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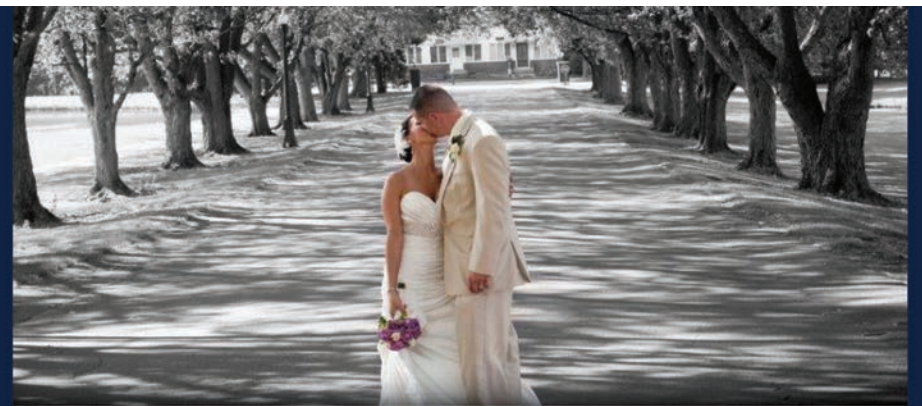
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Schedule to take the entrance exam - Test of Essential Academic Skills (TEAS). The topic areas tested are reading, math, science, and English language usage. We highly recommend you study for the test. The official review book is published by Assessment Technologies Institute (ATI). ATI's web address is www.atitesting.com. The TEAS test is given in the Rossetti Education Center on the Madison-Oneida BOCES Campus. The test dates available

are April 5, 6, 12, and 28.

A photo ID is required when you arrive at the TEAS test. The exam will be scored the same day and you a minimum score to move to step 2 in the application process.

STEP 2:

You will be given an appointment for a personal interview with the Admissions Committee. You will also be given three forms for professional references.

STEP 3:

Attend a personal interview with the Admissions Committee. Submit to the Committee three professional references, a resume, and an autobiography that includes why you want to be a nurse and what you have to offer to the profession (grammar and punctuation count).

STEP 4:

The Admissions Committee will carefully consider all applications. Decision letters are sent within 10 business days of the interview. If the Committee offers you an opportunity to continue, your letter contains an Admissions packet including a Health

Form. Once we receive your Admissions packet and non-refundable commitment fee of \$50, you will be scheduled for a mandatory financial aid workshop and a drug screening. Completed health document packet is due on the first day of class, so calling your Dr.

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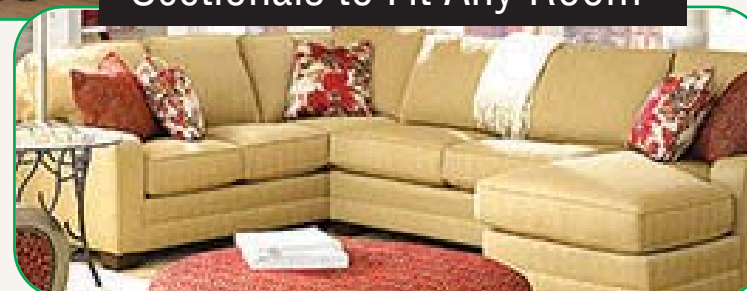
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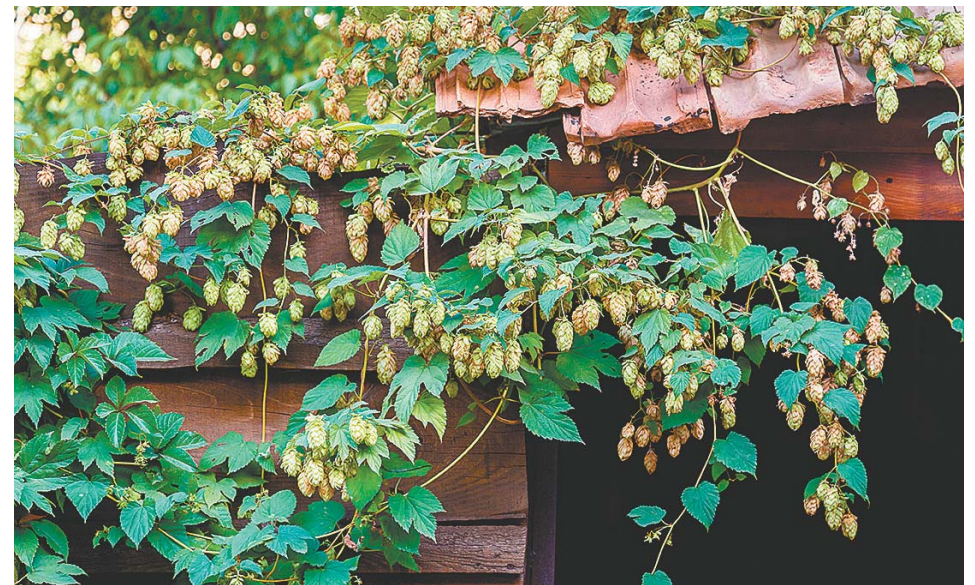
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Who Could Deny their Mother?

By Joe Parzych

Seeing his local moonshine supplier grow ever wealthier, my father decided to cash in on the lucrative business. He bought a still, brewed up a batch of moonshine mash, loaded the still and built a fire to begin distilling. Not being familiar with the concept of a still, he overfilled it, thinking the still operated like a percolator; which, in this case, it did. The mash soon clogged the still's coils, and what moonshine that made it through the coils was essentially the same product as that which he had begun distilling. He figured he'd been scammed with a defective still.

A huge car showed up the next day. A man got out, flashed a tin badge, and identified himself as a revenue agent. He demanded payment of a fine for making illegal whiskey, in cash. My father, who was splitting wood at the time, went after the phony agent with his axe. The driver, who had kept the car



engine running, began driving off. The "agent" barely had time to jump aboard the running board as the car roared off with the "agent" struggling to get inside the car as it careened away in a cloud of dust.

My father smashed the still to bits and buried it out in the woods; and none too soon. Real revenue agents showed up, dressed in suits. During a search of the house, they found a bottle capper and

a big box of bottle caps.

"What's this bottle capper and all these caps for?" the agent asked my mother.

"Ketchup," she answered. "We make ketchup."

"You must make a lot of ketchup," the agent said.

"Well, we got a lot of kids."

All this time, there were hops for my father's home brew operation, growing

in the hen yard, plainly visible from the back porch. My mother prayed to an assortment of saints that the agent would not notice the hops. Her prayers were answered, and the agent left.

Switching over to making beer was not as lucrative as moonshine, but my father began making up for it in volume. He soon had the cellar filled with bottles and bottles of home brewed beer. A few days later, he decided to sample a bottle of his concoction. When he uncapped the bottle, a foaming geyser of beer erupted. It shot up to the ceiling and sprayed beer over the four walls and the floor of the kitchen. Precious little beer was left to pour into a glass to sample.

It's a good thing my mother's prayers were answered because it wasn't long before we began to hear shotgun blasts coming from the cellar. The beer bottles had begun exploding, one by one, day and night. No one dared to open the cellar door to take a quick look. A strong smell of beer enveloped the house. It could be even be detected when approaching the house. The stench of beer clung to the walls long after we cleaned the house and aired it out. Meanwhile, my mother prayed that the revenuers would not return. She prayed to all the saints, concentrating on Mary, the mother of God, figuring, "who could refuse a request from their mother?"

Apparently, her petitions were granted because no revenue agents ever called, again. **E**

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When it Comes to Your Healthcare

-Loyalty must be earned

By Dr. Joe Martin, PT, DPT, OCS

Would you stay with an auto mechanic if your transmission was still broke after bringing it to him 6 times for the same problem? Would you continue to frequent a restaurant if after each visit you suffered with food poisoning? I am assuming you answered no to these questions so why then would you stay loyal to a medical provider who has let a significant health issue continue without changing or modifying the plan of care? Since when is your choice in a medical provider less important than your car or anything else for that matter?

All too often, I see patients clinging to a medical provider simply because it's where they have been going for 15-20 years and it would be a hassle to switch. Well, I am here to tell you that your choice in a provider should be based on

answers, respect, and results. Let me share a couple of very recent encounters in the medical community.

A 72 year old patient was recently in my practice to receive physical therapy for lower back and leg pain. This gentleman found me himself and was not referred initially by his physician. After performing a 90 minute examination it was apparent to me that this individual was experiencing spinal cord compression and he had severe pain and neurological weakness in both of his legs, so much that he had significant difficulty walking. This patient reported that his condition seems to be worsening by the week and that he has been to a spine center and has received shots, but then was told by this center that they couldn't do anything more for him. This gentleman absolutely needed to see a Neurosurgeon to evaluate the possible necessity for spinal cord decompression and hadn't



been to one at all. We provided this gentleman with jaw-dropping relief on the first day with some of our own decompression techniques, but with what he

was presenting with still needed Neurosurgical consult in the mean time. I wrote up a very detailed, four page examination report and sent it to his

physician immediately and it was loaded with credible, evidence based findings all of which warranted the Neurosurgical Consult. The patient had a follow up with this physician and asked him if he received my report and his response was "Yeah, I got the report and I don't care about the report you are going back to the spine place I sent you before." Now, this patient has been to the same spine place a few times already and they told him on his last visit that they couldn't do anything more for him as all they were providing was shots anyway. His symptoms and ability to function is worsening weekly, yet this physician felt compelled to ignore my report and proceed to force this gentleman to go to the same place and no consultation with a Neurosurgeon. The last

time I seen this condition and I proceeded in similar fashion the patient actually underwent emergency spinal cord decompression surgery and one of the reasons was that his MD cared enough about his patient to step outside of his ego and outside of his "normal referral patterns" in the best interest of his patient.

So, where does your loyalty lie? Hundreds of thousands of people die or are harmed in other ways every year due to medical mistakes and misdiagnoses. Don't stay with a provider because it is seemingly the right thing to do, you deserve to be listened to and you have the right to quality, results based healthcare. A bit of self-advocacy could save your life or at least improve your ability to function.

Dr. Joe is a Board Certified Orthopedic Clinical Specialist and the founder of 6 outpatient physical therapy clinics throughout central NY. He can be reached at 315.525.6860 or by email joe1@functionbetter.com

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Third time's a charm, and a sunny one for Snommegang



By Carly Proulx

Saturday March 12 on Main Street in Oneonta, NY brought back the 3rd annual Snommegang Invitational Beer Festival. A far cry from Snommegang's 2015 -21 degree temperatures the diehard beer lover's and newbies to the craft beer industry were drinking up through the long line of tastings while unitedly getting sun kissed in short sleeve tee's.

Once again Brewery Ommegang out in Cooperstown partnered up with Townsquare Media's America on Tap Division, only this year they decided to expand the tasting tent sizes. Judging from this year's crowd of 1,600 attendees word got out, and the people shouting "I love good beer" were heard loud and clear. Whatever the weather would be they were prepared to give fans an extensive variety of the cold goodness they so desired, and indeed an ample amount of it. A total of 38 brewers from around the country came out to supply underneath 3 different tasting tents, and though a bit hectic at times depending on your thus far consumption the tents remained easily navigated as the weather outside wasn't in the least bit frightful, and many were looking to grab their samples and get out from under for a heady dose of Mr. Sun.

The music tent on Muller Plaza, perfectly placed in between and out in the open, entertained an already pretty jolly

crowd from 2-6 pm was free, and open to the public. Featuring the Benjamin Franklin Band, The Old Main, and Jounce each band had their own unique sound to bring to all those who came out. The tasting tickets were well worth the \$50 when considering how many different craft breweries stood ground, and all the different beers awaited at ones lip service. Producing craft beer festivals all over the United States America on Tap has made a joint effort these past two years, working alongside team Ommegang to bring Snommegang to Oenonta. In the past working with the local Cooperstown Chamber of Commerce, as well has our fellow neighbor's Ommegang, America on Tap is owed the credit of bringing Cooperstown on Tap to their town in October of last year.

With the 60 plus degree weather shining down upon Main Street there was estimated a total of 1,600 people who tasted over 100 craft beers and ciders at this year's non snowy festivities. Somehow I don't think the sun was reason enough for all these folks to purchase tickets and get their sample on. First and foremost anyone from Central New York knows never to trust the weather forecast, and after all it's a Central New Yorker's love of beer that has gotten them through all these long and cold winters, and still no one knows yet if spring is truly here?

The fact that each brewery was represented by its own staff, there to clear the air with information on the brewery's product, and talk of the selections they chose to offer up at the event made for an in the making craft beer pursuer's dream.

Plenty of food vendors were spread out under tents throughout Main Street, as well as on side streets for a fueling up to accommodate the hustle, bustle, and hunger of beer drinkers on the move. Last year's event held in February 2015 had sold out with over 1,100 attendees, and begs the question "Will this event just keep on growing?" Dedicated to the

rising number of craft breweries from around the globe America on Tap Beer Festivals work extremely hard, and have been more than successful as the first and only national live event series to showcase this type of specialty brew so many are finding their unique type of niche in. Bringing the best of the best craft brew all under the same roof, accompanied by delicious local food,

and easy listening live music it's not much of a brain teaser as to how they've managed their success with Ommegang for the past 3 years.

Bill Wetmore, Brewery Ommegang's general manager hit the tap on the keg when in a press release he questioned the winter's contribution to the event, but predicted "there's no doubt that this



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You Belong in the Utica Art Association.

By Lisa Lauritsen

Whether you've been a prolific master of creating since birth, returning to the trade, dabbling in new endeavors, or an avid supporter of the Arts, becoming a member of the Utica Arts Association is your network for support and an open door to the wildly faceted Utica art scene. This volunteer run group involves over 100 members with a variety of interests and backgrounds. They run exclusive galleries and keep you in the know of all things involving art in the region.

The Utica Art Association has been promoting art in the Utica area since the 1830's. The Utica Mechanics Association, organized in 1827 as a benevolent society. In 1836, this society built a large hall and library where they held fairs, lectures, and concerts. With most of the influential people of Utica as members the Mechanics Association was a prominent part of social life in Utica. It

was in this social atmosphere that prompted the Mechanics Association organized the first Utica Art Association. They held many six-week-long art exhibitions were held at Mechanics Hall at what is now 104 Liberty Street. These shows were held during the winter months.

After the Civil War as railroads developed rapidly combined with developing industry living standards were changing at a fast pace. Utica had many new things to offer its citizens; Vaudeville shows, newspapers, and books, the Victrola, picture shows, and automobiles. Travel became easier and while the society became more mobile life was full of new and wondrous things. Fewer people had the time or interest in art. In 1910 the Utica Art Association ceased to exist.

The second beginning for UAA happened in the mid-1930's when the Utica Art Club was organized under the guidance of Mr. Arthur Derbyshire, who

was the director of the Munson-Williams-Proctor-Institute community arts program. An interesting byproduct of the depression that gripped the country was that people had more time. With more time on their hands, utica's interest in art grew again. At that time, the yearly membership dues were \$1.50 a year. The club survived through WWII, and in the 1950's and 1960's it became a prominent part of the Utica scene known for sponsoring downtown sidewalk art shows.

UAA bounced back again in 1980. The club was once again incorporated as the Utica Art Association. Today it functions as a legally approved tax-exempt nonprofit organization promoting art. Their sidewalk art shows have been largely replaced by shows in galleries and colleges. The UAA is involved in numerous art-oriented projects in the community. Throughout history many prominent local artists and sculptors have

been associated with the Utica Art Association.

Catch them on the last Monday of each month at the Heritage Health Care Center, 1657 Sunset Ave., Utica, at 6:30 pm., followed by a presentation at 7. All interests and abilities are welcome this particular Monday for their annual open house, March 28th, where members of the New York Water Color Society will critique selected works of UAA members. It's free and open to the public, but if you can't make it this time mark your calendar for next month to observe another exceptional hands-on workshop offering; happens

each month, same place, same time. A half hour of information followed by an hour long activity. In the past programs have involved guest speakers, interactive demonstrations on things like print making and self promotion, and the group hosts lavish outings twice each year at local eateries to discuss and plan events.

Members from the greater Utica area and from as far away as Coldbrook, Stratford, West Windfield, and Rome will be on hand April 25, 2016 for their next meeting where UAA Secretary Sandra De Visser will present April's demonstration; making a mono type using acrylic

paint. De Visser said, "The meetings are social, inspirational, and educational."

UAA is always looking for new members. Membership is affordable and includes a free listing of your personal art website from the UAA website. A year's worth of education and promotion costs \$20, and only \$8 for students with I.D. For more information go to: uticaartassociation.org or follow them on Facebook: Utica Art Association. ■



Snommegang...

year's Snommegang will be one for the record book." Ommegang's tour tasting manager Sean Volger shielding his eyes from UV rays behind dark glasses was one of the many smiling faces in the crowd that day, and summed up the event's success with "the biggest crowd yet." The talk and excitement of Snommegang's fourth year has sure to already have begun, and I can only imagine the fun and all games craft beer

will continue in a grand effort to outdo themselves, and impress the best upon the on board thirst of this great nation. And though whether or not you'll need to bundle up or shed some layers for next year's festivities remains to be seen the one constant you can be sure to rely on is the bona fide craft beer scene bringing you yet another memorable and hardy beer drinking experience. ■

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Cherry Trees



By Joe Parzych

I was 17 when I served in the Army, first driving a staff car in Washington, D.C. but soon shipped out to California before Cherry blossom time. The Army shipped me to Japan to serve with the Army of Occupation. In Japan, I joined the 11th Airborne, my immature brain leading me to believe that jumping out of airplanes would be great fun. On the northern island of Hokkaido where I was stationed, the cherry trees blossomed a bit later because of the northern latitude, but when the trees blossomed, delicate pink petals drifted down to blanket the earth. Army trucks, passing by, sent huge clouds of enchanting pink petals swirling up to fill the air with a captivating display of color. There was little Japanese vehicular traffic except for charcoal fueled Japanese trucks and an occasional charcoal fueled car.

Food was chronically scarce in Japan and dying of starvation was common, but I never saw anyone picking any of the tiny cherries, leading me to believe that the trees were planted strictly as ornamentals, since the starving Japanese people were reduced to eating grass prepared from recipes printed in Japanese newspapers. Little children begged for food at the railroad stations. Each morning the bodies of a number

of homeless people, huddling in the railroad stations for shelter, would be carried out for burial.

We had a cherry tree on our lawn at home. It not only produced beautiful blossoms but bore a bountiful crop of delicious cherries, as well. My mother loved that tree. But, one year, the tree became so laden with fruit that a large branch split away. My father, who was skilled at grafting, lifted the branch back into position and tied it securely so that it could grow together, again. For some reason, he didn't use grafting wax to seal the wound, but applied a poultice of cow manure, wrapping it with cloth secured by twine. He perhaps figured the manure would supply nutrients to the branch to promote healing. He figured wrong. It killed the tree, much to my mother's dismay. My father planted another tree, but that died, too, causing my mother renewed sorrow.

When I began earning money enough to buy a tree, and had a car with which to bring it home, I would like to say that I acted or failed to act to spare my mother from further sorrow. But, I was young and foolish with other things on my mind, and I never thought to buy her another cherry tree. I did plant a couple of Bing cherry trees on my lawn when I built a house, years later, but they, too, died, perhaps doomed by the same curse

that befell the cherry trees planted by my father.

My daughter, Deborah, who loved trees and flowers, successfully planted all manner of them in her spacious back yard, planting several cherry trees that bore bountifully, much to the delight of squirrels who ate most of them. She had a decidedly green thumb when it came

to flowers and trees, as opposed to the black thumb I inherited from my father.

Deborah died about 9 years ago, along with her flowers when her husband, who hated flowers, gleefully mowed down all her flowers with a weed-whacker soon after her death. **E**



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Manly Wedding Ideas

By Al Dorantes

With the average cost of a wedding in Central New York approximately \$27,000 or \$195 per person, men are getting more and more involved with making wedding plans. Danielle Padula from Bella's Event Planning said, "Because more and more couples are paying for their weddings, the grooms seem to be more involved." Danielle gave some helpful hints on how to make your nuptials more manly.

One of the more traditional spots for the grooms input has always been the rehearsal dinner. As traditions go, the groom was generally relegated to paying for the rehearsal dinner. Now, the rehearsal dinner is an opportunity for grooms to put their personal spin on the meal. If you like barbecue, then have a barbecue themed dinner. You can tailor the meal around your personality.

The groom's cake offers another chance for men to add their touch to the celebration. The groom's cake originated in Victorian England and made its way across the Atlantic. Besides giving an option to the traditional flavors and designs of the wedding cake the groom's cake can reflect the groom's hobbies. Groom's cakes can be golf or sports themed. It can look like your favorite car. Who can forget the red velvet armadillo groom's cake from Steel Magnolias? (Men, minus one point off your man card if you know this reference.)

Danielle Padula also suggested increasing the man quotient by having a cigar rolling station at your reception. Danielle explained that they bring a cigar roller from Little Italy. Your guests can watch a cigar being rolled right in front of their eyes.

Another manly touch is a Scotch tasting. A Scotch tasting will give your guests a chance to try spirits they might not ever have had before. Great tasting, high end Scotch will leave an indelible mark on your guests and your reception will not be forgotten. Giving your guests a chance to try the different variations of Johnnie Walker will be quite a treat. Lining up the red, black, gold, and blue labels, not something seen at every reception, will set your reception apart from others. Another way to up the ante and increase the manliness is with a signature cocktail.

Another tradition generally left to the groom; the honeymoon. Be smart with this task guys. If your bride has always wanted to go to Paris, now is the time to plan the Parisian get away. If she wants a cruise then get nautical. A couple of warnings; the wed-

ding process is exhausting. Often more than exhausting. Planning a honeymoon chocked full of events, action, and adventure might backfire. Another honeymoon prat-fall to avoid is planning your post wedding trip around an event or destination that only interests you. New husbands are cautioned about arranging a trip around a golf course you want to play or a sporting event. Your new wife does not want to see the New York Yankees play a double header for her honeymoon.

It is a good rule of thumb to leave the invitations, all the dresses, the cake, the flowers, and the venue to the bride. Increase the manliness of your wedding by adding a few macho touches. Plan the rehearsal dinner, add a scotch tasting or add your own signature drink but remember it's her special day. And remember the age old adage, "happy wife; happy life."

For more information about how to "man up" your wedding contact

Bella's Event Planning at (315) 755-5050. **E**



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Clever takes on the 'something old, new, borrowed, blue' tradition

Wedding day tokens of good luck come in many forms, but "the something old, something new, something borrowed, something blue (a sixpence in your shoe)" adage remains one of the most popular luck-enhancing wedding traditions. According to the bridal resource The Knot, this tradition stems from an Olde English rhyme. Something old represents continuity; something new is for optimism for the future; something borrowed stands for borrowed happiness; and something blue is for purity, love and fidelity. The sixpence in your shoe is a wish for good fortune and prosperity, but this is not a tradition widely cele-

brated outside of the United Kingdom or British territories.

These traditions can add some creative flair and personality to wedding ceremonies. There's no end to the inventive combinations of items brides can carry to increase their good fortunes.

Something old

Something old is one of the easier mementos to obtain. There is a good chance that someone in the family is willing to pass an item down to the bride that she can include in her wedding wardrobe.



Blue gloves and garter can fulfill the "something blue" in the popular good-luck wedding tradition.

It also can be something the bride may have in her own memory box. Beads taken from a grandmother's dress or a swatch of fabric from a beloved toy doll are creative ideas that can be sewn into inconspicuous places on gowns.

Something new

Brides already purchase many new items for their wedding day looks, so "something new" should not be too hard to find. Couples may want to work

together to find something new they can both carry so they have a matching set upon tying the knot. Interlocking charm bracelets or keychains may work. What about the groom carrying a small padlock and the bride the key? Quirky couples can each wear one sock from a pair. Get clever and have fun.

Something borrowed

Much like something old, something borrowed is yet another way to pay homage to a friend or family member. It's also one way to add a sentimental twist to everyday items. Borrow a grandfather's handkerchief to wrap around the stems of the wedding bouquet. Exchange vows with the original rings used by a distant relative at their own wedding. Flatter a close friend by wearing the same veil she did.

Something blue

There are many ways to incorporate "something blue" into your wedding ceremony. Brides can paint their toenails blue or wear blue shoes under their gowns. Sew a patch from a pair of denim jeans into the bodice of the dress. Paint the bottom of your shoes bright blue so they stand out when kneeling at the altar. Blue sapphire or topaz jewelry can add an exotic look to the wedding wardrobe.

With a little ingenuity, brides can easily incorporate "something old, something new, something borrowed, something blue" into their wedding ceremonies. **E**

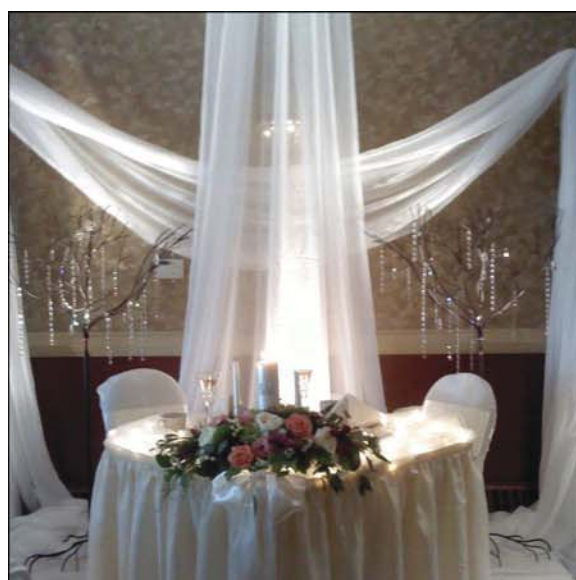
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The secret to a happy marriage is if you can be at peace with someone within four walls, if you are content because the one you love is near to you, either upstairs or downstairs, or in the same room, and you feel that warmth that you don't find very often, then that is what love is all about. ~ Bruce Forsyth

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A Wedding like No Other



By Joe Parzych

On Columbus Day, 10/15/ 2013, Sorrel Lyman Hatch and Isaac Alexander Bingham married on a hill on the Upinngil Farm owned by Sorrel's parents, Patricia Crosby and Clifford Hatch, located up in Gill, Massachusetts. The wedding day was also the 25th anniversary of the purchase of the farm in this small rural farming community.

The marriage was in the manner of Quaker Friends with no minister, priest, rabbi, or Justice of the Peace. "No one married the couple," said Nina Weyl, "In a Quaker wedding, no intermediary is necessary because the couple marry each other in the presence of God, with family and friends as their witnesses." Nina Weyl serves as Clerk of the Mount Toby Friends in Leverett, and oversaw the signing of over 250 witnesses to the marriage.

During the ceremony, guests sat in silence on hay bales in a circle surrounding the couple. Quaker Friends believe that God exists in all of us, that we might act accordingly by following our inner light. At a meeting anyone may speak if moved to do so. Wedding guests were also invited to speak if so moved. Friends, guests and the couple sat for a time in contemplative silence. Several people shared the sad remembrance of people who had passed. Others recalled happy times including the meeting of the couple at the Mount Tobey Friends Meeting House in Leverett. Since the marriage was under the group's care, all members of the Mount Tobey Friends were invited to the wedding.

When moved to speak, Sorrel and Isaac stood to proclaim their love and lifelong commitment to each other. They also signed a commitment proclamation which more than 250 family and guests also signed as witnesses. A colored pencil drawing of the Upinngil Farm by Clerk Nina Weyl, adorned the top of the

proclamation. Fittingly, a flock of geese, who mate for life, flew high overhead during the marriage ceremony, as if choreographed.

During the sharing of thoughts, a guest was moved to speak about it being appropriate that the wedding take place on Columbus Day since Isaac had traveled the world, much like Columbus. Betsy Evans, who lives on land that borders the farm, said, "This farm is a magical place with chickens and cows. My promise is to take good care of my share of the fence," Ending with the Robert Frost quote, "Good fences make good neighbors."

Another person stood to say, "In Friends marriage ceremonies, the bride is not passed on by her father as some sort of chattel, as in other marriage ceremonies. The bride acts as a loving participant in the joining or two people in a lifelong commitment to each other by their own free will."

With flowers in her hair, the bride wore a white dress of tasteful design, sewn by herself. The four bridesmaids wore casual dress, also with flowers in their hair. The groom wore a white shirt, black vest and chino pants purchased by himself.

To cap off the ceremony, Isaac slipped a wedding ring on Sorrel's finger, and kissed her. She in turn placed a ring on his finger and also sealed it with a kiss. The newlyweds then danced on the green to music of the No Name Band comprised of Ann Percival, Van Kaynor, and Susan Conger. The parents of the bride and groom, Patricia Crosby, Clifford Hatch and Isaac's parents, Laurence and Deborah Bingham of Great Barrington, MA, took turns dancing with the newlyweds and then with each other, all around. Vita Hendrix, a girl of four years of age, joined in on the side with a graceful solo dance.



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It is not a lack of love, but a lack of friendship that makes unhappy marriages.
-Friedrich Nietzsche

A Wedding like No Other...



After the ceremony, guests moved hay bale seats closer to the food tent to form a large circle. Guests lined up to partake of the abundant variety of potluck food arrayed on long tables. The picnic began with music supplied by the band and the sharing of stories celebrating love, marriage, family, and the land.

At 5:00 PM, there was a Procession of the Cows. Bride and groom, now

changed out of their wedding clothes, drove the herd of Ayshire cows from the adjoining meadow, along a lane leading to the barn, for a ceremonial milking, with the help of guests. The cows were skittish, being unaccustomed to the large crowd invading their territory, accompanied by the flashing of cameras by gawking guests who either had never seen a cow before, or, at least had never seen a herd of cattle at a wedding. The

on Lake Champlain. The farm store sells raw milk to people who come from Vermont and New Hampshire, as well as Massachusetts, to buy the farm's milk, bread, flour, honey, maple syrup, fresh produce and root crops. The Upinngil farm has recently curtailed cheese-making for lack of sufficient milk because of increased demand. Sorrel bakes whole wheat bread in her Little Red Hen bakery to sell at the Upinngil farm store. She uses flour

to raising sweet corn and various fresh vegetables and field crops, the farm has a large U-Pick strawberry operation with picked strawberries also offered for sale. Raw milk at the Upinngil farm store sells for nearly three times the price offered at wholesale. Whereas there were once dozens of dairy farms in Gill, now there are just two other dairy farms, both struggling to stay afloat while Upinngil Farm is thriving.

While some guests assisted in the ceremonial milking of the cows, other guests, who may have felt they'd had more than their fair share of milking in the past, moved hay bales to the area of a bon fire in preparation to the cutting of the wedding cake. The closing of the day ended around the fire with song.

"There was no white stretch limousines, frilly wedding dress, tuxedos, best man, nor ring bearer..."

There was no white stretch limousines, frilly wedding dress, tuxedos, best man, nor ring bearer, but simply a moving declaration to each other of love, commitment, and devotion before God and the world, sincerely vowing to remain together for the rest of their lives. The couple had earlier filed an "Intent to Marry" form with Linda Hodsdon, Town Clerk of Gill. The Intent to Marry document will become an official marriage certificate once it's processed by the State of Massachusetts, according to Hodsdon. The intent to marry until death do them part lies in the couple's hearts, which no document can equal. **E**

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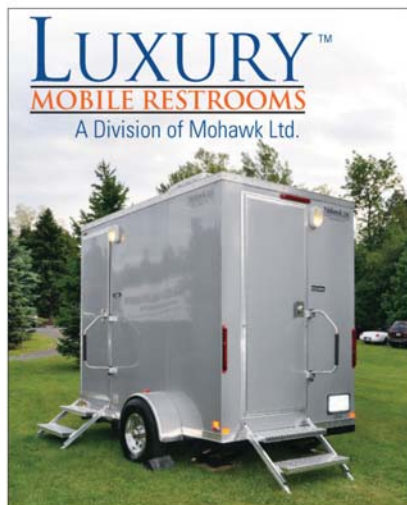
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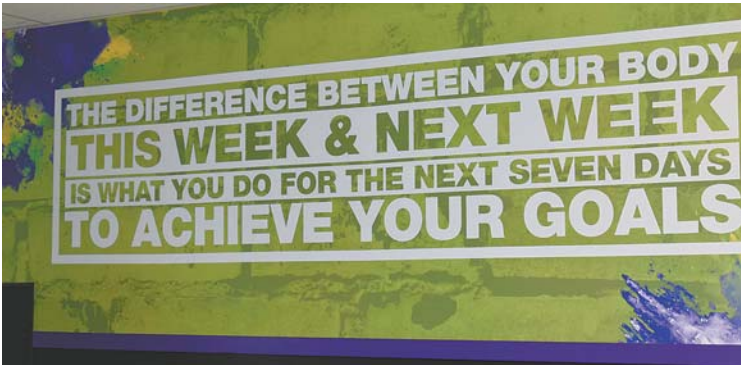
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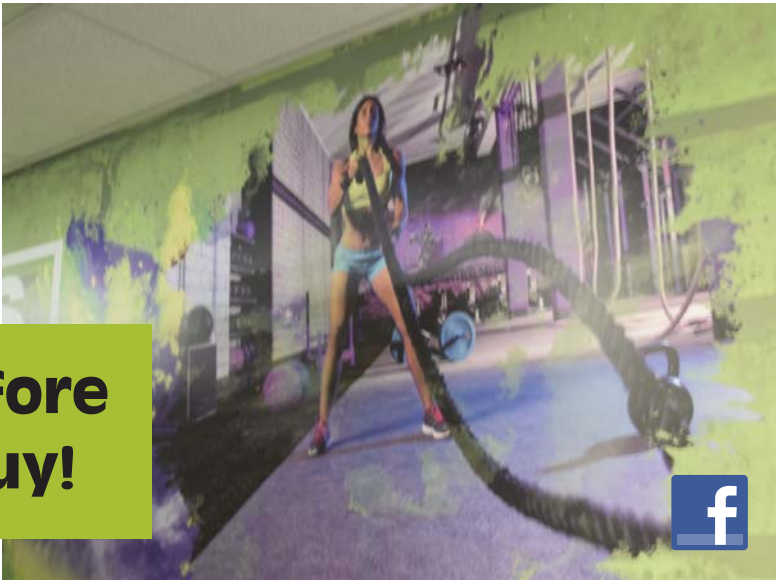
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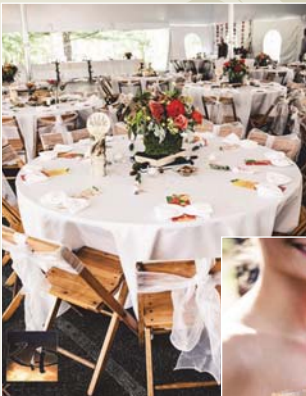
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If you're a woman....well where do I start? Oh yeah, MONTHS before the wedding day when we have to start preparing. We wish we could let it all just fall into place but let's face it ladies, looking fabulous for the big day doesn't just happen! And I'm not talking about just the bride, I'm talking about the bridesmaids too. What color are they going to be in? How does that shade look with their skin tone? Eyes? Hair color?!

As the stylist of a Maid of Honor, Chrissy, I was faced with these questions a few weeks ago. The wedding is in May and she is wearing a plum colored gown. She is a natural red head, but over the years we have played with many shades. Anywhere from blazing red to pitch black. She's a spunky one, and anyone who knows me knows I love that in a client!

For the wedding though, we wanted to keep it classy yet bold to stay true to her personality but not go over the top. After all, she wanted to keep the focus on her best friend, the Bride.

During our consultation, we discussed options for color combos that would look good with her skin tone and eye color, as well as compliment her gown. She knew she wanted to have an ombre, and with the gorgeous copper and strawberry blonde shades she picked I was very excited to get started!

I applied the rich copper on the roots and with a wide tooth comb dragged the base color down the strands to start the ombre look. I then applied my lightener, in diagonal sections with a balayage technique, on her ends to finish the ombre application.

After 15 minutes under my color processing machine she was ready to be shampooed and trimmed. Chrissy has been growing her hair in preparation for this wedding for about 6 months. She wasn't sure 6 months ago what she wanted as far as an up-style but knew she needed decent length for me to play with.

During our consultation we decided on the type of look she should go with to compliment her gown, and she could have some length taken off with plenty left for the up-style.

I took a few inches off of the length to make it healthy, added long swingy layers for movement and bounce, and an angle in the front to frame her gorgeous face.

After the cut I dried and curled it to show off her new look! Chrissy was in my chair for an hour and it cost her \$100 for the whole process. I can't wait to do the up-style next month and pull the whole look together for her so she can stand by her best friend as she says "I do"!

BEFORE



AFTER



Our Cover Story

By Al Dorantes

BOOMfit is a fitness training center is located in Marcy, New York at 9225 River Road. At BOOMfit you can join the best Boot Camp, Zumba, and Sculpt classes around. Make BOOMfit, all decked out in lime green and purple, your choice for strength and fitness training.

BOOMfit was formerly Next Level Performance Training and featured Steve Kreb's boot camp. When the previous owner moved on to another opportunity, new owner, Maria Moriarty, owner of Valentino's Banquet Hall, stepped in to keep the facility running. Maria had been attending for 3 years and had success with the intense work outs.

One of Steve Kreb's trademarks during training was shouting, "boom!" If you did something well he would shout, "Boom!" and Maria took inspiration from that for the new name. Moriarty wanted to stress, "It's just a new name, new owner; same techniques."

Moriarty is proud to introduce two amazing, certified coaches Kerry Daly and Julie Mosca to run the classes in the same fashion they were designed. The boot camp, similar to Biggest Loser, was developed to get best results in the shortest amount of time. Most classes run approximately 45 minutes but the intensity of the BOOMfit's workouts provides the same results as a 2 hour workout. All classes are supervised and feature one-on-one training throughout. New programs are written every day just like daily specials at your favorite restaurant. Boot camps run all day long; starting as early as 5:30 am. At 6:15 pm BOOMfit has Zumba and sculpt classes. Classes run Monday - Friday. Maria explained, "There's no wondering when classes are. This is our schedule."

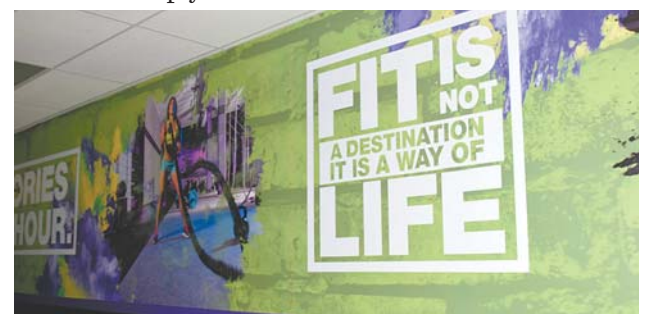
Besides Zumba and sculpt classes BOOMfit also offers rope training

BOOMfit Fitness Training



(not climbing ropes but rather swinging weighted ropes which targets full body strength training as well as cardio), kettle bells (a power training that combine cardiovascular, strength and flexibility training using large bell shaped weights), dumbbells, barbells, as well as other plyometric

With BOOMfit, area brides now have 2 things to entrust Maria Moriarty with; they can get into beach body shape for their wedding day and then have their reception at Valentino's. For more information call: (315) 794-4090 or follow them on Facebook: BOOMfit



training which is done with your body weight as resistance.

Moriarty explained that the BOOMfit's classes are all timed; 45 minute classes designed to get you in and get you out. Moriarty said, "I believe in this place. It has a very positive atmosphere. No negativity." The intense workouts results are phenomenal. She added, "I can't wait to get up in the morning and go to the gym and work out."

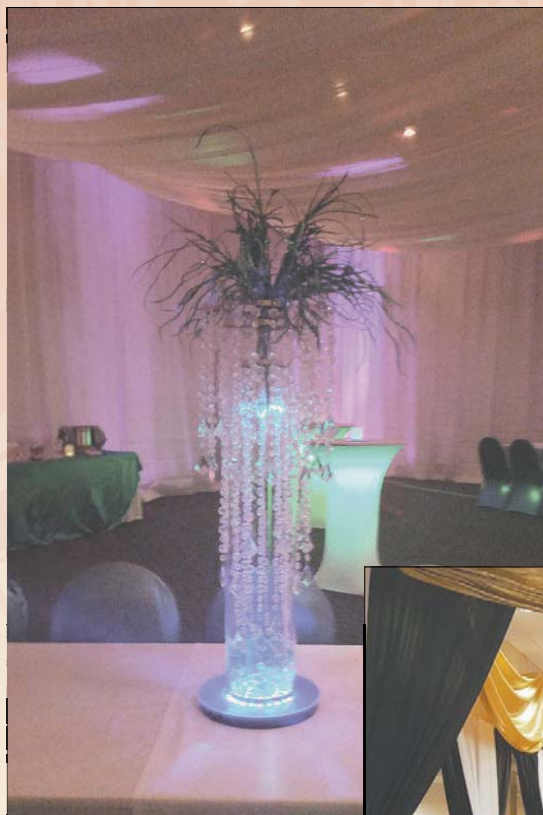


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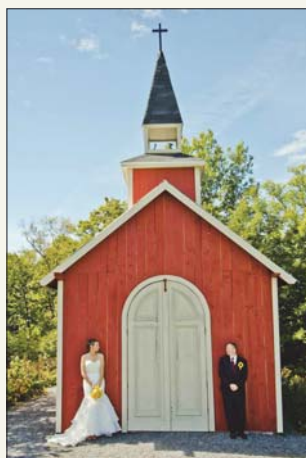


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Inspiration boards

—bring wedding plans to life

Making the wedding of your dreams a reality may require some creativity. It can be challenging to organize all of the creative ideas swimming around in your head, but inspiration boards may be able to help.

Inspiration boards, sometimes referred to as idea boards, are commonly used by interior designers, artists, writers, and even wedding planners. Such boards can serve a great purpose when starting a new project, especially if all of your creative ideas seem to lack cohesion. Sometimes seeing things together, rather than in bits and

pieces on their own, can fuel even more creativity.

Inspiration boards can include magazine clippings, photographs, fabric swatches, quotes or literary passages, and color swatches. As the idea board grows, you may find a common denominator among your inspirational



elements. This can help determine a theme for your wedding or jump-start other planning.

While poster boards may be more traditional idea boards, creative ideas also can be compiled in binders or scrapbooks,

which work especially well at keeping all items organized and concise. Plus, they're portable, which means you can take a scrapbook to a meeting with a wedding vendor and show him or her your concepts for the wedding.

Later, when photographers, florists and other vendors have been booked, you can attach receipts or agreements to the inspiration board for future reference. This keeps all of your important wedding information in one place rather than requiring you to search through different folders or files for important documents. In addition, if friends or family members ask for advice on vendors and planning their own weddings in the future, you can readily access your inspiration board.

To start building your own board or book, take clippings of photos or articles that resonate with you. As you visit bridal shops and other stores, take fabric swatches and pictures of particular looks. Attend bridal shows and take home promotional materials. Remember, inspiration may not always come from bridal-related resources. Anything you come across in your daily life — such as window-shopping at a furniture store or passing an art exhibit — may inspire some creativity.

Inspiration boards are used by top design professionals and can be a handy resource for couples planning their weddings. E

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Music mistakes to avoid

Wedding guests are usually anxious to head to the reception, where they can let loose and party. Music is an essential component of a lively and fun wedding reception, and there are some musical miscues couples should look to avoid to ensure the music is not memorable for all the wrong reasons.

- **Blocks of silence:** Nothing makes time seem interminable more than silence. Always have a constant flow of music to avoid awkward silences. This includes the time guests are waiting prior to the ceremony as well as when they're entering the cocktail hour. Music will help everyone feel comfortable, and it creates a pleasing atmosphere, so make sure music plays throughout the festivities.

- **Second-guessing a professional:** In an effort to curb costs, some couples provide their own playlists via an mp3 player or a streaming service for the music. This is often a mistake. Hiring a professional means you will not have to worry about managing music on top of your many other wedding day responsibilities. A band or deejay usually also serves as the emcee for the event, announcing key moments of the reception as well as getting guests up on the dance floor.

- **Playing only one type of music:** Playing too many songs from one genre of music will alienate some of the guests who simply are not interested in that type of music. Professional deejays or performers know how to offer a great

mix that will appeal to the masses, and they are often well worth the cost. Try to span different decades and genres to keep as many of your guests on the dance floor as possible.

- **Failure to make a song list:** Some songs you may feel are essential to the wedding and others may be on a do-not-play list and are associated with negative memories. Band leaders and deejays are not mind readers. Give your band leader or deejay ample time to review your requests so that he or she has time to find a song that may not be in his or her collection.

- **Dancing to long songs:** Pay attention to a song's length, and choose spotlight dance songs wisely. Remember that guests will be watching you dance with parents or each other, and a five-minute song can seem neverending while others are waiting around. Avoid very long songs, as the mix of music should be upbeat. The wedding isn't the time to play "American Pie" by Don McLean, Queen's "Bohemian Rhapsody" or Lynyrd Skynyrd's "Free Bird."

- **Inappropriate lyrics and volume:** Keep the music at an acceptable volume, and avoid songs with suggestive language or curse words that are inappropriate in a family setting.

Music is a key element of any good party, including a wedding reception, and it's essential that couples take steps to avoid any musical miscues. **E**



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Responsibilities of bridal party members



Being asked to join a bridal party is both an honor and a responsibility. When asked to take on such significant and meaningful roles, men and women may recognize the honor but be unsure of what their responsibilities are as couples move forward with their wedding plans.

Bridal party roles can vary depending on certain circumstances, but many couples still want their bridesmaids and groomsmen to perform many of the more traditional tasks associated with their roles. The following are some of the tasks bridesmaids and groomsmen can expect to perform in the months leading up to the wedding and during the wedding itself.

- **Maid of Honor:** The maid of honor serves as the bride-to-be's right-hand woman as she plans her wedding and gets ready on her big day. Maids of honor typically go gown shopping with the bride and may even choose or offer suggestions about the color and style of the bridesmaids' dresses. Once a dress style and color has been chosen, the maid of honor will make sure everyone is fitted on time.

"The maid of honor serves as the bride-to-be's right-hand woman as she plans her wedding and gets ready on her big day."

A maid of honor will also plan the bridal shower, sending invitations and arranging for lodging for out-of-town guests if necessary. Many brides want the details of their bridal showers to be a surprise, and maids of honor should honor those sentiments when possible. A maid of honor also plans the bachelorette party, though many brides do not mind being involved in the planning of such parties.

The maid of honor may be asked to help address save-the-date cards and envelopes as well.

Come the day of the wedding, the maid of honor will ensure the bride's day is as stress-free as possible, helping to address any last-minute issues that may arise. Maids of honor may be asked to serve as the legal witness to the wedding and sign the wedding license before the reception. At the reception, the maid of

honor will toast the bride.

- **Best man:** The best man is the maid of honor's counterpart, helping to plan the bachelor party and toasting the groom at the reception. The best man also tends to hold the rings during the wedding ceremony, and during the day of the wedding, he will coordinate the groomsmen to make sure everyone is ready to go on time. The best man may arrange transportation for the groom and groomsmen on the day of the wedding and may also return the groom and groomsmen's attire the following day if the newlyweds are departing on their honeymoons.

- **Bridesmaids/Groomsmen:** The bridesmaids and groomsmen serve similar functions, acting as sources of support as couples plan their weddings. Bridesmaids and groomsmen help to plan the bachelorette and bachelor parties and may also be asked their opinions as couples make decisions regarding their weddings. Bridesmaids and groomsmen must be prepared to take pictures once couples have officially tied the knot. They also must help the brides and grooms with any issues that may arise in the hours before couples become husband and wife.

- **Flower girl/Ring bearer:** Flower girls and ring bearers are often young relatives of the couple, whether they are a young brother or sister or a niece or nephew. The responsibilities of the flower girl and ring bearer are typically limited to the ceremony, during which they will walk down the aisle, either together or individually, before the father of the bride escorts his daughter to the altar or stage.

- **Father of the bride:** The father of the bride walks his daughter down the aisle during the ceremony, and, along with his wife, may pay for the wedding, though many couples now finance their own nuptials. The father of the bride will dance with his daughter during the reception, and some fathers may even share a special toast for the newlyweds during the reception, though such a toast is not traditionally required.

Bridal parties play a big role on couples' wedding days, and those roles are both an honor and a responsibility. **E**

Groom's cakes make a comeback



A number of couples are bringing back the tradition of a groom's cake at their wedding celebrations.

Groom's cakes have existed for generations but have fallen out of favor in many parts of North America since the 1970s. Now groom's cakes are experiencing a resurgence in popularity.

A groom's cake traditionally represents something masculine, providing a contrast to the oft-feminine features, such as floral bouquets and frilly gowns, that dominate many weddings. Groom's cake designs often reflect a particular hobby or interest of the groom's.

Historically, groom's cakes are chocolate, a sharp contrast to traditional wedding cakes, which tend to be vanilla and white. Tradition once called for single women at the wedding to take home a slice of the groom's cake to sleep with under their pillows. It was believed the cake would help them have sweet dreams of the man they would eventually marry.

Women today are likely no longer snuggling up to fondant and mousse cake slices at night, and wedding cakes are no longer relegated to vanilla cake with vanilla icing, which may account for the waning popularity of groom's cakes. Yet with wedding cake bakers showing off their creative prowess on television or through their own artistic bakery displays, it's no wonder that couples looking for something unique are

once again embracing the tradition of groom's cakes.

Couples who are mulling whether or not to add a groom's cake to their menus should consider the following tips.

- Make sure it is highly personal. Groom's cakes typically reference hobbies, affiliations or interests of the groom. Some men may want their cake to showcase the logo of their favorite professional sports team, while others may want a cake inspired by a favorite superhero.

- Involve the groom in the process. Despite the name, groom's cakes may not always involve the groom. A cake may be

designed or selected by the groom's bride-to-be or his mother. Some forward-thinking brides may want to encourage their grooms-to-be to select their own cakes and offer input on their designs.

- Find a bakery that has experience in whimsical cakes. Groom's cakes are very often intricate structures and sculptures. The groom's cake may be more labor-intensive than the traditional

wedding cake, so couples may want to shop around for a cake chef with the experience to pull off the design they desire.

- Experiment with flavor combinations. Because the groom's cake is all about that special guy, the flavor of the cake should be centered around what he would enjoy. The sky is the limit on flavors and can include traditional chocolate, candy bar-inspired flavors, coffee, co-

conut, or even a bacon-infused cake.

- Consider serving the groom's cake at the rehearsal. Some couples prefer to serve the groom's cake at the rehearsal dinner rather than having two cakes at the wedding. Guests may not be able to fit two slices of cake after a large wedding meal, so serving the groom's cake at the rehearsal dinner may be the best of both worlds. **E**

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Seating solutions

—How to manage seating arrangements

After all of the invitations have been sent and RSVPs returned, engaged couples who are including a sit-down dinner as part of their wedding receptions must figure out the seating arrangements for their guests. Such a task can be both fun and stressful.

The fun of making seating arrangements stems

from reuniting friends and family members who couples feel will enjoy one another's company and make the reception that much more fun. But feuding family members can make the task of assigning seats somewhat stressful. Couples need not be relationship experts to plan seating arrangements that ensure

guests have a good time. The following tips can help couples enjoy the process of mapping out their wedding reception seating assignments as much as possible.

* Make assignments by hand. While there is software designed specifically to help couples map out seating assignments, many couples find it easier to do the seating assignments by hand, which allows couples more freedom to rearrange tables. In addition, making the seating arrangements by hand ensures that couples spread out guests who might not get along.

* Don't seat guests in the hopes of quashing



old conflicts. While the jovial spirit of a wedding ceremony and reception might seem like the perfect atmosphere for feuding friends or family members to bury the hatchet with regard to old conflicts, this leaves open

the potentially ugly possibility that such conflicts might escalate. Couples don't want their weddings to be remembered for all the wrong reasons, so keep feuding factions apart when assigning seats.

* Keep special needs guests in mind. Some guests at the wedding may have special needs, and this must be kept in mind when planning seating assignments. Guests with medical conditions may benefit from sitting close to the restroom, while those with mobility issues might be best served sitting in a spot where waitstaff can more easily recognize when they need something. Consider sitting older guests, whose vision might not be as strong as it once was, as close to the happy couple as possible so these guests can see

everything and won't feel left out.

* Make sure the seating assignment table is easily accessible. The table on which seating assignment cards will be placed should be accessible upon entering the reception hall. A table that's far off in the corner may confuse some guests, who might think the seating is a free-for-all and simply sit in the first empty seats they see.

* Consider flow between tables when making assignments. While you might have aced the seating assignments at each table, don't overlook the importance of mapping out tables as well. No couple wants their guests to feel isolated from friends or family members at other tables, so do your best to ensure there's a good flow between the tables. Plan for tables of family members to be placed next to one another, and do the same with groups of friends. This encourages guests to mingle and can make the night much more enjoyable for everyone involved.

Planning seating assignments for a wedding reception is no small task. But couples can employ several strategies to make the process go as smoothly as possible. **E**

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Beach wedding alternative



Symbolic gestures are commonplace during wedding ceremonies. The exchange of rings, stomping on a glass and lighting of candles are each among the various traditions associated with different faiths. Couples who would like to try

something a bit different can opt for pouring sand. Choose two different colored sands and decorative vessels that can hold the sand until a special time in the ceremony. You also will need another large, clear container that will contain the sand once it is poured. A glass vase or heart-shaped vessel works well. To symbolize the joining of two lives together, both the bride and groom can take one of the colors of sand and begin pouring them together into the larger container. The ribbons of sand will join and meld together, much as the couple's separate lives will now become one. The finished sand art can be kept on a mantle as a remembrance of the wedding day for years to come. **E**

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Explore unique cake flavor combinations

A wedding cake is the piece de resistance of the wedding ceremony. Guests anxiously await the unveiling of the cake near the end of the festivities. Modern cakes are showpieces grander in scale than in years past. As bakers and confectioners hone their skills with fondant, buttercream and gum paste even further, the results are often impressive, awe-inspiring cake designs.

While the look of a wedding cake is certainly important, cakes should not only look good, but taste good as well. Vanilla cake with vanilla buttercream frosting was once the gold standard. But today's couples are being more adventurous with their wedding cakes and winning rave reviews from guests along the way.

The vast scope of wedding cake flavor choices available to brides and grooms is astonishing. Options may range from the traditional to something adventurous and daring. Keeping in mind that couples will need to please the masses, finding a compromise between plain vanilla and a mocha-chile-coconut surprise is essential. Otherwise, they risk an unpopular flavor and a lot of wasted, expensive cake.

Some couples shy away from more adventurous cakes because they fear something chocolatey or not white in color will not be well suited to a wedding reception. Such couples should keep in mind that any flavor of cake can be hidden beneath layers of pearly white fondant or royal icing. Therefore, the sky is the limit with regard to flavor combinations.

Those who might want to veer from tradition can consider these clever cake combinations.

* Lemon cake with vanilla buttercream: Lemons are tart, juicy and refreshing, helping to cleanse the palate after a rich meal. Lemon cake, with its summery feel, is tailor-made for summer weddings. The flavor is popular enough to appeal to many, but just a little different to add an unexpected zip of flavor.

* Chocolate cake with chocolate ganache and mocha filling: True chocoholics will be hard-pressed to resist such a decadent flavor profile. Chocolate can be sweet and satisfying and a welcome change from the vanilla cakes commonly served. For traditionalists, the cake can be covered with a white chocolate ganache. Or couples can ask that the cake be adorned with white sugar roses for an eye-appealing contrast. Chocolate cakes covered with autumn hued flowers go over well at fall weddings.

* Red velvet cake with cream cheese frosting: Red velvet cake was once a regionally specific staple, but now has grown steadily in popularity across the country. Red velvet has quickly become the new classic, as its vibrant red coloring offers a shock of something different, while the flavor is mild for those who are not comfortable taking risks. The richness and creaminess of cream cheese is irresistible.

* White cake with chocolate mousse: Couples who want a bit of chocolate but do not want to be overwhelmed can select a white cake that is filled with light and rich chocolate mousse. It's the



Think outside of the cake box when selecting flavors for the centerpiece of the wedding reception.

perfect blend of vanilla and chocolate for guests who enjoy both.

* Variety tiers: Those who cannot settle on just one flavor can have different flavors on each tier of their cakes. This gives guests some flavorful variety and enables them to pick their favorite flavor combination.

Brides- and grooms-to-be who have specific flavors in mind can ask their bakers to include two cupcakes with the




Make an appointment for a tasting before selecting your wedding cake flavor.

wedding cake. Then the couple can enjoy their own mini cakes while the rest of the guests enjoy a more classic cake. In addition, an assortment of cupcakes in lieu of one cake can give guests the opportunity to sample several different flavors.

Cakes are a part of many special events, but few cakes are fawned over as much as wedding cakes. Couples can spice things up by choosing a nontraditional flavor combination. **E**

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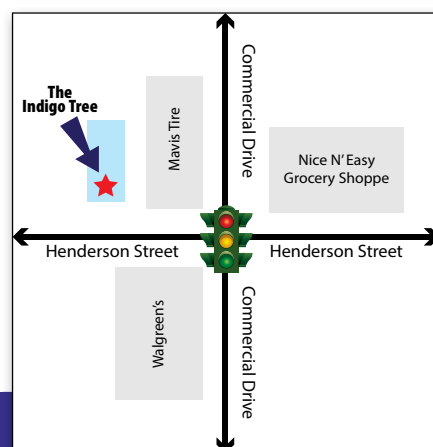
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Creating a wedding registry now easier than ever

While many once popular wedding traditions might have fallen by the wayside, many others have withstood the test of time. One tradition that has endured is the wedding registry, which is designed to help wedding guests find the right gift for the couple of honor.

Thanks in large part to the Internet, it's now easier than ever before to set up a registry. Couples can do so entirely via the Web or visit their favorite store or stores and use a hand-held scanner to add items to their registry. But even though registries are easy to set up, it might help couples to consider a few tips before they start clicking or scanning away.

* Register with multiple merchants. Couples can help guests out by registering with multiple merchants. Doing so gives guests more options and increases the likelihood that guests can find the store. When choosing merchants, try to choose



Technology has made it easier than ever for couples to set up their wedding registries.

national stores that guests can access regardless of where they live.

* Don't assume all guests are tech-savvy. While the Web has made setting up and accessing a registry easier for couples and guests alike, it's safe to assume your guest list will include one or two holdouts who have never before shopped online. Because of that, couples should still register with a brick-and-mortar store instead of only register-

ing online.

* Read the fine print. Some online retailers are kinder than others. When establishing an online registry, examine the retailer's policy thoroughly to be sure it does not include substantial service charges or exorbitant shipping fees. Guests should not be penalized for their generosity.

* Vary the options within the registry. When adding items to the registry, be sure to include items

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Cucina Berto

By Al Dorantes

Cucina Berto is located at 143 Marina Park Drive in Frankfort, New York. Cucina Berto's mission is to provide consistent quality meals and desserts at a reasonable price. Whether you are on-the-go or looking for a casual dining experience with family and friends Cucina Berto is a fresh take on dining.

Their menu offers a wide variety of both traditional and very unique breakfast and lunch dishes. They offer all day breakfast and lunch. With

Registry Cont.

that everyone can afford. Especially nowadays, when many weddings host guests from far and wide, it's ideal to include lots of affordable items. That way guests who have already spent considerable money getting to the wedding won't have to break the bank even further to gift the bride- and groom-to-be.

As for high-end items, keep those to a minimum. Parents, siblings or other especially close relatives might ask to buy those items before you even establish the registry. But it is important to include at least a few expensive items, as some guests might pool their resources and buy these gifts, saving you money while giving them the satisfaction that you got something you might not have been able to afford after paying for the wedding.

* Set up a honeymoon registry. Many of today's couples live together before they get married, and as a result, they might not need some of the more common household items like cookware, linens or home furnishings. Couples who already have stocked cupboards and linen closets might want to consider a honeymoon registry, which allows guests to donate money toward the couple's honeymoon. Guests can donate money or pay for certain activities the couple can enjoy while getting away from it all.

Wedding registries have evolved, making it easier than ever before for couples to set up a registry their guests can access. ■

fresh desserts made daily, Cucina Berto guarantees to have something for every sweet tooth. Traditional Italian cookies are their specialty, so if you're looking for cucidati's or almond paste you've found the right place. They have a selection of cookies available to order by the dozen or in mixed trays.

Cucina Berto is open from 7 am - 3 pm Monday - Friday, 9 am - 2 pm on Sunday and are closed on Saturday. Rob Fiorentino opened the new venture in November. He felt that he needed to get the restaurant open even though that's a tough time for restaurants.

Continued on next page.



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Cucina Berto from previous

He said, “I did a lot of cookies and breads to try to capitalize on the holidays.”

For owner Rob Fiorentino cooking is in his blood. He explained that he always watched family cook. He said, “I wanted my grandmother’s sauce so I had to learn how to make it.” After graduating Hofstra University with a degree in marketing, Fiorentino had trouble finding a job in his field. Rob ended up taking a customer service job. After some time he came home and decided to do what he loved; cook.

With an eclectic and unique menu featuring dishes that reflect Fiorentino’s personality like waffle breakfast pizza (choice of egg, meat, and cheese on a

homemade waffle), dip balls (fried dough stuffed with buffalo chicken wing dip), or the black, white, and blue sandwich (choice of crispy chicken or burger with bacon, caramelized onions, crumbly bleu cheese, and black and white sauce), customers are sure to find something to stimulate their palate. Cucina Berto also offers gluten free, vegetarian, and low carb options.

Daily themes at Cucina Berto include: meatless Monday, taco Tuesday, wing Wednesday, burger Thursday, fish Friday, and Sunday is brunch. Each theme receives daily specials that coordinate with the themes.

Besides traditional Italian cookies Rob Fiorentino is making fresh New York



Homemade gluten free double fudge brownies.

for summer and beer and wine will be available soon. Rob Fiorentino said, “Now that the Village owns the building they’re being more progressive. They have many events planned for the marina once the weather gets better.” Customers will soon be able to enjoy tables on the deck and ice cream will be available soon.



Specials like bread ball is stuffed with tangy BBQ chicken, bacon and mozzarella cheese.

City style bagels at Cucina Berto. While at college Fiorentino always brought bagels when he came home for visits. He said, “Those bagels pushed me to want to make a good NYC style bagel here in the valley.”

Rob’s attention to detail percolates through to the coffee; he grinds his own beans to get the flavor exactly the way he wants it. At Cucina Berto nothing is frozen. It is always fresh, ensuring that customers get the best every time they order.

Despite Cucina Berto’s relative newness, they are already changing and evolving. Expanded hours are coming

With great views at the marina and with food to match Cucina Berto is a fresh, unique take on dining in the Valley. For more information go to: www.cucinaberto.wordpress.com or follow them on Facebook: Cucina Berto E

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Bite Bakery



By Lisa Lauritsen

Bite Bakery is so hip it almost seems out of place amidst the adjacent larger chains central to lower Genesee Street in Utica. Located at 53 Franklin Square in Utica (GPS directions to Bite are notoriously wonky and it's suggested to plug in 131 Genesee Street (the old Boston Store or the current APAC Customer Service) which is directly across the street.

The coffee at Bite is so smooth and formidable you'd take it unadorned, though they also make an array of milky (even soy-milky) coffee drinks to shame any catalogue of cocktails. The staff is cool, but not too cool to be genuinely friendly. They whip up drinks quickly even at peak times, and know their regulars. These regulars abound; the a.m. Lycra clad crowd, the lunchtime office folk, the evening bridge club, college students, everyone, and everyone is welcome. The owner has been known to chase a lucky passerby by with goodies left at the end of the day, typically someone who may not be able to afford to treat themselves. It's a great place to engage with thinking people and a good place to look on anonymously. It's got everything a great cafe should, but it's also incredibly handsome and well designed, with exposed brick, comfortable lighting, and trestle style tables where strangers often meet.

Years ago and two weeks before Thanksgiving co-owner Doug Allen-Leonard, at 34 years old, got the sad

news the NYC company he'd devoted years of effort to was closing. His ever resourceful and adaptive philosophy prompted him to ask, "What do I want to do now?" and decided, "If I had something of my own I would put into it what I got out of it". The manifestation of that repose was at first quite humble; he started baking cakes from his home kitchen. Although he'd never been formally trained; with a little kitchen witchery from his grandmother and mother, and a discriminating taste for fine pastry he sold 2,000 cakes in his first year. His seemingly far off and lofty dream of opening a cafe had become reality. He and partner Jason Allen-Leonard set to work designing a cafe where they could entertain as they did so popularly at home, with great food and company. It's about atmosphere when it comes to places we want to sit a while and this place has it. I always feel at home. And those cakes that brought them here, all I can say is get there by noon, regulars know well to buy them at breakfast; they're extinct by 2. I hardly believe they exist except by rumor. I've never actually seen one. But for those of us who can't live on mere coffee alone fear not, I get the lobster tails and custards, and sometimes a cream puff after it all for desert, and I can't imagine those mythical cakes could be any better.

Once a month this Franklin Square hot spot hosts live music with acts like the Rusty Doves and Inland, both local favorites. Otherwise they're open for

coffee, tea, pastries, and savories Monday through Thursday from 7 am to 8 pm, Friday and Saturday 7 am- 11 pm, and Sundays 10 am – 2 pm for breakfast and lunch. With hours like this it's a great place to hit post date, to lift the fog and talk more intimately, or grab a treat after the second shift at work.

Coffee shops by design are places for people of all kinds. Think 17th century Europe; the Enlightenment. Great ideas don't spring from lone thinkers, historically, but from the collective effort of many. Coffee shops are places to mingle and exchange ideas! If you're

the only one here you'd do well to chat up the owners, who've been places, done things, and formed their own unique and functional philosophy. I've been known to keep to myself and my computer or a book; either way this is a place to stay a while. What I like most about it and what seems to mark its success is the cross section of the local community it represents. People here are comfortable and relaxed, customers and staff alike. For more information go to: www.bitebakeryandcafe.com or follow them on Facebook: Bite Bakery and Cafe

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Why you should not skip ladies' night out

Great friends stand by us through situations thick or thin, and may be the first ones we turn to for some extra support. But friends are good for more than honestly assessing wardrobe choices or picking you up in a rainstorm when your car breaks down on the side of the road. According to the Mayo Clinic, friends can be beneficial to your health. Good friends can increase your sense of purpose and boost your happiness. They're also available to help you cope

with trauma or tragedy and might just give you the push you need to change unhealthy life-style habits.

Women who have close girlfriends may find that ladies' night out is the ideal way to reconnect and find the time to let loose and have fun. When done responsibly, a ladies' night out can make for the perfect evening. And while you might be pressed for time and tempted to skip a night out on the town with your

girlfriends, the following are just a few reasons why you should keep those plans.

- Cut down on stress. Laughing and talking with friends can dramatically cut down on stress. A landmark UCLA study conducted in 2002 concluded that girlfriends are stress-busters for women and have an impact on their overall mood. Oxytocin, a mood-elevating hormone, is released when women are around

continued on next page

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How to use lighting to establish ambiance

Hosts typically emphasize music, seating and food as they prepare their homes for their guests. But lighting also merits significant consideration when planning a party. It can be easy to overlook lighting and its importance for an event. Lighting plays an essential role in setting the mood for a party, and its visual clues will alert guests as to the scope of the event. A room filled with bright light indicates a lively and festive party, while subdued lighting may foretell an intimate, quiet affair. It's a good idea to have several sources of light so that you can adjust lighting as the party changes throughout the night. Distribute lighting evenly so that it is soft and ambient, and use dimmers so guests can adjust lighting if they need to. Turn up the lighting

slightly during the meal so that guests can see what they're eating, and turn lights down when guests are mingling. Candles can be used as accent lighting, but avoid using them as a primary lighting source. Stick to unscented candles so guests are not irritated by any scents they may find unpleasant. **E**



Girls night from previous...



their friends, increasing feelings of euphoria. Considering stress can take its toll on physical and mental health, enjoying an evening out with friends can be a fun and simple way to combat stress.

• Let it all hang out. Ladies' night out allows women to put their cards on the table — whether they're discussing mundane fashion trends or looking for some heartfelt advice. Chances are your friends will not judge you, and you won't have to bite your tongue like you might have to when sharing your concerns with other people.

• Connect with other adults. Parents of young children may appreciate ladies' night out for the chance to get out of the house. You also may enjoy

conversations that do not focus on school or kids. Ladies' night out is also a great opportunity to enjoy a meal, drink and/or movie without being interrupted by little ones.

• Ladies' night out can help you keep in touch with yourself. According to Irene S. Levine, Ph.D., creator of The Friendship Blog and author of "Best Friends Forever: Surviving a Break-Up With Your Best Friend," other women shape you as a person. Female friends provide virtual mirrors that allow you to see who you are and who you want to become. Maintaining that connection to yourself can be just as important as staying connected with your friends.

• Enjoy a chance to catch up in person. Many people now do the bulk of their communicating via texting or email. Ladies' night out presents an opportunity to converse face-to-face. That means not having to exert energy trying to infer tone or meaning behind emails or wondering if those emoticons are masking something unsaid.

• Have some fun. One of the key benefits of going out with girlfriends is that you'll have your partners in crime ready to join you for a night of unbridled fun. Karaoke, dancing or crowd-watching is even better when you have friends backing you up. **E**

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Mohawk Valley Winery

Wine up and down as part of the surge



By Carly Proulx

Whether you're just passing through or maintain a staunch local status Utica, NY's nightlife strip, otherwise known as Varick Street continues to gain traction, and is no longer reserved a destination for only the goer's of Saranac Thursdays in summer. It wasn't too long ago that 706 Varick, when it was Denato's bakery, sat vacant and rundown, but as of December Mohawk Valley Winery marked its territory, securing themselves a part of Utica's downtown surge, and staking claim the new urban trifecta as the third micro facility on the strip.

As much as we all love to fly our freak flags on the weekends, with some raising them higher than others the reputation of Varick Street to cater, and therefore attract the "through the roof until 2am" freak flag fliers with bars such as Shots is well known. Let's face it, college kids need a place to migrate when the dorms get too stuffy. Every city has a street like this, yet Varick Street is an important part of Utica, home to Matt Brewery Co. just around the corner from Varick on Edward St. where Utica Club has been brewing since the prohibition. With Varick's other two micro facilities, Saranac Brewery, and newer to the district Adirondack Distillery largely contributing to outsider traffic as the craft beer movement forges on strong, and NY Distilleries hot on the trail Utica appears to be on the upswing. But perhaps the past reputation of Varick Street, steeped in history as a nearly 150 year old vicinity for brewing, can finally embrace the heart of the Utica nightlife it's become. Finally there's a place for local wine aficionados to call home.

MVW has brought that one missing piece to the puzzle, and offers the city a place you can feel free to "class up", and bring the folks, coworkers, bosses, or any the sort on the spectrum of relationship labels out there. Dressing to the 9's is not a necessity as the indoor hand crafted wood structure provides a casually chic ambience so that one can feel fancy without the attached insecurity of feeling under dressed. If one were to go Monroe however, no one aside those checking you out or sending a few jealous glares your way would think twice. The view of the tank room from the bar to the left of the artisan wines provides a stunning backdrop while you sip and indulge from either glass, bottle, or from the tap. Tours of the tasting room by knowledgeable Wine Stewards are available to walk-ins during the Winery hours, and is a real fun and enlightening way to acquire a taste for a region, develop a pallet for the variety of complex and subtle wine world flavor profiles, and accrue an interest in either the 5 NYS vineyards, not to mention the Mohawk Valley Winery's own collection being offered up. Before headed West out towards Cayuga Lake to enjoy the fruits and labors of the Thirsty Owl Wine Company stop in at the MVW to taste some of their new releases such as the "cigar box" wine the Chancellor, and compare with others from Lucas Vineyards or Salmon Run on a flight of five.

The wine infused desserts are made right in Utica by Bite Bakery and Cafe, and the Pinot Noir Red Velvet cake is a heavenly must on the menu's sweet's list. While I'm on menu topic their food menu is specific to wine pairing, and is across the board a pleasing and refreshingly thoughtful selection. From lighter fare such

as the Bruschetta, and cranberry-pecan goat cheese salad with MVW's very own Chardonnay-infused vinaigrette to dishes like the Artisan cheese plate from local Three Village Cheese, the Maple Pecan Brie with 100% pure NY Maple Syrup, and a few different flat breads to choose from there is something for everyone looking to pair up, and wine down. Speaking of wine down, did I mention every Wednesday at 6 pm MVW has live music? It's Wine down Wednesday, and in no time has become an accessible showcase for local artists and seasoned veterans while reeling in emerging artists from around the Valley, and all the way from Syracuse. MVW is no holds barred in their ambition to become an oasis for not just Varick Street, but for the city and it's seemingly on the brink buffing up.

MVW's hand-crafted wines and expertly sourced from renowned regions, and the fact that owner Lynn Fox has been making wine for 20 years doesn't hurt. The sophisticated line of wines named after the Street where they live are available in Red, White, and Pink. Consisting of wines originated at a backyard tiki bar, the playful line of Friki Tiki wines introduces an array of light, lusciously fruity, and highly drinkable and enjoyable wine presenting the flavors Black Cherry, Black Berry, Raspberry, Early Apple, and Strawberry. We're soon rounding the bend into Mother's day, and MVW would like for you to celebrate with them as well. What says love and appreciation to a mother more than a wine and chocolate tasting? Tippy Paint Night is Tuesdays at 7 pm, and every Saturday experience more live music on the MVW scene with Weekend Wine Tour.

Look for MVW hours, upcoming events, the lineup for live music two nights a week, book a party or private event, or simply make a romantic reservation for two, and more at the www.mohawkvalleywinery.com, and be sure to like them on Facebook. The outdoor patio at MVW, along with their delicious and all too drinkable wine slushies has already made them quite the contender with other places on my list to frequent this spring, and summer. Honestly, with the smooth balance of a continuing variety of musical entertainment, a big glass of locally crafted wine in hand, some classic food items to pair on the side with an afterthought of delectable dessert, and all under the same elegant warming roof, who would wine anywhere else?



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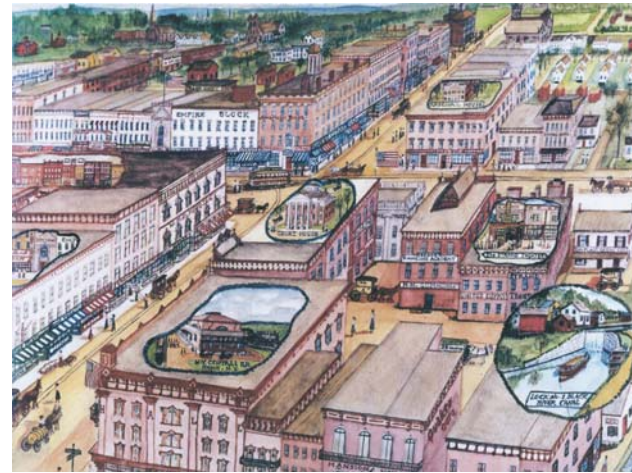
The Original painting was commissioned by the Rome Historical Society to show the fine details of the social and retail center of the City prior to its removal to be replaced by the “recreation” of the original Fort Stanwix.

The painting recreated the “American Corners” as it would have appeared in the late 1800’s. The “Corners” was built up at the intersection of James and Dominick Streets. It was also bounded by the Black River Canal on the east and the original Erie

Canal on the south and west; thus Black River Boulevard and Erie Boulevard were created as the canals were both moved and abandoned.

The original names are on the streets and the streets are busy with the social and commercial activities of this era. The “Corners” was the social center of Rome where all met and shopped.

Because of their importance to Rome’s history small vignettes were placed on the building roofs since these locations did not fall within the painting’s space. The



Courthouse, the Train Station, the Stand Theater, the Arsenal House, Lock No. 1 of the Black

River Canal and the Ice Cream Store on Dominick Street were all relocated on the roof tops.

Much research, hundreds of photographs, and the records of the Rome Historical Society were needed to accurately recreate this important era of Rome’s History.

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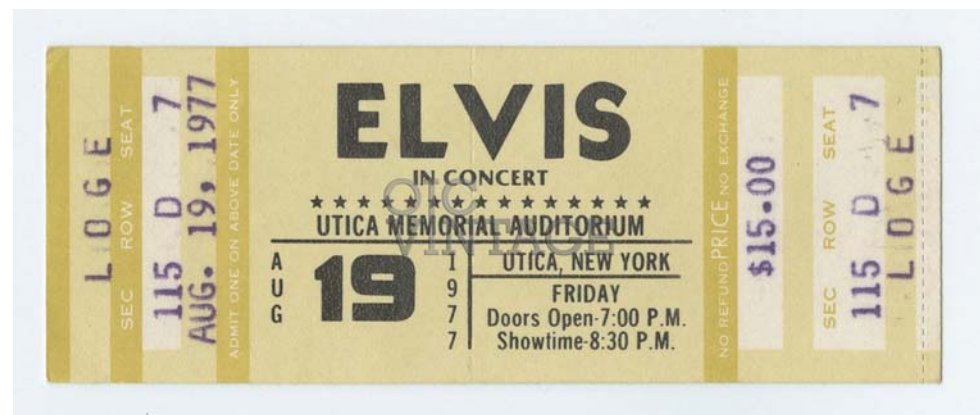
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Yard sales

Buyers

- Map out your sales. Look at advertisements and plot which sales you plan to visit. If you have specific items in mind to buy, you may have to visit several sales before you find what you need.
- Buy only what you need. Don't be tempted to stock up simply because the deals are good. Decide whether an item will be put to good use or you'll be selling it yourself in a week's time.
- Leave young kids at home. Many kids will grow bored after the first yard sale, if not earlier. Hire a sitter and shop unencumbered.
- Bring small bills. In a world where credit and debit cards prevail, yard sales stand out as cash-only endeavors. Save the seller the hassle of breaking big bills and using up all of his or her change by bringing along small denominations and

even some change.

- Shop with a plan. If you are looking for something specific, you have the best chance of finding it by shopping early. For the best bargains, shopping toward the end of the sales may garner some deep discounts.

Selling

- Advertise the sale. The more shoppers the better, so advertising your yard sale can be advantageous. Put an ad in your local newspaper. Some papers have community calendar sections where they also can make mention of the sale.
- Place signs around your neighborhood. Be aware that there are ordinances that govern where signage can be located. Check with your town's municipal office to determine if you need any permits for your signs or the

yard sale itself. Make sure signs are legible for drivers and pedestrians alike.

- Avoid yard sales on major holiday weekends. Many people are away, and you may not get the traffic you're hoping for.
 - Have a nice display. First impressions can mean a lot. Buyers are more apt to visit neat, well-laid-out sales than those that are just a bunch of boxes that have to be dug through.
 - Be reasonable when pricing items. Be objective in your assessment of your things. What has value to you may not have as much value to someone else. Pricing items at one-third of their initial cost is a good starting point. This leaves room for negotiation.
- Whether you are the yard sale shopper or seller, following some guidelines can make your experience more successful. **E**

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Community Calendar

April 15 – May 20, 2016 cont...

•Spring Craft Fair 9:00 am – 4:00 pm Purchased lunch available 11:00 am – 1:00 pm For information contact: 315-866-1349, <http://firstunit-edmethodist@ntcnet.com> First United Methodist Church; 127 North Prospect St.; Herkimer

Sunday – April 24th

•18th Annual AIDS Hike for Life, 11:00 am. A 5K walk and timed run. To register go to <http://www.firstgiving.com/bbr/18th-annual-aids-hike-for-life>. Hamilton College Sadove Terrace, Clinton

•Chicken Barbeque, 12:00 PM – 2:00 pm. Takeouts only. \$10. In the rear church parking lot off Genesee St. Our Lady of Lourdes Church 2222 Genesee St.; Utica

•Traditional Irish Music Session 3:00 pm – 5:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-864-3051 Woodland Hop Farm and Fermentation 6002 Trenton Rd., Utica

•Walk to End Alzheimer’s To raise awareness and funds for Alzheimer’s care, support, and research. SUNY Polytechnic Institute Student Center, 100 Seymour Rd. Multipurpose Room #2 Utica

Monday – April 25, 2016

•Laurie Dapice in Concert 6:00 pm FREE Multi-award winning jazz vocalist, musician, and former Utican Laurie Dapice will take a journey from jazz standards from Great American Songbook. CD signing after the concert. Featuring Jon Leroy on piano and Tom Brigandi on bass. Contact information: 315-735-2279 Utica Public Library; 303 Genesee St.; Utica

•Lecture: Climbing the Branches of Your Family Tree 2:00 pm Additional date: 4/26/16 6:00 pm. Presented by lineage researcher Barbara Granato. Dig deeper into your family roots; their cultures, religions, beliefs, and backgrounds of your ancestors and where they originated from all over the world. Contact information: 315-731-5721 Mohawk Valley Community College; 1101 Sherman Drive; Utica

•Wellin Kids 2:00 pm – 3:00 pm Additional date: 5/14/16 2:00 pm – 3:00 pm Drop in for children’s activities and treats. Contact information: 315-859-4396 Ruth and Elmer Wellin Museum of Art; Hamilton College; 198 College Hill Rd. Clinton

Tuesday – April 26, 2016

•Concert: Travis Rocco 12:00 pm FREE. Contact information: 315-731-5721 Mohawk Valley Community College Snack Bar, Alumn

College Center; 1101 Sherman Drive; Utica

Wednesday – April 27th

•Documentary/Panel Discussion: ‘Batkid Begins’ 6:00 pm, A pre-film panel discussion by Make-a-Wish CNY. One child, one wish, and millions touched. This wish and little caped crusader resonated with so many people and the reason why. Learn more at batkid-begins.com Contact Information: 315-731-5721 Mohawk Valley Community College Schafer Theater 1101 Sherman Drive; Utica

•Performance: Renaissance in the Belly of A Killer Whale 12:00 pm FREE By the Harlem KW Project. Focuses on preserving rich culture and history of Harlem through a fusion of spoken word poetry, theater, song, and more. Visit harlemkwproject.com Contact information: 315-731-5721; Mohawk Valley Community College Schafer Theater; 1101 Sherman Drive Utica

Thursday – April 28th

•Art Alive Family Day 10:00 am – 3:00 pm Featuring kids crafts and activities along with a family friendly lunch menu at Terrace Café. Also, For Kids and Families Arts Power National Touring Theater will be performing “Are You My Mother?” at 11 am and 1 pm. Cost is \$8 for MWPAI members and \$10 general admission. Contact information: 315-797-0000 Munson-Williams-Proctor Arts Institute; 310 Genesee St.; Utica

Friday – April 29th

•Performance: ZviDance presents “Dabke” 7:00 pm Additional date: 4/30/16 7:00 pm. Led by Israeli-born Artistic Director Zvi Gotheiner. Dabke is the national dance of Lebanon, Jordan, Syria, and Palestine. Learn more at zvidance.com Admission: \$15, free for MVCC students. Contact information: 315-731-5721 Mohawk Valley Community College Schafer Theater 1101 Sherman Drive; Utica

Saturday – April 30th

•Coping with Inevitable, Personal Challenges 10:30 am – 12:00 pm. How to whole-somely deal with the major four life crisis’s we each must face. Led by a NYS Certified Counselor. Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, N.Y. 13324 315/826-7405 shawangunk@ntcnet.com <http://www.shawangunknaturepreserve.com>

•Independent Bookstore Day Coloring for Grown-ups. Stop in for some coloring therapy! Coloring pages and supplies provided or you can

bring your own. Snacks will be available from 11:00 am – 2:00 pm. Plus, there will be drawings for FREE coloring books. Colgate Bookstore 13 Oak Dr.; Hamilton

•The Psychic Highway: How the Erie Canal Changed America 1:00 pm – 2:00 pm Michael Keene’s new book uncovers how the Erie Canal opened up vital passageways that led to the advent of the major social, political, and religious movements that swept through upstate New York during the 19th century. Contact information: 315-735-3642 Oneida County Historical Society; 1608 Genesee St. Utica

•Twiggy Plant Trellis 10:30 am – 12:00 pm We’ll create a charming little rustic trellis for your potted ivy, geranium, or favorite houseplant using natural twigs with the subtle, earthy shades of nature. Working with natural wood gently encourages imaginative creativity that you’re sure to find satisfying. Materials \$10. For all ages. Shawangunk Nature Preserve; 255 Shawangunk Road, Cold Brook, N.Y. 13324 315/826-7405 shawangunk@ntcnet.com <http://www.shawangunknaturepreserve.com>

•Utica’s Upper Room Fund-raiser 6:00 pm – 9:30 pm Raising funds to start a non-profit coffee house. Entertainment by The Rusty Doves, Inland, and the Taryn Jessen Band. Tickets: \$5 Contact information: 315-733-2867 and UticaUpperRoom@gmail.com Beit Shalom 49 Franklin Square; Utica

•Walk for Autism – Clinton 9:00 am – 1:00 pm Event will feature music, refreshments, activities, and prizes. Contact information: 315-797-6241 and walkforautism@kelberman-center.org Hamilton College 198 College Hill Rd.; Clinton

Sunday – May 1st

•Festival of Song in the Welsh Tradition Known in Welsh as a Gymanfa Ganu, this is a service of hymn singing in four part harmony. The event will be conducted by Jay Williams III with Susan Bartholomew at the organ and Jeanne Jones at the piano. The soloist will be David Kolb. Following the singing, all are invited to a “te bach” for tea, cookies and Welsh bread. There is no charge to attend the event but free-will offerings will be accepted. Holland Patent First Presbyterian Church

•Second Annual “iam ide-cide” convention 1:00 pm Personal Power and Decision Making with Nivia Cavic, Ph.D., author of “Standing Under” and instructor of psychology at MVCC, will explore the hierarchy of human needs. Convention proceeds will benefit the American Foundation for Suicide Prevention’s “Out of the Darkness Walk” which will be held June 4 in New York City.

Admission: \$5, free for MVCC students. Contact information: 315-731-5721 Mohawk Valley Community College; Schafer Theater 1101 Sherman Drive; Utica

Monday – May 2nd

•Clifford the Big Red Dog 3:00 pm & 6:30 pm Live show. Clifford and friends (based on the books by Norman Bridwell that airs on PBS Kids) learn many things about “being big” with laughter, songs, and dancing for the whole family. Proceeds benefit the Stanley Theatre and Valley Residential Services. Tickets can be purchased online at www.TheStanley.org Contact information: Stanley Center for the Arts; 259 Genesee St. Utica

Tuesday – May 3rd

•Traditional Irish Music Session 7:30 pm – 11:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-793-7593 Nail Creek Pub & Brewery 720 Varick St.; Utica

Thursday – May 5th

•Pasta Dinner 4:00 pm – 7:00 pm Cost: \$8 adults, \$5 for ages 4-10, free for children 3 and younger Contact information: 315-732-1177 St. Anthony & St. Agnes Parish; 415 St. Anthony St.; Utica

•The National Day of Prayer Breakfast 7:00 am Inviting people of all faiths to pray for the nation. The National Day of Prayer has great significance for us as a nation as it enables us to recall and to teach the way in which our founding fathers sought the wisdom of God when faced with critical decisions. The cost is \$12 in advance and \$13 at the door. You may purchase tickets at Big Apple Music or the Good News Center or by calling 315.735.6210. You may also purchase tickets online at www.thegoodnewscenter.org Hart’s Hill Inn; 135 Clinton St.; Whitesboro

Friday – May 6th

•Your Neighbors, Inc. Annual Garage Sale 9:00 am – 3:00 pm Additional date: 5/7/16 9:00 am – 3:00 PM Contact Information: 315-235-7149 Our Savior Lutheran Church 1640 Genesee St.; Utica, NY

Saturday – May 7th

•Destination Create Festival 10:00 am – 5:00 pm Additional date: 5/8/16 10:00 am – 5:00 pm Workshops, fun activities, vintage wares, live music, presenters, food, and Beverages. Contact information: www.destinationcreatefestival.com MKJ Farm 6844 Hughes Road West Deansboro

•Free Comic Book Day Noon – 10:00 pm Contact information: 315-508-5311. Follow us on Facebook at Dragonslair-cardscomics. The Dragon’s Lair ; 598 E Main St.; Little Falls

•Ilion-Frankfort VFW Post 502 Indoor Garage Sale/Chinese Auction 9:00 am – 3:00 pm. Acme Road ; Frankfort

•Team Aaron Pancake Breakfast 7:00 am – 11:00 am All you can eat. To benefit Relay for Life. Also a large basket auction. Contact information: 315-865-5087 Steuben Town Hall; 9458 Soule Rd.; Remsen

Sunday – May 8th

•Traditional Irish Music Session 3:00 pm – 5:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-864-3051 Woodland Hop Farm and Fermentation; 6002 Trenton Rd.; Utica

Tuesday – May 10th

•When Music, Like Food, was Local- 7:00 pm – 8:00 pm Presented by The Mohawk Valley Institute for Learning in Retirement. Presented by Dave Ruch, professional musician and teaching artist. Interactive program of NYS “heirloom” music and food. Adult audience. Admission: \$5 Contact information: 315-792-7292. SUNY Polytechnic Institute; Room A112, Kunsela Hall Auditorium; 5701 Horatio St.; Utica

Friday – May 13th

•MVCAA’s 50th Anniversary Gala 6:00 pm – 10:00 pm Open bar, dinner, dancing and the presentation of the Community Champions Award. Contact information: 315-736-3011. Hart’s Hill Inn, 135 Clinton St.; Whitesboro

Saturday – May 14th

•George Wesley & His Small Axe Orchestra 8:00 pm Wesley has written and performed his own infectious music for more than four decades creating many memorable songs influenced by the blend of rock’n roll and Caribbean sounds. Admission: \$12, \$10 for Unity Hall Foundation members Contact information: 315-520-8231; Unity Hall ; 101 Vanderkemp Ave.; Barneveld

•March for Babies 10:00 am March of Dimes March for Babies to fight for healthier mom and babies. Contact information: www.mccny.com Masonic Care Community 2150 Bleecker St.; Utica

•New Hartford Marching Band Bottle Drive. Thank you for supporting the New Hartford Marching Spartans!! Drop off your deposit bottles and cans at New Hartford High School Parking Lot, 33 Oxford Rd. New Hartford

•Keyboard Conversations with Jeffrey Siegel 8:00 pm – 10:00 pm This collection of well-loved masterpieces from yesteryear – music from the drawing room and the concert hall – will include the works of Chopin, Ger-shwin, Liszt, Brahms, Grieg and others. Min Price: \$37.50

Max Price: \$42.50 Contact information: 315-797-0055. Munson-Williams-Proctor Arts Institute, 310 Genesee St.; Utica

•Urban Fiction: Destiny T. Henry Book Signing 11:00 am – 4:00 pm Author Destiny T. Henry will have copies of latest urban fiction “A Hustler’s Love”, available for purchase. Contact information: 315-735-2279 Utica Public Library; 303 Genesee St.; Utica

Sunday– May 15th

•Central New York Roller Derby Double Header 5:00 pm – 9:00 pm The first game will feature the Wonder Brawlers vs Western Mass Destruction. The second game starts at 7 pm and will feature the CNY All Stars vs Capital City Derby Dolls. Min price: \$5 Max price: \$10 Contact information: email pr@cnyrollerderby.com John F. Kennedy Civic Arena 500 West Embargo St.; Rome

Wednesday– May 18th

•“Central New York Beer and Hops” by Daniel Shumway 7:00 pm FREE Author will present a program on the region’s history of hops and local breweries. His private collection of over 30,000 beer cans started in the 1970’s and he has the biggest collection of Utica Brewery in the country. His book features a history of breweries that are within a 50-mile radius of Utica. Herkimer County Historical Society; 406 North Main St.; Herkimer

Friday– May 20th

•Friday Night Cruise-In 6:00 pm – 8:00 pm Sponsored by Tappet Twirlers Automobile Club of Rome. Food and ice cream sodas available. A DJ will be playing classic oldies. Sponsor award selection for favorite vehicle of the night. Suggested donation of \$1 or bring a canned good. All proceeds to benefit Rome Rescue Mission. Contact information, visit tappettwirlers.com St. John’s Church; E. Dominick St.; Rome

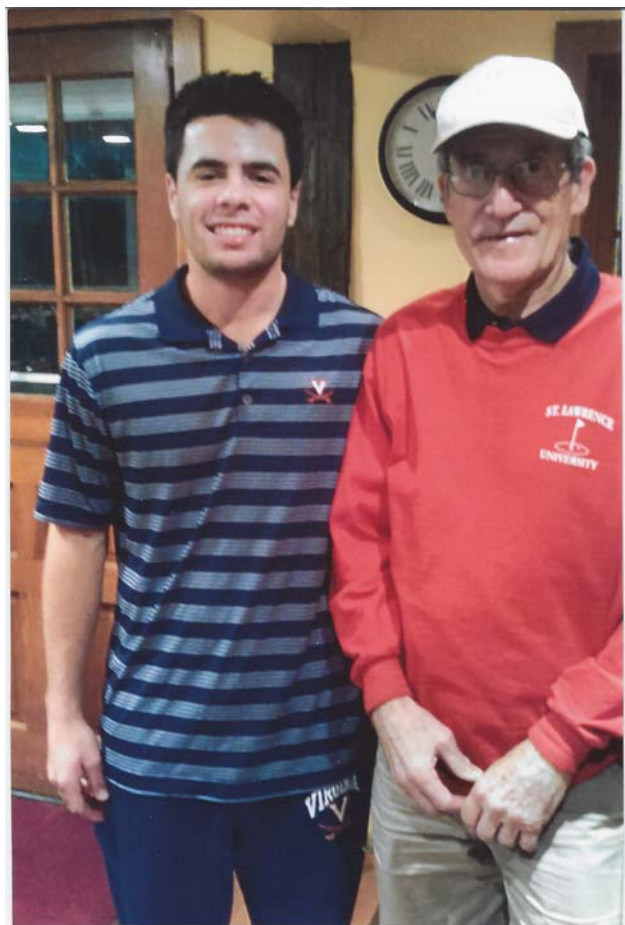
COMING EVENT

Friday – June 10, 2016 Wanderers’ Rest Humane Association will host “Raisin’ The Barn Woof” 6:00 pm – 11:00 pm Held in an elegant country barn. Music by the Beadle Brothers Band - the house band for the Turning Stone’s “Tin Rooster.” Auction, 50/50 raffle, prizes, music, dancing and food all to benefit the animals at Wanderers’ Rest Humane Association. This new event replaces the shelter’s “Bone Appetite”. For all potential sponsors this is an advertising “gold mine” for your business. 200 tickets are expected to go fast. For further information please contact: Joanne Cronan-Hamoy; Wanderers’ Rest Humane Association Programs & Events Coordinator E-mail for additional inquiries: wrhaprograms@aol.com or call 315 922-7559



Spring is almost here!

By Mitch Pezdek



Before Derek Bard (l) headed to play in the Masters for the first time, he sat down with Mitch Pezdek (r), Publisher and Editor of "The Golf News" and new columnist for EDITOR Magazine, for a lengthy interview that is to be published in its entirety in the April Issue of "The Golf News".

A new season is upon us, and golfers cannot wait to "tee it high and let it fly"! Those of you who have gone south for some R&R and LOG (Lots of Golf) have gotten a jump start on the season. The rest of us have had to resort to indoor ranges (such as Turning Stone) or indoor golf simulators (like Hole In One in Whitesboro, The Golf Box in Frankfort, Holland Heights in Herkimer, Opti-Golf in Destiny NY, or Holland Meadows, north of Amsterdam).

have a blog, golfnewsandviews.blogspot.com. It is great to be back!

Enough about me. In the upcoming season, we will highlight certain golfers, courses, and tournaments. For example, I have interviewed Derek Bard, and Jim Gemza (in "Spotlight on Seniors"), we have articles on the

Heron Creek Golf Course, and the new nines at Mohawk Valley Country Club and Holland Heights.

In the meantime, remember "golf is only a game" and swing smoothly. **E**

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Heron Creek Golf Club

By Al Dorantes

When you walk into the clubhouse at the Heron Creek Golf Club, located just outside the historic village of Clinton at 151 Kirkland Avenue, Clinton, New York, you will feel like you just walked into your own living room. Owners Scott and Carrie Cook keep Heron Creek's 9 hole golf course meticulously maintained. They provide the amenities of a professional course in a casual, friendly setting that the entire family will enjoy.

Carrie and Scott Cook explained how, now in their 7th season, the crazy idea of owning a golf course came to be. The self-described workaholics said, "This fell into our laps. We look at it as a long term plan for the future." The Cooks told about where the name Heron Creek came from, "When we first bought the course a lot of the ponds were overgrown and full of fish and the blue herons were feasting."

Heron Creek reciprocates with: Westmoreland Golf Club, Crystal Springs Golf Course, Mohawk Glen Golf Course, Eagles Golf Course, and Oriskany Hills Golf Club (all 9 hole courses). Reciprocity helps keep courses together. The Cooks pointed out that golf is a competitive business but there is a brotherhood too.

Heron Creek has no sand traps. The course has numerous water hazards including the Oriskany Creek that runs beside holes 1, 2, and 3. While adding sand traps may be in the works for the future Scott Cook explained that sand traps are high maintenance and they were simply not first on list to get the course in shape.

Scott said, "You have to be a workaholic if you want this type of place to survive." He went on to say that they are very detail oriented and keep the course at Heron Creek neat and tidy. Scott has no tolerance for weeds. "They have to die," he joked.

Carrie Cook said, "We're not a typical golf course. We think outside the box." That outside the box thinking extends

to their use of a drone. They use a drone to help fine tune irrigation and drainage as well as for incredible pictures during tournaments.

This is the first year with a pro in the pro shop at Heron Creek. Mitch Pezdek offers lessons and will help the Cooks run tournaments. The pro shop carries a variety of apparel and golf supplies but no clubs.

The bar, nicknamed, "Sandbagger's Bar and Grill" is a great place for golfers (or anybody for that matter) to grab a bite before or after a round on the course. The full bar, nicely appointed and well lit with colorful led lights, is comfortable and casual. Sitting at the bar is just like sitting in your own living room. The menu ranges from a traditional Hoffman hotdog to a variety of premium burgers.



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“

To find a man's true character,
play golf with him.
-P. G. Wodehouse

Mohawk Valley Country Club

By Al Dorantes

Mohawk Valley Country Club is located at 6069 State Route 5, Little Falls, New York. The well-established, manicured course with challenging holes is one of the oldest golf courses in Central New York. The family owned 18 hole public golf course offers seasonal memberships.

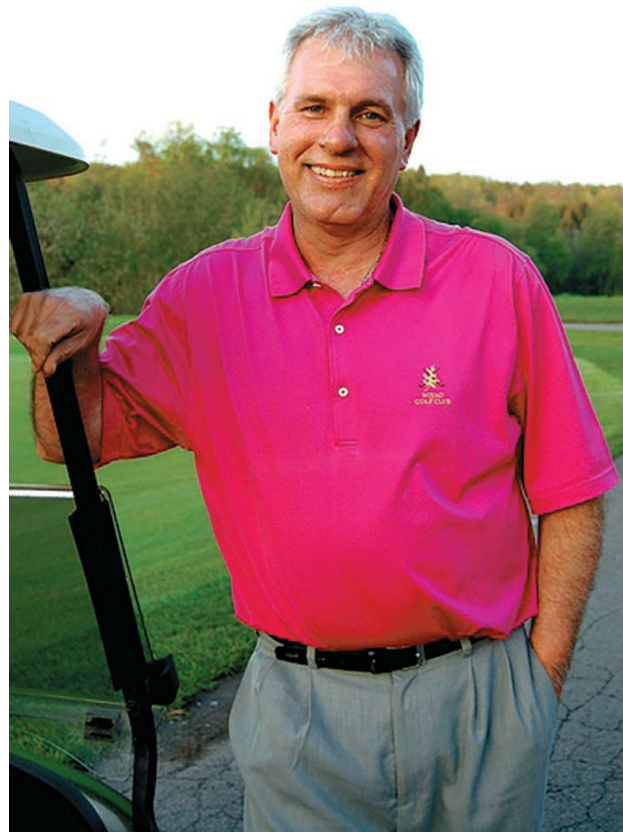
175 members of the semi private country club can play 18 holes in the manicured hills of the Mohawk Valley. The club, was established 1907 with original 9 holes. Construction of the new 9 (back 9) started in 2010, finished 2012, and opened for play 2013. The front 9 is challenging. The back 9 has a different look with moguls. Club PGA Pro Mark Lane pointed out that there are 46 sand traps on the entire course.

The Mohawk Valley Country Club's full service pro shop is managed by PGA Pro, Mark Lane. Mark has had his PGA Pro card for over 25 years. Lane can help members and the public with

everything from clubs to apparel. If your game needs some fine tuning Lane can provide lessons. Lane said, "My teaching aids are something that anybody can do." PGA Pro Mark Lane happily stated that they opened on March 8 this year; the earliest start ever. Coincidentally, they closed latest ever last year, staying open until December, 27.

The clubhouse at the Mohawk Valley Country Club offers a full restaurant, serving lunch and dinner inside or out on the patio, a full bar, and banquet facility for parties up to 250. The driving range and practice green are available to the public along with memberships. The tennis court is available to the public at an hourly rate, but is included in membership rates.

Members and the public will enjoy getting on the links at Mohawk Valley Country Club. For more information go to: www.mohawkvalleycountryclub.com or follow them on Facebook: Mohawk Valley Country Club



Mark Lane, PGA Pro, also manages the pro shop at Mohawk Valley Country Club. Mark has been a PGA Pro for over 25 years. If your game needs a little sprucing up, Mark is the man for you. Call for lessons.

The Skenandoa Club



A great shot of the course.

By Al Dorantes

The Skenandoa Club, 7105 Norton Avenue, Clinton, New York offers members 18 championship holes, tennis courts, and swimming pool. If you love to play golf you will love the Skenandoa Club's watered fairways and exceptional layout.

The Skenandoa Club was named after Chief Schenando of the Oneida Nation. The early club members guessed at the spelling of the chief's name. Schenan-

do was born in the early 1700's and was converted by Rev. Samuel Kirkland. The two became lifelong friends. Their friendship eventually led to the establishment of the Hamilton Oneida Academy in 1792. The Hamilton Oneida Academy became Hamilton College in 1812.

Years later in 1890 a group of Hamilton College students organized a social club. They initially wanted a place to meet, play cards, or read the newspaper which eventually grew into the current Skenandoa Club. The present site of the club, 175 acres was purchased in the early 1960's. *Continued on page 36*

How families can cut screen time



No matter where you look, screens are everywhere. The proliferation of easily portable tablets and smartphones means many people, adults and children alike, are never too far from the nearest screen. While that accessibility has dramatically changed the way many people live their lives, excessive exposure to screen time can produce a host of unwanted side effects.

Steven Gortmaker, a professor of the practice of health sociology at the Harvard T.H. Chan School of Public Health, has studied the negative effects of excessive screen time on children since the 1980s. According to

Gortmaker, such effects include higher rates of obesity among kids who watch too much television and difficulty sleeping among youngsters with access to small screens, such as the screens of smartphones. In addition, a 2012 study published in the journal *Psychiatry Research* linked screen time with impaired cognitive function in young males.

But adults are not immune to the effects of excessive screen time, either. Spending significant time being sedentary and staring at screens can increase adults' risk for cardiovascular disease. An Australian study published in the December

2012 issue of the *British Journal of Sports Medicine* found that, compared with persons who watch no television, those who spend a lifetime average of six hours per day watching television can expect to live 4.8 fewer years.

So what can families do to cut back on their screen time? While it likely won't be easy to put down smartphones and tablets and turn off laptops and televisions, the following are a handful of ways for families to spend less time staring at screens.

• Remove televisions from bedrooms. Parents may find it impossible to

gauge, much less control, how much time their kids spend watching television when youngsters have TV's in their bedrooms. Though this will likely be met with considerable resistance, remove televisions from bedrooms in your home. Set a positive example for kids by removing your own bedroom television as well. Come kids' bedtimes, make sure all devices, including smartphones and tablets, are left in common areas of the home rather than bedrooms so kids are not tempted to watch videos instead of falling asleep.

• Institute a "no screens" rule during meals. Many parents grew up in households that did not allow televisions to be on during meals, and while the times might have changed with respect to the technology, similar rules can still prevail today. A "no screens" rule during meals gives parents and their kids time to catch up, bond and foster stronger relationships.

• Do not use the tele-

vision for background noise. Turn the television off when it's serving as just background noise. If you need background noise, turn on some music instead.

• Log screen time. Logging screen time for each member of the family can provide an estimate of just how much time the whole family spends staring at screens. Encourage each member of the family to spend as much

time being physically active as he or she spends staring at screens. Set goals for each member of the family to reduce their screen time, even rewarding those who reach their goals.

Reducing screen time can improve overall health and help family members reconnect with one another. **E**

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Did you know?

According to Let's Move!, a comprehensive initiative launched by First Lady Michelle Obama to combat childhood obesity, doctors are concerned that the rise of obesity in children and teens may lead to problems such as heart disease, type 2 diabetes, asthma, and sleep apnea as they age. Children who are obese may have high cholesterol, high blood pressure and an abnormal glucose tolerance, increasing their risk factors for cardiovascular disease. Overweight and obese children are often targets of social discrimination, which can negatively affect their self-esteem and may even hinder their academic and social functioning. Parents concerned about their children's weight should consult their children's physicians.

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Maintaining bird feeders and bird baths

—essential to avian health

• The Humane Society of the United States advises cleaning hanging feeders once every two weeks or more often if they're heavily used. Ground-feeding designs should be cleaned every two days. Feeders can be immersed in a very-diluted solution of bleach to water (nine parts water to one part bleach). Let

soak for a few minutes, and then scrub the feeder with a stiff brush or scouring pad before rinsing. Allow the feeder to dry completely before refilling it with seed.

• Bird baths should be emptied of water each day. Brush or wipe the bath clean, then rinse and refill with fresh water. Do

not leave standing water overnight; otherwise bird baths can easily become a breeding ground for mosquitoes and other parasites.

• Frequently collect discarded seed hulls and clean bird droppings from beneath feeders. If the area around the feeder has become especially soiled, relocate the feeder elsewhere and clean its initial location.

• Follow proper instructions with regard to seed and other bird food. For example, reduce the amount of suet offered in hot weather. Heat can cause suet to spoil, and sticky suet can become



stuck in birds' feathers and make it hard for them to keep clean.

• Try to provide more

than one feeder and bird bath to prevent overcrowding. Crowding can contribute to the spread of disease.

• Do not situate feeders and bird baths under perches where they can be soiled by droppings.

• If you notice birds look sick or are not acting strangely, halt feeding and bathing to prevent healthy birds from becoming ill. Wait a week before resuming feeding and notify wildlife officials if you find dead or sick birds around your property.

• Locate feeders and baths at least 30 feet away from windows so birds do

not get confused by reflections and collide with the glass.

• Store seed in a dry container with a tight-fitting lid to prevent mold from forming and moisture from getting in.

Creating a thriving habitat for bird watching is easier than one might think. But once birds begin visiting a yard, homeowners must diligently maintain clean feeders and bird baths to ensure the birds stay as healthy as possible. Any questions about wild-bird care can be directed to a local Audubon Society chapter or by visiting a pet store or bird hobby center. **E**

The Skenandoa Club cont. from page 34

The 18 hole, par 72, course is open from March 1 through December 1. The Skenandoa Club has scheduled tee times starting at 7 am until 5:30 pm. The course designed by Russell D. Bailey was opened in 1964. From the championship tees, the course plays to 6,563 yards and is rated 72.5 with a slope of 134.

The Skenandoa Club Pro Shop is a full service Golf Shop headed by PGA Professional Ron Nutty. The pro shop is stocked to meet the merchandise needs of any golfer. The golf clubs that are in stock are carefully chosen to be the most popular brands in demand including: Ping, Titleist, Cobra, TaylorMade, Callaway, and Odyssey. The golf shop also has clubs for the more novice entry level golfer at very reasonable prices.

The shop carries FootJoy brand golf shoes and also carries FootJoy golf gloves. In the apparel department you will find shirts, fleece, jackets, caps, ladies' wear, shorts, & more produced by companies such as Under Armour, Gear, Antigua, Imperial Headwear, FootJoy, and more. They also stock other golf items like golf bags by Sun Mountain, Ping, and Bag Boy. Golf balls by Titleist, Callaway, & TaylorMade. Golf club services also include golf club repair to include regripping and reshafting of golf clubs. In addition to all the merchandise available to all golfers the Pro Shop also runs many member tournaments on a weekly basis and directs a very active Junior Golfer program.

Around 320 members of the Ske-

nandoa Club have complete access to the golf course, in-ground pool, tennis courts, clubhouse (bar and restaurant), driving range and short game practice area. Steady growth through different promotions has created new membership. Ron Nutty said, "We're a blue collar, affordable club." Golf is a life sport and Skenandoa boasts members as old as 93 years old and they have a strong junior membership starting at 13 years old.

With a storied history and a great course the Skenandoa Club bills itself as, "One of the best kept secrets in Central New York." The secret is out of the (golf) bag. For more information go to: www.skenandoa.com or follow them on Facebook: The Skenandoa Club of Clinton, NY **E**

Heron Creek Golf Club cont. from page 33

The menu ranges from a traditional Hoffman hotdog to a variety of premium burgers. The chef, Andy Kelly also offers up a number of different specials every day. Whether you are just looking for a post golf drink at the bar, a spot for some great all American food, the clubhouse at Heron Creek will accommodate. Their outside deck, rigged up with speakers for music from the jukebox and featuring a gas fire pit at its center is the place to be during the summer.

Heron Creek is the perfect place to hold your next private or corporate event. They offer a full catering menu and Scott and Carrie Cook and

their staff would love to help you plan for that special day. The menu includes everything from delicious sandwich platters, freshly grilled items, to satisfying pasta dishes. Imagine your graduation or clambake with the scenic views of Heron Creek golf club in the background.

Heron Creek runs a number of exciting events including night golf and couple scrambles with various formats. Carrie Cook said, "It's a night out for fun." The scrambles and night golf are about 2 hours on the course.

Throughout the golf season Heron Creek hosts a number of tournaments.

One fun tournament they are involved with is the annual Verklund Cup. The Verklund Cup, named after the combination of Vernon and Kirkland, sees members from Heron Creek vs. Crystal Springs members. Carrie and Scott related that this is a huge event. There is a pep rally, qualifiers, spectators, and even a big scoreboard. "It is fun but super competitive," Carrie Cook said. She went on to describe how, in 2014 the contingent from Crystal Springs kidnapped and held Heron Creek's mascot, a heron statue, captive all year. The Verklund Cup alternates courses each year and 2016 finds tour-

nament play at Crystal Springs.

Heron Creek features bands, usually once a month, at the bar in the club house. May 20 will see "All Tuned Up" take the stage. Check their website for calendar of events.

Heron creek is open for golf 7:30 am until dark. The club house open until 10 pm (later on the weekend). Whether you are looking for a great golf outing, a tasty bite, or a cold drink Heron Creek is the place for you. For more information go to: www.heroncreekgolf.com or follow them on Facebook: Heron Creek Golf Club **E**

The Leatherstocking
Ballet
presents
Alice in Wonderland

Mohawk Valley Community College Performing Arts Theater
Friday, May 13, 2016 at 7:00PM
Saturday, May 14, 2016 at 2:00PM
Tickets available at the door or
by email: leatherstockingballet@gmail.com
Adults \$15 - Student/Children \$10
For more information: Leatherstockingballet.org
Major funding provided by the John Winter Family Fund
& Oneida County Partners in Prosperity - Arts & Culture Fund

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Spring Break Special - Corning Museum of Glass
Thurs. April 28 — with the Wings of Eagles
Discovery Center
Adults \$79.00, age 17 and under \$67.00

***Resorts Casino Hotel - Atlantic City**
May 9-11 — Seats still available. Bonus package too! \$219.00 pp/do
*also departs Herkimer

Life of the Vanderbilts - Hyde Park
Weds. May 18 — Tour Vanderbilt site,
Lunch at Hyde Park Brewing \$89.00

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Community Calendar

April 15 – May 20, 2016 cont...

•Spring Craft Fair 9:00 am – 4:00 pm Purchased lunch available 11:00 am – 1:00 pm For information contact: 315-866-1349, <http://firstunit-edmethodist@ntcnet.com> First United Methodist Church; 127 North Prospect St.; Herkimer

Sunday – April 24th

•18th Annual AIDS Hike for Life, 11:00 am. A 5K walk and timed run. To register go to <http://www.firstgiving.com/bbr/18th-annual-aids-hike-for-life>. Hamilton College Sadove Terrace, Clinton

•Chicken Barbeque, 12:00 PM – 2:00 pm. Takeouts only. \$10. In the rear church parking lot off Genesee St. Our Lady of Lourdes Church 2222 Genesee St.; Utica

•Traditional Irish Music Session 3:00 pm – 5:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-864-3051 Woodland Hop Farm and Fermentation 6002 Trenton Rd., Utica

•Walk to End Alzheimer’s To raise awareness and funds for Alzheimer’s care, support, and research. SUNY Polytechnic Institute Student Center, 100 Seymour Rd. Multipurpose Room #2 Utica

Monday – April 25, 2016

•Laurie Dapice in Concert 6:00 pm FREE Multi-award winning jazz vocalist, musician, and former Utican Laurie Dapice will take a journey from jazz standards from Great American Songbook. CD signing after the concert. Featuring Jon Leroy on piano and Tom Brigandi on bass. Contact information: 315-735-2279 Utica Public Library; 303 Genesee St.; Utica

•Lecture: Climbing the Branches of Your Family Tree 2:00 pm Additional date: 4/26/16 6:00 pm. Presented by lineage researcher Barbara Granato. Dig deeper into your family roots; their cultures, religions, beliefs, and backgrounds of your ancestors and where they originated from all over the world. Contact information: 315-731-5721 Mohawk Valley Community College; 1101 Sherman Drive; Utica

•Wellin Kids 2:00 pm – 3:00 pm Additional date: 5/14/16 2:00 pm – 3:00 pm Drop in for children’s activities and treats. Contact information: 315-859-4396 Ruth and Elmer Wellin Museum of Art; Hamilton College; 198 College Hill Rd. Clinton

Tuesday – April 26, 2016

•Concert: Travis Rocco 12:00 pm FREE. Contact information: 315-731-5721 Mohawk Valley Community College Snack Bar, Alumni

College Center; 1101 Sherman Drive; Utica

Wednesday – April 27th

•Documentary/Panel Discussion: “Batkid Begins” 6:00 pm. A pre-film panel discussion by Make-a-Wish CNY. One child, one wish, and millions touched. This wish and little caped crusader resonated with so many people and the reason why. Learn more at batkid-begins.com Contact Information: 315-731-5721 Mohawk Valley Community College Schafer Theater 1101 Sherman Drive; Utica

•Performance: Renaissance in the Belly of A Killer Whale 12:00 pm FREE By the Harlem KW Project. Focuses on preserving rich culture and history of Harlem through a fusion of spoken word poetry, theater, song, and more. Visit harlemkwproject.com Contact information: 315-731-5721; Mohawk Valley Community College Schafer Theater; 1101 Sherman Drive Utica

Thursday – April 28th

•Art Alive Family Day 10:00 am – 3:00 pm Featuring kids crafts and activities along with a family friendly lunch menu at Terrace Café. Also, For Kids and Families Arts Power National Touring Theater will be performing “Are You My Mother?” at 11 am and 1 pm. Cost is \$8 for MWPAI members and \$10 general admission. Contact information: 315-797-0000 Munson-Williams-Proctor Arts Institute; 310 Genesee St.; Utica

Friday – April 29th

•Performance: ZviDance presents “Dabke” 7:00 pm Additional date: 4/30/16 7:00 pm. Led by Israeli-born Artistic Director Zvi Gotheiner. Dabke is the national dance of Lebanon, Jordan, Syria, and Palestine. Learn more at zvidance.com Admission: \$15, free for MVCC students. Contact information: 315-731-5721 Mohawk Valley Community College Schafer Theater 1101 Sherman Drive; Utica

Saturday – April 30th

•Coping with Inevitable, Personal Challenges 10:30 am – 12:00 pm. How to whole-somely deal with the major four life crisis’s we each must face. Led by a NYS Certified Counselor. Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, N.Y. 13324 315/826-7405 shawangunk@ntcnet.com <http://www.shawangunknaturepreserve.com>

•Independent Bookstore Day Coloring for Grown-ups. Stop in for some coloring therapy! Coloring pages and supplies provided or you can

bring your own. Snacks will be available from 11:00 am – 2:00 pm. Plus, there will be drawings for FREE coloring books. Colgate Bookstore 13 Oak Dr.; Hamilton

•The Psychic Highway: How the Erie Canal Changed America 1:00 pm – 2:00 pm Michael Keene’s new book uncovers how the Erie Canal opened up vital passageways that led to the advent of the major social, political, and religious movements that swept through upstate New York during the 19th century. Contact information: 315-735-3642 Oneida County Historical Society; 1608 Genesee St. Utica

•Twiggy Plant Trellis 10:30 am – 12:00 pm We’ll create a charming little rustic trellis for your potted ivy, geranium, or favorite houseplant using natural twigs with the subtle, earthy shades of nature. Working with natural wood gently encourages imaginative creativity that you’re sure to find satisfying. Materials \$10. For all ages. Shawangunk Nature Preserve; 255 Shawangunk Road, Cold Brook, N.Y. 13324 315/826-7405 shawangunk@ntcnet.com <http://www.shawangunknaturepreserve.com>

•Utica’s Upper Room Fund-raiser 6:00 pm – 9:30 pm Raising funds to start a non-profit coffee house. Entertainment by The Rusty Doves, Inland, and the Taryn Jessen Band. Tickets: \$5 Contact information: 315-733-2867 and UticaUpperRoom@gmail.com Beit Shalom 49 Franklin Square; Utica

•Walk for Autism – Clinton 9:00 am – 1:00 pm Event will feature music, refreshments, activities, and prizes. Contact information: 315-797-6241 and walkforautism@kelberman-center.org Hamilton College 198 College Hill Rd.; Clinton

Sunday – May 1st

•Festival of Song in the Welsh Tradition Known in Welsh as a Gymanfa Ganu, this is a service of hymn singing in four part harmony. The event will be conducted by Jay Williams III with Susan Bartholomew at the organ and Jeanne Jones at the piano. The soloist will be David Kolb. Following the singing, all are invited to a “te bach” for tea, cookies and Welsh bread. There is no charge to attend the event but free-will offerings will be accepted. Holland Patent First Presbyterian Church

•Second Annual “iam ide-cide” convention 1:00 pm Personal Power and Decision Making with Nivia Cavic, Ph.D., author of “Standing Under” and instructor of psychology at MVCC, will explore the hierarchy of human needs. Convention proceeds will benefit the American Foundation for Suicide Prevention’s “Out of the Darkness Walk” which will be held June 4 in New York City.

Admission: \$5, free for MVCC students. Contact information: 315-731-5721 Mohawk Valley Community College; Schafer Theater 1101 Sherman Drive; Utica

Monday – May 2nd

•Clifford the Big Red Dog 3:00 pm & 6:30 pm Live show. Clifford and friends (based on the books by Norman Bridwell that airs on PBS Kids) learn many things about “being big” with laughter, songs, and dancing for the whole family. Proceeds benefit the Stanley Theatre and Valley Residential Services. Tickets can be purchased online at www.TheStanley.org Contact information: Stanley Center for the Arts; 259 Genesee St. Utica

Tuesday – May 3rd

•Traditional Irish Music Session 7:30 pm – 11:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-793-7593 Nail Creek Pub & Brewery 720 Varick St.; Utica

Thursday – May 5th

•Pasta Dinner 4:00 pm – 7:00 pm Cost: \$8 adults, \$5 for ages 4-10, free for children 3 and younger Contact information: 315-732-1177 St. Anthony & St. Agnes Parish; 415 St. Anthony St.; Utica

•The National Day of Prayer Breakfast 7:00 am Inviting people of all faiths to pray for the nation. The National Day of Prayer has great significance for us as a nation as it enables us to recall and to teach the way in which our founding fathers sought the wisdom of God when faced with critical decisions. The cost is \$12 in advance and \$13 at the door. You may purchase tickets at Big Apple Music or the Good News Center or by calling 315.735.6210. You may also purchase tickets online at www.thegoodnewscenter.org Hart’s Hill Inn; 135 Clinton St.; Whitesboro

Friday – May 6th

•Your Neighbors, Inc. Annual Garage Sale 9:00 am – 3:00 pm Additional date: 5/7/16 9:00 am – 3:00 PM Contact Information: 315-235-7149 Our Savior Lutheran Church 1640 Genesee St.; Utica, NY

Saturday – May 7th

•Destination Create Festival 10:00 am – 5:00 pm Additional date: 5/8/16 10:00 am – 5:00 pm Workshops, fun activities, vintage wares, live music, presenters, food, and Beverages. Contact information: www.destinationcreatefestival.com MKJ Farm 6844 Hughes Road West Deansboro

•Free Comic Book Day Noon – 10:00 pm Contact information: 315-508-5311. Follow us on Facebook at Dragonslair-cardscomics. The Dragon’s Lair ; 598 E Main St.; Little Falls

•Ilion-Frankfort VFW Post 502 Indoor Garage Sale/Chinese Auction 9:00 am – 3:00 pm. Acme Road ; Frankfort

•Team Aaron Pancake Breakfast 7:00 am – 11:00 am All you can eat. To benefit Relay for Life. Also a large basket auction. Contact information: 315-865-5087 Steuben Town Hall; 9458 Soule Rd.; Remsen

Sunday – May 8th

•Traditional Irish Music Session 3:00 pm – 5:00 pm Open to musicians of all levels who play acoustic instruments common to Irish music. Contact information: 315-864-3051 Woodland Hop Farm and Fermentation; 6002 Trenton Rd.; Utica

Tuesday – May 10th

•When Music, Like Food, was Local- 7:00 pm – 8:00 pm Presented by The Mohawk Valley Institute for Learning in Retirement. Presented by Dave Ruch, professional musician and teaching artist. Interactive program of NYS “heirloom” music and food. Adult audience. Admission: \$5 Contact information: 315-792-7292. SUNY Polytechnic Institute; Room A112, Kunsela Hall Auditorium; 5701 Horatio St.; Utica

Friday – May 13th

•MVCAA’s 50th Anniversary Gala 6:00 pm – 10:00 pm Open bar, dinner, dancing and the presentation of the Community Champions Award. Contact information: 315-736-3011. Hart’s Hill Inn, 135 Clinton St.; Whitesboro

Saturday – May 14th

•George Wesley & His Small Axe Orchestra 8:00 pm Wesley has written and performed his own infectious music for more than four decades creating many memorable songs influenced by the blend of rock’n roll and Caribbean sounds. Admission: \$12, \$10 for Unity Hall Foundation members Contact information: 315-520-8231; Unity Hall ; 101 Vanderkemp Ave.; Barneveld

•March for Babies 10:00 am March of Dimes March for Babies to fight for healthier mom and babies. Contact information: www.mccny.com Masonic Care Community 2150 Bleecker St.; Utica

•New Hartford Marching Band Bottle Drive. Thank you for supporting the New Hartford Marching Spartans!! Drop off your deposit bottles and cans at New Hartford High School Parking Lot, 33 Oxford Rd. New Hartford

•Keyboard Conversations with Jeffrey Siegel 8:00 pm – 10:00 pm This collection of well-loved masterpieces from yesteryear – music from the drawing room and the concert hall – will include the works of Chopin, Ger-shwin, Liszt, Brahms, Grieg and others. Min Price: \$37.50

Max Price: \$42.50 Contact information: 315-797-0055. Munson-Williams-Proctor Arts Institute, 310 Genesee St.; Utica

•Urban Fiction: Destiny T. Henry Book Signing 11:00 am – 4:00 pm Author Destiny T. Henry will have copies of latest urban fiction “A Hustler’s Love”, available for purchase. Contact information: 315-735-2279 Utica Public Library; 303 Genesee St.; Utica

Sunday– May 15th

•Central New York Roller Derby Double Header 5:00 pm – 9:00 pm The first game will feature the Wonder Brawlers vs Western Mass Destruction. The second game starts at 7 pm and will feature the CNY All Stars vs Capital City Derby Dolls. Min price: \$5 Max price: \$10 Contact information: email pr@cnyrollerderby.com John F. Kennedy Civic Arena 500 West Embargo St.; Rome

Wednesday– May 18th

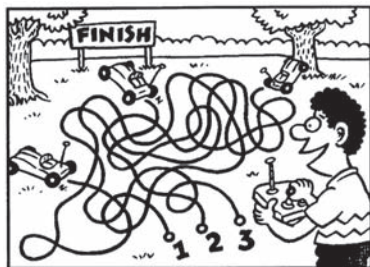
•“Central New York Beer and Hops” by Daniel Shumway 7:00 pm FREE Author will present a program on the region’s history of hops and local breweries. His private collection of over 30,000 beer cans started in the 1970’s and he has the biggest collection of Utica Brewery in the country. His book features a history of breweries that are within a 50-mile radius of Utica. Herkimer County Historical Society; 406 North Main St.; Herkimer

Friday– May 20th

•Friday Night Cruise-In 6:00 pm – 8:00 pm Sponsored by Tappet Twirlers Automobile Club of Rome. Food and ice cream sodas available. A DJ will be playing classic oldies. Sponsor award selection for favorite vehicle of the night. Suggested donation of \$1 or bring a canned good. All proceeds to benefit Rome Rescue Mission. Contact information, visit tappettwirlers.com St. John’s Church; E. Dominick St.; Rome

COMING EVENT

Friday – June 10, 2016 Wanderers’ Rest Humane Association will host “Raisin’ The Barn Woof” 6:00 pm – 11:00 pm Held in an elegant country barn. Music by the Beadle Brothers Band - the house band for the Turning Stone’s “Tin Rooster.” Auction, 50/50 raffle, prizes, music, dancing and food all to benefit the animals at Wanderers’ Rest Humane Association. This new event replaces the shelter’s “Bone Appetite”. For all potential sponsors this is an advertising “gold mine” for your business. 200 tickets are expected to go fast. For further information please contact: Joanne Cronan-Hamoy; Wanderers’ Rest Humane Association Programs & Events Coordinator E-mail for additional inquiries: wrhaprograms@aol.com or call 315 922-7559



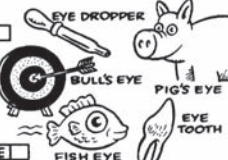
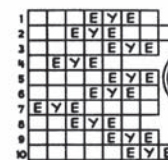
RADIO RODNEY WINS AGAIN! Can you guess which car belongs to Rodney?

Answer: Number 3.

Junior Whirl

by Charles Barry Townsend

CAST YOUR EYES ON THIS PUZZLE!



The "eyes" have it when it comes to interesting words. The grid to the left has room for 10 words, and they all contain an "eye." Hints are given below.

1. What the bad golfer did.
2. Native American buffalo hunters.
3. An expert marksman.
4. Ruined auto paint job.
5. What the weary cowboy needed.
6. How the weary cowboy came into town.
7. To look over.
8. What the predator did.
9. Ohio's nickname.
10. What they did before the king.

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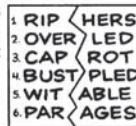
Answers: 1. Bogeysed, 2. Cheyenne, 3. Deadeye, 4. Keyed, 5. Shuteye, 6. Moseyed, 7. Eyeball, 8. Frowed, 9. Buckeye (State), 10. Cunsayed.

FREDDIE THE FEATHER FANCIER! The other day, Freddie bought 20 birds for \$20. Pigeon cost \$4 each, canaries 50 cents each, and budgies 25 cents each. Can you figure out how many of each he bought?



Answer: He bought 3 pigeons, 15 canaries and 2 budgies.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



Answers: Ripped, overages, capable, busted, withers, parrot.



*"Towards die many times
before their deaths; the valiant
never taste of death but once."*

Sticklers Answer

R.F.D.



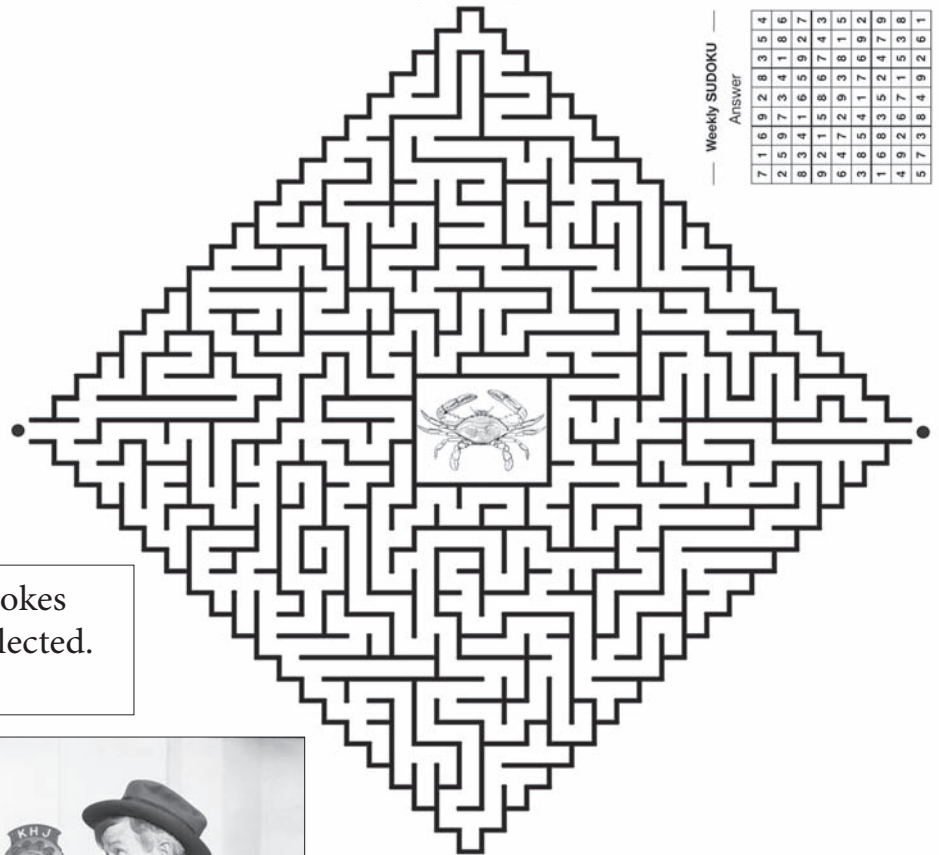
by Mike Marland



The trouble with practical jokes
is that very often they get elected.
~Will Rogers

Mega Maze

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Weekly SUDOKU

Answer

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

King Crossword

ACROSS

- 1 Not as much
- 5 Ump
- 8 "The Da Vinci —"
- 12 Send forth
- 13 Hosp. section
- 14 From the start
- 15 Turkish city
- 17 Pleasant
- 18 Urban carrier
- 19 "Fear —"
- 21 Grown-up
- 24 Verdi opera
- 25 Zilch
- 26 Crusoe or Gilligan
- 30 Actor
- 31 Danson
- 32 Suggest
- 33 First lady
- 34 U-235 and U-238
- 35 Actress
- 36 Barbara
- 37 John Irving's "A Prayer for — Meany"
- 38 Part of WWW
- 39 Panhandler
- 41 London's — Gardens
- 42 Breather?
- 43 Columbus' benefactor
- 48 Exam type
- 49 Suitable

DOWN

- 1 Floral garland
- 2 Type squares
- 3 Perch
- 4 Not wobbly
- 5 Barbecue fare
- 6 Old French coin
- 7 Satisfies
- 8 Moulin Rouge dance
- 9 Taking care of business
- 10 Arp's art accessory
- 11 Basin
- 16 Wacko
- 20 "An apple — ..."
- 21 Opposed
- 22 Accomplishes
- 23 Loosen
- 24 Colorado ski mecca
- 26 Regal
- 27 Cherished
- 28 Satan's specialty
- 29 Tear
- 31 Midwestern
- 34 state
- 35 Two-position switch
- 36 NYC area, with "the"
- 37 Charlotte's creation
- 38 Rorschach picture
- 39 Modern-day coin
- 40 Summertime pest
- 41 Perry of pop
- 44 Hot tub
- 45 Director Spike
- 46 Allow
- 47 — Baba

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

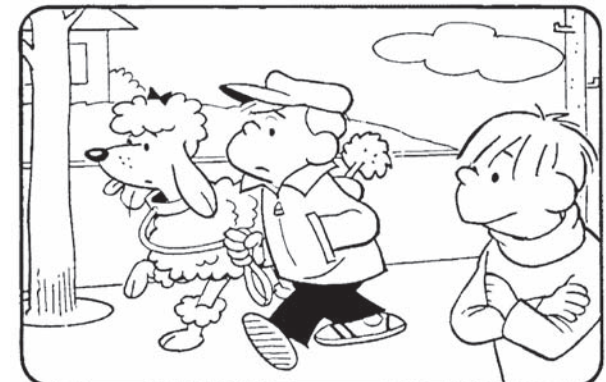
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Tree guard is missing. 2. Bow is smaller. 3. Tail is shorter. 4. Cloud is different. 5. Fireplug is missing. 6. Crossed arms are switched.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

Gardening With Efficiency and Ease



By Joe Parzych

With the economy as it is, gardening is a viable option much like the Victory Gardens during WWII. But is it worth the bother of it all? Most certainly! Anyone can garden with efficiency and ease. You need only follow my foolproof plan. It does not have to be followed exactly. I usually begin by digging up the garden with my backhoe. You don't need to do that. My wife used to ask my brother to roto-till a plot for her garden. I also have a farm tractor equipped with a plow, but I like to dig up the soil with my backhoe in the spring or stack the garden loam in the fall, layer it with leaves and then level it in the spring. I like doing it that way. It fluffs up the soil and saves money. Well, maybe it doesn't save money, but it does justify owning a backhoe.

To garden successfully, you need also to develop the right mind-set. There is nothing like poring over seed catalogues to develop a positive attitude. There's never a bit of negativity, nor even so much as a hint of failure, there. The bountiful display of fruit and vegetables in glorious color is certain to inspire the worst pessimist.

A common mistake is reading gardening articles. No. Wait! Not mine. I'm talking about the other guys. They dwell too much on detail, with long lists of things that must be done NOW. They dredge up a depressing list of plagues, pests, and pitfalls that are enough to make a body cut up their garden tools for firewood and head out to the supermarket for vegetables, stopping on the way at a tavern for a bracer to lift the spirits. Nowhere do these so-called "experts" mention the rejuvenating power of puttering amidst the greenery

of the garden, nor the satisfaction of hacking down overgrown weeds, while observing the marvels of creation. And I can tell you I get some marvels. When volunteers from the previous year's garden come up, I let them grow, mostly because I can never tell for sure if the sprouting plants are ones I planted, volunteers, or weeds.

After a few years, my volunteers got crossed with several varieties of squash, pumpkins, gourds, and maybe morning glories to mutate into stranger and stranger varieties that would make Luther Burbank take note. One year, I

ended up with weird squash-like globs, pale yellow with streaks of green. I took a load down to the Survival Center. I don't know if anyone survived them, but the folks running the place did not beg me to bring more. When I mentioned that I still had enough to feed the French Foreign Legion, the lady at the desk said something about having a big enough dumpster bill, already, and gave a little sniff at my basket of mutant squash, confirming my suspicions that she has some sort of squash allergy. I could tell.

Continued on next page.

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Gardening continued...

While I often have an ample yield of mutants, gardeners shouldn't concern themselves about yield. That's farming, which my father cured me of at a very early age, and for which I thank him. We had frosts, wet spells and dry spells, disease, bugs, wood chucks, rabbits and deer. And, if we were lucky and escaped all that, after hoeing and weeding all summer, whatever we chose to plant for market turned out to be selling for three cents a peck.

Each year, it seems, I read about farmers dumping loads of produce on a major highway to protest low prices. They seem to think that, somehow, motorists are at fault. In a way, farmers are right. Engine exhaust contains nitric oxide, an ingredient of fertilizer, though I doubt motorists are deliberating blowing fertilizer out their exhausts just to create surplus crops.

Personally, I feel farmers are entirely justified in dumping those tons of surplus produce onto major highways. What else can they do? If they plow them under, they'll just multiply and mutate into more and more weird volunteers. All that aside, it's not to say that a gardener can't enjoy growing crops. There's an easier way, using my method of divine guidance and observing Mother Nature at work, or more accurately, not at work. There in the Bible, is the parable about the master who admonishes his servant to refrain from pulling weeds for fear of uprooting the good plants. Therein, lies the secret. It

is such excellent advice that I'm going to frame it and hang by my lounge chair.

Not only is leaving the weeds alone much easier than all that hoeing and weeding, it results in a more favorable cost/benefit ratio. Doing the absolute minimum results in the highest ratio; giving the greatest harvest for the least effort. Of course, you'll have a garden choked with weeds, but that isn't all bad either. It can be interesting to witness the grim battle of good and evil; plants versus weeds. Recent studies have shown that weeds produce insect repellents which could protect your plants. And at year's end, when the garden is turned under, the weeds help replenish the soil with nutrients. Try to think positive.

You may hoe a bit, or occasionally pull a few weeds, taking on the role of benevolent being. Then, when the weeds grow so thick as to hamper strolling through the garden, you have but to fire up the lawn mower to go down the rows creating a fine lawn for the plants to loll upon while you return the weeds to the soil as nutrients. A hidden squash or pumpkin may fall victim to the mower, spraying out in a plume of pulp and seeds with a resounding "thr-r-rp", but I charge that off to "thinning." It also assures a good crop of volunteer mutants.

Nowhere is there anything in the good book against power mowing, though I'd receive some dark looks from my wife, who had forbidden me to set foot in her section of the garden where she practiced the art of gardening. She was a traditionalist, bent on all that drudgery of hoeing and weeding, rather than

using my Luther Burbank scientific approach.

One year, our living room rug began to look a bit tired. To me it still looked like a sun-dappled forest floor. My brother-in-law said it looked like chopped broccoli. My wife agreed. And up it went. I use the discarded rug to lay strips between the rows. Like Burbank, I pursue gardening research relentlessly for innovating ways of efficiency.

*"Failure,
I often
pointed out
to her, is
invaluable
because it gives
contrast to
your successes,
however few."*

I found that seedlings planted in plastic foam cups do far better than plants in peat pots. That I tend to forget to water the peat pots may be a factor while the neglected foam cups retain moisture. One year I planted tomato seeds in five gallon plastic buckets. I lugged them in and out of the house until past the danger of late spring frost, talking to them, admiring them, and congratulating

myself, incessantly, while my wife rolled her eyes to heaven imploring the very being I sought to emulate. All summer I carried on as my wife clung to sanity.

That fall, I announced, "With all these plants bearing so nicely, we'll have but to reach out right here in our own kitchen to pick a ripe tomato at arm's length."

My enthusiasm was not contagious. Actually, all the plants had all died but one. But, it was a tough one. Anyway, when my enthusiasm failed to catch on, I wondered about my wife's vitamin B intake. Then, one Indian summer day, I'd left my remaining tomato plant out to bask in the sun, and neglected to bring it in for the night. The temperature dropped. By morning my tomato plant slumped like overcooked spinach. My wife somehow seemed unmoved by this tragedy. Nevertheless, I didn't let it discourage me from gardening. Failure, I often pointed out to her, is invaluable because it gives contrast to your successes, however few. Nonetheless, I find there are few failures, if examined closely enough. There's always the weather to blame. I don't consider my garden a failure if it doesn't produce enough at year's end to feed a sick chicken. At least I won't have littered the highways with surplus produce, nor long to throw myself under the wheels of a passing truck in despair. I used to stroll over to my wife's garden, before she passed on, to sample some of her vegetables when she was busy elsewhere. Now I go out to sit on the chopped broccoli rug between the rows to contemplate new avenues of scientific efficiency. **E**

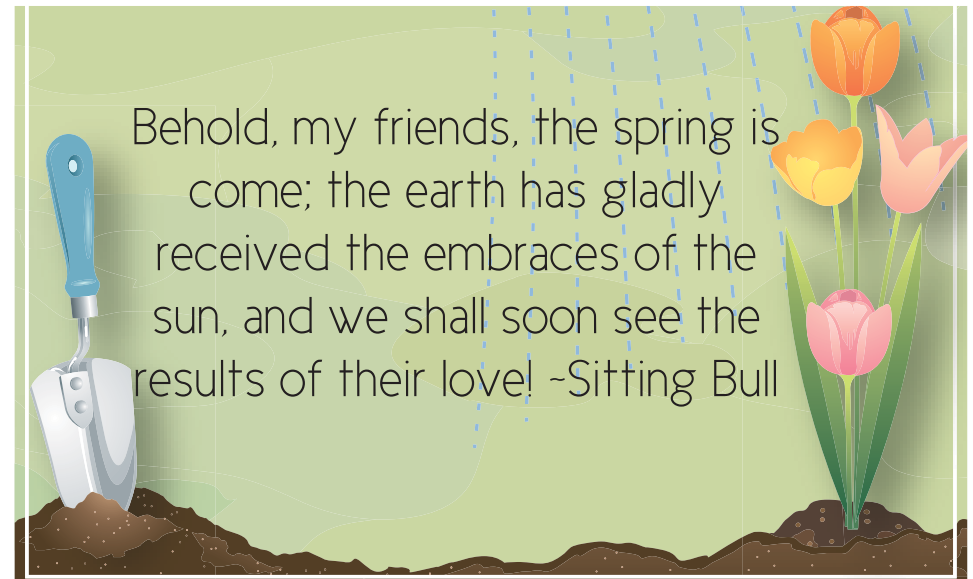
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How to create a rainwater harvesting system



Rather than have rainwater flow out of downspouts to the ground, homeowners can collect that rainwater in barrels to use it as a sustainable source of water.

Rainwater collection is a way to conserve water that can be adopted by both private homeowners and businesses. Harvesting water during peak times of precipitation ensures water will be on hand during drought or when water restrictions are implemented. Making use of rainwater reduces reliance on underground wells or municipal water systems. Harvesting rainwater also can help prevent flooding and soil erosion.

The average homeowner can collect thousands of gallons of rainwater each year. To learn just how much water can be harvested, as well as how many natural resources can be produced from that rain, visit www.save-the-rain.com, where men and women can calculate their rain collection potential by geographic

location and average rainfall. Afterward, homeowners may be inclined to establish their own rainwater harvesting systems. Here is how to get started.

- * Determine your roofing material. Potable water can be harvested from homes with sheet metal or slate roofing. Clay or adobe tiles also may be acceptable. Asphalt, wood shingles and tar roofs may leach toxic chemicals into the water, making it unsafe for drinking. This rainwater may only be collected to use for irrigation methods or washing cars and outdoor items.

- * Check gutter materials. Some gutters are made with lead soldering components. A commercial lead swab test can help you determine if there is lead present in your gutters. At a later time

you can choose to replace the gutters if you desire a potable supply of water.

- * Invest in a collection tank or barrel. A number of manufacturers offer prefabricated rain collection systems complete with collection barrels. Otherwise, you can use your own barrel or tank to house the collected water. Ensure it is large enough to handle the volume of water collected.

- * Purchase and install leaf guards. If your home is surrounded by many

trees, you probably accumulate leaf and tree debris in your home gutters and downspouts. Leaf guards will help keep the gutters clear and increase water flow through the water collection system.

- * Create a water collection area. A portion of the gutter system should be removed so that it connects to the collection barrel or tank. As the rain falls, it will run down the roof and into the gutters before it streams into the downspouts. The downspout connected

to the tank will deposit the water directly inside. Filters can be installed to help block the flow of debris.

- * Outfit the tank for overflow and water usage. A spigot and hose connection makes it easy to use the collected water for outdoor purposes. Many rainwater collection systems are designed with an overflow safeguard that will prevent the water from backing up through the system. It will divert the rainwater back out of the downspout when the

barrel or tank is full.

A rainwater collection system harnesses a natural source of water to be used for gardens and other outdoor purposes. This water doesn't contain chlorine or other additives, making it relatively clean and safe to use. Homeowners should check to see if a permit is necessary to install a rainwater collection system and then begin gathering water for various uses. **E**

Did You Know?

Landscape fabrics are used to prevent weed growth while still allowing air, oxygen and water to flow to and from the soil. Landscape fabrics are a chemical-free way to prevent weed growth, endearing them to eco-friendly homeowners. Landscape fabrics, once laid, also are a far less labor-intensive method to prevent weed growth, as they can be effective for several years, during which homeowners can expect to perform little or no maintenance. In addition, many homeowners prefer landscape fabrics because they can help the soil effectively maintain moisture during dry periods, when gardens might otherwise be highly susceptible to drought. Once put down, landscape fabric can be covered with mulch to add aesthetic appeal.



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How to approach buying a pool or spa



Many homeowners feel pools or spas are must-have features as they attempt to turn their homes in their own personal oases. The decision to get a pool or a hot tub is not one to take lightly. Significant purchases, pools and/or spas can affect the value of a home and also

require various safety modifications. Taking a thoughtful approach when considering adding pools and/or spas to their homes can help homeowners rest easy knowing they made the right decision.

- Do your research first. When making any decision, it's best to be well-informed. Read reviews on products and find out the base prices of certain pool models so you'll have a system of comparison. Choose the type and size of pool you want. Other factors, such as the material used in the pool (i.e., concrete, metal, fiberglass, or vinyl) and filtration methods, also can affect the price, so consider each of these factors carefully before making your decision.
- Determine why you want a pool or spa. The type of pool or spa you ultimately choose should depend on how you plan to use the pool. If you want a pool mainly for family entertainment, then you may want to add mood lighting or special landscaping features. If you simply want something in which you can cool off, a basic model may be most practical. If your spa is intended for therapeutic purposes, look for ones with multipositional water jets or other specialized features. Don't fall into the trap that a large pool with a deep diving area is best. Young children and many adults do not frequently use the deep end, and you may end up with wasted pool space.
- Find a good time to buy. Fall and winter are some of the best times to get deals on pool and spa equipment because it's no longer prime swimming season. However, there are deals to be had come early spring as well. Retailers may deeply discount last year's models to make room for new inventory. You

always can negotiate if the price is just a bit beyond your reach. Retailers may be motivated to make sales in the offseason, so try to use that motivation to your advantage.

- Recognize there will be extra costs. Some retailers sell pools and spas but do not arrange for installation. Realize that an inground pool will require excavation, and your yard may need to be regraded to allow for rain run-off. Electricians and landscapers are some additional costs to factor in. Make sure you understand the bigger picture and account for the total cost of modifying the yard.
- Inquire about insurance. Speak with the pool installer about any liability and compensation insurance they may carry to protect you in the event of an accident during the installation of the pool. Reputable builders should be fully insured.
- Learn about zoning laws and other ordinances. Rules regarding pool placement and size will vary depending on local laws. Always consult with the town's municipal office and get the proper permits. Otherwise, you may face fines and be forced to spend more to fix problems that need to be addressed.

Pools can be entertaining additions to a home. When considering the addition of a pool to their properties, homeowners should take their time and make sure it's the right decision for them. **E**



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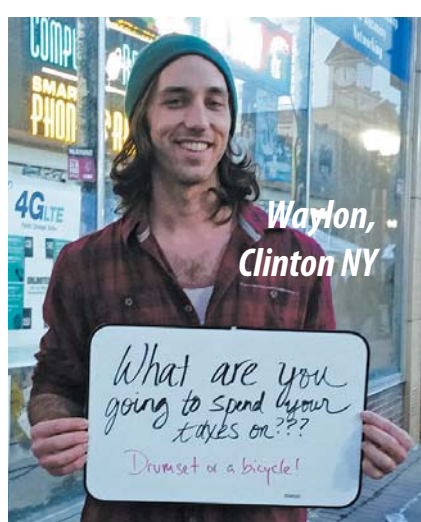
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Neighborhood Family Dentistry

By Al Dorantes



Erin L. Brown, DDS

Located at 2702 Genesee Street in Utica, New York, Neighborhood Family Dentistry is located in a big, beautiful Utica building. When you step through the door it is as if you have stepped into a refreshing world where patients and their relationship with their dentist are a priority. Dr. Erin Brown, D.D.S. and her capable staff are available to treat your dental needs in a professional, personal, and friendly manner.

Dr. Brown knew she wanted to be a dentist since she was thirteen years old. Brown explained that her hometown, Ilion, New York, dentist, Dr. Stephen May told her she had cavities. Dr. May and his associate, Dr. Diane Pannes, treated her gently. 13 year old

Erin looked up to them and they inspired her. She knew from that moment that she would be a dentist one day and never wavered from her path.

Dr. Brown received her Bachelor's Degree in Biology from Hartwick College, she then attended the State University of New York at Buffalo, School of Dental Medicine to receive her Doctorate in Dental Surgery. After a one-year residency at Buffalo General Hospital she accepted a position as the Chief Dental Officer with the Seneca Nation Health System in Salamanca, NY.

In 2015, Dr. Brown and her husband and business manager, Andrew, could not ignore the pull of their families and their hometown. They decided to move home; back to the neighborhood and start their practice. They transitioned into the dental practice of Dr. Myron Morgan. Dr. Brown branded her new practice as neighborhood family dentistry focusing on treating the whole family; from children to parents and grandparents.

Their hometown philosophy extends even to the building they call home. Dr. Brown explained that the building just appealed to us. It's a home to us. A family lived here. Dr. Brown said, "Our kids are here all the time. If you're a patient here, you



Dr. Brown and family. Teaching young ones the importance of good oral hygiene with the help of her little purple pal!

will undoubtedly see our kids here"

With an initial focus on preventative maintenance Neighborhood Family Dentistry will educate their patients on the best way to maintain their teeth and to recommend treatment that will stop problems before they start. If further treatment is necessary Dr. Brown and her staff can meet all your dental needs from restorations (fillings) to crowns, root canal therapy, dentures, dental implants, and oral surgery and extractions.

What is different and refreshing about Neighborhood Family Dentistry

is that it is not a mill. They are not pushing you through. You are a family member not just a number. While their small town feeling is prevalent, Dr. Brown understands that technology is definitely important in the modern dental practice.

Neighborhood Family Dentistry is open Monday through Thursday 8 am - 5 pm. For more information go to: www.neighborhoodfamilydentist.com, call (315) 797-0030 or follow them on Facebook: Neighborhood Family Dentistry. Start your dental relationship with your neighborhood family dentist today. ■

Five ways to increase home fire safety

(MS) — An average of seven Americans die each week as a result of house fires. Most fires occur in residential buildings between the hours of 11 p.m. and 7 a.m., when occupants are most likely to be asleep. Your first line of defense is fire preparedness.

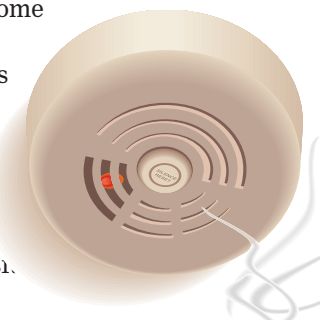
Here's five things you can do to increase your chance of survival in a fire:

- Install smoke alarms on every story of your home and outside sleeping areas. Be sure to test them monthly, clean them every six months and replace batteries in spring and fall. Having working fire alarms can cut your chance of dying in a fire in half!
- Have a fire escape plan for your family and practice it. A small fire can spread rapidly — you may only have minutes or seconds to escape. When going over the details of your escape plan, check windows and doors to ensure all open easily. Know your local emergency number (911). Never stop to gather belongings or reenter a home after safely outside.
- When renovating, consider using fire-rated, non-combustible products. Your choice of insulation, for example, can be vital. Stone wool insulation, like that produced by Roxul, resists temperatures up to approximately 2,150 F. When directly exposed to fire, it will not

off-gas, contribute to toxic smoke or promote flames. Fire-resistant building materials can give you extra time to escape when seconds count.

- Purchase a multi-use fire ladder for each bedroom in your home and practice using it. A fire ladder may be your only escape option if flames block critical exits.
- Place fire extinguishers on every level of your home, especially in high-risk areas like the kitchen, near fireplaces and in the garage. Use only for small, contained fires that are not spreading rapidly. Know how to operate your extinguisher before an emergency occurs using the PASS method: Pull pin, Aim low, Squeeze lever and Sweep from side to side. The safest option is always to evacuate your home and call for help.

Fire prevention measures are a serious matter in every home. Find out how to keep your home and family safe at nfpa.org or improve your fire safety knowledge by visiting the Roxul website.



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How to prepare a home for elderly residents

Upon reaching retirement age, new retirees may face decisions regarding their living arrangements. Some seniors may opt to stay put, while others may want to downsize their homes to save money and relieve themselves of the burdens of maintaining larger homes.

But those are not the only situations seniors find themselves in. Some seniors realize they can no longer care for themselves without assistance. In such instances, seniors may opt for assisted living facilities or choose to move in with a relative, such as a grown son or daughter. While assisted living facilities are designed to meet the needs of the elderly, young men and women welcoming seniors into their homes may need to take on some home improvement projects to ensure their homes are as safe as possible for elderly residents.

• Convert a room on the first floor into a bedroom. While this may not apply to all seniors, some men and women struggle with stairs as they age, and that can make it difficult for them to fully participate in a household. Homeowners with an extra room to spare can convert a room on the first floor of their homes into a bedroom so seniors won't have to climb up and down stairs throughout the day. That ease of accessibility to the primary floor of the house encourages



Grab bars and shower benches can make bathrooms much safer for seniors.

seniors to be active participants in a household. If possible, choose an area that is close to a first-floor bathroom.

• Take steps to make bathrooms safer. The National Institute on Aging says that more than one in three seniors over age 65 fall each year, and 80 percent of those falls take place in the bathroom. Slippery tile floors can make it difficult for seniors to navigate bathrooms safely, and bathtubs and shower stalls present additional challenges. Install grab bars on bathroom walls and next to toilets to provide support. In addition, consider installing a shower chair or bench and removable shower nozzle in the shower or tub so seniors can sit down while they bathe and rinse without having to stand up on slippery surfaces. Make sure any mats around bathtubs and sinks are nonskid to reduce the risk of falls even further.

• Install an extra phone line or two. While kids and adults between the ages of 18 and 50 may never use the landlines in their homes, many seniors still rely on traditional telephones as their primary means of communicating with the outside world. Install extra landlines in your home, including in seniors' bedrooms, so they can more readily access the phone should they fall and need to call for emergency help. Phones in se-

niors' bedrooms may also provide some additional privacy to seniors who don't want to carry on phone conversations in busy areas of the home, such as the kitchen or living room. Such lines may also reduce feelings of isolation.

• Prioritize accessibility when storing items. When storing groceries, books, magazines, or other items seniors are likely to use, choose locations that are accessible to seniors. Avoid storing items on the top shelf of pantries, bookcases or entertainment centers, as seniors with limited mobility may not be able to reach them.

Many seniors move in with their adult children to make their golden years safer and more enjoyable and manageable. Such a change in living arrangements may necessitate some changes on the part of homeowners so they can ensure their homes are safe for seniors. **E**

Paint and renovate correctly

Changing paint colors is one of the easiest and least expensive ways to add a fresh new look to the interior or exterior of a home.

Both exterior and interior paint can be used to protect homes and make strong impressions. Painting projects are fun and can be easy, but not all projects are so simple. Homeowners may need to exercise patience and

devote an ample amount of time to get the job done right. One errant drip is all it takes to turn a perfect paint job into a colorful mess.

While paints are much safer now than in years past, they still need to be handled with caution and disposed of with care after the job is done. Painting can be a tricky project because the fumes and chemicals found

in many paints make these products more difficult to dispose of.

The Environmental Protection Agency says homeowners in the United States throw out 64 million gallons of paint per year. While latex paints are not considered hazardous waste, they should be recycled. Oil-based paints, however, are considered hazardous

household waste (HHW) and must be disposed of properly.

All homeowners should check with their trash and recycling collection centers regarding the proper way to dispose of paints, stains and varnishes. It's also possible to visit Earth911.com and find a disposal facility online. **E**



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Organize room by room

While resolving to lose weight or quit smoking are popular New Year’s resolutions, many people decide the dawn of a new year is a great time to get organized.

The holiday season can interfere with one’s ability to stay organized. The arrival of new gifts, decorations decking the halls and overnight guests can make it seem like rooms have been turned upside down. But the end of the holiday season provides a great chance to sort through belongings and start organizing in earnest.

Men and women who want to get organized can consult with a professional organizer or tackle the job on their own, potentially enlisting the help of others in the household.

Step 1: Assess the damage.

It can be difficult to get organized without first taking inventory of your home. Go through all of the rooms in the house and decide what your goals for each room are, jotting those goals down as you go.

See if the rooms have more storage potential than you’re utilizing, particularly those rooms that are overrun with items. Storage can include shelves on walls, new furniture or modified closet spaces. Again, jot down your ideas so you can refer back to them later on.

Step 2: Set up a sorting plan.

Organizing may involve sorting through belongings and getting rid of things you no longer use. One of the easier ways to handle sorting is to purchase three different containers or make three different piles. The first one will hold items you will keep, the second includes items that can be sold or donated and the last will house items that you will discard or recycle. Separating belongings in this manner can help you stay on task and remove some of the stress from getting organized. Simply move the containers



A closet organizational system can be a handy part of a person’s plans to get organized.

that are no longer needed from the room when you’re ready to organize the remaining belongings.

Step 3: Schedule your cleaning days.

It may take a couple of sessions to get certain rooms clean, so plan ahead for that. For example, you may need a day to sort and toss items, another day to prep the room with organizational enhancements and yet another to put everything back. Separating tasks into manageable sessions will help you reach smaller goals that eventually add up to your larger goal of getting more organized.

Plan project days when you can devote time with few, if any, distractions. You may want to ask a friend or family member to take care of your children or pets for a few hours while you are tackling your tasks. Organizing around the trash pickup schedule can help, too. This way discarded items are quickly out of sight and out of

mind.

Step 4: Prepare your day.

Have all of your necessary equipment on hand in advance of Day 1. This eliminates having to go on the search for supplies, which can prove distracting. Make sure you are well rested and have eaten a hearty meal. Set an alarm for how long you want the organizational session to go. If you work until you reach the point of fatigue, you may not be inclined to finish on another day.

Step 5: Reward yourself.

Every time you finish an organizational session or goal, treat yourself to something nice, such as a dinner out or a massage. Choose something relaxing that makes you happy.

Step 6: Repeat the process.

When one room is organized, establish your plan for the next room. Once you see the success that

comes from the first room, you can use that as motivation to do the others at your own pace.

Getting organized may take some time, but it can be well worth the reward when a home is clean and everything has a place. **E**

The basics of kitchen cabinet refacing

Older cabinets are prime candidates, as they often are more sturdy than newer cabinets. In general, cabinets can be refaced as long as their substructures are sound.

In addition to providing a new look for the kitchen, cabinet refacing is an eco-friendly project. By not demolishing existing cabinetry, homeowners are preventing old materials from ending up in landfills while saving trees from being cut down to construct new cabinets.

Homeowners can choose among wood, veneer, metal, and even glass doors as replacements in the kitchen. Coupling cabinet refacing with replacement of old appliances can completely transform the appearance of the kitchen in relatively little time. Many refacing projects go as follows.

- * Measurements are taken and technical drawings are made so that new cabinet materials can be manufactured to the kitchen’s exact specifications.

- * Homeowners choose the type of finish they prefer for the new cabinetry.

- * Manufacturing takes place, and homeowners will schedule a time when the work will commence.

- * Existing doors and drawer fronts will be removed and recycled or disposed of.

- * If cabinet frames and boxes need to be repaired in any way, some refacing companies will take care of this.

- * Cabinet boxes and frames are covered in a matching veneer or plastic laminate.

- * The new doors and drawer fronts are installed, as are new handles, pulls and moldings to complete the look.

Many companies specialize in cabinet refacing. Homeowners should request estimates from potential candidates and review workmanship prior to hiring a particular company. **E**

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Add some fresh color to kitchen cabinets



Many homeowners dream of giving their kitchens a full-scale remodel. Though such a project can give a kitchen an entirely new look, that look does not come cheap. According to Remodeling magazine "Cost vs. Value Report," homeowners can expect to spend more than \$53,000 on a major kitchen remodel and recoup just below 70 percent of that cost at resale. So while the idea of a full-scale kitchen remodel might be a dream project, the cost of such an undertaking is beyond many homeowners' budgets.

But homeowners who cannot afford a full remodel can still give their kitchens a new look and can do so for relatively little money. Painting kitchen cabinets a new color or simply giving fading cabinets a fresh coat of paint can instantly add life to a kitchen, giving the room an entirely different feel without breaking the bank. The following are a few tips for homeowners planning to paint their kitchen cabinets.

* Assess your existing cabinets. Some cabinet materials, including wood and metal, can be repaint-

ed without much of a fuss. But other materials, including plastic laminate, are not so amenable to repainting, and will likely require specialty paints. Homeowners with plastic laminate cabinets should first paint a spot or two with a sample paint, being careful to choose a spot that's concealed. If the paint bonds well to the plastic laminate, then you can go forward and buy enough paint to redo all of the cabinets. If the paint does not take, consult a professional to find a paint that's likely to be a better fit. Expect this process to be one of trial and error.

* Plan for ornate cabinets to take a little longer. Painting projects will go faster when cabinets have flat fronts, but they can take considerably longer when cabinets are unique and more detailed.

* Remove the doors and hardware. When painting cabinets, it's best to essentially disassemble them, removing the doors, handles, knobs, latches, and any additional hardware. When removing hardware, be sure to set them aside in clearly marked plastic bags so it's easier to reassemble the cabinets once the fresh coat of paint has dried.

As doors are removed, number each door and its corresponding location, much like products that require assembly are numbered at the factory. This makes it easier to reassemble and ensures the cabinets and their hinges will align properly once you have finished painting.

* Don't paint dirty surfaces. Cabinet surfaces have likely collected their share of dirt, grease and grime over the years, so you want to clean these surfaces thoroughly before painting. Once surfaces have been cleaned, rinse them off and give them ample time to dry.

* Sand the surfaces. Once the surfaces have been cleaned and are completely dry, it's time to start sanding them. Lightly sand the doors using a wood sanding block, working to create a firm base to which fresh paint can easily adhere. Areas that are most exposed to wear and tear may require some extra elbow grease, and some areas may be especially flaky. When old paint is flaking off, this means the previous finish did not adhere very well to the surface, which is not necessarily uncommon in kitchens, where moisture and grease residue can make it harder for paint to adhere to the surface. In such instances, sand

the flaky areas to the bare wood before spot-priming with a primer or sealer designed for areas with heavy staining. After all of the sanding is complete, vacuum the surfaces to ensure there is no leftover sanding dust before painting.

* Apply primer-sealer. Primer-sealer ensures the fresh paint will bond well to the surfaces, preventing conditions like flaking in the future.

* Paint the cabinets. After the primer-sealer has been applied, it's time to paint the cabinets. Begin with the inside edges and openings of the face frames, followed by the outer cabinet sides and then the front of the frames. Then move on to the cabinet doors and any drawer fronts you might be painting as well. Cabinets with more elaborate designs require closer attention to detail than flat cabinets. When painting, opt for thin coats, which dry more quickly and also create fewer visible

brushstrokes. When applying multiple coats, allow the paint ample time to dry between coats. Four hours between coats is a good rule of thumb, and lightly resand all surfaces before applying the second and final coat of paint.

* Reassemble the cabinets. Once the final coat of paint has fully dried, carefully reassemble your cabinets and then enjoy the fresh and inexpensive new look that your freshly painted cabinets have created. **E**



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Simple ways to maximize profits on your investment property

Real estate investors have many reasons for making such investments, but one of the more common motives behind a decision to invest in a property is the belief that real estate rarely depreciates in value. Though the recent housing crisis might have debunked that myth once and for all, real estate is still widely

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considered a sound investment, one that many people wish they could afford to make.

Those who have already invested in real estate know how difficult it can be to maintain a property much less improve it, which should be high on an investor's priority list. But improving a property does not have to involve a complete overhaul or any other dramatic changes. In fact, there are several simple ways investors can improve their real estate investments and improve their chances of turning a large profit when they decide to sell a property.

* Hire a property management firm. Some real estate investors, especially those new to the business who just purchased an investment and have little money to spare, shy away from hiring a property management firm. But such a company is worth the expense for investors with little time or know-how with regard to fixing a home. A property management firm will ensure the building is kept in shape, and depending on your agreement with the company, may even take care of cleaning vacant apartments, readying them for showing and renting them to new tenants. Perhaps the biggest advantage to working with an effective property management firm is the likelihood that they will turn over the vacant apartment quickly, ensuring you aren't losing money when tenants

move out.

* Carefully vet prospective tenants. One of the easiest ways a property can fall into disrepair is to allow bad tenants to move into the building. It's understandable that investors want to get a building occupied as quickly as possible so they can use tenants' rents to pay for the property. But bad tenants can cause damage to the property, and their behavior might encourage reliable fellow tenants to find a new living situation. When looking to fill a vacancy, establish a minimum income requirement for prospective tenants and ask applicants to produce proof of income and references from past landlords. This increases the chances you will find a respectful tenant who's fully capable of paying their rent on time.

* Work quickly. Few people want to rent forever, so expect significant turnover, especially if your investment property is a larger complex with multiple dwellings. If you aren't working with a property management company, an easy way to maximize your profits on an investment property is to work quickly when turning apartments over after a tenant moves out. This includes painting and cleaning the apartment, and the process should go smoothly if you properly vetted tenants and the vacant unit did not suffer significant damage while the previ-

ous tenants were living there. A unit with just minor wear and tear should take one week or less to get ready to show to prospective tenants, and the unit should be vacant for only one month before new tenants move in. Anything longer than a month and you're losing money you don't have to lose.

* Upgrade appliances. Renters are just as likely to fall in love with curb appeal as buyers are. While there may not be a yard to entice renters if you purchased an apartment complex, curb appeal can apply to an apartment's interior. One of the more notable eye-catchers to prospective renters is updated appliances, especially since appliances may be the only items actually in the apartment when it is shown. Stainless steel appliances provide an instant upgrade over older appliances that may appear dated and are certain to make a strong first impression on prospective renters, many of whom would be willing to pay more in rent for a unit with update appliances. In addition, renters may feel that landlords who took the time and spent the money to upgrade appliances are likely to make a greater effort maintaining the property.

Investors can maximize their returns on investment properties in a variety of ways, many of which don't require significant effort. **E**

Lighting sets the stage for outdoor fun



Outdoor lighting can play up the more decorative features of a yard, including flower beds.

Tis the season for making changes in and around the home. The arrival of warmer weather renews homeowners' vigor for various home improvement projects, and many have grand plans for interior and exterior renovations as they prep their living spaces for comfort, beauty and entertaining opportunities. While there are many worthy projects to pursue, adding outdoor lighting to a home can help increase its value and make the home safer and more attractive in the evening hours.

According to the American Lighting Association, with a few updates to outside lighting, families can make even better use of their homes at night. Adding outdoor lighting is easier and less expensive than many homeowners may know, allowing them to transform an existing patio, deck or pool area into an enjoyable nighttime retreat. Pool parties, dinners on the patio or barbecues with neighbors become even more memorable when outdoor lighting is added or improved. But homeowners who want to install or upgrade their outdoor lighting should consider the following tips, courtesy of ALA.

* Improve navigation. Lighting is typically layered into a room or outdoor space in three ways: overhead, task and ambient. Even outdoors, where there are no typical boundaries and borders, those three layers are necessary. Outdoor overhead lighting should improve visibility on steps, paths and walking surfaces, especially

where there's a bend or an intersection. Task lighting can be used around cooking or gardening areas. Ambient light will cast a comforting glow around any outdoor space.

* Enhance security. To improve visibility and security, combine a motion detector with a sconce to illuminate dark corners or entryways. Be sure to aim lights away from the door to improve visibility. Lanterns on either side of the door can give a home a warm, welcoming appearance and improve the safety of entryways.

* Create outdoor rooms. Outdoor lighting at the borders of a space is a great way to create barriers, both vertically and horizontally. Lights in a tree create something akin to a chandelier hung in the middle of the sky, and even accent lights in the general area of the edge of a patio, deck or porch will shine across the space and provide enough of a comfort level for people to understand where things are.

* Reduce glare. Outdoor lighting that casts a glare can be blinding, as can light that's too bright. Lighting along paths should be cast downward, with fixtures that are hooded. A variety of lighting options will create layers, allowing you to add or subtract as necessary. Exterior-safe dimmers also can provide flexible control over the level of light, as can movable fixtures added to a patio or porch.

* Add decorative elements.

Just as arbors, pergolas, patios and other outdoor elements help to enhance the style of an outdoor space, so, too, can lighting contribute to a well-designed landscape. Lighting should play up decorative features of a yard and add the ambience that homeowners desire. Step lights make passage safe while also highlighting molding or trim details. An outdoor chandelier can make for a wonderful accent during dinnertime on the deck or under a pergola. Patio lights provide atmosphere as well as illumination for cooking outside.

* Enhance views from inside. Outdoor lighting can make the view from inside pleasant and enjoyable. Use a variety of lights, including spotlights on trees, lights dotted along pathways and accent lights on unique landscape features, to create an idyllic landscape visible from inside the home.

Outdoor lighting enhances functionality of yards and landscapes while making such areas safer for homeowners and their guests once the sun has gone down. **E**



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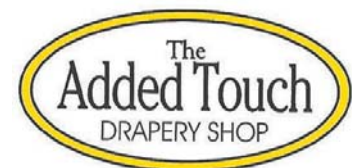
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How to guarantee your garden starts off on the right foot



work. Reach into the soil and dig out a handful. If the soil quickly crumbles, you can start preparing for gardening seasoning. But if the soil is still clumped together, it needs more time to dry out before you can begin your prep work.

Initiate edging

Edging is another task gardeners can begin as they get ready for the season. Edge plant and flower beds, but be sure to use a spade with a flat blade or an edger designed to edge flower beds. Such tools will cut deep enough so grass roots that may eventually grow into the flower bed are severed. Depending on how large a garden is, edging can be a time-consuming task, so getting a head start allows homeowners to spend more time planting and tending to their gardens once the season hits full swing.

Fight weeds

Though weeds likely have not survived the winter, that does not mean they won't return once the weather starts to heat up. But as inevitable as weeds may seem, homeowners can take steps to prevent them from turning beautiful gardens into battlegrounds where plants, flowers and vegetables are pitted against unsightly and potentially harmful weeds. Spring is a good time to apply a pre-emergent weed preventer, which can stop weeds before they grow. Though such solutions are not always foolproof, they can drastically reduce the likelihood of weed growth.

Though gardeners might not be able to start planting their gardens in late winter or early spring, they can still get outside and take steps to ensure their gardens thrive once planting season begins. **E**

Clear debris

One of the best things you can do for your garden as winter winds down is to clear it of debris. Winter can be especially harsh on a landscape, and gardens left to the elements are often filled with debris once spring arrives. Dead leaves, fallen branches, rocks that surfaced during the winter frost, and even garbage that might have blown about in winter winds can all pile up in a garden over a typical winter. Clearing such debris likely won't take long, but it's a great first step toward restoring the garden before the time comes to plant and grow the garden once again.

Examine the soil

Soil plays a significant role in whether a garden thrives or struggles. Examining the soil before the season starts can help gardeners address any issues before they plant. Ignoring the soil until a problem arises can turn the upcoming gardening season into a lost opportunity, so test the soil to determine if it has any nutrient or mineral deficiencies. This may require the help of a professional, but if a problem arises, you might be able to adjust the acidity or alkalinity of the soil and still enjoy a successful gardening season.

Another way to examine the soil is less complex but can shed light on when would be a good time to get back to



\$100 Contest Winner

You could be the next lucky reader



Our lucky winner this month was Casey Nashon of Rome, NY. She works at Adirondack on Black River Boulevard and says that's where she grabs her copy of EDITOR Magazine.

Casey told me that she enjoys reading it because it has such a wide variety of articles and advertisers alike. "It's nice to grab it and read for a bit, then go about your day and go back to it later. I really enjoy reading it."

It was a rainy day when I met Casey to take her picture so we ended up meeting up at the local Price Chopper, where we deliver 100's of copies of EDITOR every month. Look for our rack to grab your copy.

You can always purchase a subscription to get your copy of EDITOR delivered right to your mail box too. Call us to make that happen today! 315-985-9133.

New this month is our Community Calendar of Events, look for it beginning on page 32. If you have any community events that you'd like listed contact Catherine Hardy at calendar.editormagazine@gmail.com or fax them to us at 315-985-9144, mail them or drop them off to our office at 150 Whitesboro St., Yorkville.

We can't accept your calendar items over the phone, we just don't have time enough to do that,

but we want to hear from you so be sure to use one of the alternate options and get those events to us. May deadline is Monday, May 2nd at 5p.m.

This month's contest clue can be found on page 54. We wish all of readers the best of luck!

Congratulations Casey, we appreciate your readership and we hope you enjoy your unexpected windfall! **E**

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Some benefits to buying local

• Buying local benefits your local economy. Studies from Civic Economics, an economics and strategies planning firm, found that independent, locally-owned retailers return a far greater percentage of their revenue into their local economies than national chain stores. One such study examined the disparity between revenue recirculation among independent, locally-owned businesses in Raleigh, North Carolina, versus four major national chains in the city. The former recirculated 51.1 percent of revenue into the local economy, while the latter recirculated less than 14 percent. Similar results were discovered in many cities, indicating that buying local not only benefits local business owners, but also the communities those owners and their customers call home.

• Buying local creates jobs in your community. One of the biggest ways local business owners in Raleigh recirculated their revenue in the local econ-

omy was job creation.

Buying local not only benefits small business

owners, but it also pays dividends for their customers and the communities they call home. **E**

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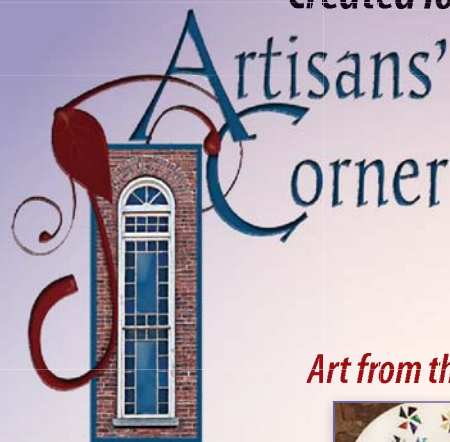
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Elder Care SPOTLIGHT

Tips & Information to Navigate Senior Life

Daughter for Hire

By Pat Malin

In this commuter-driven society, whenever we want to pick up a few groceries, mail a package or get a haircut, most of us grab our keys and hop in our cars.

This is impossible for the elderly and other homebound individuals. Not all of them have family living nearby that have the time or willing-

ness to help or they might find excuses to shirk their responsibilities. Bus lines don't always run at convenient hours and taxis can be expensive.

Kathleen Rutishauser recognized a growing need in the Mohawk Valley for a service to help people who are living alone and stepped in to fill that void.

Four years ago, she

started a business, Daughter for Hire, at her home in Whitesboro to assist the elderly, seniors and disabled residents with errands, including shopping, housekeeping, maintenance and other chores.

Within a year, the demand for these services took off, so Rutishauser decided to team up with her good friend and fellow businesswoman, Denise Flihan to handle the load.

Last winter, they moved the business to 6 Williams Street in Clinton. They joined the Mohawk Valley Chamber of Commerce and began promoting their services.

Today Daughter for Hire LLC has a growing staff of experienced caregivers to assist their growing customer base. With assistance like this, more able-bodied seniors are able to remain in their homes as they age.

Daughter for Hire provides non-medical in-home services to assist with tasks such as laundry, meal preparation,

Co-owners of Daughter for Hire, Kathleen Rutishauser (l) and Denise Flihan.

light housekeeping, lawn mowing or shoveling snow, giving them a ride to doctor appointments, to church or religious services, to the bank, post office or shopping areas, even taking time to find a reputable handyman or repair service.

"Caregivers are there to help 24 hours a day, 7 days a week," the Daughter for Hire website noted, "giving families peace of mind."

"It's basically a service that allows seniors to stay at home and get help with things around the house," Rutishauser said. "Helping around the house is the most common task."

She was a bit taken aback by the need for these services in the Mohawk Valley.

"I started with helping 15 or 16 individuals and then it doubled in the first 12 months," she pointed out. "We have well over 200 clients now. The average age is 86. Some are in their 70s and some in their 90s."

Rutishauser and Flihan



think about their own mothers, who live out of the area and need a helping hand, when it comes to providing their service.

Flihan's mother, for example, lives in Arizona and sometimes has trouble getting around. "She tells me she wishes there was a business like this out there," Flihan said.

Rutishauser's mother lives in the Albany area, again making it difficult for family members here to provide day-to-day assistance.

Flihan and Rutishauser have been friends and business acquaintances for 20 years and combined their careers in finance and banking, respectively, in starting Daughter for Hire. Flihan worked with the Small Business Development Association and was active with the American Heart Association's Go Red For Women campaign.

Their business backgrounds have been essential in helping their clients. As Rutishauser noted, "We advocate for our clients. We can call the insurance company for them and we can hire attorneys. We have reliable resources we work with and trust, like those who do household maintenance. We know they will get the work done and not take advantage of our clients."

"Kathleen and I have extensive ties in this area," Flihan explained. "We're so different from other area companies. We feel our clients are so closely tied to our own families."

Daughter for Hire's website (www.daughter-for-hire.com) explains that it focuses on providing a skilled and compassionate workforce, all of whom are carefully

screened in personal interviews, reference checks and a national criminal background check. Employees are actively managed, they said, and follow Daughter for Hire policies and procedures.

"They are all vetted and hired by us," Rutishauser added.

Flihan said Daughter For Hire takes time to consult with the families when choosing a caregiver. "It helps us determine their needs (both the families and the clients)."

"Our calling card is the warmth, dependability and effectiveness of our employees," the website adds. "Our core criteria for hiring our caregivers is honesty, integrity, patience, caring nature, compassion and a pleasing personality. Our focus has been to build a team that represents the kind of people that you'd like to have in your own home."

Daughter For Hire is located on Williams Street, a few steps up from State Route 12B and opposite the village green in Clinton. But their reputation has already grown, thanks to word of mouth.

One individual from out of state phoned Daughter For Hire recently and asked them to check on his sister who lives locally. She had surgery and was being discharged from the hospital. He asked if the service could deliver flowers and check in on her.

Of course, they did. As Flihan commented, "Whether it's a little help or a lot, we work with our clients to determine their needs." ■



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A FULL CIRCLE



By Joan O. Scharf

My backyard flower garden will soon be lush with multicolor. Lupines and lilies, Sweet William, Coral Bells and blue Bachelor buttons are already poking their little greens heads up. A purple Clematis is beginning to climb with intentions to blanket one side of the arched trellis leading into the garden.

It wasn't always this way. A round above ground swimming pool used to cover this spot. It served as great pool for a family with four active children, but over the years our children grew up and left the home nest. One snowy winter the pool partly collapsed; it had served its purpose. Come spring, we removed it leaving a neat twenty-four foot circle of sand. My husband envisioned the area as grass covered lawn, but I saw it as a potential flower garden. Our "discussions" ended in a stalemate.

I stubbornly held on to my idea, and one day while he was at work, I made an unwise decision. When a load of "freebee" top soil was offered for the flower bed, I accepted without consulting him. Unfortunately it turned out to be a big mistake! The dump truck with the heavy load of dirt arrived,

and drove over the lawn leaving heap behind deep ruts. The free top soil turned out to be bottom soil, and included a lot of rocks and stones.

Surveying the sad looking heap when he came home from work, my husband was not pleased. He said the mess was mine to deal with.

Determined to make good on the quote 'When life gives you lemons, make lemonade,' I sorted out the larger stones to circle the rim of the garden, and used the pebbles for intersecting pathways on the inside. I lugged in bag after endless bag of REAL topsoil, and was able to plant perennials before the fall.

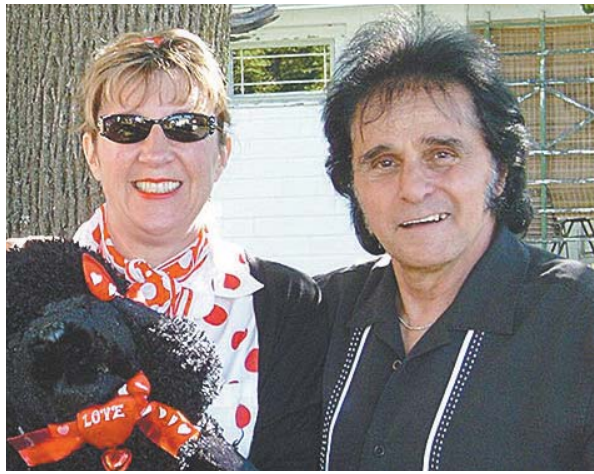
Since that 'rocky start' a few years ago, helpful neighbors and friends have contributed a variety of their beautiful "sharings" to supplement the established nursery plants. With tender loving care and the enhancement of a St. Francis statue and a bird bath, the garden has turned into a round oasis of green and glory.

My husband finally admits to its beauty, and he even helps with the cleanup after I finish weeding.

It has come full circle. ■

“

If you have a garden and a library, you have everything you need. -Marcus Tullius Cicero



Donna Ray-Dellanno and Elvis (Big Al Amadeo) to perform at the Elvis Memories Show.

Elvis Memories Show

By Al Dorantes

Elvis Presley had an affinity for dogs. As a child he had two small dogs that he named "Woodlawn" and "Muffy Dee." When he was serving in the Army and was stationed in Germany, he kept a poodle named "Champagne." At Graceland he had a Great Pyrenees dog called "Muffin. And of course, there was the song, "Hound Dog." Lainey's Army Animal Rescue is making that connection again. On Sunday, April 24, 2016, 1 to 5 pm, they are holding the Elvis Memories Show fundraiser. The event takes place at the Roselawn, in New York Mills. Cost of the event is \$25 and includes: Italian Buffet and Dessert donated by Wicked Sweets in Yorkville.

The doors open at 12:30 with acoustic oldies by Matthew Aceto. Then Nick LoLombardo sings "Frank" during dinner. Donna Ray & The Donettes open the show followed by intermission with raffles and surprises. Big Al Amadeo performs "Elvis" for 2 big shows!

To help Lainey's Army, bring an animal item for a free raffle entry. See their wish list on their Facebook page.

Donna Ray-Dellanno, event coordinator, said, "This is the first time doing this for Lainey's Army. It should be a good, fun time." She added, "Lainey's Army receives a lot of animals and the vet bills are big, so fundraising is important."

Dellanno also explained that she wrote a song about an abused dog, from the dog's perspective. The song is produced by Bob Francis Acquaviva and will be unveiled at the event. Proceeds from the song will be donated to Lainey's Army.

Kim Strong, founder of Lainey's Army said, "We're advocates, not activists." She explained that Lainey's

Army is a group of people standing ready to fight for ANY animal nationwide who needs their support. No money, no politics, just animal lovers uniting for all breeds. Lainey's Army was born out of the group, Justice for Lainey. Justice for Lainey is about a 4 year old Australian Shepherd named Lainey who was starved, abused, and neglected in Camden, New York. On May 17, 2013 Lainey was seized by the Camden dog control officer and Oneida County Sheriffs. She was brought to the Rome Veterinary Clinic weighing only 16 pounds. She was transported to the Humane Society

continued on next page

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What Would Your Mother Say????

FaceBook Multiple Personality Disorder

By S.D. Shapiro

We live in interesting times. In the year 2016 we do not have flying cars or kitchens that replicate food at the touch of the button. What we have instead of medical breakthroughs and world peace is a place where we share too much information; Facebook.

An interesting byproduct of Facebook's popularity and penchant for posting and never-ending sharing is the rise of the Facebook multiple personality disorder. Facebook multiple personality disorder can present itself in 1 of 2 ways. The first is when you know the person in real life and their Facebook persona is in direct contradiction of their everyday personality. You might know Jimmy to be a meek and mild guy who would not complain or hurt a fly. On Facebook though, he voices his dissent and hatred of everything from slow drivers to political parties and posts to dispatch both with extreme prejudice.

Jimmy has not been politically active since he ran for 8th grade president 20 years ago. He has not voted in a presidential election since the last century. However, thanks to Facebook, Jimmy is a political expert. He dispenses his knowledge to the multitudes whether you have asked for his opinion or not.

The second presentation of Facebook Multiple Personality Disorder is when a person's posting flip flops. One day they are politically liberal and the next day they are conservative. This could just be an extension of the capricious nature of social media but it is definitely difficult when dealing with some people on Facebook.

Facebook multiple personality disorder is the distant cousin of the telephone tough guy syndrome. Anyone who has worked at a pizza place or fast food restaurant has encountered the telephone tough guy. The telephone tough guy will call and threaten all sorts of bodily harm over the slightest infraction. "There's no cheese on my submarine sandwich! I'm gonna come down there and murder you!" But the telephone tough guy never arrives. In recent years the telephone tough guy has seen a mutation and an evolutionary offshoot



has appeared; people who call 911 about screw ups at the drive-thru window. Calls to emergency dispatch have been made over nonexistent chicken nuggets, closed drive-thrus and more.

Facebook is a great tool. It allows us to stay connected with our 3rd grade friends or cousins we do not really want to talk to. But like any tool, it should come with a warning label. Caveat emptor (buyer beware); which is a pretty fair warning for a free product. When it comes down to Facebook multiple personality disorder it is best to simply ignore them. Facebook actually has a nice "unfollow" feature that puts unbearable Dr. Jeckyll and Mr. Hydes in a virtual phantom zone where you will not see their posts. Stop and think, "What would my mother say?" She would say, "Tell Jimmy to quit posting garbage on Facebook or I'll tell his mother. I'm friends with her you know."E

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Guess Who?

I am an actor born in New York City on April 4, 1965. I began acting at age 5 in a film directed by my father. I have had a prolific film and television career, and have twice been nominated for an Academy Award.

Answer: Robert Downey Jr.

Elvis Show...

of Rome on Saturday, and subsequently died of refeeding syndrome on Monday May 20, 2013 at 8:42 am.

While they were awaiting the outcome of the trial, the Consolidated Animal Crimes Bill (A775a) was brought to their attention by animal advocates in Central NY. Lainey's Army has decided to take their 2,500 people and fight for this bill. The laws are not clear enough for law enforcement and district attorney's to be able to prosecute these people

properly. Strong said, "We're trying to get the laws moved from Agriculture and Market to penal law. The laws were written in the 1920's when people had a different attitude towards animals. We want the laws to reflect how we feel about animals today."

For more information about the event go to:
facebook.com/
events/220237868310479/
To support Lainey's Army follow them on Facebook: Lainey's Army

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Why is the Baseball Hall of Fame located in Cooperstown?



By Daniel Baldwin

The Cooperstown National Baseball Hall of Fame Induction Ceremony is only a few months away, July 24, 2016, and many local residents are already looking forward to it.

“The Baseball Hall Of Fame is having a great induction year,” former Mohawk Valley Rotary Club President and Ilion resident Mindy Barstein said. “I know most of the hotels in Cooperstown are sold out already.”

Former New York Mets catcher Mike Piazza and former Seattle Mariners outfielder Ken Griffey Jr. are two talented and memorable Major League Baseball (MLB) players that will soon be inducted into this national baseball hall of fame. Their names will be engraved into bronze plaques, and their plaques will be hung on the oak walls of the Hall of Fame Plaque Gallery, which is located inside the museum.

There is no doubt that many baseball fans and media outlets, from near and far, will go down to the village of Cooperstown, talk to these two hall of fame inductees, and watch the induction ceremony. But why is the National Baseball Hall of Fame placed in a village like Cooperstown and not in a big city, like New York City? Who made the decision to place a baseball museum in this village?

Fortunately, Craig Muder, Communications Director for the Cooperstown Baseball Hall of Fame, answered these questions during a Mohawk Valley Rotary Club meeting at P.K's Pub in Herkimer.

As communications director, Muder spends a majority of his time putting together the hall of fame's magazine (Memories and Dreams). He also writes press releases, updates the baseball hall of fame's website (baseballhall.org), and assists the media during the hall of fame induction ceremony.

The hall of fame's communication director said that he definitely knows the reason why this baseball museum was placed in the village of Cooperstown. It turns out that newspaper advertisement was the main cause that led to the development of this baseball landmark.

“In 1905, the owners of baseball de-

cided that they wanted to know where baseball came from,” Muder said. “There was no internet in 1905, so they used the 1905-equivalent to the Internet, which was the newspaper. The owners send out thousands of advertisements all over the country saying ‘if you know how baseball got started, please write us a letter and tell us.’ The reason they were doing this was there was a debate at the time about whether baseball was purely an American sport played only in America or whether it evolved from other classic stick and ball games like cricket.”

Two years later (1907), Abner Graves, a mining engineer in Denver, Colorado, saw these ads and wrote a letter, to a newspaper outlet outside Cleveland, Ohio, saying that baseball originally got started in the village of Cooperstown.

“Graves knew how baseball got started,” Muder said again. “In 1839, he was a boy of 5-years-old living in Cooperstown and he watched Abner Doubleday commanding a Union Army regiment that was in Camden Cooperstown. Doubleday laid out the bases in a field for recreation for his soldiers on their down time, and that, according Abner Graves, was how baseball began.”

The baseball owners who read Grave's letter loved the idea and immediately agreed that Doubleday invented the game of baseball. They also agreed that the village of Cooperstown was the birthplace for baseball. The owners later addressed this news to the public, but Doubleday was known to be a famous Civil War general who fired the first shot in Fort Sumter South Carolina at the start of the American Civil War (April 1861). He did not have any connection to the sport itself.

The development of the baseball hall of fame originally came from the idea of Cooperstown resident Stephen Clark, according to Muder. Farming was the economic source for the village of Cooperstown in the 1930s, but when it began to decrease later on, Clark knew that tourism was the only option to provide economic stability to the village.

“The village of Cooperstown and baseball are the two great passions in Clark's life,” Muder said. “He was very worried about the economic future of the village at that point because the economic drive

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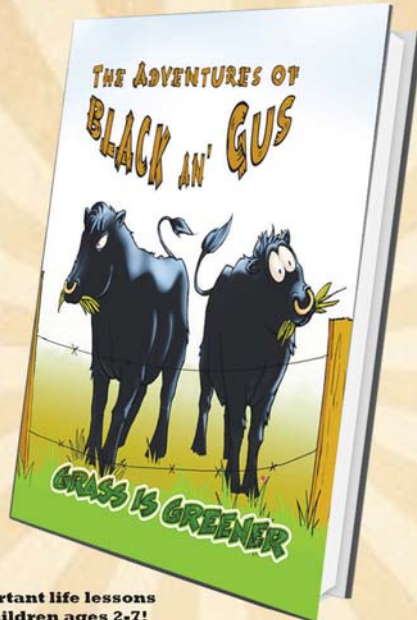
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If having a soul means being able to
 feel love and loyalty and gratitude,
 then animals are better off than a lot
 of humans. -James Herriot

“

Cats are inquisitive, but hate to
 admit it. -Mason Cooley

Hall of Fame continued...

in Cooperstown in
 the 1930s was farming.
 Anheuser Busch was in
 the process of moving
 their farming operation
 out of Cooperstown and
 to the Midwest, and this
 concerned Mr. Clark. He
 didn't want to see the vil-
 lage die from the lack of
 farming, so he came upon
 the idea of tourism as an
 economic driver.”

Since Clark had a strong
 love to baseball and lived
 in a village that was the
 birthplace for baseball,
 he decided that he wanted
 to open a museum that is

generally focused on the
 history of this sport.

“Mr. Clark wrote a letter
 to a man named Ford
 Frick, who at the time
 was the Commissioner
 for baseball,” Muder said.
 “Clark said ‘if we open a
 museum in Cooperstown
 to celebrate baseball cen-
 tennial, will you help us
 stock it by getting players
 to get us things like bats,
 balls, and gloves, so that
 we can show tourist.’
 Frick said ‘we love that
 idea provided that one
 element of your museum
 is a hall of fame, where
 we can honor the best of
 the best who ever been
 associated with the game.’
 Mr. Clark loved it and he
 decided to do it, so in 1936
 the Hall of Fame elected
 our first class.”

This hall of fame today
 is getting a ton of atten-
 tion around the U.S. and
 the Mohawk Valley as
 well.

“With the people who
 are being inducted, it just
 gives the Mohawk Valley
 worldwide fame,” Ilion
 resident Mindy Barstein
 said again. “People are
 coming from all over the
 world to Cooperstown
 because of the baseball
 hall of fame.” E

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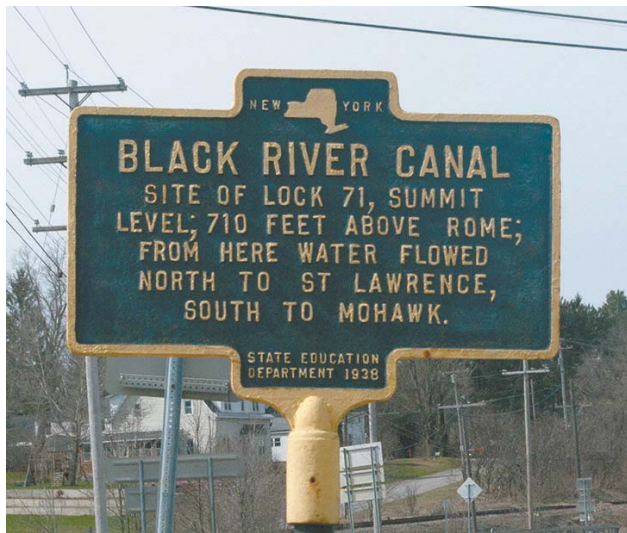
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While most of us know about the Erie Canal, because we cross over it during our daily travels or live close to it, there was also another just as important canal located in Central New York; the Black River Canal. Without a catchy song taught to 3rd graders the Black River Canal was integral to the growth of the North Country.

The Black River Canal, built between 1837 and 1855 (the Erie Canal was built 1817 to 1825, ran uphill and connected the Erie Canal with the Black River. The southern section linked Rome with Boonville, 25 miles away. The canal followed the rugged Lansing Kill Gorge rising 693 feet (the Erie Canal only rises a total of 565 across its total length). This part of the canal required 70 locks. The northern section connected Boonville and Lyons Falls, 10 miles away. This section descended 386 feet and needed 39 locks to do so. The 109 locks of the Black River Canal is still, to this date, a world record.

A typical canal boat used on the Black River Canal was about 75 feet long and fully loaded had a draft of 3.5 feet. Many of the early boats were built at Durhamville in Western Oneida County.

Timber, sawn lumber, and other wood products including pulp wood, firewood, and shingles were the most important

commodities shipped on the canal. The wood products accounted for more than 90 percent of the tonnage in the early years. In 1866, 29,000,000 board feet of lumber, 135,000 cubic feet of timber, and 10,000 cords of wood were shipped on the canal, destined primarily for Capital region, the Hudson Valley, and New York City.

Boat-building became an important local industry. By 1875, most boats were built, owned, and manned by locals. In addition to boat construction, operating the canal itself was an important source of employment. Lock tenders were hired as well as large maintenance crews that were needed to mend the frequent breaks in canal walls, repair lock equipment, clear landslides, fix sinkholes, and remove fill that washed into the canal.

When the Black River Canal was finally completed in 1855, the cost had reached 3.5 million dollars. For the State, the canal itself was never a financial success as the tolls on the Black River Canal failed to cover the costs of operation and maintenance. However, the canal brought a wave of prosperity to the Black River Valley. The canal made harvesting the softwood forests of the western Adirondacks of Lewis and Herkimer counties profitable. During both winter and

summer months, legions of loggers lumbered into the forest wilderness, and sawmills sprang up on streams throughout the area.

By 1900, tonnage on the canal had fallen drastically. It was clear that the Black River Canal had outlived its usefulness. Several reasons pointed toward the canal's decline and demise. First, the canal was never adequately funded. Disrepair, constant breaks, and low water made canal shipping a risky enterprise from the very beginning. Second, even as the Black River Canal was finished in 1855, the Black River and Utica Railroad also arrived in Boonville. The iron horse's arrival proved to be a good alternate source of transportation. The speed of the train was essential for perishable goods, especially milk.

Another nail in the Black River Canal's coffin was the fact that the area's forests had been largely cleared. By 1892, when 2.8 million acres were set aside for the Adirondack Park, at least two-thirds of the area had been logged at least once. Timber, the mainstay of the canal, was no longer present in quantities large enough to sustain the canal as a viable enterprise. Although logging remained an important industry, the emphasis shifted to the local manufacture of furniture and paper products.

The Black River Canal got a temporary reprieve between 1903 and 1918 with the construction of the Barge Canal System. Massive quantities of limestone and high-quality sand were shipped from Boonville for the construction of the Delta Dam on the Mohawk River four miles north of Rome. Once the new canal was completed, traffic again slowed to a trickle, and the canal was finally abandoned by the State in 1922.

The black river canal, 35 miles and 109 locks was integral to the growth of Central New York's northern towns. Keep in mind; the Erie Canal ran 363 miles and contained 36 locks. **E**

“

Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total; of all those acts will be written the history of this generation. ~ Robert Kennedy

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Kerosene & Moth Balls

By Joe Parzych

During WWII gasoline and kerosene were ra-

tioned. My father received ration books for his automobile, farm tractor, and saw rig. He also received

an annual 50 gallon ration of kerosene for lamps and lanterns. I'd purchased and registered a car at age 15 but I could not apply for a ration book until I got a driver's license at age 16. The dealer who delivered the car left precious little gasoline in the tank, so I was primarily limited to practice driving on the gravel road running by our farm. I decided to try extending the gasoline in the car's tank with kerosene and moth balls to extend the car's range. When the gasoline in the car's tank got low, I instructed my younger brother Louis; "Siphon two gallons of gasoline from the saw rig and draw another gallon of kerosene from the 55 gallon drum, and we'd go for a ride when I get out of work."

It worked, and we began venturing further and further from home. A boy from school with a driver's license offered to cover me with his license. That would have been legal in the days before drivers' schools, had I been 16. He knew the Reg-



istry of Motor Vehicles test route and I practiced stopping and starting on a hill, parallel parking, and other requirements on the test circuit while still 15.

To keep the wheels turning, I began altering the ratio of gasoline to kerosene so that we were eventually running on almost pure kerosene and moth balls. I knew moth balls were made of naphtha which I figured would give the kerosene some punch, so I dumped in a box of them. We could hear the moth balls rolling from side to side when we turned a corner.

On cold days, I sometimes had to prime the engine with gasoline to get it started. Having low compression kept the engine from pinging, but it didn't have much power and wouldn't go over 45 miles per hour.

I got home from my summer job, one day, to find the 55 gallon drum standing upright with the end chopped out. My father was in a very bad mood. I figured I was in a lot of trouble. "Look at that!" He said. "That drum's no good; all the kerosene leaked out."

I did my best to look sad

about his leaking kerosene drum. In later years, I compensated him for my sins, but never confessed the crime.

My licensed operator friend worked with me in a paper mill where we got an hour off for lunch. On my 16th birthday, we skipped lunch and drove to the registry for a driving test. I whizzed through the test, trying hard not to anticipate the registry officer's instructions on the test route which I knew as well as he did; maybe better.

"My goodness, but you drive extremely well for someone driving on their first day," the officer said. "But, if your 16th birthday is today, how did you learn to drive so quick?"

"Oh, I live on a farm where we have a cut down car that we use for a farm tractor, and I learned on that."

He was a bit skeptical, but he granted me a license and I got an A ration book from our local ration board. **E**

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Trenton Triggers



By Al Dorantes

Julia Roberts started shooting at the Trenton Fish & Game Club last summer after she obtained her pistol permit. Julia struggled with purchasing her first gun because she did not know what exactly she wanted or needed. With no one to turn to Julia dove into researching and bought

her first pistol. Once she came to the club to shoot, she found out that she had purchased the wrong gun for action pistol or bullseye. Roberts explained that Bill Judycki from the Trenton Fish & Game Club and Greg Benincasa of the Paris Gun Club gave her a full pistol lesson and were instrumental in teaching her about the in's and out's of fire arms in a respectful manner.



Robertson wanted to be able to provide a similar opportunity for other women so she created Trenton Triggers as a way to build camarade-

competitively, teaching each other as we continue on this journey, Trenton Triggers wants you to be confident and capable around firearms, join other women with the same interests in mastering gun skills, and experience the fun of shooting sports."

Julia Roberts, now director of Women's Programs at Trenton Fish & Game Club is an advocate for first time pistol buyers. She said, "Most people don't know why or what they need a gun for."

The current process of getting a pistol permit

and then a gun involves first taking a safety class and then submitting the application forms. Next you can research and buy

a gun. But, you cannot pick up, handle, or shoot it until your permit is approved. After you finally receive your permit you

can finally pick up your gun. Now what? The processes is much like the adage, "how do you get a job without experience;

how do you get experience without a job?"

Julia Roberts said, "Why not require a training

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Triggers cont.

class with the gun at a range after gun permits?" In the spirit of answering that question the Trenton Triggers hosted a women's day at the range event last year. The hands-on opportunity for women to learn about and shoot guns was a great success. This year the 2nd Annual Women's Day at the Range Event will be held on Saturday, May 21 from 8 am - 4 pm, at the Trenton Fish and Game Club. The event will cost \$25 this year but this is still a great price to pay for knowledge. In a safe, controlled setting participants can learn about trap, rifle and pistol shooting sports, and get hands on practice taught by wonderful instructors. Women's day at the range is open to shooters of any skill level. The event is open to the public and anyone over 12 can participate with a legal guardian. The event will feature



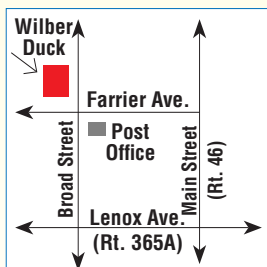
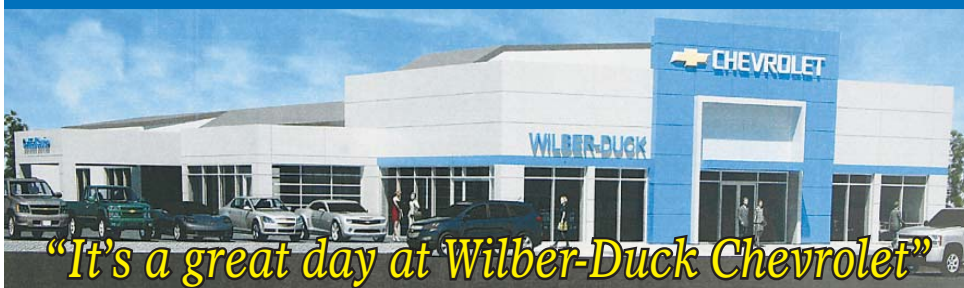
professional instructors from Babes with Bullets and Rochester Personal Defense. The first 50 registered

participants will receive a free goody bag and there will be raffle prizes throughout the event. Last year's event had 63 people participate in a safe, fun event and the Trenton Triggers are hoping for a full house at this year's event.

Trenton Triggers is great resource to help women through the sometimes daunting process of learning the proper way to handle fire arms. For more information about the group or the Women's Day at the Range event go to: www.trentonfishandgame.com/trentontriggers or follow them on Facebook: Trenton Triggers

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Several things factor into the decision of when to buy a car.

Fall selling season was long considered the best time to buy a new vehicle. Fall was when new inventory was moved in and dealerships were gearing up to liquidate last year's models, making this a very buyer-friendly time of year.

But nowadays finding a deal on a car or truck is more fluid. Year-round marketing gives shoppers even more opportunity to save money or get the vehicle they want. So when is the best time to buy a car? That depends on a variety of factors.

- **Financing:** Most people do not buy a car with cash and must apply for financing or a leasing program. Take inventory of your finances and check your current credit score to see if now is a practical time to buy a car. Use the various online payment calculators to determine a rough estimate of financing costs. This way you'll be informed of the payment range that is affordable to you.

- **Rebates:** Call the auto manufacturer for up-to-date information on rebates and look through

the newspaper to see if any deals are being advertised. After you have negotiated a deal with the dealer, then you can have the rebate deducted, rather than getting a check in the mail later on. This way you do not pay sales tax on the rebate.

- **Sales quotas:** Many salespeople have quotas to meet and will be more eager to cut a deal if they are quickly approaching that quota. Quotas may be at the end of the week, end of the month or end of the year. Therefore, sales personnel may be more motivated to give you a discount on Friday or Saturday, after the 25th of the month, or at the end of the year.

- **Buyer loyalty:** Explain to the dealership that you're willing to use its service department and refer friends. A positive survey report or increased potential to buy from the same dealership in the future are other things to mention.

- **Patience:** If you are thinking about buying but not ready to bite the bullet, visit the dealership on a weekday when you

are more likely to get a salesperson's undivided attention. On busy weekends you may be competing for attention or ignored if you're not a serious buyer. Take a test drive and get all of the facts on the vehicle.

- **The big picture:** According to Edmunds.com, pay attention to every-

thing that's being offered to you, including trade-in value, interest rates and additional costs, focusing on more than just the selling price.

Buying a car is a big decision and one that requires weighing numerous variables, including the best time to buy. **E**

“

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-Stephen Colbert

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Streamer JUNKIE

By Mark Usyk

To be a fishing guide

I've been doing a lot of reading lately. Fishing stories mainly. I've been doing quite a bit of writing too. Once again, fishing stories. And I've been tying a few flies. Even buck tail and marabou jigs for my buddies that don't fly fish. I've found myself over the past couple years really questioning what it is I want out of life, seeing as how I'm 40 years old and can't count on seeing 80, at least half way through life or farther seems as good a time as any to wonder if you're doing it right. Some might call it a mid-life crisis. I don't call it anything except reality.

A couple of the books I've read recently were written by fishing guides. Great stories of leaving promising careers and familiar surroundings behind in search of fresh air, freedom, and doing what they want to do for life ... Not for a living ... for life. That's not something I read word for word in any of those books. But that's what I get from it all. These men and women that pull up stakes and head out to far off states to take people fishing, or head north into the Adirondacks, they might make some money. They're going to pay the bills if they're lucky. But they're not doing it for a living. They're doing it to live.

Yesterday I found myself going through old pictures on my phone of the past 3 to 4 years. Fishing pictures dominate most of the memory on my phone, followed by shots from up on the towers I used to climb for a living, which, ironically, breathed life back into something I had always taken for granted and even pushed to the side for a few years ... Fishing.

Thinking about all of this, I thought for a moment. Had I really made the right decision about leaving the tower climbing job for a job at home in a giant alloy plant? A



Largemouth Bass and large grins- all in a days work.

closed up, dirty, greasy, noisy, factory? Maybe if I had it to do it all over again I'd start over from when I left home and instead of going in the Air Force, I'd head out west and become a

my phone that blew my mind.

It turns out, that over the past 4 or 5 years, I've actually become a fishing guide. Rowing a canoe, pointing out the sub-



The smile is the best paycheck a guide could hope for.

guide. Or down to South America, New Zealand, Alaska, maybe north into the Adirondacks. Another moment of thoughts had me thinking I should just close my tool box at work one Friday and never open it again. Just go become a guide. Then I remembered, I'm not a very good fly fisherman, I kind of stink at it. I just love it anyways. Then I came across a picture on

merged logs where Large Mouths lie in wait for a frog or minnow. Directing where to cast, how to get the most action out of the marabou I tied for this outing the night before. How to cast upstream and let it drift and bounce the bottom with the current. Coaching as the fight is fought. "Get ready...Set the hook! Keep the tip up! Keep the pressure on! Don't let it go slack! It's

How to sell a vehicle with an accident history

Selling a vehicle may seem easy, but unloading preowned vehicles may take some time. While sellers may already have their eyes on the prize — a new vehicle — the first step is selling their current vehicle at a fair price, especially for those sellers who need to finance the purchase of their next vehicle with the proceeds they earn when selling their current one.

Sellers must consider a host of factors, including potential market for the vehicle and its potential sale price, before putting their vehicles up for sale. The accident history of a vehicle is another important factor to consider. Buyers are understandably weary about purchasing vehicles that have been in an accident. Easily accessible vehicle history reports can make it even more challenging to sell a used car, but such reports don't make it impossible to unload preowned vehicles.

- Be open and honest.



Photos and other documentation can make buyers feel more comfortable about purchasing vehicles that have been in an accident.

Hiding an accident is unethical and can haunt you down the road. It is better to be forthcoming about any accidents a vehicle might have been in. If you have documentation of the accident, such as photos and receipts for repairs, make it available to prospective buyers. If you have certification from an auto body shop or mechanic that the vehicle is in perfectly good condition and was repaired with quality, manufacturer-supplied parts, offer that information as well. The more information you provide and the more honest and forthcoming

you are, the less it will seem like you're trying to hide major damage.

- Encourage a vehicle inspection. Inform the buyer that you have no qualms about him or her taking the car to a mechanic and having it thoroughly inspected.
- Consider a dealer trade-in. Dealer trade-ins may not earn you as much money as you would get if you were to sell the car privately, but trade-ins tend to be simpler. Dealerships have almost zero emotional attachment to vehicles and likely won't be as concerned as a private buyer about an accident on record. Some dealers farm out used cars to auctions or salvage yards. It may be worth it to take the lower price and not

have the headache of unloading the car on your own.

- Be flexible on pricing. The right price will help prospective buyers overlook minor blemishes or accidents. When coupled with the truth, the right price can entice buyers to seal the deal.

Auto accidents happen. But while no one wants to get into a fender-bender, such accidents should not prevent auto owners from selling their vehicles in the future. **E**

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EXPIRES 9/1/16 WAX

Streamer Junkie cont...



They want to be just like you-show them how.

ok, you're doing great!" When they're ready to try the fly rod, once again I'll be ready to give the best instruction I can on the water. I don't care how they fish, just that they do fish. If they didn't want to, I wouldn't force it, but they do. I picked up the fly rod late in life. The fact that they want to go fishing with me at all is the only thing that matters. At some point, one of them is going to set down their Zebco or their Ugly Stick and ask me to hand over my fly rod. And I will.

Imagine that. I'm a fishing guide after all. I'm a Dad.

Spring is here, Trout season has come, Walleye and Pike are right behind it, and Bass soon after them. Go, be a guide. The pay turns out to be pretty great.

Mark Usyk of JP Ross Fly Rods & Co writes the Streamer Junkie blog for www.jprossflyrods.com. JP Ross is an advocate for clean water and preservation of local wild Trout habitat. **E**

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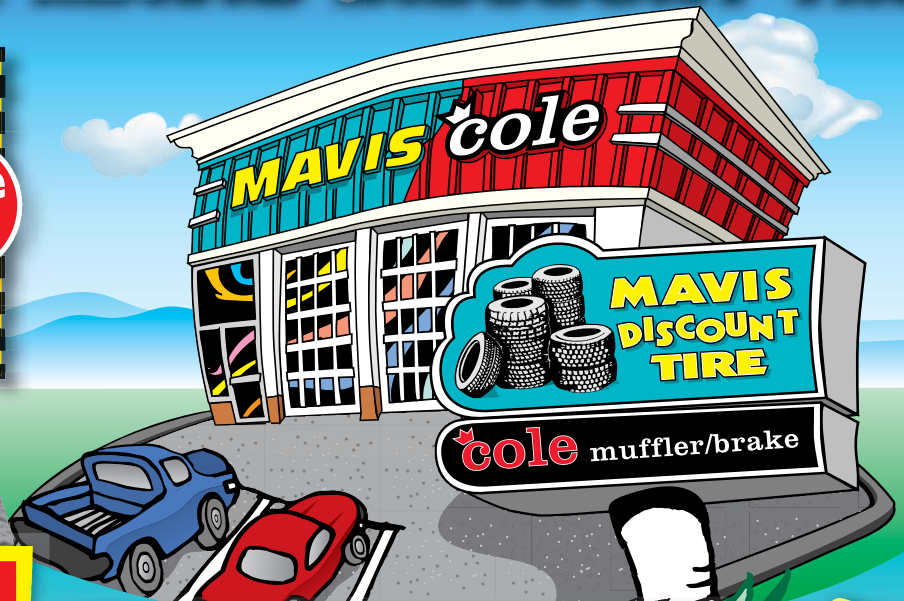
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185/60-15	SK	\$112 ⁹⁹	\$84 ⁷⁴
205/60-16	SK	\$125 ⁹⁹	\$94 ⁴⁹
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245/70-16	SK	\$152 ⁹⁹	\$114 ⁷⁴
265/70-16	S	\$172 ⁹⁹	\$129 ⁷⁴
265/70-17	S	\$185 ⁹⁹	\$139 ⁴⁹
LT225/75R16	S	\$159 ⁹⁹	\$119 ⁹⁹
LT265/75R16	S	\$189 ⁹⁹	\$142 ⁴⁹

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\$46⁹⁹
175/65-14

175/70-13	\$64 ⁹⁹
185/70-14	\$52 ⁹⁹
195/70-14	\$50 ⁹⁹
205/70-15	\$60 ⁹⁹
185/65-15	\$53 ⁹⁹
195/65-15	\$51 ⁹⁹
205/65-16	\$67 ⁹⁹
215/65-16	\$61 ⁹⁹
225/65-16	\$77 ⁹⁹

PERFORMANCE

\$50⁹⁹
195/60-15

215/60-16	\$62 ⁹⁹
215/55-16	\$62 ⁹⁹
215/55-17	\$71 ⁹⁹
225/55-17	\$71 ⁹⁹
205/50-17	\$65 ⁹⁹
215/50-17	\$72 ⁹⁹
225/50-17	\$71 ⁹⁹
215/45-17	\$60 ⁹⁹
225/45-17	\$64 ⁹⁹

SUV & LT

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235/75-15

215/70-16	\$76 ⁹⁹
225/70-16	\$75 ⁹⁹
235/70-16	\$85 ⁹⁹
225/65-17	\$83 ⁹⁹
235/65-17	\$84 ⁹⁹
245/65-17	\$109 ⁹⁹
235/60-17	\$84 ⁹⁹
235/60-18	\$93 ⁹⁹
235/55-18	\$114 ⁹⁹



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* To qualify for "Buy 3 get 1 Free" promotion, all 4 new tires must be balanced and the vehicle aligned. "Buy 3 Get 1 Free" is, buy 3 at regular price, get 1 free. All tires must be same size. Must buy (4) Four Tires to receive discounts.

† Offers are not to be combined with any other promotions or discounts. Excludes warranty tires and special orders. Ad must be presented at time of purchase. Valid on Starfire Tires or Kelly Tires Edge A/S™ only. Ends 5/17/16.

† by mail-in rebate when you purchase a set of four, select, Michelin tires. Must buy 4. Tires must be mounted and balanced at a store location. No carry outs. Not combinable with any other offers. See store associate for details. Valid 4-11-16 – 5-26-16.

** by mail-in rebate when you purchase a set of four, select, Goodyear tires. Must buy 4. Not combinable w/any other offers. See store for details. Valid 3-1-16 – 6-30-16.

† by mail-in rebate when you purchase a set of four, select, Bridgestone tires. Must buy 4. Not combinable w/any other offers. See store for details. Valid 4-1-16 – 4-30-16.

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.

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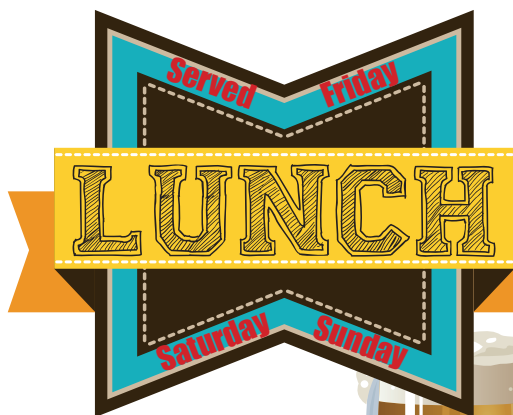
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