out to 10 elementary schools for nominations of 6th graders. These are students who are identified as having promise to graduate but have some sort of barriers for further education; whether social,

Continued on page 27

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## Embrace the wonders of wireless at home

Electronic devices enable us to access information, communicate and engage in entertainment. Consum-

er electronics also have transformed the typical household.

Data from the Consumer Electronics Association, CTIA and U.S. Census Bureau paint a picture of just how immersed in new technology society has become. Statistics indicate the typical home of 2.6 people has an average of 24 electronic gadgets in use, including one or more smartphones. These devices include eReaders, HDTVs, laptops, tablets, printers, digital cameras, DVRs, Bluetooth speakers, portable GPS devices, and more.

To meet the demands of all of these devices, some homes need an electronics overhaul, including beefing up the capabilities of Internet connections and wireless networks. Many Wi-Fi routers claim to be capable of supporting as many as 255 connected devices. While this is theoretically possible, having that many devices on a standard home wireless router can compromise how well a network works. The results may include slow Internet browsing abilities, long lag time and even connection interference or

droppage. When considering renovation projects around the home, it may be worth it to pay attention to electronic devices and their connectivity.

### Start with the router

The wireless router in your home is a technological workhorse. When the router goes down, your devices follow suit. Without a router you will not be able to access the digital signal from your Internet Service Provider and send it out to all of your devices.

Many older routers broadcast on a 2.4GHz signal, the same as many other radio devices. Crowding on the 2.4GHz spectrum could cause slowdown during the busiest times of the day for Internet traffic. It may be worth it to invest in a new router that can search for other channels that have less traffic and broadcast through them.

### Test your speed

Relatively inexpensive software can show you your Internet speed numbers to see if your connection is meeting the speeds promised by your ISP. If your speed is slow when tested at various times in a given day, you may want to upgrade your service package



to a faster service plan. If the speed is adequate, you can invest in some other options.

### Get new hardware

Routers should be placed in a central location so that the signal can be accessed throughout the house. But router placement may depend on where your cable or fiber optic lines enter the home. If router signal interference seems suspect in slower connections, hardware, such as a greater-range antenna, wireless access points, and wireless repeaters can help expand your router signal throughout the house. Speak with a wireless network expert about the options that may be best for your home. Another consideration is a Wi-Fi plug that uses existing electrical circuits in a home

to expand the signals offered by the router.

### Expand your gadget list

Once a wireless signal is verified and confirmed as adequate, you may be interested in additional devices that can tap into the wireless network and make your home run more efficiently. Manufacturers now offer everything from wireless door locks that can be controlled with a smartphone to wireless flash memory cards that can easily transfer photos from a camera to computer to wireless lighting control throughout the entire house. With wireless speakers, you can instantly beam music to any number of units in a home or use a NAS (network attached storage) drive as a backup for photos, videos and other large files.

Technology is changing the way people utilize their homes. Making sure a wireless network is up to par can make using devices easier and more efficient. ■

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## Make garage organization go smoothly

Garages tend to fall victim to disorganization during the winter, when homeowners want to hurry inside and get some respite from the cold. As a result, many homeowners resolve to clean their garages come springtime.

Cleaning a disorganized garage overcome with clutter can be an all-day job, so homeowners would be wise to reserve a springtime Saturday or Sunday to get their garages back in order. Upon designating ample time to clean their garages, homeowners can then utilize a few additional tips to make the project go as smoothly as possible.

- Empty the garage. The first step when organizing a garage is to empty it completely. Old machinery and rusted lawn and garden tools have a way of disappearing in garages, and those items may remain there for years if the garage is never emptied. Once you have emptied the garage, you might be surprised to learn just how much or even how little space you



have to work with.

- Clean the garage top to bottom. After you have emptied the garage, give it a thorough cleaning. Cleaning the garage serves multiple purposes. A clean garage is less likely to be overcome with dirt and/or critters, both of which can contribute to the deterioration of tools and machinery stored in the garage. In addition, you may be less likely to let a clean garage fall back into disorganization, saving you the trouble of reorganizing

the garage next spring.

- Look up. Many homeowners fail to make adequate use of the vertical space in their garages. But keeping items off the floor can make it easier to clean the garage and will provide more room for your car or other machinery you don't want to leave in the driveway or a backyard shed. Install shelves so you can more safely store automotive fluids and cleaners, and hang some hooks or hammer a few nails into the garage walls so you can hang tools like rakes and garden shears.

- Group tools by season. Grouping tools by season can make for a more organized garage and one less likely to be overcome with clutter. Designate one corner of the garage for lawn and gardening tools and another for winter tools like snow shovels or snowblowers. This makes it easier to find tools when you need them. When grouping tools, you can also group items by who uses them. For example, parents can designate one area of the garage for

their tools, while kids can get their own area for their toys and bicycles.

- Resolve to park in the garage. One of the best ways to keep a garage organized is to park your vehicle or vehicles inside the garage each night. Parking in a garage protects your vehicle(s) from the elements, and you also won't be tempted to leave items lying around on the garage floor if you know you will

eventually be pulling your vehicle in.

A few simple strategies can

make springtime garage organization more effective and efficient. ■

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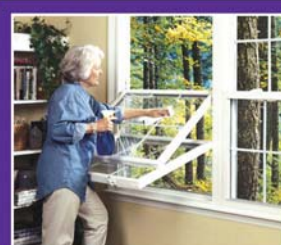
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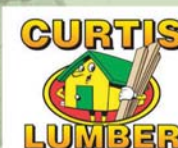
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# Tips for safer renovations

Home renovation projects vary in scope. Something as simple as repainting a bedroom counts as a renovation project, as does a full kitchen remodel. But no matter how big or small a project, homeowners' top priority should always be safety.

Before beginning a project, make a list of possible hazards and how to avoid them. Here are some potential dangers that can spring up.

- **Asbestos:** Many homes built when asbestos was legal still contain asbestos materials. Asbestos has been used in many applications, such as in ceiling materials, insulation, siding, and more. That's because asbestos is flame retardant and serves as an effective and inexpensive insulator. However, asbestos fibers released into the air during renovations can cause respiratory problems and even lead to lung cancer. Asbestos needs to be removed under specific guidelines and disposed

of properly. Disposal typically requires hiring a professional service.

- **Dust and dirt:** Sanding, sawing, welding, and other home renovation tasks can cast debris into the air. Ventilation may be needed to maintain clean, breathable air. Ventilation can also shuttle any harmful fumes generated from construction materials outside of the home. Do-it-yourselfers should wear masks and eye protection to guard themselves against debris.

- **Electrical lines:** All homes may not have been built in adherence to modern-day codes. Electric lines can be discovered where they are least expected. When doing demolition or drilling/nailing into walls, it's not uncommon to come across electrical wires. Extra caution needs to be taken, and an electrician should be consulted if the wires need to be relocated.



**Safety always should be the top priority when doing home renovations.**

- **Chemicals:** Chemicals, such as sealants, cleaners, lubricants, and fuel, may be used during renovation projects. Such substances can be dangerous to pets and children if they are touched or accidentally ingested. Exercise extreme caution when using chemical products, making sure all product containers are sealed and kept out of reach when not in use.

- **Tools:** Cuts, abrasions, burns and more can result when power tools and even manual tools are used incorrectly. Learn how to use tools before beginning a project, and always put tools away when work is done for the day.

- **Falls:** Falls are a leading cause of household injury, and the chance of a fall may increase when climbing ladders during home improvement projects. Don't climb beyond where indicated on ladders and always have a spotter on hand when climbing is necessary. Wear harnesses, sturdy footwear and gloves as well. ■

## Did You Know???

In its 2015 "Cost vs. Value Report," Remodeling magazine found that a midrange kitchen remodeling project, which cost an average of nearly \$57,000 during the period examined, recouped roughly 68 percent of that cost at resale. That return was slightly less than that provided by mid-range bathroom remodeling projects, which provided a 70 percent return at resale. More upscale remodeling projects provided even smaller returns, despite costing substantially more money. For example, the cost of major upscale kitchen remodeling projects averaged \$113,000 during the time studied for the report. But only 59 percent of that sizable investment provided was recouped at resale. Upscale bathroom remodeling projects also underperformed compared to midrange projects, recouping slightly less than 60 percent at resale. No upscale project referenced in the report provided a greater return than replacing existing siding with new fiber-cement siding, a project that recouped homeowners a greater than 84 percent return at resale. More information about the 2015 report is available at [www.remodeling.hw.net](http://www.remodeling.hw.net).



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# Going solar is on the rise

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Rising energy costs and a growing desire to live more eco-friendly lifestyles has spurred interest in solar panels to power our homes. Although solar panels have been around for quite some time, only recently have homes cloaked in panels aimed at capturing the rays of the sun solar panels begun to be so visible.

The World Meteorological Organization reported that the solar industry saw a robust expansion of 41 percent in 2013, and that popularity continues to grow. According to the Solar Energy Industries Association®, in 2015 the solar industry grew an 34 percent more than 2013 figures. Through the first half of the year, the solar industry supplied 40 percent of all new 2015 electric generating capacity — more than any other energy technology. Solar energy now has the cumulative electric capacity to power more than 4.6 million average American homes.

According to Green Tech Media, American solar companies are now installing one solar system every four minutes. If the market continues to grow at this pace, through 2016 there will be a system installed every 20 seconds. These gains in the solar industry may have been spurred on by the Solar Investment Tax Credit, which the SEIA says has helped to lower the cost of solar energy by more than 73 percent.

## How does solar energy work?

Solar energy is turned into electric power through the photovoltaic (PV) cells located in the solar panels. The PV cells transform sunlight into direct electric current. An inverter built into the system converts the DC electricity into the alternating current (AC) that powers homes. The AC is sent to the home's electrical panel and used to power lights and other devices.

## What happens at night?

Unless a home is self-contained and off the grid, the average homeowner will not have to worry about night usage or batteries to store energy. He or she will continue to use energy off of the traditional electrical system at night. Many electrical costs will be offset

by the amount of extra solar energy put back into the grid. There are a variety of programs, and some homeowners may even reverse bills further based on how much electricity is generated.

## Solar panel needs

Although it is ideal to have a south-facing location for panels, this is not an absolute necessity. According to SolarEnergy.net, positioning solar panels to face west or south will work, and even southeast-, east- and north-northwest-facing panels can produce adequate energy savings.

The type of roof may affect costs. Solar panels will not harm the roof when installed correctly, but ornate Spanish tiles or other roofing material may increase solar panel installation costs. Many homeowners find that the solar panels protect the roof from extreme

weather, heat and cold, providing an extra bonus to solar energy.

## Solar panel costs

The "soft costs" associated with solar energy can be substantial. Such costs include permits, installation and labor. Energy Informative indicates that the solar panels themselves are relatively affordable, at an average cost of \$6,500. However, the entire process of installing residential solar systems can end up costing anywhere between \$15,000 and \$40,000. Homeowners may be able to lease solar panel systems to make solar energy a more affordable option.

Solar energy continues to be a hot topic and a growing trend in home energy solutions. ■

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## Our Cover Story

# JAY-K Independent Lumber, Corp

—your hometown lumberyard since 1937

By Al Dorantes

JAY-K Lumber is located at 8448 Seneca Turnpike in New Hartford, New York and has been your hometown lumberyard since 1937. JAY-K Independent Lumber, Corp. was founded in 1937 and their storied history has allowed them to grow into a full-service independent retail lumber and building materials business. JAY-K Lumber was founded when 2 partners, Joseph T. Kelly and Thomas Jones, engaged in trash and garbage collection and street cleaning in the City of Utica started the lumber yard. The original location of the lumber yard was on Seneca Turnpike near what is now the main entrance to Sangertown Mall. The name JAY-K Lumber originated from the initials of the Co-Founders, who had previously been in various businesses under the names of "Jones and Kelly" and "Jonelly Contracting." The "Independent" part of the name came from the fact that JAY-K Lumber was not a member of a monopoly or combine, which showed favoritism to select groups. The business moved to its present location in 1938. The property was owned by Joseph Kelly and had been used as a public swimming pool called Seneca Springs in the 30's. In 1941, Mr. Jones sold his interest in the business to the Kellys, and branch lumberyards were opened in Sylvan Beach, Clinton and Mohawk, NY.

In the late 1940's business continued to expand. This led to the construction of a 5,000-square-foot store in 1959. On November 11, 1972 Joseph Kelly died and was succeeded by his three sons, Kevin, Christopher and Stephen, as officers of

JAY-K Lumber. They implemented the "drive-through" concept of retailing lumber with an improved yard and signage, becoming one of the first yards in the country to merchandise building materials using this method.

In 1988, JAY-K Lumber was voted "Business of the Year" by the Utica Area Chamber of Commerce. Sadly, in 1989 after a brief illness, Stephen Kelly passed away at the age of 45. Stephen will always be remembered for having the vision of what JAY-K Lumber is today.

Throughout the 1990's JAY-K Lumber received numerous awards, including "Retailer of the Year" by Building Supply Home Centers. They continued to make store and yard improvements, the lighting department was constructed, and in 1997 they purchased Utica Paint and integrated it into the store. In 2000 Kevin and Christopher Kelly retired and their sons Dean and Jonas became the third generation to oversee JAY-K Lumber. As president and vice president respectively, they took over store leadership in 2001 and reorganized with a new management team.

Besides their commitment to customer service, JAY-K Lumber is committed and dedicated to supporting the community as evident with their financial support of organizations including: Oneida County Habitat for Humanity, the Stanley Theater Expansion Fund, the St. Elizabeth Hospital Emergency Wing expansion, the Miracle Home and other initiatives of Faxton/St. Luke's Healthcare, and ongoing support of the United Way, and more.

Today JAY-K Lumber has consolidated into

one store. It is one stop shopping whether you are looking for paint or a simple fix or you are looking to build a new home. Their design center can help homeowners design their dream kitchen and/or bathroom and can price estimate whole home construction. JAY-K Lumber's estimating services can help you build your dream home at any budget. JAY-K Lumber offers delivery service with a 60-75 mile radius. 5 trucks are delivering from 1 gallon of paint to full truck loads every day, to make your building needs convenient. Dean Kelly explained that 40% of their business is do-it-yourselfers. JAY-K Lumber can also recommend and partner with contractor customers.

Dean Kelly said, "People know what the big box stores offer and what JAY-K Lumber offers. We can help consumers decide where to best spend their money on home improvement with competitive prices, competitive services, competitive products and better customer service."

Dean Kelly also said, "JAY-K Lumber wouldn't be here without our employees who work with us. We have great, long time employees." Their 65 employees are the driving force behind their success and meeting their goal of making customers happy.

JAY-K Lumber has a time honored tradition of solving problems and educating home owners. Dean Kelly explained their philosophy of helping customers get the job done right with the "faucet scenario." If you have a leaky faucet a big box store might sell you a whole new faucet assembly. At JAY-K Lumber their approach is different. They will examine your problem and

address it. Your leaky faucet may only need a 89 cent washer. JAY-K Lumber will sell you that washer and their friendly employees can show you how to install the washer. Dean Kelly said, "It's good for husbands with "honey do" lists to come back with some knowledge as well as the solution." JAY-K Lumber staffs all their departments with experts in their fields, many of whom even owned their own businesses, so if you have a question, they know the answer.

Jonas Kelly explained that people are excited about "green," (responsible or sustainable building). JAY-K Lumber is FSC certified. Forest Stewardship Council® (FSC®) is a non-profit organization devoted to encouraging the responsible management of the world's forests. FSC sets high standards that ensure forestry is practiced in an environmentally responsible, socially beneficial, and economically viable way. JAY-K Lumber's green products include building materials, decking, insulation, paint, and more.

The future for JAY-K Lumber is as bright as the future of the area. Dean, Jonas, and their staff are happy continuing what they are doing now; offering high quality products with equally high quality customer service. Whether you need a simple fix or a new home JAY-K Lumber has 70 plus years of experience to serve you. They are even launching a new website to serve their customers better. For more information go to: [www.jay-k.com](http://www.jay-k.com) or call (315) 735-4475. ■

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# Travails of a Cord Tired Bike

By Joe Parzych

We lived on an isolated farm, far from friends and neighbors. I longed for a bike, like that of our friends, to speed us on our way to visit them. My sisters and I pooled the money we'd earned from odd jobs and from cashing in discarded soda bottles that we picked up along the road, so that we could buy a used bike from Mr. Langell.

Wally Langell was the head janitor at Mount Herman, a private prep school. He had the keys to the bike room and took home bikes that affluent students left there over summer vacation time or graduation. My heart was set on a balloon tired bike, but my father came along to guide us during the purchase with the knowledge and experience he'd gained over the years, he said. Unfortunately, his knowledge did not include the merits of balloon tires. They rode better, and more importantly, the tires had a tube which could be taken out and patched and patched. Mr. Langell had a cord tired bike that he was willing to let go for a cheaper price. My father didn't understand that cord tires had no tubes. They were skinny, making the bike ride hard. More importantly, if the tire was punctured, there was no tube to remove and patch. You were stuck with having to buy a new tire. During the wartime years, there were no tires to buy. My father opted for the wretched cord tired bike. Good old Mr. Langell did not tell my father that replacement tires were unavailable.

As luck would have it, the front cord tire sprang a leak, soon after we got it home. My father came to the rescue. He carefully split the outer tread with a sharp knife and applied a generous sized patch to the puncture of the inner casing. After he closed the incision as well as he was able, he wrapped

the afflicted area with a fair amount of friction tape. When done, his handiwork looked like a big growth. Worse yet, the tire bounced at every turn of the wheel, and soon began to leak, again.

I took off what little tape that hadn't worn off, removed the failed patch, glued the tread back onto the casing and pumped milk into the tire. The milk soured, coagulated, and sealed the leak. I was back in business----for a time. Towards the end of summer, the tire ruptured, spewing a pinwheel of the most wretchedly foul-smelling putrid mess imaginable. It sprayed over me and the bike, and I was back on foot, pushing the bike home, stinking like a month old rotten road kill.

After getting cleaned up, my eyes landed on a good sized old tricycle by the barn. The front wheel of the tricycle was much smaller than the bicycle wheel, but it was intact, complete with pedals. Best of all, it had a hard rubber tire that wouldn't go flat. I bolted the wheel on to the front fork, and away I went. The only problem was that the trike pedals flew around at such a furious rate that it made the wheel wobble and made the handle bars shake. The small wheel on front also made the bike appear to be going downhill all the time.

My father was not impressed with my engineering, and counseled me.

"Joe, people will think you're strange when they see you riding that bike with the little wheel on front and the pedals whizzing around."

I took a hack saw to the pedals and got rid of them and the wobble, but not my father's disapproval.

"I don't care what they think, Pa; it beats walking."

Actually, I got a lot of smiles and congratulations for my ingenuity.



The next summer, I received word that Mr. Langell had confiscated a student's balloon tired bike. Unfortunately, he had priced the bike at \$25, which was as much as it had cost the student's parents when they purchased it, new. I was short of about \$10, and Mr. Langell would not take a penny less. "WWII's heating

up and bicycle factories were no longer making bikes," Mr. Langell informed me. My mother got wind of my dilemma and made up the difference, for which I am eternally grateful. I dearly loved my mother and made it up to her in later years. Strangely enough, the bike never had a flat tire. ■

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# BOCES Consortium of Continuing Education (BCCE): Statistics Demonstrate Results

BOCES adult students make gains in all areas of programming. Consider these facts, as they are reported under the National Reporting System to the New York State Education Department:

From July 2014 – June 2015

- 1,295 individuals participated in at least 12 hours of a basic literacy or English as Second Language education program
- 845 of those students demonstrated a gain in literacy and/or numeracy skills or improved their English proficiency skills
- 42 additional people entered class ready to prepare for the high school equivalency examination
- 133 out of 150 people (88.6%) who took the High School Equivalency test passed and earned a NYS high school credential
- 355 out of 408 (87%) who had a goal of entering college or other training, achieved their goal
- 307 adult literacy and ESL students entered employment

These results landed the BCCE program in the top 25% (highly proficient) of all programs in New York State.

During the same period, a small portion of the Mohawk Valley's large out-of-school youth population also benefited from BCCE programming. These are the results:

- 319 youth (17-20 years old) participated in at least 12 hours of a basic education literacy class
- 206 of those students demonstrated a gain in literacy and/or numeracy skills
- 13 additional youth entered class ready to prepare for the high school equivalency examination
- 53 out of 67 (79%) who took the high school equivalency examination, passed and earned the NYS high school credential
- 38 out of 56 (67%) who had a goal of entering college or other training, achieved their goal

BCCE offers a wide range of programs in addition to literacy, English as Second Language and high school equivalency preparation. Adults also enjoy hands-on courses for fun and work:

- 3,249 of your friends and neighbors took one or more hobby, leisure and fitness classes
- 896 adults upgraded one or more work-related skills through short-term vocational skill classes
- 384 adults trained for a career or new occupation through one of BOCES Adult Career and Technical Education courses
- BCCE offers a variety of schedules to meet adults' hectic lives
- BCCE keeps tuition costs reasonable and the staff is ready to help students find federal, state, local and other resources to help with those costs
- Students struggling with "everyday stressors" count on experienced case managers to help break down and solve problems
- Job development services help students with resume writing, navigating job search and online application systems
- Job Developer specialist networks with local employers and sends out job opening opportunities to Career and Technical Education

Depending on the career interests and life goals of high-school graduates, attending a vocational training program could



BOCES Consortium of Continuing Education is a partnership of Madison-Oneida BOCES and Oneida-Herkimer-Madison BOCES

be the best fit. Skilled tradespeople are in demand and BCCE has the training programs to meet that demand. Local businesses work with BCCE to develop curriculum aligned with their workforce needs and often recruit directly from those programs.

BCCE does more than teach! BOCES is known for supporting students in many ways because the staff understands that going back to school can be challenging.

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The BOCES Consortium of Continuing Education is one of the region's greatest assets. The staff is waiting now to answer your questions and get you started on your path to lifelong learning. Literacy programs are open enrollment and there is no cost to the student. Tuition-based classes starting in April include: Notary Public Workshop, Coaching courses, Microsoft classes, Barrier Precaution and Infection Control, CPR, Child Abuse Recognition, Cosmetology, Heavy Equipment Operation, Masonry Construction, Driver Education and 5-Hour Pre-Licensing courses, Jewelry making, Mother/Daughter Hair Braiding, Teen Safety, ServSafe, Certified Nurse Aide, and a variety of fitness classes. For complete details call 315-361-5800 or go online: [www.moboces.org/adulted](http://www.moboces.org/adulted).

BCCE is the only local training provider for Licensed Practical Nursing, and the application process for two upcoming classes is open now, so call 315-361-5800 today to get started!

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## Young Scholars Continued from page 19

economic, language, or even divorce. In 2015 Young Scholars had 247 nominations. Those nominees had to be whittled down to 60.

Those nominated start the exhaustive selection process with info nights where Young Scholars reaches out to students and families to explain the level of commitment. Next is an essay by the student followed up with an interview by the selection committee. Once selected the students begin their commitment the summer before 7th grade and stay in the program until graduation. Each summer, during the last 3 weeks in July, grades 7-9 attend a mandatory summer program where they study math, science, English, and decision making.

The Young Scholars Liberty Partnerships Program's statistics are impressive. Young Scholars has a 93% graduation rate; 88% with a regents or advanced designation diploma. They have logged more than 50,000 hours of community service since 1993. Since 2005 86% of Young Scholars

have enrolled in institutions of higher learning. Even after graduation Young Scholars keep students involved while at UC. Young Scholar students work as work study, tutor at high schools, and act as teacher's assistants during summer programs.

As 1 of 42 programs in the State, Young Scholars Liberty Partnerships Program, has a huge impact on the community. Pamela Matt, executive director, has a new outlook as she runs the program and does outreach. The program's tag line is, "Grow Big Dreams" and Matt said, "We want to grow to serve more kids." Admitting more students to the program would be a win win for both Young Scholars and school districts. They are in discussion to expand to other school districts.

In January Young Scholars hosted the first ever Grow Big Dreams Celebration Dinner. The dinner celebrated Young Scholar students and reached out to the community to get people on campus and aware of the program. Having the public involved is a key to growing the program. The annual

average cost to provide the Young Scholars program is approximately \$1,500 per student. The primary funding sources are Utica College, the Utica City School District and the New York State Liberty Partnerships Program. The future of the program depends on the community's support. With community organizations and individuals, including the Community Foundation of Herkimer and Oneida Counties contributing the future of the program is bright. It is through these donations and national grants that Matt hopes to grow the Young Scholars program.

Matt said, "Young Scholars are engaged. They are taking academics to a whole new level."

Pamela Matt, said, "The program identifies and takes a risk on a child. It starts in 6th grade and helps them become the person they want to be." For more information or how you can help grow big dreams go to: [utica.edu/yslpp](http://utica.edu/yslpp), follow them on Facebook: Young Scholars LLP of Utica or call: (315) 792-3237 ■

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# Dusty Lee Elmer

By Al Dorantes

My son watches a lot of YouTube. A lot. He's also on Instagram and all other sorts of social media as modern kids tend to be. I was surprised when he showed me a video of a guy plucking away at a banjo. "That's interesting," I said.

"Yeah. He's local too."

Sure enough, Dusty Lee Elmer is a local guy, from Clinton, New York, who excels at playing the banjo.

Dusty got into bluegrass about 11 years ago at a bluegrass festival. The first thing that caught his ear was the Dobro. The Dobro's horizontal setup

is similar to the banjo and has many similar right hand movements like the banjo.

Dusty found an old banjo that was laying around the house. He started fiddling with it and started playing Scruggs style banjo. Earl Scruggs, the Godfather of banjo playing, perfected and popularized the 3 finger style of banjo picking that became known as Scruggs style. Dusty eventually switched to the clawhammer banjo style. He said, "I liked the sound and how it makes me feel."

The big difference that separates clawhammer style from most other styles of banjo play is the direction of picking. Most



other traditional banjo picking styles including folk, bluegrass and guitar use an up-picking motion of the fingers while the thumb picks downward. This style is exemplified in the Scruggs style of banjo play. In clawhammer the motions are essentially reversed using a down-picking style. In the process the player's hand assumes a claw-like shape while the strumming finger is extended which resembles a claw hammer and gives the style its name. In clawhammer playing the backs of a player's fingernails

do the heavy lifting as all the down-picks are hit with the back of the fingernail. Clawhammer is a highly rhythmic style of banjo play but also includes melody, harmony and percussion.

Dusty said, "Banjo is an expressive instrument. People hear banjo but it's not always played correctly in the right style." Dusty is a Deering banjo artist ambassador and spends a great deal of time picking at Deering strings.

Banjos with fingerboards and tuning pegs started

appearing in the Caribbean as early as the 17th century. In the 1830's the banjo popped up on the minstrel stage. The instrument soon became popular in music halls and it has been a staple in minstrel music, old time tunes, country music, and of course, bluegrass.

Dusty said, "Everybody plays guitar but banjo takes time. You have to immerse yourself in the music to learn the right way to play." The banjo is seeing a bit of a resurgence in popular culture. The banjo is a

featured instrument for the Avett Brothers as well as Mumford & Sons. Award winning Mumford & Sons scored a number one album on the Billboard charts in 2015 and their popularity and sales are creating a new generation of bluegrass fans and potential new banjo players.

With the popularity of the banjo, Dusty and a small group of talented bluegrassers are considering recording a "field recording" style record. Field recordings are documentary style recordings done in the field. These low tech recordings were done originally to document oral presentations. Imagine hearing Dusty Lee Elmer cranking out some clawhammer tunes in a natural setting.

Mark Twain once said, "A gentleman is someone who knows how to play the banjo and doesn't." Dusty Lee Elmer is a gentleman who plays the banjo and plays it well. Dusty Lee Elmer posts new videos of him plucking the banjo on Instagram and YouTube. Follow him on Instagram: @dustyleelmer or watch full length videos on YouTube: Old-Time Banjo: ■

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## The meaning of Good Friday

Good Friday is a Christian holiday that is celebrated every year on the Friday preceding Easter Sunday. Good Friday commemorates the crucifixion of Jesus Christ and his death at Calvary, the location outside of Jerusalem's walls where the crucifixion took place.

Though Good Friday is considered a holiday and is a legal holiday in many countries across the globe, the commemoration is not characterized by the festive atmosphere many holidays inspire. In fact, in the fourth century, the Apostolic Constitutions described Good Friday as a day of mourning and prayer. In addition, many Christians fast on Good Friday, eating only one full meal and two smaller meals that do not add up to a full meal.

Christians believe that commemorating the death of Christ helps to remind them of the sacrifices that Christ made and the human sin that contributed to his death.



The observance of Good Friday has existed for centuries. According to Catholic Online, the Catholic Church does not celebrate Mass on Good Friday, though church services held on Good Friday correspond to the divisions of a traditional Mass. These services include the Liturgy of the Word, during which the Passion of Jesus Christ is read; the intercessory prayers for all people, including non-Christians; the Veneration of the Cross, during which the crucifix is unveiled to the congregation; and the Holy Communion. During these services, the church organ and bells are silent.

Good Friday is one of the holiest days of the year for Christians across the globe. This year Good Friday is celebrated on March 25. ■







## Jay&Nick or Nick&Jay

Progressive bluegrass duo stand and deliver

By Carly Proulx

*Above left, Jay on the mandolin and Nick on guitar.*

When I decided to write about the progressive bluegrass musical duo Jay&Nick or Nick&Jay I seized the occasion, determining a warm dose of live music on one of the coldest winter nights of 2016 in Central NY was a simple bare necessity. I'd seen these two play before, and knew it would be a high energy show of foot stomping, arm swinging, and hip shaking. Validating my "in the know" predictions an hour north of Utica, 108 Forge Street in Thendara, NY, tucked approximately 75 feet behind the tracks of the Adirondack Scenic Railroad on a Friday night was in fact great bourbon, an even better atmosphere, and precisely what my music doctor would deem medicinal.

Harboring the charismatic duo the Wakely's Speak Easy at the Van Auken's Inn was telling no lies on their website when they advertised it as "one of the ADK's best kept secrets." Originally built back in 1891 the three-story inn stands today as it did after its last renovation in 1988, with its pillared porch; fantastically Victorian. Current owners and musically inclined enthusiasts Jim and Susan Moore, along with son Andrew took over the historic trove back in October, 2014, and have done exceedingly well to create a down home indoor

hospitality while the outside, bearing semblance to a whole other era makes the uproariously tuneful nightlife of Wakely's a must on the list of transcendent getaways. Playing up at Wakely's just about every Friday they can Jay Barady referred to it as a sort of musical clubhouse for him and band mate Nick Piccininni. Though clear to me when Jim and Andrew jumped on the band's wagon for a jam session both Piccininni, and Barady spoke highly their level of fondness and appreciation of the Moore family.

Upon arrival, after just looking around some the

good vibes came on strong as I heard the sweet ping of the mandolin, and the steady rhythm of guitar meet in uniform the tempo of my pulse. Underground the inn these two had enough energy to knock the best bourbon for miles down from their shelf life to the ground, filling up the entire expanse of the room with bluegrass breakdowns, and a range of high and lonesome to lower and more subdued vocal harmonies. Consisting of Piccininni on the fiddle, banjo, guitar, and vocals, and Barady on vocals plucking on most anything with strings their use of instrumentation and skill is extensive. Jay's

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true love however giving one the impression he's a descendent of the great David Grisman is his ye ole faithful 1920 Gibson F4 mandolin. Having acquired his beloved from a collector back in '98 Barady informed me he'd resurrected it from 50 years laid to rest in the original owners wife's closet.

The duo, well versed in the art of dabbling plays everything from early traditional bluegrass to bluegrass meets jam band improvisation, rock & roll, reggae, folk, and pop. Combining a variety of elements to showcase their knack for musical originality the two took turns in their roles of musician captain and co-captain throughout the set. Nick dominated the fiddle one minute, and in the next breath Jay took the lead as master on the mandolin. The two describe themselves a yin and yang, having first met 12 years ago at a Bluegrass picking pancake eating festival in Stittville, NY where fate would have them seated next to one another. The saying "opposites attract" definitely holds true on a musical level for these two, and lucky for us they've



turned up the perfect match. Before Nick met Jay he was a home schooled traditionalist from Vernon, NY, and though possessed the talent required of a highly esteemed musician hadn't been exposed to much music outside his life on the farm save old school bluegrass and country. Barady, born and raised in Utica, saw a raw talent in then 14 year old Piccininni, and was quick to take him under his wing, turning his new friend on to a whole new world of existing musical genres and bands such as the world renowned jam band the Grateful Dead, and son of reggae legend and member of Ziggy Marley & the Melody Makers Stephen Marley.

Barady, age 42 with 16 years on his picking partner has been playing ever since the July 4<sup>th</sup> Grateful Dead show of '89 at Rich Stadium in Buffalo, NY when immediately after enjoying the concert a 16 yr old Barady bribed his brother's friend with a six pack of beer to teach him guitar. Barady had been in a few other bands before Piccininni, one being Woodenspoon which formed in Utica back in 1999, first revealing Jay's main musical influences as the legendary Sam Bush, Jerry Garcia, and David Grisman. He's had some

good runs, but it's safe to say Barady found his musical match in Piccininni back in 2009. "We've been inseparable ever since, but playing seriously for about 5 of the 12" says Jay. They've expressed a musical telepathy after all these years of playing together, as they're easily able to guess which direction the other wants to go with a

Constantly seeking to improve and stretch beyond their capacity for hard work and the skills they've thus far achieved these two eat, sleep, and drink for, and because of this stuff. It's hard to imagine they have time to actually accomplish those three necessities in the same day, but I suppose that's the mysterious fog that lingers around any good musician. Though they've become a local act to look forward to both Barady and Piccininni are also members of the Americana newgrass band Floodwood. What started out as a side project for Barady and Moe band members Al Schnier and Vinnie Amico remains a steadfast trio after Schnier's last year departure, with Piccininni on guitar, banjo, and vocals, Barady on mandolin



song, or which song the other is thinking up next in a set. As witness to their chuckling on stage with no more than a glance in the others direction I'll vouch for the mind reading being more than just a gig schtick. Rendering the vocals and instrumental talent to pay some heart-rending tributes to the bluegrass gods that first spread the good word enthusiasm and fun are nonetheless two words that stand out most in my mind when I think of a Jay&Nick or Nick&Jay show.

and vocals, and Amico on drums.

If you haven't checked out either band, Floodwood is currently on tour nationally, and chances are Jay& Nick or Nick& Jay, whichever you prefer is soon to be playing at a venue near you. So go check them out on either Facebook page, look for dates, and better yet show your support by coming out to a show for some serious musical entertainment and fun provided by two very seriously entertaining and fun musicians. ■

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# Newlywed Records

By Al Dorantes

Newlywed is an object-oriented record label based in Utica, NY, focusing on physical and digital interactive listening experiences, limited edition releases, apparel and goods. With their soul rooted in pop music Newlywed is ready to rock.

The Newlywed team consists of 3 local artists who have come together to create music and art in Utica. The Newlywed team is; Shannon Stockbridge: design/art director; Zeno Pittarelli: owner, founder, and musician, and Rebecca Turner: photography and musical artist. Zeno said, "I would not be doing this without Shannon or Rebecca. I needed people I trust involved." Zeno has been recording and playing in bands since high school days. After high school he went on numerous tours and cut some records with smaller labels.

Newlywed's process starts like many other labels with the song. Zeno believes that the song has to be strong. Once they have the song dialed in they record with an engineer. After the song is recorded Zeno mixes the tune. Newlywed then decides how to release the music. Will it be a digital, streaming song or some physical media? Once the format is determined comes the tricky part; marketing and advertising. Newlywed utilizes most of the social media platforms from Facebook, to Twitter to Instagram.

Newlywed sets itself apart from other record labels by being an object based label. Zeno Pittarelli explained, "rather than just traditional media we like to release tangible objects that relate to the music - like a puzzle." Some of Newlywed's object ideas include; perfume, make your own pizza, and more. The driving idea behind the objects accompanying the music is limited edition. The objects are exclusive; short lived.

Zeno Pittarelli explained that they decided on the name, "Newlywed" because it is optimistic sounding. The label is looking towards the future, with an interesting stable of artists their projects are sure to be hits.



**Newlywed Records, from left, Shannon Stockbridge, design/art director; Zeno Pittarelli, owner, founder, and musician; and Rebecca Turner, photography and musical artist.**

"Exit Post" is an artist from New York City specializing in J-pop. J-pop is a musical style that originated in Japan in the 1990's. The pop style combines traditional Japanese music with pop rock. Exit Post is 1/2 English 1/2 Japanese and will be released as a photo book with a photo album with pictures of a trip that the

artist, Ken Herman made to Japan.

"Sleep Storm" is Rebecca Turner from New Hartford. She is releasing electronic pop singles in April. Rebecca describes her music as "tunes to steal your heart." Check Newlywed's website for details.

"Anthony and The

Mountain" is from Utica. Their full length album will be released in May, 2016.

With their hearts set in the music and their eye on the future Newlywed is planning a number of events in April and May, not necessarily set to coincide with album releases. With these unannounced projects in progress keep checking their social media. For more information go to: [www.newlywed.info](http://www.newlywed.info) or follow them on Facebook: Newlywed ■

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## Rusty Doves

-a duo true to their roots

By Carly Proulx

It's been 9 years since Alyssa Stock and Jerry Dee met at one of Adam Spirituality's parties at the Residents center, at the time a local enclave for artists in the Utica, NY area to conspire with other like minded innovators. Getting their wings wet back in 2007 while staying

local playing open mics the progressive duo consisting of Stock on mandolin, and Dee on upright bass have since developed a strong musical repertoire in Swing, Bluegrass and Jazz in Central NY. Known for playing everywhere from street corners to local venues, charity events, private parties, festivals, and weddings these two have been stretching musical



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genres for years to ground themselves an authentic musical staple of the community.

The Doves, having grown up in the Mohawk valley region, commonly referred to as part of the rust belt is how Dee and Stock came up with the name Rusty Doves, and in honoring the majority of their song choices being rooted up rusty from a bygone era it seems a proper one,

befitting nobly of both their musically rich backgrounds. I've had the pleasure of seeing the duo perform more than a handful of times, and continuously remain in awe of their musical abilities, their choice of rarely heard covers, and their raw adaption and delivery of traditional songs in concordance with each their own creative skill sets. Arranging songs to fit their style, songs such as "What'll I do" by one of the greatest composers and songwriters in American history, not to mention a heavy influence of the Doves Irving Berlin the duo perform a great justice in keeping alive and reigniting a romance once so divine in certain decades of the 20<sup>th</sup> century, lending their performances to a time that came before us, a time perhaps when everyone you knew wore a permanent halo of cigarette smoke, and ashes burned steadily atop pianos.

Quoted as having said "good artists borrow, great artists steal" it's hard to argue with Picasso after hearing the ringing of these words true at a Doves show. Shakespeare is said to have stolen entire scenes from other writers for his own plays, and in this same vein the Doves duo are our beloved local thieves. We all know originality is quite hard to come by these days as every thought and every idea has been thought, and done once before. And so I'm a firm believer that stealing in art is unavoidable, and that if you embrace this you can make room for new creations of art. This is precisely what the Doves have done. They've taken the best of the past, and

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# Fun ways kids can celebrate St. Patrick's Day



St. Patrick's Day is a time of year when everyone gets to celebrate Irish heritage, no matter what your actual heritage might be! Many of the festivities surrounding St. Patrick's Day are geared toward adults. However, any celebration can be customized to include enjoy-

able activities for younger celebrants. Have the party start earlier in the day and cater to all age groups. Later on the children may retire to bed or be under the care of babysitters while the adults continue the revelry. Here are some other ideas

for success. \* Children are more well behaved when they have something to keep them occupied, so organize games and activities to keep their attention. Instead of an "egg hunt," which would be an Easter activity, borrow from the theme and hide leprechaun treasures around the house. Send children on a scavenger hunt to find chocolate gold coins or other treats. \* Enlist the help of children with refreshments. They can help whip up a batch of Irish soda bread or a green-frosted cake. Purchase M&M(R) candies and have children sort out the yellow and green ones for festive candy dishes. \* Create a specialized bev-

erage that children will enjoy. It's easy to make a bowl of punch with a few ingredients. Mix seltzer water with a green- or yellow-hued fruit punch. Float spoonfuls of lime sherbet on top, which will gradually melt into the punch. Spoon into green plastic cups. \* Children enjoy pinatas because they get to break them open and find the treasure inside. Purchase a treasure chest, shamrock or another pinata shape that will tie into your theme. Fill with stickers, gold coins, candy, and other St. Patrick's Day items. \* Be sure to have foods on hand that children will enjoy. Anything can be turned festive with a hint of green food coloring. Tint macaroni and cheese green and serve in little bowls. Color biscuit dough and wrap around mini frankfurters for clever "pigs in a blanket." Serve chicken strips with green-hued mashed potatoes. Cut sandwiches into four-leaf clovers with the appropriate cookie cutter. Think creatively to put smiles on the faces of children. Even adults may

appreciate the creativity put into food and beverages. People of all ages and cultures gather together for St. Patrick's Day festivities. Help

everyone to feel welcome by catering to the needs of party guests of all ages.■

## Rusty Doves from previous

spun it with their own unique musical pallets to give the listener a novelty taste of antiquity. But like any and all good artists the Doves started out with a blank canvas, and each with their own influences have found a set of tools and strengths to paint themselves who we know and love as the Rusty Doves.

Before her fourth year away at college believe it or not, right around the same time she met Dee, Stock hadn't touched a mandolin, let alone picked up an instrument. However, Doves singer Stock first honed her vocal skills when attending high school in Little Falls where 9<sup>th</sup> grade French teacher Sue Bladek was teaching more than one language for students to attain fluency in. Bladek, a local musician and singer songwriter has been playing for years, and recently celebrated her accomplishments at a CD release party at Mohawk Valley Center of the Arts in Little Falls where she played and sang alongside former student Stock. Taking her lunches in Bladek's classroom Stock soon brought along friend Lesley Kubica, today a local flutist and singer to join in on the harmonizing. The three of them would form the band 'Wana Wake', singing Acapella, and performing a wide variety of world music including but not limited to African, Celtic, and Bulgarian at local coffee shops, and other local venues. Through Bladek Stock was also exposed to bluegrass, folk, and many other musical genres and styles. Being that there is only so far one can go with Acapella Stock exclaimed her urge to learn the mandolin in college came from the sheer need to accompany her powerhouse vocals, and during this time she'd simultaneously discover her love of old 20's and 30's jazz.

Jerry Dee would have a childhood head start on his band mate, essentially born with chord progressions pumping through his blood. In the 60's and 70's Dee's grandfather, Arthur Dischiavo, owned a restaurant and local hot spot for jazz next to the Stanley Theater in Utica. As a family oriented business Dee's father was the bar-tender, and gramps along with Dee's uncle Art Jr.

of "Playbills" collected over the years from performances, as the Stanley had packed many a national and international act onto its stage. These acts ranged from Broadway shows, musical acts, ballets, Chinese acrobats, and many more in which Jerry attended with his family. It wasn't unusual for the performers to make their way over to the restaurant where they'd wet their whistles with spirits, and fill their bellies with food before autographing the Playbills. Eventually donated by Dee's father it was these same Playbills that found their way into the Stanley archives. Often times Dee's great-grandfather who played the guitar would lead the family in song, and it wasn't long before the musical torch was passed to Dee's father who kept the theme of family chorus recurring, only he'd corral them on the piano. Dee grew up listening to his dad on the piano, as well as his father's extensive vinyl record collection of jazz in which he'd come to inherit, along with family heirloom from Dee's mother's side, a 1924 Steinway Model M. Dee's dad was self taught on the piano, playing for hours that turned into days, and back then saw the success of his band The Premiers who landed a spot on a variety show, The Ted Mack show. Jerry would sit by his dad at the piano in attempts to better train his ear, and with a simple 12 bar blues pattern Jerry would listen, repeat, and learn.

Certainly these two have come a long way from home, yet stay true to their roots, and those in which influenced their musical work ethic, and inspired their ingenuity in the art of making music. Dee's dedication to his instrument is always 'from the hip,' apparent as the bass tones fill up whatever room they're playing, and the steadiness of its rhythm carries the weight, keeping the anchor line of song intact. In this same way Stock permeates any venue with a voice that is sure to make your heart stop, your tears run dry, and your pulse quicken. If you've yet to check them out, or are interested in booking them for an upcoming gig send an email to [rustydoves@yahoo.com](mailto:rustydoves@yahoo.com) or check out the Rusty Doves Facebook page. What the worlds need now is Doves sweet Doves.

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## The Duende of Lent

By Lisa Lauritsen

Lent is a season of prayer, fasting, alms giving, and self denial. Make no mistake it's a solemn and austere time that reminds us spiritual resurrection, or any kind of rebirth, cannot happen before sacrifice; in this case a death to old ways. In attempt to better understand this concept we abandon our comfort ridden pleasures in order to make more room in our lives for god. A severe Lenten practice is as satisfying as eating a plain slice of bread after having nothing but sweets for days. It heightens our awareness of subtle complexities we may otherwise take for granted. It's a filling and complete satisfaction.

The season kicks off with Ash Wednesday when we are anointed with palm ash, often in the shape of a cross, though I've had the luck of receiving something more akin to a Rorschach test these past few years which may lend added meaning depending on the onlooker. The entire day my mind sings, "Dust in the Wind", by Kansas, appropriate and not a bad tune. The season reaches its crescendo during our most sacred evening of the year, Easter Vigil; a gorgeous ceremony that should be experienced firsthand and not by my words alone.

Throughout most of the year I drift from places of warmth to things of near immediate pleasure, as long as it doesn't involve too much effort. I'm an okay person. I'm pretty nice to other people. I volunteer when I have time. This is not a life affirming existence. There's no "Duende" as the Spanish say; that feeling of "raw, primitive, tempestuous energy, a vulnerability to inspiration burning in the bloodstream," as defined by Tessa Bielecki in her book *Holy Daring*, (musings on Saint Theresa of Avila). The sacrifice we make calls us into a wilderness of unanticipated adventure and burning transformation where we are called to face temptation head on. It doesn't seem to matter what you give up: chocolate, Facebook, your cozy cottage for a cave; each sacrifice inherently takes on the curiousness of forbidden fruit. Each year I fail to be any more creative than something that seems easy and every year I'm humbled.

There are other ways to think of lent. Some choose to do more of something, say eating more vegetables or making new friends, but whatever you do, if you don't feel a greater closeness; that pull by an unseen hook, you're probably still yet too comfortable. ■

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Come late winter, diners may notice more meat-free selections available on restaurant menus. That's thanks to the Lenten season that precedes Easter Sunday. During Lent, Christians traditionally abstain from eating meat on Fridays. Lent is an ideal time for men and women looking to get

healthier to include more vegetables, whole grains and seafood in their diets. Try substituting ground beef with tofu, and incorporate vegetables where meat may be used. For example, layer lasagna with slices of zucchini instead of filling it with sausage. Plus, eat more fish. Research shows that

fish high in omega-3 fatty acids decreases the risk of abnormal heartbeats, which can lead to sudden cardiac death. Omega-3 fatty acids also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque and lower blood pressure.





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the next few pages**

## Veteran's Supply Drive Military Truck



By Al Dorantes

What is green and camouflage, has 6 wheels, and is going to collect food, clothing and monetary donations for veterans across the Mohawk Valley? The answer is, The Veteran's Supply Drive Military Truck. The Veteran's Supply Drive Military Truck is the brain child of Express Employment Professionals and you will be seeing the truck all over the Mohawk Valley in the coming months.

Several months ago, Express Employment Professionals purchased a military vehicle and reconditioned it for the purpose of raising awareness of veterans' needs here in the Mohawk Valley. Express joined forces with First Source Federal Credit Union to start the Veterans' Supply Drive initiative. The two organizations aligned with several additional corporate partners, including the Utica Comets, Sitrin Healthcare, CABVI and A&P Master Images to launch the initiative.

The Veteran's Supply Drive Military Truck will be utilized to collect food, clothing and monetary donations for veterans across the Mohawk Valley, as well as raise awareness of important programs and resources that are available for veterans here in our region. All proceeds from The Veteran's Supply Drive will support the Feed Our Vets organization, The Central NY Veterans' Outreach Center and Sitrin Healthcare's Veterans' Rehabilitation programs.

John Calabrese, owner and President

of Express Employment Professionals explained that they wanted to do something meaningful with their marketing budget. "We're trying to do as much good as possible with this initiative," he said.

Calabrese explained that it took about 3 months to find vehicle. The big truck came from a military surplus in Maryland. Calabrese said, "We have 30 different events already scheduled. People will see the truck and will want to donate." The Veteran's Supply Drive Military Truck will make appearances at community events, parades, and veterans programs throughout the year. Their first event will be March 29th at the Utica Comets home game. The Utica Comets and Veterans Supply Drive partners are asking that fans bring a canned good or non-perishable food item to help fill the truck. Their goal is to collect 4,000 food items for the Feed Our Vets organization in Utica.

Express Employment Professionals, First Source Federal Credit Union, and their partners are proud of their new mission to help the veterans of our community. Calabrese said that the organizations that will benefit from the truck are excited because they are getting additional help. Businesses and individuals are asking, "How can we help?" For more information or to donate go to: [www.expressmohawkvalley.com](http://www.expressmohawkvalley.com) or call: (315) 790-5723 ■

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Easter is meant to be a symbol of hope,  
renewal, and new life. ~Janine di Giovanni

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## Cracking egg myths in time for Easter

Easter eggs are a centerpiece of many family traditions come Easter Sunday. Easter eggs symbolize fertility and rebirth to some, but many people associate Easter eggs with youngsters scouring the yard in search of treasure.

Whether Easter eggs are associated with secular or religious beliefs, these colorful staples of Easter Sunday are an integral part of springtime holiday decor and celebrations. Certain misconceptions about Easter eggs have developed over time, and the following are some of the more common myths about Easter eggs that have made the rounds.

**Myth:** Easter eggs are safe to eat after your egg hunt is over.

**Fact:** Hard-boiled eggs generally remain safe to eat at room temperature for about two hours. If the temperature outside or indoors is very warm, the eggs should be eaten within one hour. People risk food-borne illnesses if they consume Easter eggs that have been left out for several hours or overnight. It is better to dispose of colored eggs after the annual egg hunt or at least keep hard-boiled eggs refrigerated until the hunt begins.

**Myth:** It is unsafe to eat all dyed Easter eggs.

**Fact:** Whether dyed eggs are safe or not depends on the type of dye used. Many kits use vegetable-based dyes that are food-safe. These same pigments are used in traditional food coloring. Even if the dye has penetrated beneath the shell, it should still be safe for consumption. Kits for



blown-out eggs may use dyes that are not food-safe. Also, people who are allergic to certain food dyes might want to avoid eating dyed eggs.

**Myth:** Pastel-colored eggs have long-rooted religious significance.

**Fact:** An Easter egg hunt is a tradition that originated with pagan spring festivals. But like many pagan practices, Easter egg hunting was eventually adopted by Christians and assigned religious significance. In the Orthodox and Eastern Catholic Churches, Easter eggs are dyed red to represent the blood of Christ shed on the cross. The hard shell of the egg symbolizes the sealed Tomb of Christ for many. In A.D. 1610 under Pope Paul V, the Christian Church officially adopted the Easter egg custom that the eggs symbolize the resurrection.

**Myth:** An Easter egg roll is an American tradition.

**Fact:** In Germany, England and other countries, children traditionally rolled eggs down hillsides at Easter. This practice may have initially symbolized the rolling away of the rock from Jesus Christ's tomb before his resurrection. When European immigrants arrived in North America, they brought these Easter egg traditions with them. One of the more popular Easter egg rolls of modern day takes place on the White House lawn, where children push an egg through the grass with a long-handled spoon. Some say this tradition was established by Dolly Madison in 1814.

**Myth:** A raw egg will stand on end during the spring equinox.

**Fact:** It is believed that because the sun is equidistant from the south and north poles on the spring equinox, special gravitational forces apply on this day. These forces should make it possible to balance an egg on its end only on this day. However, eggs can be balanced at other times of the year. Perhaps instead of hiding eggs for Easter, families may choose to hold egg-balancing competitions.

Easter eggs are a lasting tradition and one of the more popular symbols of the holiday. Although many myths surround Easter eggs, the truth is just waiting to be unhatched. ■

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# The Ice Doctor is in



**Bruce Weaver operating the Zamboni to insure a smooth surface.**

**By Troy Bishopp**

Hamilton, N.Y. – At the crack of dawn, on a frosty February morn, many farmers tend to livestock in the comfort of a barn. For Madison County native and farm boy, Bruce Weaver, the pre-dawn routine means heading to Colgate University's Starr Rink and tending to a crack of a different sort. As the hockey rink vernacular goes, the Ice Doctor is in.

Bruce is part of an employee coalition of 20

groundskeepers and facilities personnel trained to make and maintain the 85' x 200' frozen slab in the Campus's iconic 2,600-seat hockey rink named for John Howard Starr, coach of the hockey team from 1936 to 1950, and home to the Division I Colgate University Raiders men's and women's ice hockey teams.

Monikers for Weaver's craft range from "rink rats to ice wizards and frozen aqua engineers." This cold job deserves some serious reverence because it's not as

easy as shoveling off a pond and lacing them up. Weaver, who is a five year veteran groomer of the ice, got his start from apprenticing with Colgate's Bill Northy. "There's a progression of learning from studying a manual (Yep, there's an ice-making O&M) to walking the surface noticing the subtleties of the surface and finally operating the Zamboni to make game ice. Practice makes perfect and I've had a lot of it," says Weaver.

The intricate coils of piping and refrigerant within the slab of concrete, allows the facility to make ice, even in June. Bruce likes his ice about an inch thick and uses infrared technology to monitor zones from end to end to assure a quality, level playing surface. This is where his friend, "The Zamboni" tractor comes in to help him make smooth ice and also maintain it.

Much like a field combine, the Zamboni (named after inventor and ice-maker, Frank Zamboni) has a seriously sharp 10 degree blade that scrapes the ice surface into a series of auger flights depositing the shavings into a hopper. Depending on the surface and practice schedule of the day, the Zamboni's cold water system is used to fill cracks and make new ice while the 140 degree water and rear mop squeegee is used to seal the surface and give it the nice shiny sheen

skaters look forward to.

Weaver and his fellow ice-whisperers have a robust daily schedule from 6am to nearly midnight after some big games. "We do ice making and maintenance usually before 9am and then the hockey practice sessions, figure skating and individual coaching happen almost every couple of hours. This means we are resurfacing the ice several times per day for 10 minutes around the rink," said Weaver.

The Zamboni-ists all have a different style and driving strategy on how they navigate the slippery slab. "We are all ambassadors for Colgate sports and some even wear tuxedos and are showmen for the fans between periods," commented Weaver. The ice doctors also maintain the boards and Plexiglas from all the pucks and body checking. They work with referees on the goal netting and crease placement and ice issues during a game.

You might say the hockey rink is a labor of love because Weaver gets to regularly eat lunch with his wife, Ashley, whose office is around the corner within the Reid Athletic Complex. "Hockey is our game," says the diehard New York Ranger's couple. This passion for the ice is also extending to their young son, Jack who is practicing his slap-shot on the kitchen floor and becoming a fixture



**Bruce Weaver, exams the surface to determine maintenance decisions for the ice surface.**

at most local sporting events with his parents and grandparents.

Bruce is fulfilling a legacy to steward the hallowed ground that Coach "Howie" Starr championed during his 15 year hockey career and 40 year member of the Colgate University faculty. The rink seated within the Reid Athletic Center is on its farewell tour of ice operation giving way to a new adjacent Class of 1965 arena and athletics facility, opening in October 2016.

Weaver concedes there are a lot of good hockey memories and traditions within the arched walls but he sees exciting opportunities at the new facility too. "It will be great for the next generations of student-athletes and the community. I'm excited to be part of the Colgate University family that supports this vision for the future." ■

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# Retro Fitness

—A lot more than a workout area

By Daniel Baldwin



**Retro Fitness is well stocked for your work out needs.**

There are hundreds of fitness centers and weight rooms around the U.S. But not a lot of them have a cardio movie theater, a tanning station, a full service pro shop, or a smoothie bar. Retro Fitness, a fitness center/company that has over 130 locations nationwide has these sort of features as well as many fitness classes and one-on-one personal training. This fitness center also has state of the art weights, workout/cardio equipment, and bodybuilding supplements.

Retro Fitness is definitely the perfect place for people to workout and athletes to prepare for an upcoming football, basketball, soccer, or hockey game. But it is not the only thing this store has to offer. Residents do not have to travel far to find Retro Fitness. The new Retro Fitness just opened in Yorkville (located on Commercial Drive right next to Joe Tahan's Furniture).

Owners Kayla Bick, her father Charles Bick, and her sister Deanna Charles bought and placed this great workout facility at this location. "The process of creating this business took a little longer than expected," Kayla Bick said, "but it was enjoyable because we did it together as a family. We had friends and family helping along the way, so it was an all-around team effort. The business ended up running on the high end of the budget, but we made it work."

Kayla Bick also said that the reason why she and her family put a Retro Fitness in Yorkville was to provide employment opportunities for the local residents.

"We have wanted to open a business locally for a few years now to bring jobs and tax dollars to our community," she said. "My father's business experience, combined with my community involvement and finance, and my sister's community involvement and executive leadership, we

decided to team up together and do something great."

A lot of challenges stood in the way of the Bick's fitness center creation. Kayla Bick said that Mohawk Valley residents had no clue what Retro Fitness has to offer, which made it hard to attract customers.

"While Retro Fitness as a company has been around for more than a decade, we are a new brand for the area," she said, "so not many people know about us and what we offer. They may think we are just a gym without realizing we have fitness classes, certified personal, trainers, smoothie bar, and so much more. Establishing our business and brand is a challenge we gladly except."



**A great smoothie bar!**

Although the Bick family overcame these challenges, and their business is running smoothly right now. Kayla Bick said that this fitness center had an overwhelming amount of positive feedback and support from its customers.



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"We have poured our heart and soul into this business," she said, "and it means so much to hear everyone's kind words. Member traffic has been steady with some days being extremely busy while some are slower. The customers are friendly and upbeat and the staff truly enjoy interacting with them."

A lot is in store for this business in the future. Growing is the number one priority. Bick said that she and the rest of her family will continue to grow their business alongside fitness technology, trends, programs, and ideas. She also added that the employees of Retro Fitness will be willing to work hard, fulfill customer demands, and provide excellent service.

So if residents are looking to workout, but also enjoy a delicious smoothie, watch a movie while hitting the cardio machines, or just have fun, then this fitness center is the perfect place to stop. For more information go to: [retrofitness.com/location/yorkvillenyl/](http://retrofitness.com/location/yorkvillenyl/) or call: (315) 281-9059.

# First Love

By Joe Parzych

I first met Barona when our barn burned down. We'd had a spell of bad luck. A year earlier a hurricane lifted our neighbor's barn roof about 20 or 30 feet in the air, completely intact, with the slate roof all perfectly in place. When the roof stopped rising, the timbers and boards fell apart. Slates fluttered down like confetti. The hurricane then came raging upon us, blowing all sorts of debris ahead of it. The wind spared our barn, but lifted our big hen coop high off the ground, letting it fall back to earth in a pile of splintered lumber. Continuing north to a woodlot adjoining our farm, the wind uprooted a large number of big pine trees, two or three feet in diameter, flattening the entire stand of trees.

The very next summer, our barn caught fire. My father had a heart attack fighting the fire. The barn burned to the ground. He lay in bed at the hospital for a week or two before the doctor sent him home with instructions to take a shot or two of whiskey whenever he experienced discomfort, or felt something coming on. My father was pleased to be in the care of such a learned healer, and he followed the doctor's instructions with a fair amount of zeal.

There was no insurance on our barn. The company doctor at the paper mill would not allow Pa to return to work at his job in the beater room. Using slabs we were planning to use as firewood, a relative slapped together a temporary shelter of sorts for our cows to stay in that winter. But, we needed permanent shelter for our farm animals. Since Pa didn't have money enough to hire someone to build a new barn, he decided to build the barn himself with our help. The hurricane had flattened a grove of big pine trees on a neighbor's woodlot, next to our farm. Pa bought the fallen trees, cut them into logs, and transported them to a saw mill to be sawed into lumber to build a new barn.

He and my mother used a two man cross-cut saw to cut the trees into logs. His heart condition limited his

exertion, so I spelled him when he got winded. One day after a vigorous spell on the saw, I sat out of sight, resting in the cool hole of the upended tree with my back against the big circle of tree roots and dirt of the stump. It stuck up eight feet in the air. When the stump was just inches from being severed from the tree trunk and ready to fall back into the hole, my father looked around. He asked, "Where's Joey?" He nearly had another heart attack when he found me sitting in the hole with my back to the stump which was ready to slam back down, to squash me like a bug. When my parents cut the stump loose from the fallen tree, it flipped back, hitting so hard, the ground shook. My father held his hand over his heart and shook his head. He didn't spell me on the saw for the rest of the day, but sat resting.

Once we got the logs cut, we loaded them onto our homemade trailer pulled by a tractor made from a cut-down car. My father transported the logs to a saw mill three or four miles away. He could only take one of the bigger logs at it time. It was time consuming, and seemed to take half the summer. The saw mill was next to a river that supplied it with water power. The mill was on the first floor of a shop where they'd once manufactured hoes, rakes and other hand tools. The owner and his family had had their own share of bad luck. Their dwelling, which was a converted warehouse, had also been destroyed by the hurricane. The family was able to salvage the contents, which they transferred to the former implement manufacturing shop.

My sisters were friends of a daughter of the mill owner. I had occasion to go with one of my sisters to stop by, one evening. I was intrigued by their living quarters on the second floor of the mill. The waterwheel and saw mill were on the first floor down by the river. The second floor had a walkway, bridging it to the embankment where the warehouse had once stood. Continued on page 40

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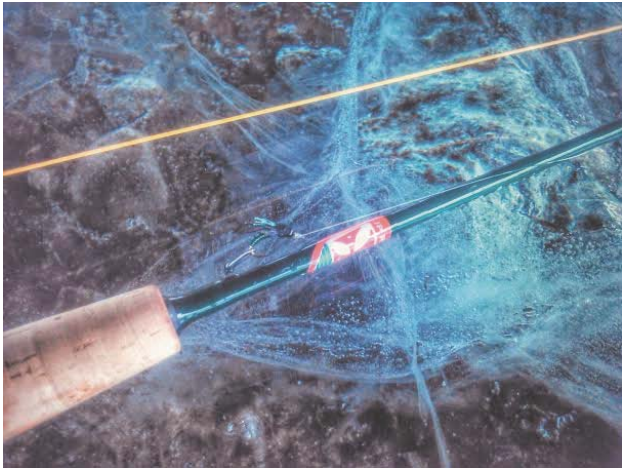




# Streamer JUNKIE

By Mark Usyk

## Winter Sucks



Frozen rivers and fly rods, don't mix.

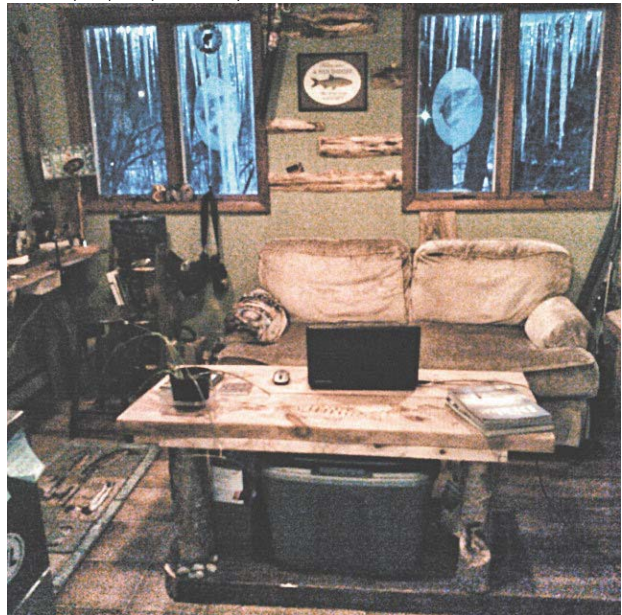
2:30 A.M. The alarm rouses me from a dead sleep. I quietly move through the house, trying not to wake up my wife and the boys. The clank of a coffee cup as I pull it from the cupboard makes me shake my head, half expecting to see a 5 year old boy appear in the kitchen doorway because of it. I make two cups and spill it everywhere except into the thermos as I try to fill it. Again, I shake my head in disgust. It's 2:35. I should be sleeping. I step through a set of sliding glass doors off the dining room and pass into my comfort zone. The walls covered in antique fishing gear, shelves full of fishing titles and stacks of angling magazines. In the corner sits my tying bench and in the opposite stands drawers upon drawers of feathers, fur, and hooks. In the middle sits a table with my lap top, and a pad

with various notes about a summer fishing trip jotted down, my current writing



Summer Bass dreaming.

project to get my mind off the current miserable season. My eyes move from the notes to the windows. Icicles forming prison bars, the irony making my head shake for the third time



Winter's prison bars.

in mere minutes. I grab a fishing magazine and walk out shutting off the light. Time to leave for work.

The truck door won't open. It's frozen shut. I pull and swear under my breath, a tearing noise as the rubber door seal separates from cold painted steel. The seat is as hard as a brick, the brake pedal stiff under my foot. It's 14 below zero. Nothing wants to do its job. As the truck warms up and I wait for a mail slot sized opening to thaw on the windshield, I set my thermos in the console cup holder. It rocks side to side. Picking

it up, I find the reason to be two flies left there from the last days of warmer weather when I casted beside my father on the West Canada Creek. I hold them up to my face in the dimly illuminated cab and remember standing in the river. The feel of the rocks beneath my feet, the current pushing against my legs in neoprene waders, and the loop of the line. Past the flies I see just enough of an opening in the frost to drive away. I hook the flies on the visor and back out of the driveway.

Leaving my street I cross the first bridge over the Oriskany Creek. If it wasn't for the white of the snow that covered the ice layer separating the creek from the frigid air above it, I wouldn't even know it was there in the pitch black of 2:50 A.M. I think of a past summer day. Standing on

the high bank below the bridge, the butt of my 3wt resting on my toes as I watch my 9yr old son bring in his third fish on his own. He's in his own world. Not asking when we can go home, not talking about video games, not talking much at all. Just fishing. I catch myself in the early morning day dream just as my next turn comes up. The truck drifts sideways through another corner, the windshield half thawed now. The road I drive to work follows the creek for a good distance, passing a pull off that I use every day in warmer weather on my way to work to get in "Just a couple casts." I think about warmer days when I'll once again pull off and hurriedly shuffle down the gravel bank and strip line in haste at the water's edge. "Just one Smallmouth. Come on, I know you're here. I have to go. Come on, just one bite."

As I drive on, through the mostly defrosted windshield, I see nothing but snow banks on both sides and darkness ahead. I turn up the radio, and a song about a river and summer time fills the truck cab. It puts me in a canoe, mid-July, a blue sky. I can feel the sun on the back of my neck. Dragon flies hover inches above the water's surface, bobbing and weaving, dipping to splash down and buzz off in another direction. The motion of the cast relaxes me, the line shooting forward excites, and the bend of the rod as the Bass turns to fight makes me feel alive. Then a stop sign. The truck slides to a halt pushing slush and snow in front of the tires and I'm back to 2:58 A.M. Reality. I could probably go ice fishing, but I just can't get into it. Winter sucks.

Mark Usyk of JP Ross Fly Rods & Company writes the Streamer Junkie Blog for [www.jprossflyrods.com](http://www.jprossflyrods.com).

JP Ross is an advocate for clean water and preservation of local wild Trout habitat.

## Guess Who?

I am a comic and actor born in New York on April 26, 1965. I played football and competed as a wrestler in high school. In addition to a successful run on TV with a show taking place in Queens, NY, I have had several movie roles.

Answer: Kevin James

“

There are only two occasions when Americans respect privacy, especially in Presidents. Those are prayer and fishing.  
-Herbert Hoover

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# First Love from page 38

The ramp looked like a drawbridge on a castle. But, this was no castle. Furniture was arranged in the large open second floor of the mill in groupings, as if it were a furniture store. A sofa sat flanked by end tables, with a coffee table in front of it, an easy chair and a rocking chair stood on either side of a settee to complete the living room group. A dining room table and chairs stood by a china closet in another grouping. There were bedroom arrangements with beds and bureaus. Sheets and bedspreads hung by the beds as rudimentary screening for privacy. Massive overhead beams held huge shafts equipped with large pulleys. Flat belts linked overhead pulleys to small pulleys on machines next to work benches along one wall. Extension cords snaked along the floor to table lamps. Clothes hung from hangers on spikes driven into the outside walls and to support posts. A kitchen stove, chairs and table made up the kitchen grouping. Family members acted as though this was a

completely normal dwelling, offering no explanation or excuses for the arrangement.

Since the mill owner worked fulltime at a tool shop in a nearby town, he only operated the sawmill part time. He had a painful dry eye condition and constantly blinked. He periodically closed his eyes tightly, as if to squeeze out tears to wet his eyes. I liked the scrawny old man. Once, he asked me to rake some dusty hay in a field. He paid me 25 cents and gave me a pearl handled jackknife for a couple hours of raking. He was small, and at a distance would have would have had the appearance of a young lad had he not been so stooped. His big-boned wife loomed over him like a Holstein cow overshadowing a frail calf. Her mouth spewed angry words sharp enough to cut steel. She had a perpetual scowl with never a smile or good word for anyone or anything.

Her ugly disposition could have stemmed from having a drunken son. He had more

of his mother's build. He was supposed to operate the saw mill since sawdust irritated his father's eyes. My father was anxious to get our logs sawed into lumber to rebuild the barn before winter, so he'd frequently send me to check on the progress, or lack, thereof. With trees downed by the hurricane all over the countryside, the saw mill was loaded with work. Our logs would often appear to be the very next ones in line to be sawed, but if someone came in with a bottle, the son would allow them to put their logs ahead of my father's, much to my father's dismay. I didn't at all like dealing with the drunken son nor with his ill-tempered mother. But, it didn't do any good to complain. Both parents seemed afraid of their volatile son, even when he was sober.

The only bright side to this situation was that the mill owner had a lovely doe-eyed daughter, Barona. She had a pretty face and a shapely body. Her chestnut hair fell in soft folds and shone with reddish highlights. Though friendly, she seldom smiled. She always looked sad and troubled. I first saw Barona when she was delivering a plate of cookies she'd baked for her father. He often took refuge from his wife's ugly moods by moving into a carriage shed, where he had a bed, a chair, a small table and a little wood stove. Barona brought him his meals, each day. She'd later return to collect the dirty dishes. Before picking up the dishes in the late afternoon, Barona usually took a walk in the woods on a logging road that ran next to the river feeding the mill pond. One day, she invited me to come along with her. Since she was a few of years older than me, I felt flattered. During the walk, she said she sometimes just needed to get away, for a little while. Though we didn't always talk very much, it was all very companionable. I loved just walking along the river next to lovely Barona. I was soon smitten by her.

Barona began waiting for me by the bridge abutment out of sight of the shop which was a short distance from the other end of the iron bridge spanning the river. I began to check on



the progress of my father's logs, more frequently, timing my visits to coincide with Barona's trip to her father's quarters at supper time. As time went on, Barona began talking more, telling me how much her family troubled her, and I began to be more and more attracted to her, flattered that she'd confide in me.

"My brother is supposed to run the saw mill," Barona said, one day, as we walked along the river, "but he's usually in a bar room getting drunk. Mother makes excuses for him. When he comes home drunk, she won't let him run the saw mill. It's dangerous, and when he's drunk he doesn't turn out lumber that's square, making customers irate. But, when Pop tries to saw logs, his eyes get red and swollen from the sawdust."

One day, Ken and Doody, two older boys whom I knew from school, were lying in wait beside the bridge abutment, out of sight of the mill and Barona's mother. They seemed to know Barona's routine. When she arrived, we all began walking along the wood road. The brothers walked on either side of her and crowded me out. Barona scowled and wrung her hands. The brothers tried to take her arm or tried to put their arms around her, but she shrugged them off. I wanted to help her, but I didn't know what to do, since they were bigger than me, and I was scared of them.

The day's heat still lingered as we continued along the wood road, that evening. There was a fair amount of jockeying by the boys to get closer to Barona. She didn't talk as she usually did

when just the two of us walked together. In fact, she didn't talk at all. I followed behind. Shadows began to lengthen. Soon, trees formed a darkening canopy over the road. I began to fear what might happen. When we got to a swimming hole, the boys wanted to take a swim.

"But, we don't have our bathing suits," Barona said. "And it's getting late."

"We can swim in our shorts, and you can wear your T-shirt," Ken said.

"Come on, Barona. We're just going to take a quick dip and we'll head right back," Doody said. "Be a good sport."

I began to worry when Barona finally relented. She hid in the bushes to undress, while we stripped to our shorts and dove into the shallow pool. Soon, Barona came running out, holding down the bottom of her T-shirt. When she got to the river bank, she let go of her T-shirt and extended her arms to dive into the pool. The T-shirt jumped up. I caught a glimpse of a patch of dark pubic hair and her milk white derriere as she dove into the pool. When she stood up, water came a little way above her waist. Her wet T-shirt left nothing to the imagination. She stood in the pool looking like a water nymph as breath-takingly beautiful as Venus de Milo. After a brief swim, Barona scampered back into the bushes. I got nervous when Doody started to follow.

"Leave her alone," Ken growled. His voice stopped Doody in his tracks. Barona emerged from the bushes, fully dressed, carrying her wet T-shirt. She tied her hair up in a bun as we walked

back toward the mill along the wood road by the river. It was dusk, now. A tree frog began to call. I worried that Doody would make advances toward Barona, again, but Ken kept him in check. When we got to the traveled road, Barona suddenly dashed home.

The next time I came to check on the logs, Barona was, again, waiting for me. A white flower pinned in her hair gave her the appearance of a Hawaiian beauty. My heart began to thump as we began our walk together in the woods. I told her how beautiful she looked. Barona smiled and took my arm. She said she was glad I was there the day the two brothers insisted she go swimming with them. "They scared me," Barona said. "I'll never, ever, go walking in the woods with them, ever again."

Barona's drunken brother finally sawed our logs, ending my cherished walks with Barona. Her family built a new house on the old foundations of the warehouse, so that the new house also looked like a warehouse. My father built our barn that summer, supervising the construction while my mother and we kids did much of the work. We built the barn the way he learned to build in the old country, post and beam construction. He tied the barn together with cables and the roof never sagged even though the roof rafters were pine 2X4's.

Barona's brother began to drink more and more, prompting his girlfriend to break up with him one day, at her place of employment at a tool factory. In a drunken rage, he drove home to get his shotgun. His mother locked him in the house when he went inside to get his shotgun, but he jumped out of the second story window holding the gun, drove to his girlfriend's place of work, gunned her down, and shot himself.

I don't know what ever happened to Barona. After we hauled the lumber home and built the barn, I took a ride on my bike to visit her, but Barona had left home, her mother said. I never saw Barona again, leaving an empty ache in my heart. ■

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# \$100 Contest Winner

You could be the next lucky reader



Our lucky winner this month is Cathy Hardy a 17 year resident of Yorkville. Cathy says she gets her copy in her mailbox and also grabs one at Americus so that she can share it.

It was truly a pleasure speaking with Cathy. She has been a fan since I published Pulse Magazine and says that she absolutely loves EDITOR. "I would say my two very favorite regular articles are Hello Again written by Mr. Lee. I just love that he speaks his mind and says the things most of us think but won't say." I told Cathy that Mr. Lee is wintering in West Palm Beach and that he takes a vacation from Hello Again too. He is usually home by the end of April so maybe by the May issue he will be back in the saddle.

Cathy went on to say that her other favorite is What Would Your Mother Say which is a monthly column written by S.D. Shapiro. "I just love how true to life this column is, it literally hits the nail on the head. I just love dogs and so the February column was just great!"

Interviewing Cathy was quite a treat. She knew exactly what she likes about reading EDITOR and had no problem letting me know! She went

on to mention that she loves the universal appeal it has. "There is something inside for everyone. All age groups. I learn something every month from reading it. It's very educational with local history and stories about our local businesses. I also love the crosswords, recipes, and can't wait to see the covers. They are always so beautiful and I have known so many of the people featured on them."

The Hardy family will be celebrating an upcoming marriage of a daughter and Cathey said that she has saved all the bridal focused issues for her daughter to assist them in their planning. Exciting times! "Those are some of my favorite issues. All in all, I think you guys do an excellent job. Keep up the good work."

Thanks, Cathy, we will continue to keep putting out a great product for our readers! We appreciate hearing your kind words.

I asked Cathy if she had an plans for her winnings and she shared that she and her hubby were celebrating an anniversary. She thought maybe she'd treat him to a nice dinner out! How sweet of you Cathy!

For all of our fans, some exciting news is coming

your way. Beginning in April we will be adding New Hartford to our mailed circulation so our mailed count will be just under 20,000 magazines! We also increased our dropped copies to 6,000 so that we can try to keep up with the demand. It's such a great feeling to watch our passion grow. Thank you all for your readership. Happy Spring to you all! ■



## Did you know?

Daylight savings time, when clocks are moved forward one hour ahead in the spring and set back one hour in the fall, was initiated to save energy on artificial lighting and make better use of daylight. DST was implemented roughly 100 years ago, but conceived much earlier than that. Today DST is in use in more than 70 countries across the globe, affecting about one billion people every year. Despite the well-intentioned purposes behind DST, little evidence exists to support DST as an effective means to saving energy. In 2016, DST will begin at 2:00 am on Sunday, March 13, and end at 2:00 am on Sunday, November 6, in the United States and Canada. However, Hawaii, most of Arizona, most of Saskatchewan, and some regions of British Columbia, Nunavut, Quebec, and Ontario will not observe DST. ■

## Guess Who?

I am an actor born in Texas on March 24, 1973. I studied theater at the University of Houston and the University of San Diego. Fans adore me as a science-loving doctor with many big-bang theories.

Answer: Jim Parsons

“

No winter lasts forever;  
no spring skips its turn.

-Hal Borland

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# Vietnam vet getting dog tag back

—48 years after losing it

By **DAVE COLLINS**  
Associated Press

HARTFORD, Conn. (AP) — The U.S. Marine Corps dog tag being peddled by a war artifacts seller caught Charles Thompson's eye when he was vacationing with friends in Vietnam. He plunked down the equivalent of about \$3 for the piece of metal, with the hope of



*In this Tuesday, March 1, 2016 photo provided by BNY Mellon, Charles Thompson, left, stands with Vietnam War veteran Richard Tilghman Jr., in New York. Tilghman, of New Canaan, Conn., lost one of his dog tags in the war almost 50 years ago. While vacationing in Vietnam in 2014, Thompson bought a dog tag bearing Tilghman's name from a local vendor selling artifacts from the war. After more than a year of research, he found Tilghman. (Scott Pepper / Associated Press)*

returning it — he assumed — to the family of the fallen Marine.

After hours of Internet searching over the course of the next year, the resident of Weybridge, England, was pleasantly surprised to learn the Marine was still alive.

On Thursday morning, Thompson will give the tag back to Richard Tilghman Jr., a New Canaan, Connecticut, resident who lost it in Vietnam in 1968. The exchange will take place in New York City on a Fox News Channel show.

"I'm looking forward to it," Tilghman, 71, told The Associated Press. "The dog tags bring up a lot of memories. The initiative Charlie took to buy it and keep going to track the family down ... is very commendable, and I really appreciate the effort."

Tilghman came home from the war with one of his dog tags, but he doesn't remember losing the other.

Thompson, a 26-year-old who works in investment management at BNY Mellon in London, came across

the tag just south of the city of Hue on the central Vietnam coast. He and his friends stopped by a cleared area that had old, rusted tanks, helicopters and other military equipment.

The tag was in a tray with other war artifacts on a shopping stand. The tag indicated it belonged to an R.A. Tilghman Jr., a Marine who was an Episcopalian.

"I just felt at that time what a wonderful opportunity to ... try to track down the person and hopefully send it home," Thompson said. "I assumed the person was dead."

In the following months after returning home, Thompson said his initial online searches turned up nothing.

The aha moment came when Thompson found a webpage with information on Tilghman's 20th high school reunion. The page had a military photo of Tilghman and referred to his time as an aerial observer during the war in the same province where Thompson found the tag.

"That really made the hairs on the back of my neck stand," Thompson said. "From there it became quite easy."

He found out that Tilghman worked for Mischler Financial Group in Stamford, which includes among its clients BNY Mellon. Thompson found Tilghman's email address and sent him a message with a photo of the tag on Dec. 1.

"It was clearly mine," Tilghman said of the tag. "I read Charlie's account ... and was amazed he had found it and had taken the effort to track me down."

BNY Mellon set up Thompson's return of the tag to Tilghman in New York, instead of having Thompson just mail it.

Thompson arrived in New York last Saturday and met Tilghman the next day. Thompson, however, has kept the tag locked away at his hotel, waiting to hand it to Tilghman on live TV.

Tilghman plans to store the tag in a box of assorted war memorabilia. ■

## 'Garfield' cartoonist Jim Davis

—receives Indiana arts honor



INDIANAPOLIS (AP) — The state of Indiana is honoring cartoonist and Indiana native Jim Davis who created the "Garfield" comic strip.

The Indiana Arts Commission says Davis is one of the recipients of the Governor's Arts Awards, which recognize contributions to and achievements in the arts. The ceremony is April 9.

Davis was born in Marion and raised on a farm. He went to Ball State University with majors in art and business. Davis developed "Garfield" about a fat, lazy cat who loves lasagna. The strip debuted in 1978 and is seen in newspapers around the world.

Davis lives in Albany now where he writes his strip and runs Paws Inc., which employs nearly 40 people.

He says the award is an honor and "validates cartooning as a legitimate art form." ■

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# History in Your Backyard

## – Shot Clock



"Malone...stripped by Michael, to the floor; stolen by MJ! Michael the steal! 16 seconds left, Bulls down one...Michael against Russell, 12 seconds...11...10. Jordan, Jordan, a drive, hangs...fires...SCORES! HE SCORES! The Bulls lead 87-86 with five and two-tenths left, and now they're one stop away! Oh my goodness...oh, my goodness!" That is the call from the Chicago Bulls radio network of Game 6 of the 1998 NBA finals. Imagine the intensity of those fleeting seconds. Imagine the electricity in the air as the clock counts down. Seconds tick away. But the game of basketball did not always end this way. Prior to 1954 teams took their time passing the ball around with no reason at all to shoot at the basket. Some of the games were low scoring debacles ending with scores of 19-18.

Dolph Schayes, NBA player, coach, hall of famer, and one of the NBA's 50 greatest players of all time said, "Before the clock, there was no game at all. It would get into the second half, and the team that was ahead would just kill the ball, and then you'd have to foul. Then they would foul you, and the game would deteriorate. The game stunk! It was a march from one foul line to the other. Something had to be done."

To the rescue came Danny Biasone, owner of the Syracuse Nationals and general manager Leo Ferris. The Syracuse Nationals began in 1946 as part of the National Basketball League (a precursor to

the NBA). The Nationals joined the NBA in 1949 and went 51-13 in their first NBA season. The team was very successful in Syracuse, reaching the NBA final in both 1950 and 1954 both times losing to the Minneapolis Lakers. They finally claimed the championship in 1955 by defeating the Fort Wayne Pistons 92-91 on April 10, 1955. They won the series 4-3. In 1963 The Syracuse Nationals were purchased by Philadelphia Irv Kosloff and Ike Richman. The NBA approved the franchise shift (May 22) and name change and the Nationals became the Philadelphia 76ers.

Biasone and Ferris experimented using a 24 second version during a scrimmage game. Biasone came up with the idea of using a 24 second shot by analyzing the box scores of games. He realized the each team took approximately 60 shots each game. 120 shots combined. Biasone divided the 48 minutes of a standard game, 2,880 seconds, by 120 shots and the result was 24 seconds per shot.

Biasone and Ferris then convinced the NBA to adopt it for the 1954-55 season, a season in which the Nationals won the NBA Championship. The basics of the shot clock are; teams have 24 seconds to make a shot. If they do not, then it is a violation and they lose the ball.

When the shot clock was first introduced by the NBA many of the players were so nervous about the clock that they took shots in less than 20 seconds. The shot clock combined with new rules regarding fouls revolutionized NBA basketball. In the 1953-1954 season, the last pre-clock season, teams were averaging 79 points per game. In the first year with the clock, 1954-1955 average scores were 93 points. 4 years later scores were up to 107 a game. The advent of the shot clock and led to an increase in scoring which resulted in attendance.

It is said that Biasone saved the NBA with the innovation of the 24 second shot clock; right in your back yard. History is fleeting and sometimes the history in your backyard is that sweet, game winning shot that swishes through the basket. ■

## Did you know? –basketball

By Al Dorantes

Did you know that the first basketball game was played in Herkimer, New York? On February 7, 1891 the first game of basketball was played in Herkimer's brand new YMCA.

This flies in the face of conventional basketball history. Historians say that Dr. James Naismith created the game of basketball as a way to keep his YMCA class active during the long, hard New England winters. The first official game was allegedly played in the YMCA gymnasium in Albany, New York, on January 20,

1892, with nine players. However, Herkimer holds a different story. A story of basketball being played in 1891; almost a year earlier. It is a good story and there are pictures to back it up. Pictures don't lie. They tell a thousand words.

In Frank J. Basloe's 1952 book, "I grew up with basketball," he recounts how basketball emerged out of the winter in a small town. In late 1890, Lambert Will, physical education director of Herkimer's YMCA, received a pamphlet from Dr. James Naismith who was also a physical education



teacher in Springfield, Massachusetts. Naismith's pamphlet laid out the very basic rules for basketball. He had developed the game and sent out letters to other YMCA's and it was one of these letters that pushed Lambert Will to start playing the game of basketball in Herkimer.

The story says that on Christmas day in 1890 Lambert Will set up baskets on ladders in a hardware store. After a short-lived demonstration that was stopped to prevent damage to items on the shelves

Continued on page 48



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# King Crossword

**ACROSS**

1 Relative of reggae

4 Crazy

8 Reed instrument

12 Snapshot

13 Jacob's twin

14 Thwart

15 Brewery product

16 Cascade

18 Wander off

20 Witness

21 Corn eaters' castoffs

24 Unforeseen problems

28 Napoleon's downfall

32 Plummet

33 Historic period

34 "Smallville" family

36 — Khan

37 Roseanne of comedy

39 1998 Sandler movie, with "The"

41 Censorial sound

43 Classic theater name

44 Shell game item

46 Furlough

50 Nixon-era scandal

55 Fleur-de- —

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56 Met melody

57 Ocho —, Jamaica

58 Treasure seeker's aid

59 Fender bender result

60 Heidi's range

61 Crafty

7 Seeks restitution

8 Insult

9 Feathery neckpiece

10 Lubricate

11 Right angle

17 In medias —

19 Expert

22 Huffed and puffed

23 Echolocation method

25 Bedouin

26 Energetic

27 Fix, in a sense

28 "Dragnet" star

29 Uzbekistan sea

30 Container

31 Director Preminger

35 Neuter

38 Say again

40 "Catcher in the —"

42 Apiece

45 Taj Mahal city

47 Charitable donations

48 Test tube

49 Catch sight of

50 Bankroll

51 Exist

52 Can material

53 Have a bug

54 Upper surface

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# STICKELERS

by Terry Stickels

Match the capital city of each respective country.

1. Skopje

2. Budapest

3. Bucharest

4. Sofia

5. Tirana

a. Albania

b. Bulgaria

c. Romania


d. Macedonia

e. Hungary

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# Mega Maze

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. ~ Charles Dickens, Great Expectations



# Weekly SUDOKU

by Linda Thistle

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

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

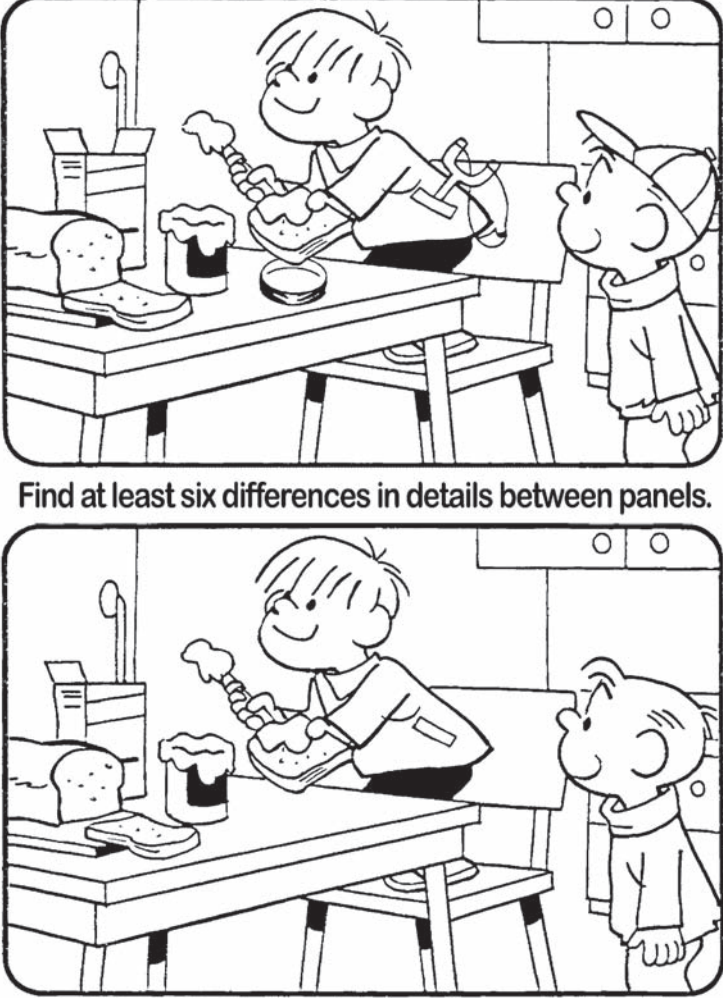
**DIFFICULTY THIS WEEK: ★★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Box flap is missing. 2. Slice of bread is smaller. 3. Jar cap is missing. 4. Slingshot is missing. 5. Boy's cap is missing. 6. Arm is moved.

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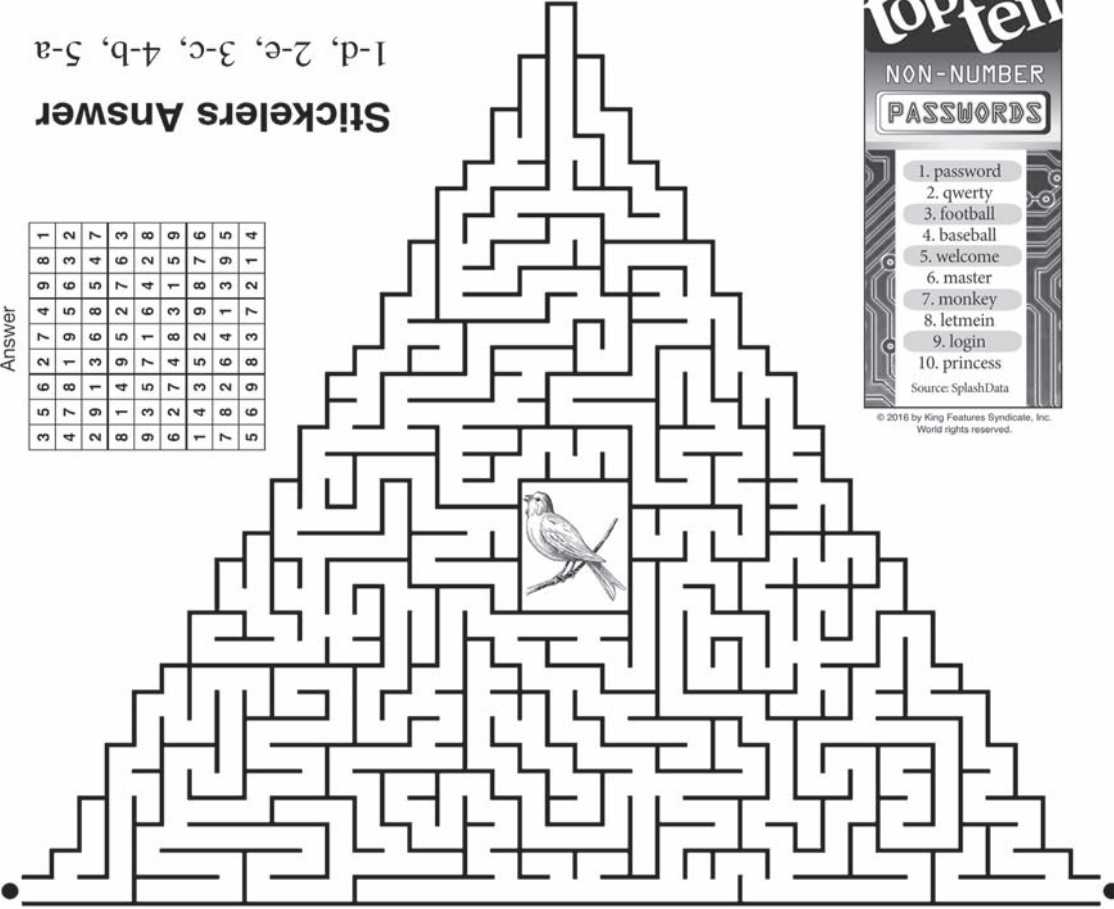
# Mega Maze

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1-d, 2-e, 3-c, 4-b, 5-a

## Stickelers Answer

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



# King Crossword

Answers

Solution time: 25 mins.

SKA	NUTS	OBBOE
PIC	ESAU	FOIL
ALE	WATERFALL	
STRAY	SEE	
COBS	SNAGS	
WATERLOO	DROP	
ERAT	KENTS	AGA
BARB	WATERBOY	
BLEEP	NOXY	
PEA	LEAVE	
WATERGATE	LIS	
ARIA	RIO	MAP
ALPS		SLY



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classified@leepub.com**

## Number / Classification

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

## Announcements

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## Announcements

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## Automotive

ATTENTION: Remanufactured starters, alternators, generator. Prompt service, Gary D. Sneath 315-826-7892

## Cars, Trucks, Trailers

PONTIAC G6 2008, air condition, automatic, full power, 4 door, great condition, \$4,475. CHEVY 2007 Colbalt, air, automatic, 4 door, CD, 93,000 miles, excellent. \$4,275 or best. TOYOTA Corolla 2001, Automatic 79,000 miles, no rust, one owner, air condition, excellent, \$3,675. 315-794-5863

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## Collectibles

ATTENTION: COLLECTOR BUYING WWI & WWII & earlier Military Helmets, Swords, Uniforms, Foreign Decorations, Banners, etc. Call anytime 315-534-3661

WANTED - CASH PAID: For old jewelry, old buttons, books. Dolls toys, even if broken, 1970s older. 1960s & older: Clothing. Old frames, Christmas, Halloween items. Interested in almost anything old. Shirley 315-894-9032.



## Custom Services

SNOWPLOWING, Roof Shoveling: Pay per time or seasonal. Contract price available. Fully insured, commercial or residential. Call Daniel 315-225-1683.

## Farm Market Items

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## For Rent

**183 Main Street,  
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Legal live-in storefront with 1 to 2 bedrooms in Sharon Springs, NY. Very sunny, 1,000 s/f storefront with large front porch. 2 entrance doors will allow you to have a separate shop or to sublet part of the space to an independent shopkeeper to help with the rent. New kitchen appliances and shower. Beautiful setting. \$775/month includes heat and hot water. Tenant pays electric. Available June 1st or sooner. References and verifiable long-term employment a must. Best contact giacomio.dennis@gmail.com or call 518-312-3800 and leave a message.

ILION: Beautiful New upstairs apartment. One bedroom, appliances, laundry facility, parking, no smoking/pets. Lease, references. 315-866-2552

MOHAWK: One bedroom apartment, utilities included. No pets. Non-smoking. Security & references. 315-866-6588

NEWLY RENOVATED 1 BEDROOM APARTMENTS in downtown Little Falls. Starting \$350-\$500. Garbage pick up, hot water, sewage is included. For inquires please call 315-823-1200 ask for Vince.

## For Sale

375 GALLON WATER storage tank (oval, flat bottom) used for water only, \$200.00. Call between 10am-3pm Mon.-Fri. 315-853-2935

CHARHART denim jacket, 3X, never worn, \$40.00; Kitchen Aide 4½ quart mixer, new, \$100; 1962 Swhwin Girls Catalina Blue 3 speed, all original, best offer. 315-866-2625

FOR SALE: Petromax lantern from Cabella's with reflector and extra globe, used once, \$150. 315-337-2919

ILION: LIKE NEW: Clean, white down comforter; commercial mop-pail on wheels; black toilet(high style) & black basin sink, \$35.00; brand new Walk-fit shoe inserts, \$15.00; 10 pair brand new girls Sketchers & Nike sneakers 7½-8; little boys clothes, up to 4yrs., lots more. 315-894-1335

## Help Wanted

HANDYMAN NEEDED generous pay, need to know your stuff, how to do flooring, spackling, painting, plumbing, and heating. Starting out for the weekend and training will be required. If you have a resume bring that. Living premises available depending on situation. Please call Jack 845-706-2222

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## Miscellaneous

ILION: Excellent Condition: 4pc. luggage set, \$15.00; oak single bookcase headboard & queen bookcase headboard; CD player (movies); Kitchen-aide center; pet carriers; small kids bikes; old records; antique armoir desk w/3 bottom drawers; dry sink & more furniture. 315-894-1335

# EDITOR

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1995 SAFARI & TITAL RV. Green & gray, 36' long, 17,500 lbs., 13,000 miles, 6 cyl. Asking \$20,000. Towing pkg kit estimated at \$2,000. Good condition inside & out. For appt. call 518-495-7489

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## Wood For Sale

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26 words - \$5.20	27 words - \$5.30	28 words - \$5.40	29th word - \$5.50	30 words - \$5.60
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Payment Method: ☐ Check/Money Order ☐ American Express ☐ Discover ☐ Visa ☐ MC  
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Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac? -George Carlin

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## Cruising With Aunt Ruta

An Excerpt from Corvette Odyssey- Search for a Stolen Stingray

By Terry Berkson

I once took a trip to Richfield Springs, New York with my Aunt Ruta riding shotgun in my '63 red roadster. "Nice little car," she said when I picked her up at Grand Central Station to drive her home. But this seat is like sitting in a hole!"

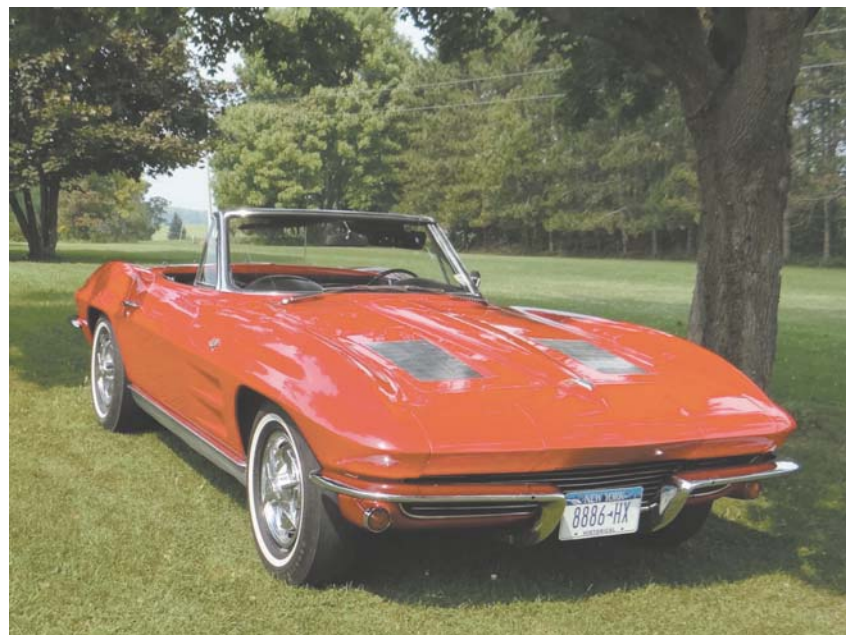
"That's the idea," I said.

My previous ride had been a '55 Ford which had been giving me a lot of trouble. In fact for several months I had been under it more than in it. While looking for a reliable an affordable replacement like a Volkswagen, I tripped over the Corvette which sold for \$1250. Even back in 1968 it was a good buy.

We left the city to take the Taconic Parkway to the "Rip Van Vinkle Buddige" as Aunt Ruta called it. Later, we passed through Middleburg and Cobleskill and smaller towns like Preston Hollow and Lawyersville. Recently, I'd been making this trip so often that the Corvette almost knew its way by heart. Aunt Ruta had mapped out the course years before. There were no tolls except for the bridge crossing the Hudson. She couldn't get around that expense. "I'm not stingy," she'd say, her small bright eyes twinkling in a squished up wrinkled face. "Just thrifty."

*"I'm not stingy,"  
 she'd say, her  
 small bright  
 eyes twinkling  
 in a squished up  
 wrinkled face.  
 "Just thrifty."*

Her husband, Uncle William, had died several years before. In the fall she closed up her house for the winter, stayed with her son in California, and



Still shining after all these years.

was now ready to live in Richfield Springs again. I had been elected to meet her at the train and chauffeur her home. This was usually my dad's job but after forty-five years of ferrying people around New York City, he and his taxi were now retired.

At this time I was attending Brooklyn College on the G.I. Bill and was supposed to be studying for a dreaded science exam. Aunt Ruta was a spry old lady then, a real motor mouth for the whole trip. When she wasn't commenting on the countryside or gossiping or prying into my personal life, she was breaking wind and dripping gobs of her chicken salad sandwich onto my roadster's black leather seats. It was hard to concentrate on the road. I thought driving faster might shut her up for awhile, so I nudged the accelerator towards the floor.

At eighty miles an hour we were passing everything in sight. The Vette was built to cruise at eighty and wind around the rising and falling parkway curves. Aunt Ruta stopped talking and slipped her hand around the grab bar. She was quiet for a long time but

out of the corner of my eye I saw that she was trying to read something on my dash gauges, the speedometer I figured. She didn't want me to notice her concern.

We rushed past scores of cars, eating them up like a hungry Pac-Man. I was sure she was looking in disbelief at the tachometer which read thirty-five. She was a spirited old lady and proud of her nerve. Uncle William's cars never had tachometers. My speedometer, which she couldn't see, was holding at eighty miles per hour. We were eating up cars like a hungry Pac-Man. I acted very relaxed and took one hand off the wheel.

Aunt Ruta craned her neck towards the instruments on the dashboard as I goosed the gas pedal. "How fast are we going?" she asked finally.

"Thirty-five," I said.

"Oh," she said. "Your Uncle William used to do fifty!" ■

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## Stay safe when driving in wet weather

- Maintain windshield wipers. Inspect and, if necessary change windshield wipers regularly to ensure they are working optimally. Always test wipers before driving in rainy weather.

- Recognize changing road conditions. Roadways accumulate oil and engine fluids that can float in rain-water, creating slippery road surfaces. These fluids make rain-soaked roads even more slippery. Slow down, leave more room between vehicles and try driving in the tracks left by vehicles ahead.

- Reduce speed. The automotive group AAA says hydroplaning, when the tires rise up on a film of water, can occur with as little as 1/2 inch of water on the road. The group goes on to say that tires have to displace a gallon of water per second to keep the rubber meeting the road. Drivers should reduce their speeds to correspond to the amount of water on the roadway. New tires can still lose some contact with the roadway, even at a speed as low as 35 mph. Therefore, reducing speed and avoiding hard braking and turning sharply can help keep the rubber of the tire meeting the road.

- Rely on the defogger. Use the car's windshield defroster/defogger to improve visibility. Turn it on early and keep it on until the rain has

stopped and visibility has improved.

- Recover from a skid. Skids can be frightening, but when skidding, resist any temptation to slam on the breaks. Instead, continue to look and drive in the direction you want to go and slowly ease up on the accelerator.

- Skip the cruise control. It's important to maintain control over the vehicle in rainy conditions, so avoid using cruise control.

- Maintain tires. Proper inflation and tire tread levels can improve traction. AAA recommends checking tread depth by inserting a quarter upside down into the tire groove. If you can see above Washington's head, start shopping for new tires. Check tire pressure on all tires at least once a month. Get an accurate reading when tires are cold and adjust air pressure accordingly.

- Avoid other distractions. Distracted driving can be hazardous during good road conditions and even more dangerous when visibility and other factors are compromised. Switch phones and other devices off so you can fully focus on the road and other drivers.

Rainy weather can contribute to poor driving conditions. Drivers should make changes to speed and other factors to make wet weather driving as safe as possible. ■

## EDITOR

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J160203 4cyl, Auto, Heated Seat, Heated Steering Wheel, UConnect, Power Sunroof, and more!

**MSRP \$27,885**



LEASE FOR **\$89** /mo  
24 months

\$2999 Cash or Trade Down Plus Tax & DMV. \$500 NE Lease Cash, \$500 Bonus Cash, \$1000 Chrysler Capital Bonus Cash, \$1000 Conquest Lease Cash\* applied. \*Must have a competitive lease in household. 10K mi per year. 25 cent mi overage, lessee responsible for all maint, wear and tear. Must lease with Chrysler Capital. For well qualified lessees. Offer expires 3/30/2015.

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roadways traversed to reach a destination. Travelers embarking on road trips should consider including some of the following roadways in their travel plans.

- Haines Highway: If your adventures take you through Alaska, there is plenty of legendary scenery to take in. The backdrop along the Haines Highway is sensational, but this stretch of roadway also offers views of the largest congregations of bald eagles in the world. It has been dubbed "The Valley of the Eagles."
- Route 66: Now known as "Historic Route 66," this famed road stretches from Los Angeles to Chicago, cutting a path through a vast portion of America's

heartland. Some say driving along 66 is an adventure in American history and that the road embodies the best of the United States.

- Pacific Coast Highway: While not the fastest way to travel, this winding road that hugs the California coast owes its popularity to stunning views of the Pacific Ocean. It's difficult to

avoid being swept up by the breathtaking views of rock formations, waves and cliffs.

- Highway 99: Referred to as the Sea to the Sky Highway, this roadway in British Columbia begins outside of Vancouver and rises up into the mountains. This road trip is full of various climate zones, mountains, lakes and rivers. The 700-meter rock face of "The Chief" also is a popular draw.

- Columbia River Highway: The first paved road in the northwestern United States, Columbia River Highway also is the first scenic highway in America. It is renowned for being a portion of the original Oregon Trail, and its 70 miles offers spectacular views year-round.
- Overseas Highway: This impressive roadway extends more than 100 miles from Key Largo to Key West, Florida, linking all of the islands that comprise the Florida Keys. The Overseas Highway includes a seven-mile bridge

across the water.

- Highway 12: This route in Utah offers impressive views of natural features. Attractions include the Bryce Canyon, Red Canyon and Grand Staircase-Escalante National Monument.
- Loess Hills Trail: Loesses, which are hills formed from silt, give land alongside this trail in Iowa interesting topography and varied flora. Fall foliage here has been formally qualified as a National Natural Landmark.
- Highways 44 and 240: These routes in South Dakota take travelers through the area known as the Badlands, giving adventurers a glimpse of the American West. Badlands National Park, Mount Rushmore and the Crazy Horse Memorial are other attractions to take in while in the area.

A good road trip is one of the best ways to explore our beautiful country. ■

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continued from page 43

## Did you know? –basketball

Lambert Will convinced a group of young men to try the game for real. Lambert Will mailed several letters to Naismith in Springfield but after no reply he decided to proceed on his own. After Christmas the boys got together to "practice." Soon after, by January 27, 1891 the boys decided that they had enough practice that they wanted to play a real game. With 9 players on each side the scrimmage started at the Herkimer Y. They played for 20 minutes before they were tired, roughed up, and the peach baskets needed repair. They took a break, fixed the baskets, and played for another 20 minutes.

The next game was played on February 2, 1891. They had more of a semblance of rules and those rules, as happens with new games, grew and changed as they played. The game was rougher back in the early days. With a combination of baseball rules, football rules, and 9 men on each side it was rough and tumble. One of the first rules was deciding how to deal with unnecessary roughness. This led to the innovation of fouls.

With more rules in place the first official game took place on February 7, 1891. The YMCA nine played the businessmen nine to a 9 to 3 victory in front of a crowd of 26 people. When the game was over Lambert jotted down the rules and again, sent them to Dr. Naismith in Springfield. Again, there was no acknowledgment. Lambert Will continued on developing the game in Herkimer.

Shortly thereafter other Valley towns formed their own teams. Little Falls had a team. Utica had a team as did Syracuse, Troy and Amsterdam. Soon a league was formed. Players with names like Simp Patterson, Harry Stanchel, Think Metzger, Eddie Murnane, and others grew the game of basketball in Herkimer. Crowds of people came to watch the games. In those days people arrived by coach, sleigh, and buckboard.

From a pamphlet from Dr. Naismith to those first rough and tumble games to the game we know today; basketball has its roots in Herkimer. ■



# First Cars

-a trip down memory lane



Joe's beloved pick up truck.

By Joe Parzych

The first car that I owned with a motor that actually ran was a 1932 maroon Chevrolet convertible cabriolet, or club coupe. (I did own a Studebaker before that, but that's another story.) I preferred the "Club coupe" title of the Chevrolet. It made me feel like a member of an exclusive

club. The interior was upholstered in dark brown cowhide. The driver's seat which took up 2/3 of the front compartment would accommodate a person of extreme girth, while the fellow passenger sat in a much narrower bucket seat that tilted forward for access to the rear bench seat, suitable for passengers who did not object to sitting low with their knees up by their ears.



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I was 15 years old and could not apply for a license until I was 16. An insurance agency which had offices on the third floor did not require anything other than money. I spent the time until my 16<sup>th</sup> birthday, wisely. I learned how to drive on town roads without a license. In our town we only had a constable who never arrested anyone. But for added insurance, I took his 15 year old son along on rides and sometimes let him drive, too, making him complicit in my law breaking.

WWII was on, and gasoline was rationed. My father had a 55 gallon drum filled with kerosene. I tried adding a couple of gallons of kerosene to the gasoline left in the car's gas tank. The engine ran, but the car didn't want to go very fast. I worked for a farmer that summer, so I'd tell my younger brother to put a gallon of kerosene and two gallons of gasoline from our saw rig into the car's gas tank so we could go for a ride. When my brother said the saw rig tank was getting low, I kept changing the ratio of kerosene

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to gasoline, until I weaned the car to run on pure kerosene after starting it with a slug of gasoline. I put naphtha moth balls in the gas tank hoping to increase the octane. I don't know if it helped, but we could hear them rolling from side to side when we rounded sharp turns.

One day when I got home from work, I saw the kerosene drum upended with the end chopped out. My father approached me and said rather angrily, "Look at that!" I looked; not knowing what to say.

"That drum's no good; the kerosene all leaked out," he said.

On my birthday I went to the Registry of Motors for a road test on my noon hour lunch break. I hoped the registry guy didn't

notice the car reeking of moth balls.

I'd practiced the driving test route and knew what he was going to ask me to do, such as stopping and starting on a hill, parking, and turning around, etc. Once, I nearly began the next step when I anticipated his next command. I was lucky I hadn't, since he was already getting quite suspicious.

"You sure learned to drive pretty darn good in a hurry, today being your 16th birthday."

"I learned to drive on a cut down car we use for a tractor on our farm, and I drove that, a lot."

I passed the road test with flying colors and went home with my driver's license. I began to drive the Chevrolet as much and as far as my gasoline ration stamps would allow. I was



having the time of my life.

The windshield was encased in a chrome frame that tilted forward when the canvas top was down and two large knurled chrome knobs on either side were loosened. It also tilted forward when the brakes were applied if the knobs happened to vibrate loose.

The car took on the appearance of an Indianapolis race car with the top down. A loose connection on the exhaust pipe made it sound like a race car, or an airplane. Folding the windshield flat allowed air to rush by, creating the illusion of the car racing along at the speed of an airplane which the throaty roar of the loose exhaust connection reinforced. The exhaust noise also served to nearly drown out the hoof beat of the knocking connecting rods and the clattering of tappets as the car careened along, with a tire flapping, at its top speed of 45 miles per hour going downhill with a tail wind. The canvas top folded back to rest on a trunk the size of a family picnic cooler when the top was first lowered, but at full throttle, the canvas top billowed out behind, frantically flapping like a wounded albatross in flight.

The canvas top had a few leaks. We had a goat on our farm that gave birth to a kid that loved to lie on top of the car. It was not a good idea to chase the kid off because he'd playfully dance on the roof just out of reach, and his sharp little hoofs wreaked havoc with the canvas top. Still, the car was a delight. The chrome wire wheels twinkled in the sunlight, the chrome door handles had a fancy French curve to them that fostered an artistic flair. The whole concept of this dashing automobile cried out for the driver to wear a yellow silk scarf around his neck, letting it blow in the wind reminiscent of a pilot flying an open cockpit fighter plane going off to do

battle with the enemy.

Two chrome headlights flanked a chrome wire mesh grille designed to keep bugs from plugging the radiator, but mainly served to impress the public. The tires were 19 inches in diameter at the bead with sidewalls of 4 or 5 inches, allowing room for white sidewalls, giving the car an additional air of elegance. A glass topped spinner clamped to the steering wheel made it easier to make sharp turns, but it best served to display a scantily clad lady, inferring that the car's owner was adept at attracting beautiful women. The gear shift lever, sticking up 3 feet from the floor for leverage, had a gear shift knob with a jeweled insert of genuine simulated ruby, cut from the finest glass, to give this fine automobile the final touch of elegance.

My father didn't like the idea of me at the wheel of my own car, and I'd made the mistake of telling my father from whom I'd bought the car. He hired a lawyer and they convinced me return the car, citing the fact that I was a minor and could not enter into contracts. The dealer did not return all of the money I'd paid him. I studied the law and discovered minors can enter into contracts. However, it is the minor who can rescind the contract if he so wishes. The lawyer had charged my father a healthy fee, which he was not crazy about paying, again. He also knew I was stubborn and had studied the law, and he was not sure whether my conclusions were valid or not, and he didn't want to pay to find out.

I bought several more cars as a minor, but never let my father know from whom I'd purchased them. I fixed them up, sometimes painted them, and sold them for a modest profit. He mocked me, calling me a "Junk Dealer". I didn't care, I was making money. The last vehicle I bought and fixed up was a Model A Pickup. I overhauled the engine and reupholstered it. I loved that truck. When I joined the Army at 17, I parked it by the barn. When I came home after discharge, it was gone.

"I sold that old piece of junk," my father said and would not reveal to whom he'd sold it. He was not concerned that it was not his to sell. I did not want to sour our relationship further, so I did not pursue the matter. Years later, a man stopped to tell me he'd bought the pickup from my father. He later sold it to a long distance trucker who let me take a picture of it, but would not let me even sit in it, much less drive it, for fear I'd try to get it back. ■

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## 4 reasons for a check engine light

Vehicles rely on many components working harmoniously to function at optimal capacity. Any number of systems can go wrong, and oftentimes the first indication that something has gone awry is an illuminated dashboard signal.

One such signal is the “check engine” light. Many drivers have little idea what to do when this indicator lights up, and this light can cause some anxiety. According to Consumer Reports, a

check engine light turning on does not usually require immediate action. However, it does mean that you should make an appointment to have the vehicle inspected for potential problems.

Check engine lights are part of a car’s onboard diagnostics. The light turning on may indicate something minor, such as a loose fuel cap, or something more serious like a misfiring engine. When the light turns on, drivers wondering why may

want to see if the answer is related to one of the following issues.

1. Loose gas cap: Fuel vapors can leak out and air can get in when the fuel cap isn’t secured correctly. This can compromise the fuel system and make the check engine light come on. Take off the cap and then reseal it to see if that alleviates the problem. Cracked caps will need to be replaced.

2. Dirty oxygen sensor: A faulty or clogged sensor

may not provide the right information about unburned oxygen from the vehicle’s exhaust. This sensor monitors how much fuel is burned. Compromised data can cause a decrease in fuel efficiency. Some do-it-yourselfers can replace an oxygen sensor on their own, but those who can’t should have the issue addressed immediately by a professional.

3. Too much speed or load: Towing a trailer or another heavy item may put strain

on the vehicle and cause the light to come on because of loss of power. Lightening the load and reducing speed can help fix the problem. Always consult with the owner’s manual to determine the towing capacity of your vehicle.

4. Short or faulty code: Computers aren’t always fool-proof, and sometimes an electrical short or another similar problem can cause a light to come on. Bring the vehicle to an automotive

supply store. Such stores typically have diagnostics tools that can be hooked into the car’s computer and provide a more detailed understanding of what is triggering the check engine indicator.

In many cases, a steady check engine light is not a serious concern. However, when such a light comes on, drivers should try to find out why as soon as possible. ■

## Did you know???

The excitement of driving a new car off of the lot extends beyond the thrill of having a new set of wheels to show off. Some people just love the smell of a new car. But while that aroma may be pleasant to the olfactory senses, it may be wise to eliminate the smell as soon as possible. According to a 2012 study from the nonprofit Ecology Center and HealthyStuff.org, that “new car smell” may include toxic fumes from chemicals used to create the car’s interior. There are some indications that the smell is generated from more than 50 volatile organic compounds, or VOCs, that are off-gassing in a relatively confined space. While the potential dangers of breathing in all of these compounds continues to be studied, the flame retardants and plastics used in cars have been linked to illnesses when they have been used in other applications. To speed up the process of removing VOCs from a car, open all of the windows and let it sit in the hot sun. Also, purchasing a vehicle that has been sitting on the lot for a while may mean some of the chemicals have dissipated. ■



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† by mail-in rebate when you purchase a set of four, select, Cooper tires. Must buy 4. Not combinable with any other offers. See store associate for details. Valid 3-1-16 – 4-15-16

Actual tread design may vary from those shown. Some items/sizes by special order only. If we are out-of-stock on an advertised item, we will issue a rain check. Purchases may be limited to normal retail quantities. Not responsible for typographical errors. See stores for warranty info. PRICES VALID W/AD ONLY.



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