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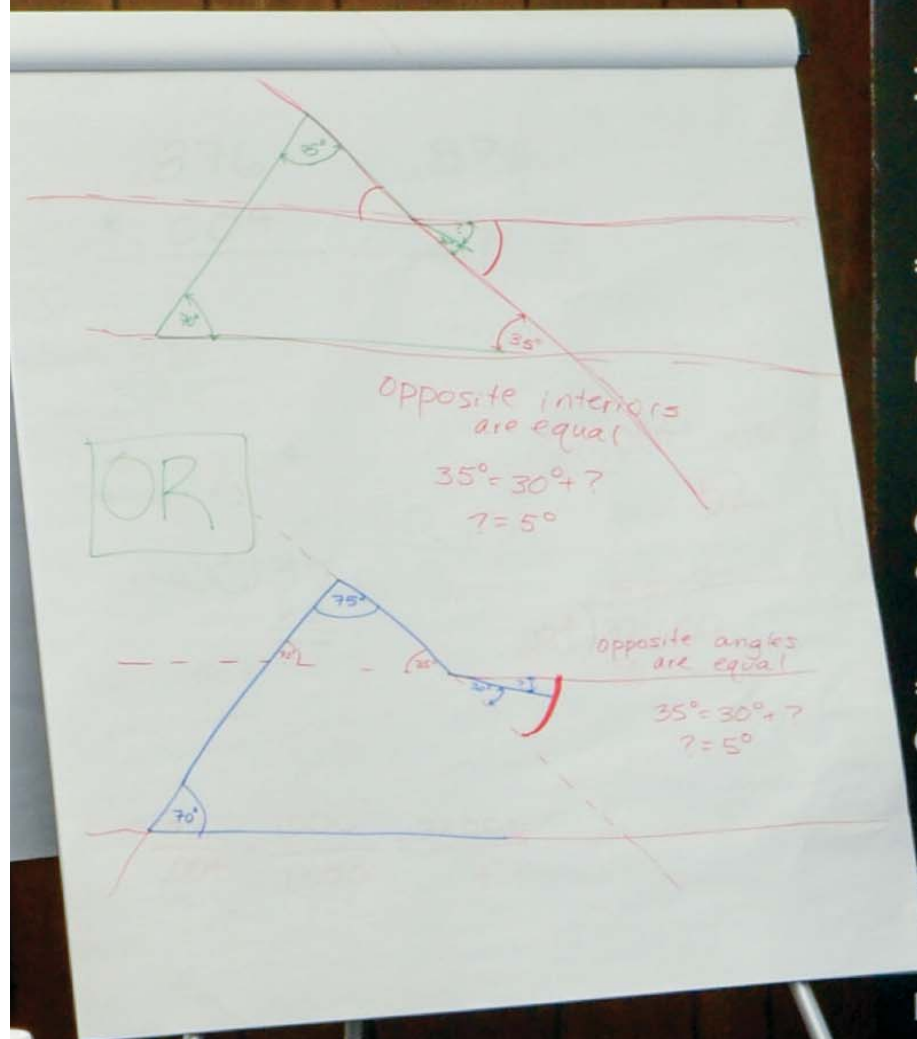


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The Test

By Timothy Fischer

Just after the commercial break the movie returned. Lawrence of Arabia. It was early in the film but already I was falling asleep and slumping in my recliner. Although I held my eyes open a moment longer to watch a quiet scene where Lawrence held up a lit match then blew it out. An instant later the scene cut to the dark tangerine sky of a desert horizon in the early moments just before sunrise.

Next came a sound. Not from the movie but from somewhere on my side of the screen. At first it sounded like my neighbors in the adjacent apartment, whose kitchen was just on the other side of the wall from my own. Somebody was moving a few cups or bowls around in a cupboard I figured, and I closed my eyes. A moment later the sound was gone. In its place, the iconic score of the classic movie swelled as I drifted closer to sleep.

When the noise returned a minute later it was different. Now it was a more disorderly pattern of knocking and scratching, like somebody struggling with a doorknob or a stubborn desk drawer. Still it wasn't distracting enough to take me away from my nap.

Until the sound grew even louder. And closer, it seemed.

This time I opened my eyes and sat upright in my chair. Putting the TV on mute, mildly alarmed, I listened more intently as the noise grew into a more persistent racket of scraping and jangling. Finally, it became obvious - somebody had made their way onto the second story roof and they were now trying to break in through my kitchen window.

It must have been two or three very long minutes I sat in my chair staring into the dark of the kitchen. Whoever was outside the window only became more determined the longer I waited. They scratched at the window with increasing brashness like they were

TEST - 4

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Ticks spread Lyme disease to people and other animals. The Centers for Disease Control and Prevention says that, in humans, un-

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treated Lyme disease can create an array of symptoms, depending on the stage of infection. Anyone who has spent time outdoors should be aware of the potential symptoms, which can include fever, rash (classic erythema migrans rash, also called 'bull's-eye rash'), facial paralysis, and arthritis. Some people with later

stage Lyme disease may have rashes on other areas of their bodies; intermittent pain in tendons, muscles and bones; and experience heart palpitations. LymeDisease.org states that not every person suffering from

Lyme disease will develop the same symptoms. The distinctive rash occurs in less than 10 percent of those who contact Lyme. If a tick bite is verified, promptly contact a physician. **E**



TEST from 3

trying to force some kind of tool inside the frame so they could undo the locks.

A flurry of thoughts raced through my mind in those few minutes.

Should I run out the front door and call the police? Probably. Or should I stay and take a stand? I had once heard that a person only came to know who they really were in times of great adversity. So, would this be the moment that would define my character, the test of who I really was as a man?

Finally, I stood. Softly I stepped down the short hallway towards the kitchen. My heart drummed hard in my chest. "I'll just take a look," I thought.

Reaching the corner by the window, slowly, with great tension, I peeked around the corner. It took a second for my eyes to adjust to the dark but when they did, what I saw in the lower corner of the window frame was a small, fur-covered face. With pointy ears.

The squirrel dashed away as I stepped into the kitchen and switched on the light.

That's right you better run, I thought. I'm a man and I don't back down.

After catching my breath and drying my eyes I had an idea. So, I went into the cupboards and found a bag of mixed nuts then opened the kitchen window and placed three almonds on the outside window sill. Any critter with that kind of determination deserved a reward. **E**

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Central Valley Academy Students Capture AFRL Challenge Competition

By Pat Malin

For two Central Valley Academy students, Anthony Salvati and Dakota Turk, practice makes perfect.

Taking advantage of a rare opportunity to compete in the Air Force Research Lab (AFRL) Challenge Competition for the second time, the team defended their title at the 9th annual challenge at the Griffiss Institute in Rome.

Eight teams of high school students competed in the STEM (science, technology, engineering and math) competition while on spring break, April 17-21, but it's far from a vacation. Organizers describe the competition as a "mental marathon."

Its intent is to provide a realistic look at the types of high-tech problems the nation is facing, and how engineers and researchers go about dissecting and solving these problems.

The teams received a challenge problem from engineers at AFRL/RI (the Information Directorate) called "Cracking the Cyber Criminal." More specifically, the students were told that fake network administrators had infiltrated the "Rome Bank Corporation," stealing account information.

The teams had four days to solve the problem and track down the criminals.

"It was easy because we have a background," said Salvati, a senior. "We were prepared from our previous experience. We were more relaxed."

His teammate, Turk, a junior, added, "We knew the strategy beforehand. We each took a half (of the problem) to work on."

Teachers were advisers only and could not offer direct assistance to their students. "They solved 95 percent of the problem on their own," said CVA computer science teacher Wes Laurion. "I could not give them input. Basically, I read over their reports for grammar and spelling."

"This year's challenge was developed by the

Information Systems Division," said Meghan Caiazzo, the 2017 Challenge Competition lead. "It covered a wide variety of technical topics that could be used in a real-world computer forensic investigation."

The students found that it was the first time they had ever had to

solve a problem that encompasses every academic area, from politics and English to art, not math and science alone. The students had to give oral presentations to the judges and also design a poster that explained how they solved the problem.

AFRL -6

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AFRL from 5

Second place went to Ryan Ferris and Emma Smith of Brookfield Central School, while Christina Malinowski and Rachel Siegel of New York Mills School took third.

The three finalists received various prizes: a paid summer internship at AFRL/RI, Griffiss Institute, or a free Microsoft Surface Pro 4. Salvati will be interning at AFRL/RI for the second consecutive summer and has gotten a big jump en route to a successful career.

"Ever since I was in middle school, I've wanted this career path," he said. Thanks to a scholarship and a grant, he will be attending SUNY Polytechnic Institute in Utica this fall and begin a dual major in cybersecurity and computer information services.

Malinowski and Siegel will intern at the Griffiss Institute For Quality Assurance. Ferris and Smith chose the new Microsoft Surfaces Pro 4. Turk asked for the Microsoft tablet instead of an internship because of other commitments this summer.

The judges for this year's competition



Team 1: (l-r) (first) Central Valley Academy: Anthony Salvati, teacher Wes Laurion, and Dakota Turk

were James Cusack, principal engineer, Griffiss Institute; Joseph Stanton, software engineer, BAE Systems; and Dr. Bryant Wysocki, chief engineer, Information Directorate, AFRL.

"You are our future," said Wysocki, addressing the students. And he might add, the Mohawk Valley's future, because through the challenge competition the AFRL is recruiting young minds and ensuring their brainpower stays local for decades to come.

The challenge competition sponsors were BAE Systems, Mohawk Valley EDGE, CUBRC, The Savoy, Taco Del



Team 2: (l-r) (second) Brookfield Central School: Ryan Ferris, teacher Jona Snyder, and Emma Smith

Mar, Teddy's and LaRoma Pizzeria.

AFRL to Offer Summer STEM Camps for Youth

The Air Force Research Lab, in conjunction with the Griffiss Institute for Quality Assurance in Rome will offer six camps for local students this summer focusing on STEM (science, technology, engineering and math).

The cost to attend the camps is \$100 each and scholarships are available. Air Force STEM, Ax Enterprize and Mohawk Valley Community College are also among the sponsors. For more information and to register, visit www.griffissinstitute.org.



Team 3: (l-r) (third) New York Mills: teacher Michael Eramo, Christina Malinowski and Rachel Siegel (photos courtesy of Griffiss Institute)

Lego Robotics Camp: Mon, June 26- Fri, June 30, for students in grades 5-8

Engineering Camp, Session 1: Mon, July 10-Fri, July 14: grades 6-8

Small UAS/Drone Camp 1.0: Mon, July 17 - Fri, July 21, ages 13-18

Engineering Camp, Session 2: Mon, July 24 - Fri, July 28, grades 6-8

Arduno Camp: Mon, July 31 - Fri, Aug. 4, grades 8-12

Small UAS/Drone Camp 2.0: Mon, Aug. 7 - Fri, Aug. 11, ages 16-18 **E**

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The Starlings



By Timothy Fischer

I remember it was the one year anniversary of my grandfather passing.

Later that same day I was wheeling the garbage receptacle out for the morning's collection. After setting the container by the curb I glanced down the road. It was early evening; the street-lights had just come on and the first stars were showing in the eastern sky. Turning back for the house, something caught my attention.

As if from out of nowhere, a thick chorus of peeps and whistles rose up from the rooftops as a shadow crossed over the sky and a large flock of birds appeared.

Passing swiftly over the neighborhood with their dense, excited noise, the flock tightened their formation. Drawing together into a large wave they swept over a jagged wall of spruce trees that separated one neighborhood from the next. On the other side, they rushed down low near the fences then quickly lifted skyward again. They moved together with the same kind of untamed grace that also whipped up leaves in the autumn and blew drifts of snow across the fields in the winter. Then higher up they spread out like an enormous lash of velvet gauze being unfurled in the wind, dispersing above a crossing of power lines and nearly covering the eastern half of the sky. They were starlings.

"Would you look at that," I imagined my grandfather would say, if he were there. And I could almost see him standing there on the apron of the driveway in his dingy white tee shirt and gray slacks, a faint

the air and echoing down the corridor of small homes.

"Must be a thousand birds up there," he'd say, then flick his cigarette and chuckle to himself at the small marvel of it all.

"I miss you," I said.

A moment later they leapt from the tree in a sudden flurry, the flock billowing up then away, northeast over the distant trees by the highway, their rich, resonant sound receding over the sky to someplace we couldn't follow, then gone. **E**

thread of cigarette smoke rising over his head.

Then drawing together once more, shifting and turning as one, the flock curled into a broad crescent-shaped wave that lifted high, looped over itself then spilled back down into the thicket of a large maple tree, the birds disappearing among the leaves.

All at once the tree came alive with a swelling orchestra of cheeps and whistles. As we stood and listened the squall only grew louder as the starlings felt themselves among the branches, their vivid chatter filling

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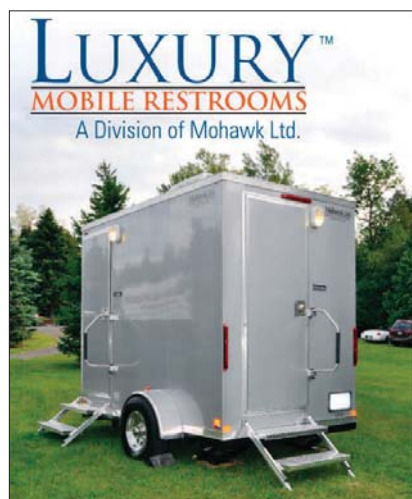
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Egg Eating Chicken

By Terry Berkson

Last Spring I was reluctant to leave the farm for a few days because one of my chickens had been eating eggs before I could collect them. It was hard

to catch the culprit but I was sure if left unchecked the habit would be contagious. Egg eaters are stealthy. I had already consulted a local expert, Chicken McNulty, who told me that the problem

was likely due to a calcium deficiency. “If you don’t have oyster shells,” he said. “You could give them some Tums which are loaded with calcium.” After taking a Tum myself I broke up a couple of rolls and mixed them into the feed. I later got some oyster shells from Tractor Supply but after several days the problem still persisted. Sneaking up on the coop to see if I could catch the critter in the act revealed nothing.

“See which chicken has egg on her face,” my wife

Alice wisely suggested.

I did a careful inspection but didn’t find any yolky evidence. An Amish neighbor told me to collect some fine roadside gravel and throw it into the yard. “They need that to help their gizzards grind up the food for digestion,” he said. “And try putting some apple cider vinegar in their water.” I followed the advice but a week later I was still going out to the coop to find the remains of an egg that had been devoured. I tried putting fake eggs in

the box so that the chicken would peck at them and get discouraged when the plastic didn’t crack.

As we headed down the road I recounted all of this to my wife, who had insisted that we finally get to see Niagara Falls. “Well, you can’t do anything about it right now,” she quipped. “So why bother thinking about it?”

“You’re right,” I said. But I just couldn’t get the problem out of my head. Consequently, the next day, after taking an obligatory boat ride on the Maid Of The Mist, we were on the road headed back to the farm, my wife complaining all the way. During the restless night spent in a motel in “romantic” Niagara Falls, I had thought of an idea that was sure to solve the problem. A bitter pill could cure the guilty chicken’s malady. As soon as we got back to town I headed for Foo Chow’s Chinese restaurant to place a minimal order which would give me the opportunity to load up on packets of hot Chinese mustard that were available on the take-out counter. A few drops of the stuff will make smoke come out of your ears. When the proprietor came out of the kitchen with my order of chow mein she looked impressed by how much mustard I stuffed into the bag. “Boy, this guy really like spicy food!” is what I read on her face.

When we got home, I

left the chow mein on the kitchen table and headed out to the coop where I was sure to find another broken, half-eaten shell with the white and yolk missing. I removed the shell from the laying box and tore open three packets of hot mustard that was as yellow as a yolk. The chicken would surely go for it. Then I carefully placed the loaded egg back into the box, closed the coop door and stood outside to watch from the corner of a window. Unfortunately, after waiting a half hour, none of the birds came waltzing in for the bait. On the way back to the house I pictured the culprit diving into the mustard, stumbling back and shaking her head as though she’d been stung by a bee.



Entirely consumed by this egg eating problem, I hardly spoke to Alice as
CHICKEN - 9

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CHICKEN from 8

we shared the warmed up chow mein—flavored with a faint pinch of the hot mustard. About ten the next morning when I walked out to the coop to collect eggs I was baffled by what I found-----nothing!

Of course, the artificial eggs were there and real eggs were in the other laying boxes, but in the

box that held the bait, there wasn't a trace of the loaded egg, not even a piece of shell!

"I can't believe it," I told my wife. "She ate the whole thing!"

"She'll be back," Alice said. "Get out there and watch."

"Why?" I wanted to know.

"Because every time I eat Chinese food I'm hun-

gry an hour later."

I still didn't know the guilty chicken but which ever one it was must have a cast iron gizzard. Eating that much Chinese mustard would kill me. Maybe eating large amounts of the stuff would change the flavor of the eggs. Maybe they'd be good.

If I could just get to one before she devoured it, I'd know.

With the influence of mustard in mind, I've been thinking about feeding bacon bits to my chickens---the kind people sprinkle on salads. If I'm right the resultant product would be flavorful. I could label the boxes Bacon and Eggs in the Shell! They ought to sell like hot cakes! But, first I gotta find the egg eater. **E**

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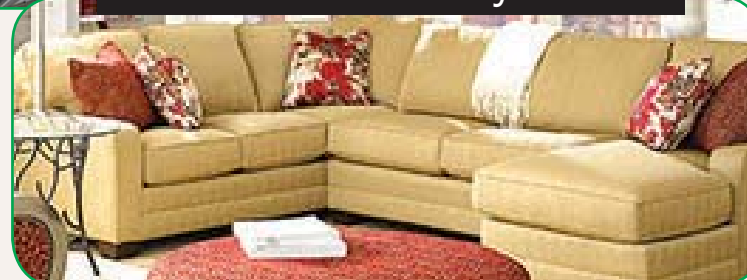
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What makes Open MRI of Mohawk Valley different is any number of things. Starting with flexible billing. In this day and age of Large deductibles, co-pays, and uninsured people Open MRI of Mohawk Valley offers patients many payment plans the fit all patients' budgets. along with same day appointment scheduling and one hour turn-around time on reports, that Doctors' Offices Love. All patients receive a disc with their images and their doctors have immediate access their Images Online. "It's an amazing system," Marybeth said.

They are partnered with Great Lakes Medical Imaging, with Dr. James Rinaldi as the Medical Director.



Marybeth Kondzielawa, RN is the General Manager with the Wide Open High Field MRI system

Marybeth said, that "We had to partner with the best radiologists in the Northeast because you can have the greatest technology in the world but you need the Best Doctors to read it. And that's exactly what Great

MRI - 12

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Walk-In Closet in Barneveld, NY

-A Paragon of a Consignment Shop



If you happen to be in any sort of rush right before stepping into the Walk-In Closet, a Consignment Shoppe on 8024 State Route 12 in Barneveld, NY you'll soon slow down, and rearrange prior plans accordingly to spend the rest of your afternoon browsing the five rooms of shelves, racks, and displays of high quality, pre-owned gently used clothing, shoes, handbags, jewelry, household items and formal wear.

In 2009 owner Dee

first went into the consignment business, and opened up the Walk-In Closet. The above address is the shop's third, and by far best dressed location. The building has one floor, making each of the 5 rooms accessible to everyone. It's not so large as to find yourself retracing your steps to see yourself out, but just roomy enough to shop alongside a fellow clothes connoisseur, and narrow enough to give it the illusion of stepping into your rich neighbor's grandiose walk-in closet. These kinds of shops are

always my favorite. It isn't one big bright white space of everything in your face all at once with club techno regurgitating "once upon a time" all around you until you finally give up and walk out with your second-choice Prada. No, certainly not.

This particular type of shop is meant to be explored. From the moment you set foot in to the time you're regrettably saying your goodbyes to all of the items left behind each


CLOSET - 15




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How to clean and prepare outdoor furniture for the season

As temperatures rise, people increasingly venture outdoors to soak up the sun, enjoy the mild breezes and entertain under the open sky. Clean and comfortable furniture can make outdoor entertaining that much more enjoyable.

After months in storage or nestled under protective tarps, outdoor furniture likely needs a good cleaning before it's put to the test once again. Mildew may have formed, insects may be hiding out within cushions or other crevices and dirt may have accumulated — even if the furniture was cleaned before being stored away. Experts recommend cleaning outdoor furniture between three and four times per year to keep it in optimal condition.

Before cleaning, determine the material your furniture is made of, as some cleaning products may not be safe for all materials. When in doubt, read the care tags on cushions and other products or refer back to the original packaging for cleaning instructions. Always test a cleaning solution in an inconspicuous area first.

The following are some additional general furniture cleaning guidelines.

Wood

Wood comes in many varieties, from hard and softwoods to wicker furniture. Mild oil-based soaps and products geared especially to cleaning wood can be handy. On wicker and painted woods, it may be best to dilute the solutions before use. Hardwood furniture and built-in decking structures may benefit from annual sanding and then reapplication of a protective finish to maintain the look of the wood for long periods of time.

Plastic resin

Commercial cleansers may be too harsh to use on

plastic resin furniture. Before risking discoloration or scratching, try some ingredients that are may be lying around the house. For example, use a wet sponge dipped in baking soda as a mild abrasive to clean resin. Just be sure to thoroughly rinse off the powdery residue afterward.

Automatic dishwasher detergent mixed with a gallon of warm water also may do the trick. The detergent contains a mild bleaching agent that will not cause damage like straight bleach.

Glass

Dish detergent and general home cleaning solutions work well on glass surfaces. Remember to clean all sides, including bottom-facing areas. After cleaning, use vinegar or a glass cleaning solution and a microfiber cloth to produce a streak-free shine.

Outdoor cushions

Outdoor fabrics are derived from different materials. However, this general-purpose recipe, courtesy of the DIY Network, may help clean many outdoor fabrics. Mix 1 teaspoon dishwashing detergent, 1 quart warm water and 1 tablespoon borax together. Saturate a sponge and use it to wash the cushions. Let it sit for 15 minutes and then spray it off with a high-force hose. Stand the cushions on their edges to dry outdoors.

Remember, vinegar can help inhibit mildew growth. Therefore, keep a bottle of diluted vinegar around to spray on plastic mesh and furniture that gets wet from the rain or a pool. Store outdoor furniture away from inclement weather whenever possible to prolong its life. **E**

MRI from 10

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in a super comfortable outpatient setting. While making it affordable to everyone. They accept all Insurances, are open till 9 pm nightly, and also offer Saturday appointments.

The staff is highly experienced as well their MRI techs have over 20 years of experience each. Each MRI exam is read by a Specialized Radiologist, GLMI has several Neuro radiologists and well as MSK, Body, Pediatric Followed Doctors.

So, from Location, Image Quality, Top Radiologists, Flexible hours and Flexible billing, Open MRI of Mohawk Valley has put themselves in great position here in CNY to provide excellent patient care to everyone who needs an MRI exam done. All you need to do is ask your doctor to be referred to "Open MRI of Mohawk

Valley" and they will get you done that day. For more information, call: (315) 507-5144. They are super easy to find; next to Sumo in the Avenue Plaza, New Hartford New York with lots of easy parking. "Remember you as a patient always have a choice" **E**

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Restaurant Equipment Equipment Company

Restaurant Equipment Equipment Company is located at 53 New Hartford Shopping Center in New Hartford, New York. Restaurant Equipment Equipment Company, the area's newest restaurant supply store, provides, sales, service and supplies, quality commercial equipment, quality commercial & residential smallwares, top brands at competitive prices, and equipment installation & service maintenance contracts at their New Hartford showroom & test kitchen.

From restaurants and taverns to hotels and institutions, Restaurant Equipment Equipment Company knows the best ways to create beautiful and functional work spaces that deliver results. Whether you're starting a new restaurant, re-designing or replacing, their team will guide your project to its greatest potential.

They work with you from product selection to installation and service.

When you partner with Restaurant Equipment Company for your kitchen needs, you are partnering with a company of experienced professionals who will accomplish your projects completely and correctly, with compliance and safety in mind. They offer Free custom commercial kitchen and dining design.

If you are looking for smallwares for your home, Restaurant Equipment Company is the store for you. They carry top brands at competitive prices. With a full inventory of everyday smallware to the unique hard to find item, Restaurant Equipment Equipment Company has you covered. Looking for something special and can't find it, ask us and we will get it for you.

Tony Amodio, Equipment Division Director, has Restaurant Equipment Equipment Company in his experienced hands. Tony has over 30 years in the restaurant industry. He's built and opened restaurants in NYC, Minnesota, and across the country. He returned to the area for family reasons but he explained that it's been great working among people he knows.

Tony said, "Everything we do is based on our client's menus. What they make determines what they need."

Unique to Restaurant Equipment Equipment Company is their test kitchen. In the test kitchen, you can actually try out a pan or appliance to determine if it's the correct fit for your kitchen. You wouldn't buy a car without a test drive; why invest in an oven or deep fryer before trying them out. Restaurant Equipment Equipment Company gives you that opportunity.

Tony hopes to offer cooking classes in the test kitchen soon.

After you've outfitted your kitchen with all the tool of the trade necessary for turning out the tastiest of dishes it's time to dress for success. Restaurant Equip-



Tony Amodio can help you with all your restaurant needs; from measuring spoons to walk-in coolers.

ment Equipment Company carries a full line of chef wear and can have you looking like a pro from head to toe including Klogs Footwear. Klogs chef shoes are slip resistant, oil-resistant, non-marking, orthotic friendly, and engineered to withstand the toughest of days.

Amodio pointed out that Restaurant Equipment Equipment Company is not just for restaurant owners and professional chefs. The home cook is more than welcome at the store and will benefit from the commercial quality items they can find there. They will be adding more home kitchen products throughout the year. They have a great selection of to go boxes for graduation parties, family reunions, or just the really big BBQ.

Restaurant Equipment Equipment Company has you covered for your entire restaurant; from chef ware to ovens, knives to exhaust hoods, and they even have the front of the house covered with table, chairs, and table top. From walk-in coolers to measuring spoons Restaurant Equipment Equipment Company is focused on providing you with the best equipment for your restaurant or your home. For more information go to: www.restaurantequipmentny.com, follow them on Facebook: RestaurantEquipmentCompany, or call: (315) 292-7477. **E**

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CLOSET from 11 corner of the store and each display tells a story, sparkles with a personal touch, and delights with that special charm. There's nearly a Narnia feel, except for the complete lack of snow, and one paranoid, cowardly Centaur gallivanting around.

Shop hours are Wednesday 10 am – 4 pm, Thursday 10 am – 6 pm, Friday 10 am – 4 pm, and Saturday 10 am – 3 pm, and you're always sure to come across the utmost friendly and caring personalized service. Walk-In Closet carries something for ladies of all ages and sizes, from 00-plus sizes. You can call (315) 896-2050 with any consignment inquiries, though no appointments are necessary. There are 60 day consignments, and for all consignments you'll receive 40% of the selling price, except for items priced over \$50 in which case you'll receive 50%.

The wide array of Walk-In tops are priced anywhere from \$3-6\$ on up, and the selection of brand name jeans such as Chico, Dressbarn, The Loft, Gap, and White House Black Market range between \$4-\$10.

There is a tall case with a stunning display of high-end designer bags like Michael Kors, Coach, and Dooney and Bourke in one room, and a whole other case with a multitude of shelves aligned with purses in perfectly good condition on the cheaper end of things in the next. "The nice thing about the Walk-In is there's always turn over. Items arrive daily, and you can always look forward to seeing new styles of clothing and accessories that weren't there before," tells employee and Walk-In enthusiast, Barb Foster. You'll find the walls of the back room filled

with household collectible items, and in addition a neat table of costume jewelry awaiting in the middle of it all to whisk you away from that elegant dish set your kitchen is in dire need of. Sterling silver and some finer jewelry items sit behind the glass of a display case off the front room, and a row of formal and casual dresses hang in a room on the right to catch the twinkle in your eye.

It emanates way more a boutique feel than say a thrift shop, though the price tags beg to differ. It's one of the most reasonably priced quality consignment shops that I've browsed in the area. What is obvious to the customer, and there's quite a loyal base here is the amount of thought that's gone into the Walk-In's layout, as well the careful selection of woman's clothing, shoes, and other such wares. Oh, don't get me started on shoe talk! The Walk-In's got about 4 separate 6 shelved racks of shoes scattered throughout the store, and from sandals to high heels to boots and sneakers you'll be walking tall, and with a chic new sway on your way out.

Visit the Walk-In Closet on Facebook @ Walk-In Closet, and look for new posts on Walk-In's daily and weekly specials for great deals on name brand designer clothing for a fraction of the price. As a new customer, you'll receive Closet cash reward cards to bring back for more Walk-In bargains. Get your fashion frenzy BFF a certificate for her birthday, or feel free to put items on layaway.

Stop in at the Walk-In Closet's new location to spice up your summer wardrobe, and still be able to strut your stylish self out to lunch. **E**

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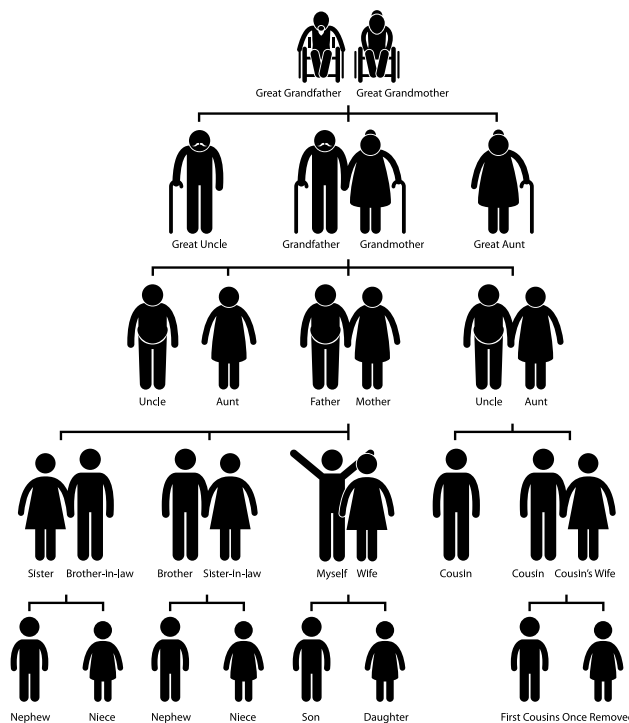
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The internet has put more information into our hands than generations past may have ever believed possible. One of the more unique ways the internet has opened doors is by providing a relatively easy way for men and women to trace their family histories. Once difficult to gather, information with regard to genealogy is now just a click away.

Tracing one's genealogy has become a popular pastime and one that is much more manageable thanks to the bevy of family tree and family lineage websites. Such sites work by gathering some key information,



including the names and birthdays of certain relatives. The sites then use this data to create a more complete picture of family relations. On the popular genealogy site Ancestry.com, for example, suggestions pop up with a potential relative's name or further information about a loved one, which can then populate the family tree even further.

How to help socially isolated seniors

The elderly population is on the rise in many countries. Advancements in healthcare and a growing emphasis on healthy

lifestyles means people are living longer than ever before.

Age is often accompanied by wisdom, but men and women may also find that feelings of isolation, loneliness and depression may also settle in as they grow older.

Individuals looking to give back to their communities may want to consider helping seniors in their area. There are plenty of ways to help seniors avoid isolation and continue to live fulfilling lives.

• Provide transportation. Lack of adequate transportation is a main cause of social isolation among seniors. Voluntary or necessary cessation of driving makes getting to and from appointments or even recreational outings



In addition to knowing just who is in a family, tracing genealogy also can present a bigger picture of relatives' occupations and military history, and may even shed light on their travel histories. Family tree sites can be enhanced by uploading images, census data, immigration records, and even more documents that would be otherwise buried in photo albums or memory keepsakes.

Taking family genealogy a step further, many people are opting to couple their family history quests with DNA testing. Companies such as 23andMe can use a saliva sample to help pinpoint potential geographic roots. These findings can include an estimate on ethnicity, going as far as breaking down the percentage of ethnicity from certain regions of the world. Further testing may include the ability to learn about other relatives who are linked through these DNA matches.

Family genealogy websites can provide fascinating windows into our family histories. People who are unsure of their ethnicity, those who were adopted, or anyone who is just curious about how their families began can find a wealth of interesting information in relatively little time.

Find out where you come from around the world. Your genealogy can tell you where your ancestors lived; eastern Asia, Sub-Saharan Africa, Europe and more. **E**

more difficult. Where public transportation is unavailable or challenging to come by, volunteers can help shuttle seniors to and from grocery stores, doctor's offices and any other places they need to go. Getting out regularly and seeing new faces can help seniors overcome feelings of loneliness.

• Participate in hobbies together. Give seniors a sense of purpose by encouraging them to participate in hobbies or activities. Book clubs are one activity that can interest people of different age groups.

• Encourage exercise. Physical exercise keeps the body fit and improves mental health. Seniors can benefit from phys-

ical activity because it promotes strong bones and a healthy cardiovascular system. In addition, seniors who enroll in exercise classes at gyms or local senior centers can meet like-minded adults, helping them overcome their feelings of isolation even further.

• Provide meals and companionship. Older adults may not be getting all they need to maintain healthy weights and bodily functions. Cooking and shopping for healthy foods may be difficult. Provide seniors with healthy meals when possible, and take the time to share those meals. This can foster conversations that keep seniors' minds sharp and also may help prevent social isolation. **E**

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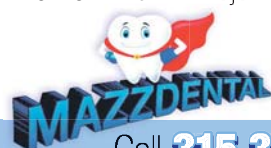
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Mexicans Uncork Wall



By Terry Berkson

To celebrate our forty-forth wedding anniversary, Alice and I drove down to Key West, Florida and were lucky enough to get a room at The Grand Guest House in Old Town. It's a great place if you like to share a breakfast table with fellow tourists. This time during our brief stay we met a couple from Brussels, three people from Germany and an ex prize fighter named Joe from New Jersey. People seem to be at their best when traveling and all were good company and had interesting life

stories to tell. John, the Guest House manager, must have overheard us telling our story because when we returned to our room later in the day we found a basket loaded with chips, cheese, crackers, Ferrero Rocher chocolates and a bottle of Cabernet Sauvignon wine. There was even a card that read Happy Anniversary! Compliments of the House. The next day we took an ice bucket and much of what was in the basket to the beach at Fort Zackery. The swimming there is great and it's another place to meet people

from all over the world. Around mid-day, to get out of the sun, we found a picnic table under a palm tree at the edge of the beach and began to unpack the basket of **UNCORK - 21**

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Brenna Zammiello, owner of the Whitesboro location explained that she has had an interesting pizza run. She started part-time and took the Whitesboro location over after 10 years. She started in February 2007 as a counter girl, then worked subs, took a break to go to college, and then back to the pizzeria. She took over on January 1, 2017.

She said, "We make the dough fresh every morning and use the same recipes we've always used."

They use only the freshest ingredients and try their best to accommodate everybody's orders. Tony's pizza is cut in

squares and the best sellers is a toss-up between pepperoni and chicken wing.

Tony's is known for its thick, square cut pizza and with regular toppings of pepperoni, sausage, ham, mushroom, sweet peppers, hot peppers, banana peppers, onions, red onions, and black olives you're sure to find a combination you'll like. When you add their premium toppings; roasted red peppers. Broccoli, bacon, meatballs, fried chicken, anchovies, eggplant, spinach, ricotta, tomato, pineapple, steak, double cheese, or grilled chicken the flavor combinations are nearly endless.

But there's more than just pizza. Tony's subs are legendary. Cold subs; turkey, ham, roast beef, salami, mixed cold cuts, tuna, capicola are just the tip of the iceberg. Their small subs mea

TONY'S - 22

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DRIVE THRU...QUICK AND EASY

UNCORK from 19



Mexican friends & us holding cups

goodies we had brought along. Disaster struck when we pulled out the bottle of wine and realized that we had forgotten to bring a cork screw. I thought of a similar predicament that occurred after a reading given by one of my favorite writers, Jim Harrison. The wine was there but there was no conventional way to open it, leaving Harrison, myself and a friend, "toastless."

Now at the beach, there was an animated crowd of foreigners sitting at a nearby table. We considered moving to a quieter spot but they seemed merry enough to be in possession of a cork screw. So, I approached them to ask if

they had one and they tragically replied, "No." It turned out they were Mexican tourists who had disembarked from a huge ocean liner that was docked near Mallory Square. Moments later, after consulting his smart phone about ways to open a bottle of wine without a cork screw, one of the Mexicans, who we later learned was called Teddy, approached with a solution.

"Do you have a knife?" he asked.

"Yes," we responded.

"I think I can open it."

I pictured pieces of cork floating around in the wine bottle. But Teddy was very capable and us-

ing the knife he managed to push the cork into the bottle without getting too much wine on his bathing suit as a crowd of his companions cheered him on. We offered to share the wine but they refused telling us to have a good time on what they had learned was our forty-fourth.

In later lingual as well as hand-sign conversation with our south of the border neighbors, we learned that in Mexico it is difficult to get financing for buying an automobile and that, given good grades, higher education in their country is more available and a lot less expensive than in The United States. Teddy took a group photo with his smart phone and somehow transferred it to our phone by way of Air Drop and not e-mail which was way above my knowledge of internet technology.

Back at the Grand we shocked John the manager by telling him that his bottle of wine had caused an international incident. Then we explained that our having forgotten the cork screw--that he had remembered to put in the basket--had served to lower the wall between two countries. **E**

How to keep chicken from sticking to your grill

According to the grill manufacturer Weber, the keys to grilling chicken are temperature and time. But even cooks who have paid close attention to the temperature of their grills and the time their chicken spends over a hot flame have no doubt fallen victim to chicken that sticks to the grill. This can affect the quality of a meal and make post-grilling cleanup that much more difficult. To prevent sticking, Weber advises cooks to put a light coating of olive oil and seasoning directly on the chicken prior to putting it on the grill. Once the chicken has been dressed, make sure the grill temperature remains around 425 F to 450 F. Chicken will stick to a grill if the temperature is too high, so pay close attention to the temperature at all times. Once the chicken has been placed on the grill, allow each side to cook for roughly 4.5

minutes. If the chicken is difficult to flip or remove from the grill, close the

lid and allow it to cook for one additional minute. **E**

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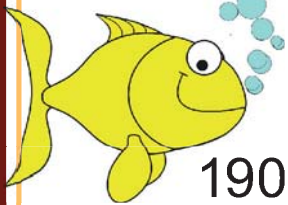
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TONY'S from 20



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sure 8 inches with a large coming in at 12 inches. Hot subs include sausage, meatball, eggplant, BBQ beef, BBQ ham, BBQ turkey, chicken club, grilled chicken, BLT, steak, chicken parm, and Buffalo chicken. You can also get any sub as a wrap.

They're also offering paninis; Italian, roast beef, chicken BLT, turkey, and Cuban.

Their crisp chicken wings are available mild, medium, hot, garlic, BBQ, honey mustard, whatever & everything.

Tony's also serves up pasta dishes; spaghetti, baked ziti, stuffed shells, lasagna, chicken parmigiana, chicken riggies, hats and broccoli to name just a few. Served with garlic bread. Add a meatball or sausage for that really full

feeling.

Brenna makes homemade cheese cake and cannoli so you can be sure to finish your meal on a sweet note.

Let Tony's cater your next event. Their catering menu runs the gamut from tomato pie to macaroni salad back to traditional Italian favorites like sausage and peppers, garlic knots, and lasagna. Check out their full catering menu online.

Tony's Pizzeria & Deli is a CNY institution and it's in good hands with Brenna. Stop in for a slice or more. Tony's-Whitesboro is open 7 days a week. For more information go to: www.TonysPizzeriaandDeli.com, follow them on Facebook: Tony's Pizzeria & Deli, or call: (315) 864-3093

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Out of the white, red tiered building underneath a big neon pink sign father Gary Cingranelli and son Jeremy, along with a helpful staff are serving a wide variety of soft serve, hard ice cream, flurries, shakes, slushies, sundaes, splits, floats, smoothies, milkshakes and a whole lot of fresh and made to order food to straighten up those old fashion cravings, and fly those taste buds right. Offering 36 flavors of soft serve such as the beloved Red Velvet and crowd-

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SCOOP - 24



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SCOOP from 23

down your top 5 favorite flavors, closing your eyes, and going for whichever one your pointer finger lands on. Or you could simply stick to your classic go to twist in a cone, but I'm warning ya Inside Scoop has made it all too easily toothsome to order outside the comfort zone.

Inside Scoop's got the skinny on Waffle cones and Waffle bowls, as they're always a good idea. Normally three's a crowd, but here specialty sundaes like the Apple Pie a la Mode; a slice

of warm apple pie and vanilla ice cream topped with hot caramel, or the S'more Sundae; vanilla ice cream topped with hot marshmallow, hot fudge, and graham crackers are big enough for 2-plus.

The Scoop Burgers are among the higher demand food menu items. For starters, they don't come frozen. The combination of quality steak and ground beef make these fresh made patties an Inside Scoop favorite. Add cheese and bacon to make it a Deluxe with fresh lettuce, tomato and onion slices on the perfect size bun. The second in demand is the Buffalo Chicken Sandwich, and is followed up by the Loaded Fries, Sweet Potato Fries, and Curly Fries. You've

got the option of ordering your Loaded Fries with either curly or crinkle-cut.

Lunch and dinner is currently served 7 days a

week from 2:30pm-9:00pm, but Inside Scoop will soon be open until 11:30pm come the middle of June, and will keep these hours for the summer's duration. With a ton of outdoor seating under the pavilion, as well as some tables out front and off to the side there's all kinds of options for big group walk-ins. Call ahead for take-out at (315) 725-3596. Serving Hoffman hot dogs with all the fixings, Kid & Adult combos, chicken tenders, a variety of Scoop Salads such as the Buffalo Chicken and Grilled or Crispy Chicken salads, BLT's, BBQ Pulled Pork, Chicken or Steak Philly, or the Fried Haddock sandwich there is some hard to resist American staples at the Scoop.

Like them on Facebook @InsideScoop, and keep an eye out for the Inside Scoop summer night life with live music under the pavilion, and upcoming car shows. Great ice cream, friendly service, quality food, and live entertainment sounds like a real nice scoop of life on a summer evening. I'll take 2 please! **E**



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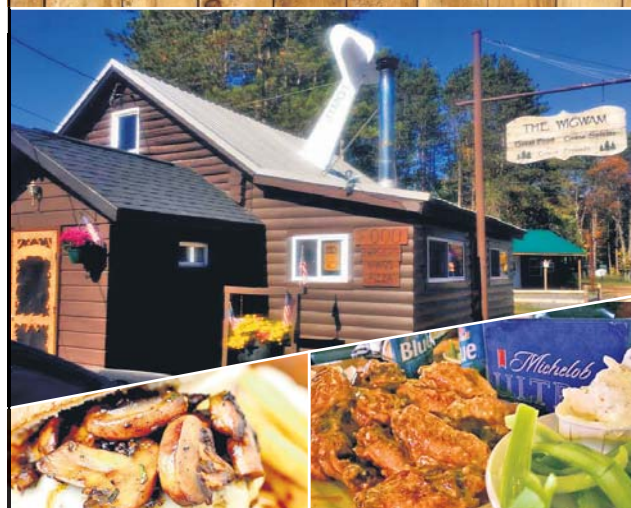
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The Erie Canal

-Forerunner to the Internet 200 Years Ago?

By Pat Malin



Devin Lander, NYS Historian

On July 4, 1817, when the first shovelful of dirt for the Erie Canal was turned near the present-day city of Rome, the nation witnessed the birth of an innovative network that laid the foundation for the Empire State's history.

More impressively, it triggered a great western migration of people from New York City's harbors to the Great Lakes and opened the American interior to rich development and settlement.

"It was the equivalent of today's internet," commented Brian Howard, executive director of the Oneida County History Center (OCHC), referring to the canal's dramatic impact on everything from American transportation, communications and commerce to its social and cultural life.

From May 19-21, the OCHC, formerly known as the Oneida County Historical Society, will host a major three-day conference marking the bicentennial of the Erie

Canal. The conference will shed a spotlight on an engineering marvel and one of the most important works of civil engineering in American history.

The conference agenda includes such speakers as Devin Lander, New York State Historian, and Brad Utter, Senior Historian/Curator, Science and Technological History, New York State Museum. Guests, including educators, authors and history buffs, will have the opportunity to experience the old days and take a cruise on the canal from Herkimer to Little Falls on Sunday, May 21.

"The goal of this conference is to celebrate the historical significance of the Erie Canal and its role in redefining not only New York State, but the entire nation," Lander said in an email.

In 2000, the U.S. Congress designated the Erie Canalway National Heritage Corridor to recognize the national significance of the canal system. In 2016, it was named to the National Register of Historic Places.

Governor DeWitt Clinton was among the early supporters.

CANAL - 26

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CANAL from 25

After years of political wrangling, in 1817, the state legislature authorized spending

\$7 million and the Erie Canal was established under the management of the New York State

Commission.

Benjamin Wright, who had moved to Rome in 1789, was hired as one of the lead engineers. Five of his original survey and field notebooks from 1812-1816, are in possession of the Oneida County History Center.

“A lot of his data is hard to interpret,” said Howard. Wright listed elevation, the soil composition, “any

impediments to building a canal, and finding the most efficient route for the canal. His notebooks are filled with mostly numbers, but a few notes that were used to develop plans for future excavation.”

What was labeled derisively at first as “Clinton’s Ditch” got its start near Rome thanks to the mucklands and sandy soil that made it easier to jump-start construction.

The first section from Utica to Salina (Syracuse) was completed in 1822.

With a statewide “grand celebration,” the entire canal was officially completed on Oct. 26, 1825.

The original 363-mile canal was dug from Albany to Buffalo, 4 feet deep and 40 feet wide, with stone locks 15 x 90 feet, but later enlarged and the canal extended

farther west. The canal fostered a population surge in central and western New York, including Utica, Syracuse and Buffalo. Utica was a sleepy village up until 1822. Just 10 years after the opening of that section of the canal, Utica was chartered as a city, Howard noted. In 1845, Utica boasted 20,000 residents, the 29th-largest in the country.

The advent of railroads after the Civil War caused the Erie Canal to end operations in 1917, though it was later reincarnated as the Barge Canal. Though underutilized compared to its glory days, the canal system is nonetheless a vital transportation network today. It’s also picking up steam as a tourist attraction, which the OCHC conference hopes to highlight.

“The canal continues to play a significant role today as a shipping apparatus and a

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Mohawk Valley Hearth & Heating and Bubba's Beds for Shelter Friends



Mohawk Valley Hearth & Heating, located at 1027 E German Street Extension in Herkimer,

New York took some time out of their busy schedule as Bubba's Beds for Shelter Friends stopped by on their way to deliver 33

dog beds and six cat beds to Susquehanna Animal Shelter in Cooperstown.

Owner, George Salanco, and more importantly Remington, a 2-year-old yellow lab/boxer mix are Mohawk Valley Hearth & Heating, Central New York's premier heating equipment and fuel retailer. They have over 30 years of experience installing and servicing coal, wood and pellet stoves, inserts, furnaces and boilers. They're also great supporters of Bubba's Beds for Shelter Friends.

George said, "I've been supporting Bubba's Beds for Shelter Friends since the beginning. Remington helped sponsor their new trailer." Salanco explained that Remington even has his own Facebook page; Remington Salanco.

Bubba's Beds for Shelter Friends is a nonprofit organization that provides orthopedic, chew-proof, and easy to clean Kuran-da beds to shelter dogs and cats. Their 501c3 application is currently filed and they are a 100% volunteer run organization. They do all of the fundraising, ordering, assembly, and delivery of the beds. BBFSF also maintains any beds and repair beds for shelters as needed.

Founders, Matt and Julie Ambrose explained that BBFSF was created to honor their beloved dog Bubba after he passed. They wanted to donate a few beds to a shelter as a tribute to Bubba. After surpassing their initial goal, they have been donating beds to shelters ever since.

Bubba's Beds for Shelter Friends is based in

central New York but provides help to shelters all across the county as needed, traveling to rural areas in Missouri and donating to shelters in need in Arkansas. BBFSF tries to work with all organizations to help their shelter friends. They promote a cruelty-free compassionate lifestyle toward all animals and encourage everyone to adopt and to spay and neuter their pets.

Bubba's Beds for Shelter

Friends has helped the following shelters; Stevens-Swan Humane Society (Utica, NY), Humane Society of Rome (Rome, NY), Herkimer County Humane Society (Herkimer, NY), Ayres Memorial Animal Shelter (Sprakers, NY), Town of Johnstown (NY), Wanderers' Rest Humane Association (Canastota, NY), Steuben County (NY),

BUBBA - 28

CANAL from 26

recreational resource, as well as an electrical power generator," added Lander, the state historian.

"Materials are still shipped via the canal, perhaps the most famous being pieces of the giant turbines manufactured by GE in Schenectady. The canal is also a major source of recreational usage by boaters, cyclists on the canalway paths, and other tourists. Also, the canal hosts power generating plants that produce electricity for the state." **E**



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Cooperstown Fun Park is this summer's fun stop

At 4850 State Highway 28 in Cooperstown, NY the Cooperstown Fun Park offers recreation for families, and groups alike. A few hours of fun activities for the whole family will suffice a day's worth of entertainment here at Fun Park, and whether you're looking for outdoor or indoor fun the choice is yours, and the season starts now.

Some of the Fun Park attractions include Lazer

Tag featuring the only Lazer Tag arena for over 90 miles. It's the classic game of hide and seek with a high-tech twist, and you'll have some difficulty accepting reality when the game is over. However, a twisting ¼ mile Go Kart track is up next on the docket so you won't stay bored for too long. With over 17 go-karts available, including a 2-seater for your little ones the fun is nonstop. Fun Park also features a great way to cool off on those hot sunny days with their Bumper Boats. With seating for up to 3 you'll get splashed, and laugh your whole bumpy ride through.

If you happen to be more the batting cages type there is a 9-stall to get your full swing on. It goes up to 85 mph, but you can choose your speed to get more of an underhand softball pitch if you're not ready for the big leagues quite yet. Got a big group lined up? No problem. You've got the option of renting the cages out for up to an hour. Get ready, set, go team! A challenging scenic Miniature Golf course is on site, and always a winner when it comes to the family bonding experience. The Cooperstown Puttin Around course has 18

holes, and is a smart route to go when trying to keep the kids having fun in the fresh outdoors before they've discovered the vast Arcade here and you don't see them for the next 3 hours.

You might be tempted to try it out yourselves folks, as the Full Arcade is located inside the Fun Park's main building with a variety of games. For a much-needed break to unwind from fun overload a nearby kitchen is serving up a mountain of tasty foods. From cheesy delicious Pizza to their variety of Mexican food such as homemade salsa and Quesadilla's. From the grill, they're cooking up the classics like burgers and hotdogs, but with the option of cheese fries and other snack foods there's some serious choices to make. Get yourself a Corona to wash down that Salsa Con Queso, or skip the meal and go straight for the ice cream parlor to order up a Root beer Float or Nestle novelty. There's also the option to eat-in or take-out.

There is free grounds admission, and free car, bus, and RV parking for Fun Park guests. Children 9 and under must

have adult supervision, and the Fun Park is handicap accessible. For your protection height requirements are 54" for Go-Karts, and 45" for Bumper Boats. Beginning on June 5th Park hours will be 10am-10pm Monday-Sunday, however, this may be subject to change in inclement weather.

Have a birthday coming up, but don't want the hassle of a small army of kids running around your house? Check out their website www.cooperstownfunpark.com to review the multiple Birthday party packages the Fun Park offers. Reservations can be made to book your party Tuesday-Friday between 9am-5pm through their Birthday Sales Dept. Just call (607)547-2767 to choose which package would be best for you, and your group. Reservations are also required for Group Party Packages, and include all the main attractions, some unlimited, and at a reasonable price.

Sun or no sun, it's only a 50-minute ride from Utica so get out there and treat the whole family to get their fun on this summer!

BUBBA from 27

Chenango SPCA (Norwich, NY), Dent County Animal Welfare Society

(Salem, MO), Helping Hounds Dog Rescue (Syracuse, NY), Massena Humane Society (Massena, NY), Fetch a Friend Res-

cue (Seneca Falls, NY), Beverly Animal Shelter (Waterloo, NY), Humane Society of Wayne County (Lyons, NY), Humane Society of Yates County (Penn Yan, NY), Humane Society of Schuyler County (Montour Falls, NY), Broome County Humane Society (Binghamton, NY), Chemung County Humane Society & SPCA (Elmira, NY), Humane Society of the Delta (Helena, AR), and others. For more information about Bubba's Beds for Shelter Friends, go to: www.bubbasbedsforshelterfriends.com or follow them on Facebook: BubbasBedsforShelterFriends.

Grills are the hot sellers at Mohawk Valley Hearth and Heating this season as they're moving smokers, grills, and BBQ's. Mohawk Valley Hearth and Heating is hosting a pellet grill cooking demonstration on May 6th from 11 am – 2 pm. For more information about them, go to: www.mohawkvalleyhearth.com or follow them on Facebook: Mohawk Valley Hearth and Heating. E

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The Potting Shed Antiques



The Potting Shed Antiques is located at 52 Oriskany Boulevard in Whitesboro, New York. As antique dealers in Central New York for four decades, owners Don and Nancy Hartman have seen trends come and go. They are well versed in many fields of interest. Originally attracted to pottery, glass, china and stoneware, their eclectic inventory has evolved over time. Jewelry and coins have always been of interest but recently the inventory of jewelry, both costume and fine jewelry, has swelled to take up about a 25% of the shop. Linens, paper goods, records, sewing items, World's Fair memorabilia, and toys are also found throughout. You'll also find fine pieces of furniture with many other furniture items available upon request from our storage areas.

The Potting Shed Antiques is situated directly between two major shopping centers in the heart of Whitesboro. The shop, 6 rooms over 2 floors, is over 3,000 square feet of showroom full of an extensive eclectic inventory seeded from more than 40 years in business. Don Hartman pointed out that inside The Potting Shed Antiques store there is the equivalent of 20 dealer booths. It's floor-to-ceiling antiques in The Potting Shed Antiques shop.

They have over 40 years of eclectic inventory consisting of jewelry, glass, Nutting prints, furniture, and more. The inventory reflects their interests and the interests of their customers. Most popular are coins and jewelry but what the Hartmans are most passionate about is White's of Utica stoneware. The

stoneware was made in Utica, down by Erie Street. White's was the longest-running stoneware company in the United States, operating from 1836 to 1910.

Don said, "The antiques market changed, in 2009 prices plummeted and the internet has changed the whole industry. What used to be rare and valuable can now be found with the click of a mouse."

Don explained that coins are hot. There was a void in the coin world locally and coin buyers and sellers found The Potting Shed Antiques because they're open daily. Don added, "We're here. We're established with a dependable, good reputation. We also have the longest running estate sale business in the area."

The Potting Shed

Antiques is always buying quality antiques, gold, silver, jewelry, coins and complete estates. The Potting Shed Antiques also has a long history in estate liquidation. Appraisals for one item or entire estates are available. They've been conducting house and estate sales since 1972, and references are available upon request. Let The Potting Shed Antiques help you to make it easier to settle estates. Their compassionate staff treats your items as their own and their experience allows them to get the best prices for your items. Don explained that with an estate sale you can't buy and sell sentiment. The Potting Shed Antiques is a neutral party that can sell your estate for market value.

Don noted that the past two years have seen a tremendous increase in young buyers. They're mostly into paper items but some young couples who are tired of pressed board furniture and want real wood have turned to antiques.

After 45 years Don is rejuvenated and excited about the business. He's happy to see people looking for midcentury accent pieces. People

ANTIQUES-31

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Oliveri's Pizzeria in Hamilton is a great contender from back in the day East Utica

By Carly Proulx

On a Thursday afternoon, I showed at the brick cornerstone on 14 Lebanon Street in Hamilton, NY to meet with hands-on owner Michael

Clare. Clare was just about to make a delivery. He gave me two options; either wait around the 15 minutes for him to get back, or tag along for the ride. Of course, never having been on a pizza delivery run before I took the ride, and up until now kept my mini surge of excitement top secret.

Clare recalled Halloween weekend of October 2009, when he'd first take over Oliveri's. He's since been putting his heart, soul, and East Utica roots into the business. When opportunity first arose to buy Oliveri's Clare shot-gunned the new venture as first time business owner. Eight years later the 'let's just go for it' investment turned out to be a successful one. "It was a bit of a learning curve," Clare admits. He grew up with a good work ethic, and always held down a job. I expected his work history to involve something along the lines of working in pizzerias or restaurants, and was taken aback when he instead informed me of his mail carrier days back in West Frankfort.

When I asked Clare how one goes from the aforementioned route of employment to being a hands-on pizzeria owner he had a few responses. What I put together was plain and simple. Passion and drive don't always coincide, and they're not always so easily maintained. However, Clare runs on a hefty amount of both. Maybe it's the Italian blood from his mom's side, and the half Italian/half Irish blood from his dad's side that keeps him on his toes in the ring with a good challenge, but one thing is for real- food is in Clare's blood.

Growing up and living in East Utica for 30 years turned him a foodie long before the term was coined. He's 39 now, and is still reminding himself his source of inspiration for transplanting to the village of Hamilton. It's obvious as a customer when walking in, observing the framed picture of his great grandfather Utica's late Larry Gigliotti and master cheesemaker on the wall that he's proud of where he came from. But

make no mistake, one of Clare's biggest influences was his grandmother. An amazing baker and cook, Clare recalls "We'd sit down for lunch after I got home from school, and she'd be asking me what I want to eat for lunch tomorrow." He was the first one to sit down for dinner, and the last one to get up. Now, he's the one responsible for bringing folks together, and filling their bellies with good food.

Places like North Utica O'Scugnizzo and Parkway Pizza are what stuck with Clare as he entered into new territory in Hamilton. Growing up in these places, huddling over a large tomato pie with friends, arguing about whose grandma's sauce was the best it's maybe not so hard to imagine how Clare ended up here, making and selling his own tomato pie all these years later. Clare's tomato pie recipe has its origins in East Utica's gone but not forgotten landmark Grimaldi's, and the pie along with Utica Greens and Chicken Rigatoni are some of Oliveri's menu items in which customers get to receive a "slice of East Utica in Hamilton." Utica's Tomato Pie day event back in April was thrilled to have Oliveri's on board for some tasty competition, and likewise Clare was happy to support and be a part of something that gave him his start in the business.

The original Oliveri's menu is at its core still very much intact, though Clare has expanded to incorporate some of his fondest memories of family, friends, and food from his old East Utica stomping grounds. Oliveri's Rice Balls; Arborio rice filled with fresh mozzarella and ham, or homemade sauce with a mixture of peas and ground beef, and Stuffed Cherry Peppers were sold out at Utica Tomato Pie day, both of which if you're a Colgate kid you already know are easily devoured in multiples of 5's or 10's. Oliveri's dough, sauce, and dressings are all made in house, and the mozzarella cheese is ground fresh almost every

OLIVERI- 49

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ANTIQUES from 29

looking for something different are finding it at The Potting Shed Antiques.

Don added, "As businesses change we were willing and able to change with trends and pricing." He explained that they have spent the last eight or so years branding their name. "Occasionally we still get some people looking for flowers. That's why everywhere we advertise its The Potting Shed Antiques."

The Potting Shed Antiques is going strong in its 45th year. There have been some minor events leading up to September, when they'll celebrate the shop's anniversary in style. It's all building towards that September celebration.

The Potting Shed Antiques has new hours: Wednesday through Friday 10 am to 5 pm, Saturday 11 am to 4 pm, and Sunday Noon to 4 pm. To find your newest treasure or to sell your oldest, contact Don and Nancy Hartman and The Potting Shed Antiques. For more information go to: www.thepottingshedantiques.com or follow them on Facebook: The Potting Shed Antiques

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Shop Math is a class currently running at Oneida Molded Plastics (OMP). Instructor, Laura O'Shaughnessy, engineer by trade has been doing math since she was a child. She worked in heavy industry, manufacturing, and consumer products all over the country. She said, "Knowing how people work together and the importance of practical math and how it applies to overcoming math

anxiety is the key. Some of these students haven't been in a classroom in years. Now they will learn skills that are practical, meaningful, and applicable to their jobs." She explained, in Shop Math, students learn basic math to trigonometry in just ten (10) weeks.

Brenda Wolak, Senior Coordinator for BOCES Adult & Continuing Education, said, "BOCES

is here to help businesses with any training needs."

She explained BOCES can customize most any type of training area businesses might need to train their incumbent workforce. The classes are custom designed for your business. For instance, the Shop Math class at Oneida Molded Plastics sees instructor O'Shaughnessy teaching classes for each of their

three (3) shifts.

From proposal to class there is no cost for employees. BOCES has many options for trainings. Several summers ago, BOCES provided a Heavy Equipment Operation class for New York Power Authority. Healthcare providers can take advantage of the CPR or

Barrier Precautions and Infection Control programs for their workforce. The workshops and classes are almost limitless. It is an investment by a company into their employees.

Oneida Molded Plastics' Debbie Palmer said, "We asked, how you strengthen your workforce? We

did a survey of our employees and the answer was math. My philosophy is if we invest knowledge into our employees, then we can all go to the next level."

Palmer added, "I love offering seminars and empowering our work

BOCES- 36

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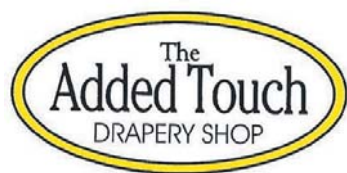
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for all the reasons, then it's time to visit a professional window treatment store. What consumers don't realize is that many of the companies make various levels of the same product, with different warranties. Be aware.

Let the professional explain about the different types of treatments in order for you to make the best choice. Solar shades are very good for sun, but not necessarily for privacy, cellular shades are great for insulation, but don't offer some of the other options of the silhouette or other window treatments that open and close, and go up and down into a cassette. There are also verticals, shutters, wood blinds, Overtones, Overtures, Odysee, Shangri-La's, Pirouettes, Luminettes, just to name a few.

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force. Attitudes and morale
improve from the classes
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great opportunity."

She also explained five (5)
of the students currently
taking the Shop Math class
are enrolled in the New
York State Apprenticeship
Program and this class
fulfills their math require-
ment.

Joe Klah, president and
CEO of OMP, said, "We
love BOCES. We have a
program for continuing
education for our employ-
ees and we couldn't do it

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OMP was founded in
1964 initially focusing on
molding of electrical and
television components
for companies like Gen-
eral Electric and General
Instrument. In 1968, they
moved to their present
Oneida location, which al-
lowed them to expand into
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Picture Perfect Pools and Affordable Spas is located, conveniently, at 8145 Seneca Turnpike in Clinton, New York. Picture Perfect Pools is your one stop for all your pool and spa needs. From purchase and installation of your pool or spa to maintenance or repair, they offer superior service and know-how with over 35 years of experience.

Owner, Craig Pritchard, explained that he's been doing pools his whole life. He said, "My dad started recreation pools right down the road. In 1990 I started Picture Perfect Pools in West Winfield on Route 20. We've been in the current location since 2007."

Picture Perfect Pools is one stop shopping for all your pool needs. They design, sell, and service pools (both above ground and in-ground), spas, and saunas. Pritchard explained the advantages to owning a Picture Perfect pool. Those advantages include; added resale value to your home,



giving you a return on your investment, you can enjoy your pool whenever you want, you won't be limited to a week's time when you can have a vacation to your own backyard, maintain your good health, and a Picture Perfect Pool will bring you closer to your family and create memories. No one passes up a pool party! Enjoy Paradise in your own backyard.

Picture Perfect Pools is also there for clients after the pool or spa is installed. They sell a lot of liquid chlorine from their fully stocked retail store. They replace liners for both above ground and in-ground pools. They offer free water analysis and can provide all the chemicals necessary to make your

POOL- 38

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History in Your Backyard - PACKET BOATS

After the politics and fundraising and then the hard work of digging the Erie Canal, to much surprise, travelers started using the canal to travel the state. When the Erie Canal opened in New York State in 1825 along the

Mohawk River, demand quickly rose for travelers to be accommodated and those travelers turned to packet boats.

The packet boat was a small boat designed for domestic mail, passenger, and freight transportation. Used in European

countries and their colonies, including North American rivers and canals. They were used extensively during the 18th and 19th centuries and featured regularly scheduled service. When packet boats were put into use in the 18th century on the Atlantic Ocean between Great Britain and its colonies, the services were called the packet trade.

Packet boats came in varied sizes, but the most common size was 60 to 80 feet long by just over 14 feet wide but might be as long as 70 to 90 feet. In the cabin, they could carry up to 60 passengers. Unlike European and American sailing vessels that sought to attain greater speed under sail, the canal packet boats were

drawn through the Erie Canal by teams of two or three horses or mules. Compared to overland travel, the boats cut journey time in half and were much more comfortable. All featured the same basic accommodations: a multipurpose room which served as lounge, dining room, and sleeping room (with a curtain to separate the ladies and men), and a kitchen. The average charge for traveling on packet boats was 4 cents per mile, and included meals and sleeping accommodations.

Because it was usually hot and stuffy in the cabin in the summer time, passengers commonly sat on deck, what little there was of it, or often on the roof. Headroom under bridges was usually low,



passengers on the roof to had to duck their heads, or flatten themselves to the roof to avoid being swept off the roof into the canal. This is the inspiration for the "low bridge, everybody down" song. Because travel on the Erie Canal zipped along at the blazing speed of about 4 miles per hour some packet boat travelers would get off the boat and walk along the tow path, jumping back on when they found a convenient low bridge.

The packet boat's multipurpose cabin took up the whole vessel. It extended the entire width of the boat and stretched from approximately seven feet from the bow, or front of the boat to within six feet of the stern, or rear of the boat. The space forward was known as the bow deck, and had chairs for the women passengers. The six feet of space at the stern was the stern deck, occupied by the tiller and the steersman.

The cabin was long and narrow, well lighted by a series of windows that occupied most of the length of the wall space. Down the center was a narrow table, on which the meals were served. When night came, the crew would start to make the beds -- the long benches would fold up to make

a lower berth, and two upper berths, which were cot-like affairs, would be made with the inner edge hung from hooks in the ceiling. Each boat was usually equipped with 60-70 berths in the cabin. Sometimes as many as 100 passengers would be aboard overnight and unlucky passengers had to sleep on the floor of the cabin.

Since packet boats were only in use in the first several decades of the nineteenth century, most have been lost to history and we remember them mostly from paintings and drawings. **E**



Cheffertown and Baltimore, PACKET-BOAT.

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Cheffertown, May, 17, 1793.

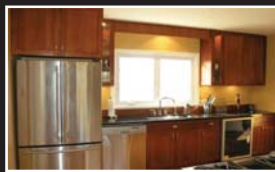
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POOL from 37

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Picture Perfect Pools can help you plan your new pool from design to deciding on the right spot in your yard to determining shape and depth. Put their expertise and experience to work in your backyard. Picture Perfect Pools is open 10 am to 6 pm Monday through Friday and Saturday 9 am to 5 pm. For more information, go to: www.pictureperfectpools.net or follow them on Facebook: PicturePerfectPoolsandAffordableSpas. **E**



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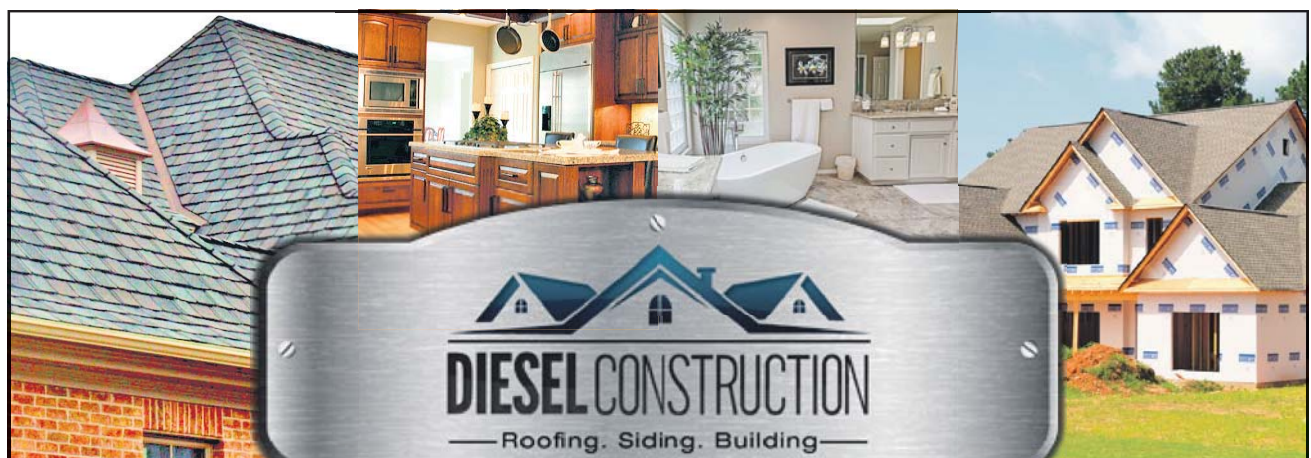
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Aceti's Classic Gardens

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By Carly Proulx

Spring is here, which can only mean the larger part of the Mohawk valley is looking to improve the landscape of their homes, and rally together to give a highly-anticipated encore to our spring and summer friends. As the result of many fingers crossed the snow has begun

to melt, and along with some April showers the skilled services of Aceti's Classic Gardens to usher in an influx of green, and colorful flowers is in high demand.

Many recent homeowners and longtime homeowners alike have a vision for what they'd like their homes to look like. Maybe you're looking for a fresh new lawn makeover, or after 10 you're sick of looking at the side of

your neighbors dilapidated barn. You've seen what your cousin's neighbors did to their front yard last summer, or the Koi pond that the network zooms in on during your favorite sitcom. However, there's a difference between having a vision, and being able to replicate it. This is why 4 generations of Aceti's Classic Gardens; Complete Landscape Services & Nursery offers a number of distinctive services to bring to life that vision, and make it a real work of art.

Currently owned by Tom Aceti, grandson of the original 1920s founder



the business of customizing peoples dream gardens, and professional landscaping has been in the Aceti family for almost 100 years. It's a passion for the work that fueled its succession through the years. Tom's father used to work with his uncle who started a business of their own. Hiring on a then teenager Tom to cultivate in both senses ACETI - 41

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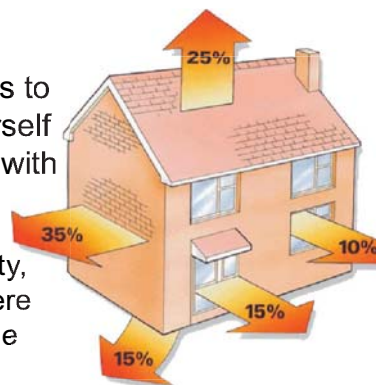
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ACETI from 40 of the word this particular artistry Tom waded along in the work to help his family, and earn some extra cash. Soon after, with the wealth of knowledge and experience he'd been handed down Tom would discern his own passion for it.

The 1980's proved time for Tom to take this strong foundation, and build up a career and business of his own.

Now with over 40 years of experience Tom knows the ins and outs of this business, the avenues of his own creative ability, and still very much enjoys the work he does. Tom will come to your property to meet you, and discuss with you your visions of customizing the perfect garden. He'll give his consultation while discussing your ideas, and from there move in a direction with a realistic and organized approach to best work within your budget and property's potential. Using a computerized software Aceti's is able provide a digital simulation of everything from the walkways to

the plants to unveil how the finished product will look.

The installation capabilities of Aceti's Classic Gardens' include; plants, lawns (sod or seed), walkways, patios, retaining walls, water features and ornamental gardens. Tom allows for the clients' personalities to shine through within the landscape design, as this is an important part of choosing Aceti's-the creativity aspect behind these projects isn't lost within the shuffle of maintaining a business.

Spring and Fall clean up, pruning, edging, mulching, lawn mowing, winter plant protection and snow plowing are all the maintenance, and or damage control services Aceti's offers.

The Aceti's Classic Gardens Nursery is located at 47 Clinton Road in New Hartford. By appointment only customers can visit the nursery, purchase mulches of different variety, river stones, various plants, trees, shrubs, and perennials. Aceti's features a wide

array of hardscaping pieces and materials for retaining walls, patios, walkways, ponds, and other water features. The patio you've been fantasizing about since the summer of 02' needs no more excuses. Aceti's can make your ideal house a home, your dream garden a reality.

Tom Aceti and his loyal team take pride in their work. Aceti's is a complete landscaping service company, and their well-rounded expertise rates them first pick. You can

set an appointment to visit Aceti's nursery or schedule a free estimate by calling 315-735-2206. Also, visit

their website at www.acetisclassicroad.com to view the gallery of the Aceti's team's unparalleled work. **E**

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PRIVATE DEBT COLLECTION PROGRAM AND THE IRS

Beginning next spring, the IRS plans to start private collection of certain overdue tax debts.

They have selected four contractors to implement the new program. CBE Group, Conserve, Performant and Pioneer. These agencies will collect outstanding tax receivables on the governments behalf.

As a condition of the contract these agencies must respect taxpayer rights including abiding by the consumer protection provisions of the Fair Debt Collection Practices Act.

The private collection agencies will work on accounts where taxpayers owe money, but the IRS is no longer actively working on their accounts. Several factors contribute to using private agencies, including older, overdue tax accounts or lack of resources preventing the IRS from working on those cases.

The IRS will give each taxpayer written notice the account is being transferred to a private collection agency. In turn the agency will send a second separate letter to confirm the transfer.

The private collection agencies will be able to identify themselves as contractors for the IRS for the purpose of collecting taxes.

The IRS will do everything it can to help taxpayers avoid confusion and understand their rights and responsibilities.

BE AWARE of the continuing phone scams with people impersonating IRS agents requesting immediate payment.

Private collection agencies will not ask for payment on prepaid debit cards. Instead you will be informed about electronic options thru the IRS website or checks should be mailed to IRS and made out to U.S. TREASURY, not the collection agency.

A lot of valuable, up to date information is available at irs.gov.

Start keeping track of things you will need for next years tax return. It's a lot easier to keep things in a single folder now, than to go hunting for them in January!!

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Alicia Cashman
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Yes, you can own your first home

By Lisa Lauritsen

Tired of renting? Ready to make an investment in owning your first home instead?

Join the Home Ownership Center, and Main Street First, of Little Falls, for a free information session on how to make your home buying dreams become a reality. If you

live in Oneida, Otsego, Fulton, Montgomery, or Herkimer county, and are interested in learning more about buying your first home then be sure to attend Wednesday, May 24th at 6 pm, at the Travelodge in Little Falls. The meeting will run about an hour or more and outline their upcoming Homebuyer Education Course, and their Money Management course. Both offer

empowering information and personal guidance through the brambles to financial independence.

The Homebuyer course will help perspective home buyers consider what is right for their unique family, then support and offer guidance through the homebuying process. They even offer a 4:1 match on down payments and closing costs. For example, if a new homebuyer saves \$1,800.00, one of twelve local banks that work with HOC will contribute to that saved amount for a total of \$5,700.00, just for participating in the program; which is designed to see you succeed in buying your very first home; the biggest and most important purchase a family makes. They will help you figure out what's affordable, how to manage your finances, and help secure a loan with a low interest rate.

For those struggling with debt of any kind, or foreclosure, the Money Management course may be your key to financial relief. You will learn to repair your credit, and design a realistic budget



from a trained counselor who will help you achieve your financial goals.

Mark your calendar, it's a unique opportunity designed to see you succeed in buying your first home, even if you never thought it possible. It is now. Please contact Susan Marie Weber at (315) 744-7877, or susanweber@gmail.com for more information. You can also learn more by visiting <https://www.homeamerica.org/homeownershipcenter>. And, join them May 24th. **E**

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What would YOUR MOTHER say?

Gardening

By S.D. Shapiro

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

I recently ate at one of those fancy, farm to table restaurants. The food was delicious. The chef stopped by the table and explained where each and every ingredient came from. I asked, "Where are you getting such fresh tomatoes this time of year?"

He said, "We grow them in our garden."

This got me thinking that I should have a garden.

I found a nice spot in the backyard that got a good amount of sunlight and decided that it would make a nice garden. After a quick trip to the hardware store, I returned with a 150 feet of chicken wire and some green metal fence posts. The chicken wire cost me \$20 and the posts were \$6, which I thought was cheap insurance against the rabbits and deer. I searched the mess of a garage for a sledge hammer to pound the posts into the ground. Par for the course, I couldn't find the sledge hammer. Back to the hardware store I went where I dropped another \$45 on a brand-new sledge hammer that I was sure to lose in the garage.

With the posts pounded into the ground, I started attaching the chicken wire. I went down one side, around the first corner, back down the back of my soon to be garden, and started back to the front. And then the roll of chicken wire ran out.

Back to the hardware. Another \$20 for another roll of chicken wire.

Resupplied with chicken wire, I finished fencing the would-be garden. And, in typical cartoon fashion, I found myself neatly corralled inside. I needed a gate.

The clerk at the hardware store was not surprised to see me again. I purchased 2 more fence posts and some 2 x 4's to fashion a gate. Luck was on my side; I actually found my circular saw in the garage and didn't need to go back again. Yet.

The gate was assembled and I still had all ten of my fingers.

Not wanting to make yet another trip to the hardware store, I called and made arrangements to rent a tiller. They would deliver it the next day. I could almost hear the clerk laughing as she hung up the phone. Tiller rental was about \$60.

The seeds were the cheapest part of the whole endeavor. I picked up packets of seeds for 99 cents; \$1.25 for the expensive varieties. I picked Roma tomatoes, some Alaska peas (sounded exotic), lettuce, carrots, Swiss chard, radishes, green peppers, string beans, and some Jalapeno peppers (for spice). The guy at the green house told me that I would need something for the beans to "climb" on. I figured that was another trip to the hardware store.

I bought a bunch of little trays to start the seeds before sticking them in the ground and I splurged for "organic" potting soil. At nearly \$20 a bag, I wondered why all dirt wasn't organic as I carried it to the car.

The tiller arrived and I muscled it into the back. I opened the gate and found that my measurements were about 6 inches too short. The tiller wouldn't fit through the opening. I detached the fence from one of the posts and peeled it back like the skin of an apple. After struggling to start the tiller, I tilled the soil and made little rows like I imagined a real farmer would make.

Six hours later, the ground was ready. Now it's all about waiting. When it comes down to gardening, it's something that everyone should try. If my tomatoes and other vegetables actually come up, my garden salad will only cost me a few hundred dollars. Stop and think, "What would my mother say?" She would say, "I planted some Brussels Sprouts. I know how much you love them." E





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King Crossword

ACROSS

1 Media watch-dog org.

4 Basin access-ory

8 Jason's ship

12 Carte lead-in

13 Old woman's home?

14 Cat call

15 Capital of Uzbekistan

17 Elliptical

18 Involve

19 Plant bristle

21 Mischievous tyke

22 Capital of Rwanda

26 Prologue

29 Fast flier

30 Director

Howard

31 Little lamb's owner

32 Prohibit

33 Ostentatious display

34 Santa — winds

35 Blunder

36 Point of view

37 Capital of Mozambique

39 Ostrich's cousin

40 Cal.'s ocean

41 Dutch exports

45 Shaving cream

additive

48 Capital of Turkmenistan

50 Sunup

51 One-on-one battle

52 Wall climber

53 Newspaper pg.

54 Bizarre (Var.)

55 Gender

DOWN

1 Karma

2 Family

3 Group of actors

4 Inuit

5 Puppy

6 A billion years

7 Gotten back

8 In the thick of

9 Accelerate quickly

10 — long way

11 Hooter

16 Hirsute

20 Humor

23 Met melody

24 Forsaken

25 "Meet Me — Louis"

26 Mosque big wig

27 "Peter Pan"

28 Snare

29 Cookie holder

32 Rich fabric

33 "Be-Bop- —"

35 Greek vowel

36 With compla-cence

38 Knock over

39 Bygone anes-thetic

42 Sacred

43 Egyptian bird

44 Charon's river

45 Big bother

46 Once around the track

47 Have bills

49 Seek damag-es

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Weekly SUDOKU

by Linda Thistle

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

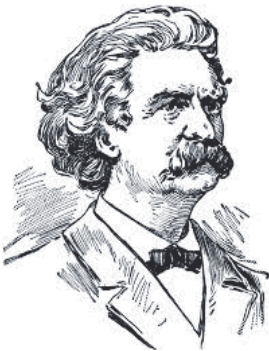
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

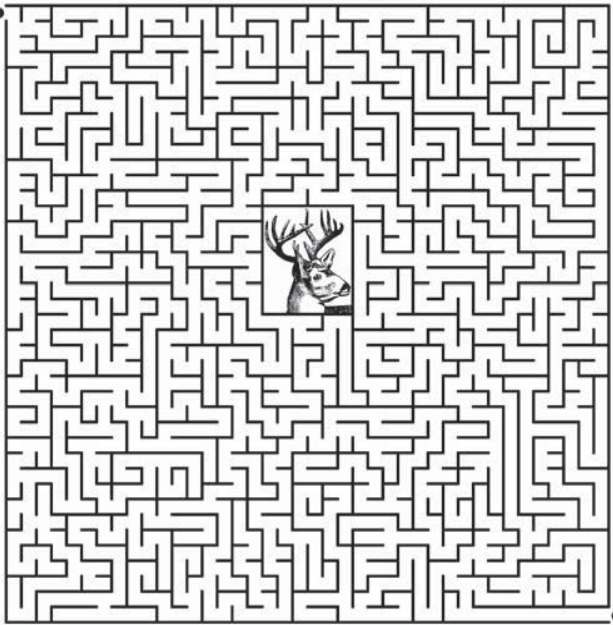
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It's spring fever....
You don't quite know
what it is you do
want, but it just fair-
ly makes your heart
ache, you want it so!
~Mark Twain



Mega Maze

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Amber Waves

by Dave T. Phipps

MOTHER'S DAY IS COMING
AND I DON'T HAVE A PRESENT
FOR HER.

SHE DOES SAY THAT MY
SISTER AND I ARE THE BEST
GIFTS SHE COULD ASK FOR.

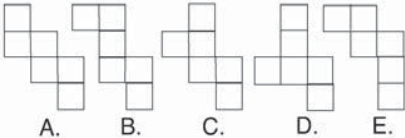
SURPRISE! I'VE DECIDED US
KIDS WILL BE YOUR PRESENT!

SINCE DAD HAD NOTHING
TO DO WITH IT HE CAN
GET YOU A GIFT CARD.

STICKELERS

by Terry Stickels

Four of the five diagrams below
can be folded into a cube.
Which one cannot?



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Just Like Cats & Dogs

by Dave T. Phipps

I'M LOOKING FOR SOMETHING IN THE
PRICE RANGE THAT WILL SUGGEST I'M
SORRY BUT DOESN'T ADMIT ANY GUILT.

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately
BEFORE it in the alphabet to find a riddle and its answer.

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QMBZ BU CJSUIEBZ QBSUJFT?

NPPTJDBM DIBJST.

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Cartoonists.com

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Fence board is missing. 2. Stripe is missing. 3. Sleeve is shorter. 4. Cloud is smaller. 5. Cap is missing. 6. Arm is moved.

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LAFF-A-DAY



"Tent poles? I thought they were firewood."

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"Your request to enter the witness protection program is noted, but this is traffic court."

MAGIC MAZE

PLACES WITH AN "A" FRONT AND BACK

ENKHEBYWTROLJGE

BYWURAPNKIGDBZX

VSQABOMKIGECAYW

USQUAMABALAPANL

JHRGLFAIEICAFYX

VAUUGSSCNQDPRAN

MLTSEAKEIAJAIRH

FAETRCMBZRBYCOX

VSUAIRDNAXELART

RKQPACOMLKIMAUA

HARAKNATNALTAAG

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

- | | | | |
|------------|---------|---------|---------|
| Africa | Algeria | Armenia | Attica |
| Alabama | America | Aruba | Augusta |
| Albania | Ankara | Asia | Aurora |
| Alexandria | Arcadia | Atlanta | |

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Breathing easier about CPAP treatment



Sleep apnea very often is treated successfully with the use of a continuous positive airway pressure machine, often referred to as a CPAP.

People who routinely toss, turn, snore, and wake up feeling less than refreshed in the morning may have more to worry about than simply not getting a good's night sleep. They may be experiencing a relatively common yet largely undiagnosed condition that can contribute to long-term risk for various diseases.

Sleep disorders have become a significant health issue. Sleep apnea, which affects an estimated 22 million people in the United States, can contribute to difficulty sleeping. Sleep apnea causes periods defined by an inability to breathe. The American Sleep Apnea Association says sleep apnea comes in three types: obstructive, wherein a blockage of the airway is usually caused by the collapse of the tongue or soft palate; central, when the brain fails to signal muscles to breathe; and complex, which is a combination of the two conditions.

Over time, sleep apnea can be a risk factor for heart attack, stroke, diabetes, and other serious conditions, says the Cleveland Clinic. That is why symptoms that may begin as mildly agitating snoring sessions should be brought to a doctor's attention. When sleep apnea is identified, one of the more successful treatments is widely referred to as "CPAP."

According to the National Heart, Lung and Blood Institute, CPAP, or continuous positive airway pressure, is a treatment that uses mild air pressure to keep breathing airways open. A CPAP machine includes a mask or other device that fits over the nose or nose and mouth. The mask is connected to a machine via a tube, through which humidified air is blown.

In cases of obstructive sleep apnea, or OSA, CPAP can reverse the complete blockages or narrowing of upper airways. When used correctly, CPAP may be the only treatment necessary to address OSA. Sleep apnea is usually confirmed by an overnight sleep study known as a polysomnogram, or PSG, conducted in a lab or at home. According to the American Sleep Apnea Society, a PSG is often followed by with a CPAP titration study.

Individuals who will require CPAP can choose among masks and equipment that meet the prescription and maximize comfort levels. Many people become accustomed to using CPAP devices right away, while others may need a month or



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more to transition. Problems like uncomfortable masks or air leakage can be tweaked until users grow comfortable. CPAP needs to be em-

ployed under the guidance of a sleep specialist. The mask and tube should be cleaned daily and be replaced when necessary for the treat-

ment to work effectively. More information about sleep apnea and CPAP is available at www.amsleep.org. ■

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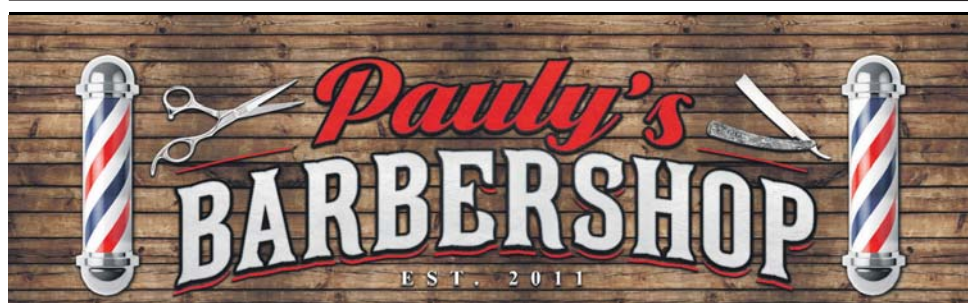


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Pauly's Barbershop



Pauly's Barbershop is located at 152 Whitesboro Street in Yorkville, New York, New York. Offering gentlemen haircuts, specialty haircuts, beard trims, and hot shaves Pauly's is a throwback to a traditional barbershop.

Paul Randall, has been licensed for seven years and established his barbershop in 2011. He got his license in Albany but said he really learned the craft from Tony Barella, the barber who he bought the shop from. The Utica native and former Marine's new location is a beautiful, well lit, old fashioned barber shop.

Pauly said, "Now kids are getting their haircut the old-fashioned ways. I'm seeing a lot of hard parts and comb-over's."

The new location is a breath of fresh air for Mr. Randall. He bought building in December 2016 and spent January through March rehabbing and remodeling. The beautiful brand-new facility is

fully renovated with 4 stations and room for growth. There are multiple flat screen TV's to keep you entertained and connected while you wait or get a trim. Pauly's Barbershop has a kids play area, the only one in Oneida County, for a complete family friendly feel.

He explained that he wants his barbershop to be a throwback; a place in the neighborhood where congregate and visit. It's all walk-in's at Pauly's Barbershop; no appointments are necessary.

Part psychologist, Pauly believes that personal service, experience, and a trusting relationship are the secret to a great haircut. "And a straight razor for the clean lines," he joked. Pauly also offers a hot towel massage to finish your haircut in style.

Pauly takes building relationships with his younger customers to the next level as he coaches Whitestown little league and minor league. He's seen some of his players come up through little league through high school ball and along the way, he's kept their hair a slick as a vicious breaking ball.

Whether it's high and tight or just a little bit off the top, trust your next haircut to Pauly's Barbershop. The barbershop is open Tuesday through Friday 9 am to 6 pm and 9 am to 2 pm on Saturday. For more information, follow them on Facebook: paulybarbershop17 or call: (315) 732-0791. **E**

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Spring into Fitness

By Mike D. Burke

You want to lose that gut, bust that butt; get ripped, toned, buff, “lift things up and put them down,” stop letting Netflix and Hulu run your life and start running in life (well, some sort of cardio anyway), you want to be that guy or gal that says, “Yeah, I was doing my bulking phase, but I’m really excited for my cutting phase.” You are ready to get fit!

“I just want to make sure I can get myself out of a ditch.” Said a local bartender attending the Planet Fitness in New Hartford, NY where I myself go. Where do you start though? They say to always ask your physician before starting an exercise program, but seriously, who does that? I don’t know anyone who has done that, do you? Maybe it’s a good idea. Anyway, where to start, right? The best place to start is with what your goals are for your body. Do you just want to feel healthier? Do you want to put on more muscle, do you want it to be bulky or lean? Do you want to be more flexible and make your joints feel a whole lot better? These are important questions as there are many different roads to take.

Once you identify what it is you want for yourself, the next step is to pick a nutrition plan that suits your goals. It all starts with the diet, you can’t go around working out three days a week and still eating Mickey D’s for lunch every day. With the proper nutrition, everything is

possible; you want to bulk up, you need to be eating at least 4-6 times a day, balance them with protein, carbs and fat. You want to cut? Eat small meals every 2-3 hours, cut back on the carbs, and decrease your overall calories per meal, increase your cardio. These are just some simple basics you find out if you Google. Admittedly I’m not an expert. Do the research, that’s what important, read article is after article on it. This goes for your workout of choice as well. Use Pinterest, Google, YouTube, any resource you have at your disposal to be fully informed about what it is you are going to be doing to your body, I cannot stress this enough. To be fully informed is key.

Keep in mind you have lots of choices for your fitness regimen of choice too. There are traditional gyms, fitness classes; martial arts dojos and yoga studios galore! Pick what interests you the most, that’s what you’re more likely to want to do!

Then just pick a time that’s convenient for you. Make sure it fits your lifestyle, fits within your schedule. A trick that works for me is to make sure I go right after work. They say if the place you work out at is on your way home that you’re more likely to go. I find this is true for myself. All you can do is be consistent and put in the hard work and within at least 6 weeks you will notice a change in yourself. Remember though, consistency is key as well! I’ll see you at the gym. **E**

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HAIR MATTERS

by Amanda Comstock
at Julie Diehl Salon



Korinne has been a client of mine for about 2 years. It’s safe to say she’s one of my funky clients to say the least. The amount of love I have for her funkiness is unmeasurable! She came to me about 2 weeks ago and told me she wanted a huge change... Naturally I was thrilled, but then when she told me she wanted to cut over a foot off of her length AND shave a teardrop section into the underneath....

I was ecstatic! She has had a pretty intense red at a level 6 for quite a while now and recently we added a more vibrant red through her ends to give her more of a pop. Luckily she wanted to keep her color the same because I knew it would look amazing with her new cut! I suggested adding a bit of depth to teardrop section for a bit more definition and with both of us in agreement I got started!

I normally don’t, but this time I started with the cut. I sectioned out the teardrop that was going to be shaved. Keeping the rest of her hair out of the way I used a #2 clipper guard and shaved the entire section. I then used a #1 guard and faded it into the #2 so the hair was tighter to her head from the hairline to her occipital bone. I then edged her up with my trimmers and created a zig zag at the base of her hairline for added edginess. Once the teardrop was finished I did a rough cut on the rest of her long hair to basically prevent myself from wasting color and planned on finishing the cut after the color was processed. I separated the hair away from the shaved section and applied a level 5 neutral to help define the area and help it to stand out a bit more because

her natural color is so light. I then started applying her base color, which is a level 6 max red (6RR), at her regrowth only and I color balanced her with Colorance 7RR to intensify her brighter red that was already going through her ends. She processed under my color processing machine for 20 minutes, and after her shampoo and conditioning she was ready for the finishing touches on her cut!

I decided to use only my razor for the rest of her cut because she wanted a super edgy look that would be really easy for her to style on her own. Having incredibly thick hair, a razor cut is perfect for how she wanted her end result to be. I started at the nape and shattered the whole perimeter dropping the front lengths to form an inversion. I wanted to be able to see the zig zag hairline through the hair in the back of her head so I went into the interior sections that fall at the occipital bone and shattered a bit more. I used the same razor technique through to the front lengths until she was layered throughout and then she was ready to style! After a rough blow-dry I used a 1/2" wand and curled her whole head in a wrap technique using The Shield by Amika to protect her locks from heat damage. After she was totally curled I used Surface Taffy Wax to give her definition, shine, and controlled style for an all-day wear!

After about an hour and a half and \$70 she was absolutely in love with her new funky look! This transformation was by far one of my favorites to date, and I send out a huge Thank You to Korinne for letting me be a part of it!!



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... Whatever Your Needs ... However I Can Help

Crystal Springs Golf Course

By Jessica Arsenault Rivenburg

Though heading into its 45th season, Crystal Springs Golf Course, in Vernon, is still growing and improving.

Set out in the country, among the rolling hills of western Oneida County, Crystal Springs now features a newly remodeled interior and expanded bar. And that's only half the improvements owner Tom Snizek has in store. Within the year, he hopes to have a full kitchen and hopes to be open year-round to golfers and snowmobilers.

"We used to just have beer and wine, but this year we went to a full liquor license," Snizek said. "We just remodeled the inside last year to make it a pub setting."

Another fun and unique feature is a tiki bar out on the course that opens for golf outings and tournaments, Snizek said. And don't forget Crystal Springs' \$10 six-packs golfers are welcome to bring onto the course with them.

Next to the full bar, Tiki bar and soon-to-be full kitchen, of course, is the pro shop, featuring PGA professional Dustin Jones.

Outside the building facilities, Crystal Springs is a par-35, nine-hole course arranged over 105 acres.

"We're spread out quite a bit," Snizek said. "We're out in the country, out in the woods, on hills. Holes one and nine

are particularly hilly."

In addition to hills, as its name might suggest, Crystal Springs features a number of ponds throughout the course, fed by natural, underground springs.

"There's a lot of water on the course," Snizek said. "It's quite a water hazard course."

Snizek's father, Fred Snizek, designed and built the course in the early 1970s.

"He grew up in New York Mills, during the era of golf in the area," Tom Snizek said. "He always wanted to build his own golf course."

While working as an engineer for GE, Fred Snizek made his dream a reality, working days and coming home to build Crystal Springs during the evenings.

Tom Snizek's brother, John, took over for their father when the time came. John Snizek ran the course for about 15 years, until his passing some six years ago. At that time, Tom Snizek, an English teacher in the New Hartford school district, took over the family business, while still maintaining his teaching position.

"We really pride ourselves in being family owned and operated for going on 45 years, since the beginning of the course," Snizek said.

Check out Crystals Springs on Facebook at facebook.com/crystalspringsgolf. **E**



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the whole thing. “You put your head down, work hard, stay humble, and you hope that good things will happen,” he says.

If I didn’t know any better I’d say Clare is the next Rocky Balboa, and upon meeting him

the first time you might find yourself wondering where his bruises hide. But when I really stop to think about the difference between the two I fall short. We’re all fighting our own battles in this life. We’re all doing

what we can to survive. Even so, eight years of endurance later Clare still chooses to fight with passion, pride, hard work, and lucky for the rest of us, some real good Italian food. **E**



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Christ the King Shrine in Marcy, NY honors the 70th year since 1st apparition

Over 100 people were gathered at the Christ the King Shrine to pray on Sunday April 30, in Marcy, NY. I walked over to Alice Sunderlin, 17th year president promoting the Shrine, and remarked on the success of the turnout and absence of rain. With a smile, she said, "My prayers were answered, and they're still coming." And they were.

Located on the right-hand side of Flanagan Road in Marcy off River Road Christ the King Shrine designates the site of private apparitions of the late Charles J. Grestl of Utica, NY. They came from all over. From

Syracuse, Lake George, Philadelphia, Rochester, and Binghamton they came to celebrate the anniversary of the first apparition.

It was 70 years ago today that devout Roman Catholic Mr. Grestl testified in a letter to his Holiness Pope John XXIII of his meeting Christ at this site no less than 12 times. Grestl's first apparition took place on April 30, 1947, and stated in this apparition and the ones that followed that Jesus appeared on a bench carving beautiful angels out of wood. A garden on site at the Shrine filled with small angels in which anyone is welcome to bring an angel

of their own to add to the assemblage, Sunderlin built the angel garden to commemorate the nature of the apparitions.

At 1:30 pm Deerfield resident Mike Dziura led the rosary as he's done in past events, and the crowd of bowed heads joined in to pray. A Mass led by Father Dellos followed at 2:00pm on the Holy Grounds, and among many others were guests Carol and John Leary. Multiple saints are displayed at the site, and on display as you draw nearer to the site from the road is a large crucifix complete with a Jesus replica.

Through grants from the Good News Foundation came the enclosure and installations for the 14 stations donated by Charles Grestl's family. Off to the left of the site are the enclosures protecting the individual 24 in. statues of saints that sit inside them. They were donated in 2016, along with the stone wall they're perched upon. When Sunderlin informed me everything you see on site is through donations she expressed in gratitude "When I ask people come forth." The Shrine's signature is all the bricks you see about the Shrine, all having come from the original St. Patrick's Church where they're currently in full swing, building the Irish Cultural Center of the Mohawk Valley.

In Grestl's apparition, Jesus asked that His message be made known throughout the world, adding, "the priests

SHRINE 58

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Salmonella is ‘no yolk’ when raising backyard chickens



houses are just another extension of methods to reap the benefits of fresh, local and nonfactory-produced foods.

Although advocates insist that raising chickens on a small scale makes the birds less likely to carry disease than factory-farmed chickens, anyone raising chickens needs to be aware of the potential for disease — particularly salmonella. Also, it’s important to care for chickens in a manner that is humane and in line with local laws.

WHAT IS SALMONELLA?

Salmonella is a common bacteria that lives in the intestinal tract of humans, other mammals and some birds, including chickens. The U.S. Centers for Disease
SALMONELLA - 52

City dwellers and suburbanites have flown the coop, so to speak. A growing interest in raising chickens has enabled coops and nesting birds to spring up in neighborhoods one would not typically associate with chickens.

Sometimes dubbed “urban homesteading” or “urban farming,” these homegrown operations enable people to enjoy fresh eggs from the comfort of home. Hen-



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SALMONELLA from 51

Control and Prevention estimates that approximately 1.2 million illnesses and 450 deaths are attributed to salmonella annually in the United States. The illness causes diarrhea, fever and abdominal cramps between 12 and 72 hours after infection and can last between four and seven days. Salmonella can cause death when not properly treated with antibiotics.

SPREADING**SALMONELLA**

Although humans cannot catch salmonella from chickens the way one would contract a cold, they can catch it through handling or consuming eggs of infected birds. The rural newsletter and farming resource Grit says salmonella can then be transmitted to humans who eat improperly cooked meat or eggs from infected birds or from putting their hands in your mouths after touching chickens or eggs that

have come in contact with contaminated rodent or chicken feces.

The elderly, people with weakened immune systems and young children are at the highest risk for salmonella infection than others. Children who help gather eggs and do not thoroughly wash their hands afterward can be at increased risk.

REDUCING RISK

Maintaining clean conditions and routinely inspecting chickens for

good health can help lower the risk of salmonella infection. Chicks and adult chickens that have salmonella may produce loose yellow or green droppings; have a drop in egg production, increased thirst and decreased feed consumption; and show signs of weight loss. Look for rodents in the henhouse, as infected mice or other small rodents may transmit salmonella as well.

Chickens also need safe, roomy clean conditions

to remain healthy and content. According to the resource MyPetChicken, a diet of whole grains and seeds also may be associated with decreased salmonella colonies.

Some experts warn against washing eggs as a preventative method. According to a report written by Diane Schive-ra, an organic livestock specialist for the Maine Organic Farmers and Gardeners Association, thoroughly cleaning egg shells can remove

a protective "bloom" that prevents bacteria from entering eggs. Eggs shouldn't be scrubbed, but some suggest a warm water rinse that will push dirt away from the shell's pores.

Old eggs are more susceptible to bacteria penetration. Storing eggs at room temperature may cause them to degrade faster. Once eggs are gathered, individuals should wash their hands and make sure the eggs are chilled.

Salmonella can be prevented in backyard chicken coops. Plus, it's important to note that risk of infection is very small. The American Egg Board's Egg Safety reference says an average consumer might encounter a contaminated egg once every 84 years. **E**

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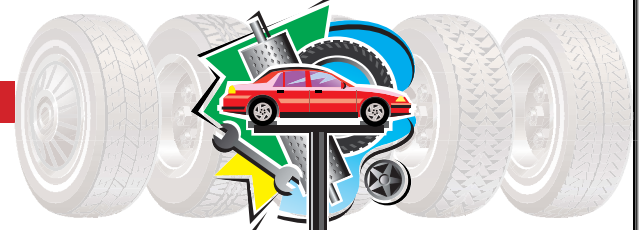
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Reasons to include more dairy in your diet



impact on blood pressure, some theorize that their calcium and protein content are likely behind the benefit.

* Dairy benefits your bones. Dairy has long been known to improve bone density. But it's not just seniors who benefit from the bone-strengthening impact of dairy. Youngsters who consume dairy can also expect an increase in bone mass, which can make them less susceptible to injuries like broken bones. Seniors who consume dairy to improve their bone density should know that a recent study from researchers at the Institute for Aging Research

found that not all dairy products are equal when it comes to improving bone density. While milk and yogurt were linked to higher bone mineral density, dairy products like cream and ice cream contain less protein, calcium and vitamin D and more fat and sugar than yogurt and milk, and these products may actually be associated with lower bone mineral density.

Though there are many ways men and women can improve their overall health, it's important to consider the nutritional value of dairy when making any alterations to your diet. **E**

A healthy diet can improve quality of life and reduce a person's risk of developing disease or other negative health conditions. For example, a diet rich in fruits and vegetables can boost the immune system and promote cardiovascular health, lowering your risk of heart disease in the process.

While the benefits of including fruits and vegetables in your diet are widely known, the medical benefits of dairy are often overlooked. The following are a handful of ways that dairy products like low-fat milk, cottage cheese and yogurt can make a nutritious and beneficial addition to your diet.

* Dairy is a great source of vitamin D. In addition to providing sufficient calcium and protein, dairy also helps men, women and children boost their vitamin D. That's especially important in the winter months when people tend to get less exposure to the sun. Exposure to the sun is a natural way to boost your vitamin D, but the shorter days and colder weather of winter can make it hard to get sufficient vitamin D during that time of year. Dairy products like low-fat milk can boost your vitamin D, which can improve your bone health and, according to recent research, might help reduce your cancer risk.

* Dairy may help lower your blood pressure. Men and women with high blood pressure might benefit from including more dairy in their diets. In a study of 5,000 adults, Spanish researchers found that those who reported consuming the most low-fat dairy products were more than 50 percent less likely to develop high blood pressure than those who consumed less low-fat dairy. Though researchers are not certain as to the reason behind low-fat dairy products'

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theory while others thrive on practice elements. Experimentation in teaching techniques and experiences are hallmarks of innovation. Such was the case of BOCES Consortium of Continuing Education (BOCES) Integrated Education and Training program conducted at OHM BOCES in New Hartford during the summer of 2016.

The new Integrated Education and Training (IET) programs utilize BOCES existing infrastructure in career training and liter-

acy instruction to allow students to simultaneously work toward their high school equivalency diploma and gain employment skills in specific industries. The industries of Culinary Arts and Carpentry were selected for their potential growth in the local job market.

BOCES implemented this new initiative using a team teaching approach. Seasoned and talented educators combined the rigor necessary to work with students towards completing the high school equivalency diploma milestone with the skills and work habits necessary in industry.

The Culinary Arts program was taught by co-teachers Betty Millson and Tom Wells. Millson, who currently teaches Adult Basic Education (ABE) and has nineteen (19) years of teaching experience, saw the challenge of teaching food preparation for dishes that were new to students.

"Many of the students were born in countries where their culinary traditions and dishes were very different from our culinary arts curriculum" noted Millson. Wells is a retired culinary arts instructor with decades of professional experience. Together they brought students from soups, breads and salads through main entrees and desserts... all in a concentrated six (6) week program. Wells commented, "This was a fantastic program! It was very efficiently run and the students were ambitious. They always wanted to learn more."

This is exactly what great education inspires - great learning. The US Department of Labor states overall employment of cooks and food preparation workers is projected to grow in the 2014-24 decade. We see this locally with many entry level positions as well as experienced chefs and cooks. The skills learned with the summer culinary arts experiences provided the necessary skills to gain entry into the food service industry.

Along with Culinary Arts, a Carpentry track was offered. Jim Erlichman, who has years of experience teaching skilled trades, led a class



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The Tavern



By Timothy Fischer

It was a day in late winter when my father and I packed our cameras and tripods into the car and went for a drive. It was mid-morning and we took the highway west without a set destination.

After several miles, we approached the sprawl of a large industrial park that sat along the opposite side of the highway.

“This next exit up here,” my father said, “let’s see if we can find our way over.”

Up the ramp and across the overpass we made another left turn and slowly

drove through a tumbling district of old factories and warehouses.

“Maybe this one,” my father said. It was a massive, four-story building that encompassed nearly a whole block, entirely abandoned.

So, we left the road and followed a driveway past a row of old loading docks. Around back we parked in a large courtyard where all around us loomed a gallery of pitted walls and broken windows. We stepped out with our cameras and spent a while plodding around in the snow, peeking through the milky old

windows.

“Over here,” I said. At the end of a nearby annex was a spot where a door once stood. A drift of snow and broken glass filled the opening. After a moment of hesitation, we passed inside across the threshold.

The spacious interior of the warehouse smelled of dust and damp stone. The long outer walls were blistered with moisture stains and scrawled with graffiti in places. Wires and cables dangled from the rafters. Clumps of insulation, shards of glass and torn panels of drywall were scattered

over the floors.

At the far end of the corridor we ducked through a door and crossed into a narrow hallway. We considered turning back but decided to venture a little farther. “Let’s see what’s through here,” I said and then around another corner we found ourselves, to our surprise, in an old tavern.

The bar itself was still there, the floors strewn with upturned tables and stools and other junk. My father and I both stood and quietly marveled, then we set up our tripods and snapped some pictures.

Behind the bar was a long dining alcove filled with old booths. One window at the back had been overtaken with a thick tangle of branches that had slowly crept indoors over the years, the bare limbs wrapping down over the seats.

Standing there I imagined all the people that once brightly filled those rooms during their off-hours. The machinists and laborers, the maintenance crew, the drivers, the secretaries and the foremen. The work, the struggles, the families, the stories that stretched back over the years. All come and gone, replaced by drifts of snow and old tree limbs clutching at vacant tables. As if nature was slowly reclaiming its patient victory over

the receding heritage of another time.

And I also thought of how my father was getting older, of how one day he would no longer be someone that I walked with, but someone that I only remembered. His voice, his footsteps in the hall.

“Hey Dad,” I said. But

I turned and he was already gone, out of earshot, and somewhere back up the hallway I could hear his shoes scratching over the floor.

“I’m glad we did this,” I said.

Then I collected up my camera and tripod and started my way back. **E**

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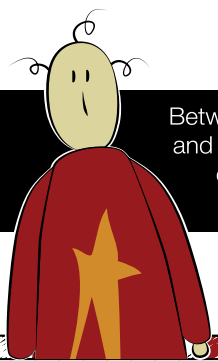
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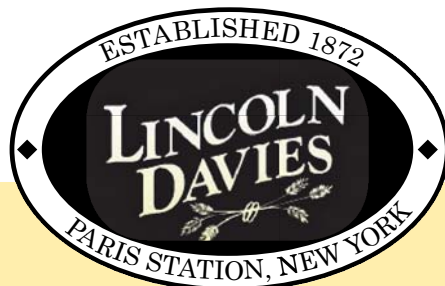
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BOCES from 54
in basic carpentry skills culminating in the construction of a finished shed. This six (6) week project included siding, roofing, framing finish work and even a flower box. Along with the hands on learning, Erlichman noted this was a huge confidence builder... "the students were able to achieve something concrete and that kept them coming, interested and involved." A student from Utica who missed his ride one day rode his bike to campus so he wouldn't miss class....and it was raining.

Jackie Carll who team taught with Erlichman ensured that students had appropriate reading and writing skills. This former English teacher and Building Principal had the dual goal of improving communication skills while concurrently working with the class to complete the OSHA 10-hour certification for the construction industry. "I came away with a heightened respect for construction trades... it was wonderful to see confidence bloom in the students - most of which had little or no previous carpentry experience."

A report on the Mohawk Valley (Bureau of Labor Market Information, 2015) projects a growth in construction laborers, carpenters and other workers. The need for skilled builders, renovators, maintenance workers will be keen in the next decade.

In addition to the Culinary and Carpentry offerings, Hospitality/ Housekeeping and Home Health Aide are being added to this summer's programs. Integrated programs serve as a model...a unique and successful combination of high school equivalency diploma and practical skills that insure a job-ready citizen.

Call the BOCES Adult and Continuing Education Offices at (315) 361-5800 or visit the website www.moboces.org/adulted. Classes are currently being filled for the Summer Programs at OHM BOCES. Students must be 18 years or older.

The BOCES Adult and Continuing Education programs are delivered through a partnership between Madison-Oneida BOCES and Oneida-Herkimer-Madison BOCES. **E**

Birthday party pointers to make kids, parents happy

Hosting birthday parties that touch on all the right notes can be easier if parents follow a handful of strategies that many parents have been employing for years.

- Involve your child. Chances are your son or daughter has been plotting out ideas for his or her party since last year's festivities ended. Ask questions about what he or she would like to do this year. Seek your child's input on the guest list and preferred theme. Playing an active roll in party planning can make kids even more excited about their birthday parties.

- Focus on fun and making your child feel special. Some parents feel birthday parties must be expensive and all-encompassing bashes. But many children simply want parties that allow them to participate in an activity they enjoy, eat sweets and share the experience with their closest friends. Recognizing this can help parents keep their workloads and budgets in check.

- Trim the guest list. Parents should not feel the need to invite every acquaintance to their children's birthday parties. Parents understandably don't want to exclude or offend anyone by leaving them off the guest list. However, try to limit the guests to around 10, including the guest of honor. This makes the entire party more manageable.

- Keep it quiet. Make sure your child avoids bragging about the party at school or at extracurricular activities. Doing so many offend those classmates who are not on the guest list. Send invites directly to homes rather than distributing them at school so that no one feels excluded.

- Develop backup plans. There's no accounting for the weather, illness, venue cancellations, or food flops. Always have a plan B (and, ideally, a plan C and plan D) so that the kids can stay entertained.

- Encourage drop-and-go. Hosting young children can be stressful. And when parents attend the party as well, entertaining duties expand to an entirely different level. Recruit another helper or two and be sure parents know you are comfortable with them not staying for

the party. They may even appreciate your looking after their children for a few hours.

- Plan for additional guests. Part of planning for the unexpected includes being able to

accommodate a few extra children. You never know when a sibling will have to tag along or a last-minute invite pops up, so keep some extra snacks and

favors on hand just in case.

- Open gifts after guests leave. Opening gifts is time-consuming, and young children may not

be adept at filtering their comments. No one should go home feeling their gift was not appreciated. **E**

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SHRINE from 50

represent Me and on the altar I am always waiting." The late Senator James Donovan was instrumental in acquiring the property for the Shrine in 1973,

and the site was blessed by the late Msgr. Joseph May, thereby becoming Holy Ground on June 14, 1971.

The prime mission of the Shrine is to continue implementation of the requests made to Mr.

Grestl in the apparitions he experienced, and between monthly meetings with the board of directors and those on the committee of Christ the King Shrine Inc. Sunderlin has been a loyal advocate, and one of the main overseers responsible for the present-day upkeep, and beauty of the Shrine.

After reading about it in the paper Sunderlin first started coming to the site in 2000 to pray. She connected with people who were active in honoring the Shrine, got involved with the families, and became inspired. Over the years, the number of people who visit the Shrine has flourished. This number continues to thrive while the donations received have paralleled and duly, the appearance of more Shrine artifacts each year.

The next event will be held on May 30 at 10:30 am to gather for a Memorial Day rosary and litany, and prayer services will be held every Thursday from June-September at 5:30 pm. "You don't have to be Catholic to visit the Shrine. Everyone is welcome," stresses Sunderlin. Future plans for the Shrine site include erecting a chapel, adding Roman numerals to the stations of the cross, and a parking area which can only be made possible with your tax-exempt donations. You can help make the Shrine more beautiful and more accessible by mailing your donations to Christ King Shrine, Marcy Inc. P.O. Box 451, Whitesboro, NY 1349, and for further information call Alice at (315) 736-3505. E

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Sugar can be hiding in plain sight



The healthcare community is increasingly pointing to sugar as one of the biggest contributors to the obesity epidemic that has affected North America. More so than fats, sugar may contribute to a number of conditions that affect overall health. The scary part is that sugar may be lurking in foods that people would not think of as “sugary.”

The average American eats between 150 and 170 pounds of refined sugars per year, according to the United States Department of Agriculture.

Approximately 50 percent of U.S. adults drink one sugary beverage per day, and nearly 63 percent of children between the ages 2 and 19 consume at least one sugar-sweetened beverage per day according to a study from the U.S. Centers for Disease Control and Prevention. Data from Statistics Canada states that Canadians consume roughly 110 grams of sugar each day.

Sugar occurs naturally in various foods, but added sugar, sometimes referred to as “refined sugar,” is turning up in many places, increasing

the average person’s sugar intake as a result. The World Health Organization’s official nutrition advisors state that only 5 percent of one’s daily calorie intake should consist of sugars. This equates to approximately 30 grams per day. Children should have less — no more than 19 to 24 grams per day, depending on their ages. However, each day people are consuming more and more.

For those who think avoiding a slice of cake or skipping soft drinks is enough, consider these somewhat hidden sources of sugar, according to the health experts at Prevention.

- **Barbecue sauce:** Grilling time means foods laden with flavorful barbecue sauce. Many barbecue sauces contain up to 13 grams of sugar per two tablespoons.

- **Fruit-flavored yogurt:** Eating yogurt can be a healthy part of a diet, but not when it is full of sugar. One container of fruit yogurt may contain up to

19 grams of sugar.

- **Granola bars:** These convenient snacks can pack a sugary punch. One bar can boast 12 grams of sugar.

- **Salad dressing:** Dousing healthy salads with dressing may increase caloric intake and sugar consumption. French, Russian and Thousand Island dressings, for example, often have high amounts of sugar per serving size — some as many as 9 to 10 grams per serving.

- **Frozen foods:** In addition to high levels of sodium (used as a preservative), frozen entrees may have as many as 30 to 40 grams of added sugar per serving.

- **Energy drinks:** The pick-me-up energy drinks provide is largely fueled by sugar and caffeine. Some of these drinks can have a whopping 83 grams of sugar.

Reading product labels is the easiest way to see how much sugar is lurking in foods. While not all sugar

is bad, and naturally occurring sugar-based carbohydrates can help supply ready energy to active muscles, most sugar is made of empty calories that can pack on the pounds. According to Dr. Pamela Peeke, author of “The Hunger

Fix,” refined sugar also can cause cells to age more quickly and lead to excessive inflammation, which increases one’s risk for many diseases. Reducing sugar intake is an important component of a healthy lifestyle. **E**

Did you know?

According to the National Institute of Mental Health, obsessive-compulsive disorder, often referred to as “OCD,” is a common, chronic and long-lasting disorder. When a person has OCD, he or she has uncontrollable, reoccurring thoughts, or obsessions, and behaviors, or compulsions, that he or she feels an urge to repeat over and over. Common symptoms that a person is suffering from obsessions associated with OCD are a fear of germs or contamination; unwanted forbidden or taboo thoughts involving sex, religion and harm; aggressive thoughts towards others or one-self; and an urge to have things symmetrical or in a perfect order. Examples of compulsions associated with OCD include excessive cleaning and/or handwashing; ordering and arranging things in a particular, precise way; repeatedly checking on things, such as checking to ensure the oven has been turned off; and compulsive counting. While many people experience one or more of these symptoms from time to time, those who cannot

control their thoughts and behaviors, even when they are recognized as excessive, may be suffering from OCD. In addition, the amount of time a person spends on these

thoughts or behaviors may be indicative of OCD. The NIMH notes that people with OCD generally spend at least one hour per day dealing with obsessions or compulsions. **E**

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By Mitch Pezdek



My program of “golf packages” is off to a GREAT start! Tourists are going to my website, www.golfupstateny.com and scheduling their trips to Upstate New York! Two groups are going to Lake Placid, and one is headed toward Cooperstown.

LISTEN TO THIS: when tourists GOOGLE “golf packages in New York” or “golf in New York State”, MY website is listed FIRST, my blog www.golfnewsandviews.blog.spot is 4th, and a comment on the topix website about “Tourists are COMING TO NEW YORK” is listed 5th. WE HAVE 3 OF THE TOP 5 listings!!

High School and College teams are finally getting their matches in, and the Sectionals are just around the corner! We expect to hear from coaches like New Hartford’s Tom Snizek, Ruth Weidig’s MVCC, and Mary Lawrence’s St. Lawrence men and women’s teams.

“The Golf News” magazine, which I publish and edit, is coming out so look for it with the 3-page TRIBUTE TO THE KING----Arnie, of course! We want to thank our NEW advertisers, like A. Vitullo’s Men’s clothing store in the New Hartford Shopping Center, the Village Pub on Campbell Ave, in Yorkville, just down from the Twin Ponds Golf and Country Club, the Little Falls Rotary Club for their ad on the golf tournament during “Canal Days”, and the Friends of the Town of German Flatts Town Park for their ad about “Living History Weekend” in September.

SO----get out there and get in the “SWING INTO SPRING” and remember---golf is ONLY A GAME, and be sure to swing smoothly!! **E**

OK. Last month, we wrote about Stella (the BIG, BAD STORM in March) and THE DELAY (golf courses had to wait until the “white stuff” melted after they had opened in February). Avid golfers flocked to golf simulators (and the Dome at Turning Stone went back up!). Now, we are playing outside! Leagues have started up, and players who paid the full shot for “season’s passes” can now try to get “their money’s worth”! God bless our retirees----they LOVE to play EVERY DAY!!

Driving ranges, like John Hughes’ Brimfield View, just outside of Clinton, John Markley’s “Deer Run” range on Route #233, Cottonwood in Fort Herkimer, Delta Knolls in Rome, Dustin Jones “Beacon Driving Range” on Route 49 in Marcy, “Tee Time” just up the road from the Little Falls Muni, and the range at Hobson Hills just outside Dolgeville are happily greeting their customers!

Tournaments and outings are being scheduled, like the second annual “Swiftys” tournament at Skenandoa in Clinton on July 24. Hallelujah!! PGA Pros and Teaching Pros, like yours truly, are giving lessons all day long! Be sure to have your swing checked out so that you get off to a good start.



Pine Hills Golf Course

By Jessica Arsenault Rivenburg



While many golf courses near and far are family owned and operated, few can boast quite the same familial connection as Pine Hills Golf Course, perched atop Higby Hill outside Frankfort.

Pine Hills, once known as the Grygiel Golf Course, is on its second generation of Grygiel ownership, and soon to be on its third. Current owner Carl Grygiel and his wife Rebecca purchased the course from Grygiel’s father in 1985. Grygiel’s son Clayton runs the course now, along with his wife

Erin, and will soon take over ownership as well.

But more than one family golf course, Pine Hills is one of a number of Grygiel-owned golf courses. Of Carl Grygiel’s seven uncles, five have been PGA members and golf course owners. In all, 19 members of the Grygiel clan, spanning four generations, have made a career of the game. In fact, in a 1983 issue of PGA Magazine, the Grygiel family earned themselves a feature article for having “one of the biggest PGA family connections in PGA history.”

It all began in 1918, when Carl Grygiel’s grandparents came to America from Poland and purchased a house in New Hartford on Golf Avenue, which at the time, was about 200 yards from the second green of the Yahnundasis Golf Course. Grygiel’s father and six uncles all began caddying at the Yahnundasis at a young age. And five of the seven boys went on to become PGA members and eventually golf course owners.

Grygiel’s father, also a Carl Grygiel, built Pine Hills by himself with little more than a Ford tractor in the late-1940s and early 50s. Working for the railroad during the day, Grygiel spent nights and weekends carving nine fairways and greens from the pine-filled hills along Jones Road.

He opened the course in 1954. At the time, Pine Hills was one of only four public golf courses in a sea of private clubs, said Carl Grygiel the younger.

What makes a beer a craft beer?

- Size: Craft brewers are small, with Craft-Beer.com saying breweries cannot produce more than six million barrels of beer per year.
 - Independent: Ownership also determines if a brewer can be characterized as a craft brewer. The Brewers Association says that, to be considered a craft brewer, no more than 25 percent of the brewery can be owned or controlled (or equivalent economic interest) by an alcohol industry member that is not itself a craft brewer.
 - Traditional: Craft brewers must have a majority of their total beverage alcohol volume in beers whose flavor derives from traditional or innovative brewing ingredients and their fermentation.
- Those requirements are more stringent, but there are some additional characteristics

that help to define the craft brewing industry. For example, the Brewers Association notes that many craft brewers are heavily involved in their communities. Such involvement may involve craft brewers sponsoring local events, but may also include philanthropy, product donations and volunteerism.

Innovation is another hallmark of craft brewers. Craft brewers often offer their own interpretations of classic beer styles, giving these styles unique twists. That departure from the norm is what draws beer drinkers to craft beers.

The craft beer business is booming and has revolutionized how people think about and consume beer. More information about craft beer is available at www.brewersassociation.org. **E**

Things went well and by the early 1960s, Grygiel’s father began building the second nine holes. In 1964 he added a club house, and by 1967, Pine Hills was a full 18-hole course with pro shop.

In 2011, Grygiel rebuilt the modest club house into an impressive, Adirondack-style lodge large enough to host weddings and other events. All the timber used in the new

clubhouse came from the course itself, Grygiel said.

Pine Hills is a par 70 course spanning 6,002 yards.

“It’s a very scenic course and challenging,” Grygiel said. “There’s a lot of slope to it.”

“And I think the history of the course is important,” he added.

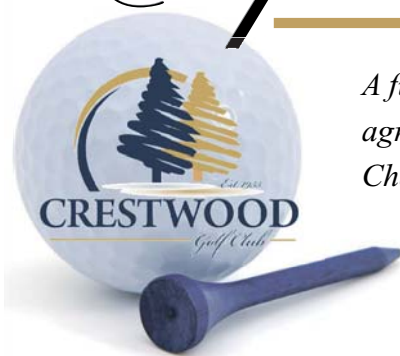
Pine Hills is open seven days a week from dawn

until dusk, and welcomes leagues, tournaments and outings. And, as mentioned, it’s now able to host weddings and other parties and events.

“The first wedding we had here was my daughter’s,” Grygiel said with a smile.

Pine Hills can be found at 247 Jones Road in Frankfort, or online at www.pinehillsgolfny.com. **E**

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Sporting Clays Tournament to Benefit Local Veteran's Groups

On Sunday, May 21, 2017 Vernon National Shooting Preserve, 3291 Burns Rd, Vernon Center, New York, host the 9th Annual Veterans Benefit 100-Bird

Sporting Clays Tournament. Over the past years this benefit has made donations to the Wounded Warrior Project, the Fort Drum therapy pool, and the Rome Veterans Center

and the CNY Veteran's Outreach Center. Vernon National Shooting Preserve has made it a priority to keep the proceeds of this benefit locally

This tournament is



both fun and competitive with attendance by over 100 entrants each year. Vernon National Shooting Preserve offers a fully automated course with 16 stations, throwing targets for both the novice and expert shooter. Available for the event will be equipment and golf

cart rentals with 100% of the rental fees donated. Ammunition will also be available for purchase at the event. The day is topped off with a BBQ, raffles, and trophies.

Vernon National's Ron Acee, said, "The support we get from members and

icipation. In 2016 over 120 shooters took the course.

Entry fee is \$100/adult, \$75/youth (16 and under). Cost of the event includes 100 targets, continental breakfast, and BBQ. The BBQ is available at \$20 for spectators. There will also be side games available

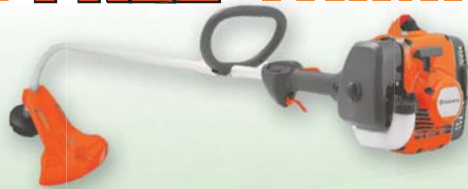


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sponsors is outstanding. It's really heartening to see everybody come out to help veterans. The best part is that the money raised at the event stays local." Acee also said that they get great volunteer support from their members. In its 9th year the Sporting Clays Tournament to Benefit Local Veteran's Groups is a great event that can be enjoyed by everybody; from novice shooter to experienced gunner.

The tournament draws shooting enthusiasts from all over Central New York. Acee said that they usually get a few veterans squads and some active service members. Turn out from other gun clubs is tremendous and Vernon National really appreciates their partic-

on the course. On-site registration and check-in begins at 8 am, with opening ceremonies at 9 am, and a shotgun start at 10 am. For planning purposes Vernon National encourages all to pre-register online at www.winscoreonline.com. For registration questions and help contact: Caryn Foote: (315) 723-8563 or cmf727@yahoo.com (Subject: VETS REG).

For donations to the event or general information contact: Ron: (315) 796-4587 or Darcy (315) 272-6211, Club Phone: (315) 829-2529; Club email: jason@vernonnational.com.

Please join Vernon National to honor and celebrate those who have served to protect our freedom! **E**



Streamer JUNKIE

By Mark Usyk

In the Time Allotted



An Oriskany Creek brown at dusk.

Little League practices happen to take up the same time after work that fishing can. But I suppose if it wasn't baseball practice it would just be something else, and at least I'm doing the whole coaching thing for my son. It could be worse, I could be mowing the lawn instead of fishing. Leaning against the chain link of the back stop as the kids warm up by playing catch, I can't help but think how much the sound of baseballs smacking leather sounds like bluegills picking bugs off the bottoms of lily pads.

Bugs hover over the red clay of the infield. An eleven-year-old in the outfield dodges left then

I shoo it away I'm thinking to myself "finally." I'm happy to see the bug, because bugs mean the trout have a reason to rise and eat. And if they're eating then I have a chance to catch them. I'm glad to finally be swatting them away after the last of the winter has melted away and led us to spring, but I'll get over it fairly quickly I'm sure.

After practice Jake wants to go over to a friend's house to play basketball, and Carter wants to go for a walk with Holly around the neighborhood. It's great that the sun stays up high longer now, there's more time to play with friends after school and practice, and for me there's opportuni-

ties already a truck parked just past the guardrail, but I'm hoping they're downstream. I planned to go upstream which requires me to get wet. That steers the majority of fisherman that come here downstream where they can fish from the bank high and dry. I've found that when you're fishing, anywhere that takes effort to get to usually pays off in either fish or if nothing more privacy, and every now and then both.

Crossing the mouth of a feeder stream the bottom does its best to grab my wading boots and hold them tight in the muck, as if the stream is a friend of the fish doing its best to hold me back. I imagine there's more truth than analogy in that observation. I climb out

of the water and up a slick muddy bank and now I can see the stretch of water around the bend that I struggled into waders to get to.

At the bottom of a run of riffles I make my cast. Mosquitos hover as if to taunt before taking a bite. Small birds hop in the branches. The peepers sing their single note songs. The black Woolly Bugger on the end of my leader drifts near the bottom in the current. I can see it in my

head even if it really is to deep and dark for me to actually see it. The line pauses in place while the current continues on and I lift the rod tip. The rod bends and dances as the remaining daylight fades into night.

Mark Usyk is the author of Reflections of a Fly Rod and writes the Streamer Junkie blog at jpross-flyrods.com. JP Ross is an advocate for clean water and preservation of local wild trout habitat.

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right, then ducks avoiding a bee that's just looking to pollinate something. The buds in the trees and the dandelions that will be popping up soon will only make sure the outfielders stay even more distracted by the flying and stinging insects from the batter at the plate. I brush a mosquito from my face, and in the same breath that

ties on evenings like this for spur of the moment fishing on the creek.

It's times like this that I keep a fly rod strung up and ready to fish in the carrier on the roof of the Jeep and an assortment of flies stuck in the foam glued to the dash. At the bridge, no more than a half mile from the house

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Hi to Lucy!**

I wish that I could be like the cool kids

By Carly Proulx

Do you remember when starter jackets were the latest thing? So, trendy you refused school if your mom didn't immediately go out and buy one for you? Did you, or your not so much younger younger sister collect Beanie Babies? Did you own, or frequently "borrow" your older sibling's Discman? Did you trade, or at least witness your fellow classmates trading Pogs? Did you retire your Tamagotchi for a Furby, and then watch your Furby get thrown up against the window of your long yellow ride home before it even left school grounds by some angry 8th grader named Paul? Lisa Frank notebooks, Talkboy, N64, light up sneakers.... any of this saved by the bell that's ringing in your head right now? See what I did there?

If you haven't however picked up on my 90's cool stuff role call then it's likely you're one of two things. A.) super jealous, or B.) super clueless. Speaking of clueless, Clueless the movie is a classic portrayal of teenage development in the 90s. As if! I never drove around in a shiny white 94' Jeep Wrangler with just a permit, lived in a mansion in Beverly Hills with my diabetic father, or played matchmaker



Reunited and it feels so good

with faculty! But I did read Cliffs notes like it was my part time job, and failed my driver's test a couple times before I was legally able to drive around in my 92' beat up Jeep Cherokee. It was 2004 when I bought the faded cherry red jalopy off a friend's older sister, and I was too stoked when I finally passed my test to care what kind of wheels I was on.

Speaking of wheels, whether you're totally in the dark on this spiel or just bored out of your gourd I'm about to turn a corner here. You can't always

COOL - 65



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COOL from 64

jump right in. Sometimes you've got to ease into it. One inline at a time. What am I talking about? I'm talking about bringing it back. Not all that other ridiculous stuff, although light-up sneakers and slap bracelets will always set off my cool kid radar, I'm talking inline skates. Not to be confused with quad skates, which have two front and two rear wheels. Inline skates have two to five wheels arranged in a single line. Normally they have a rubber "stop" or "brake" block attached to the rear of the frame. Though there was always that one guy who'd take a hex nut bolt to remove the brake because it got in the way of him looking cool. This guy was also a pro skater on pavement and ice, and his cool was definitely legit.

Originally developed as a substitute for ice skates the modern style of inlines were first developed for Russian athletes training on solid ground for Olympic track speed skating events. Then a company founded by Scott and Brennan Olson in Minneapolis, Minnesota Rollerblade, Inc. came around in the late 1980s/early 1990s and widely promoted inline skating through the Registered Trademark ROLLERBLADE. Fun Fact: the first commercially available inline skate for this way more hip style of skating on wheels came about in 1987. I was just being born while the neighborhood kids were flying by on their new swank shoes.

Flash forward 9 years later and an unlucky but determined guy named Jason Lewis would complete the first solo crossing of the USA on inline skates as a part of Expedition 360, a successful attempt to circumnavigate the globe using only human power. (Side note: somewhere in between my birth and Lewis's crossing the Mighty Ducks movies came out, and made the world a better place.) Unfortunately, Lewis was hit by a car in Colorado, and ended up with 2 broken legs. Flash forward 9 months later and he'd complete the journey from Fort Lauderdale to San Francisco.

So, it's 2017, and you're wondering why Paula Cole only came out with that one album, and where did all the rollerbladers go? Sure, they took a backseat to dirt bikes for a while, but not to worry. They're coming to a street near you. This is a public service announcement



informing you of the late great 90's comeback of healthy exercise on 10 wheels. Yours truly am the recent proud owner of a pair of white and purple inlines. After a friend convinced me it was a good idea we hit up Played Again Sports

in New Hartford, bought me a \$50 pair, and hit the pavement. I'll admit it felt slightly awkward after a 20-year retirement, but 10 minutes in I was having the time of my life while reliving my youth with windblown confidence.

We seem to be the only ones around town now, but I predict there to be at the very least a flying V by the end of summer. We're up to 4 now, and pretty soon all you runners will realize you're just wasting your time not looking as cool. Chances are I'll never be as cool as Kacie Fischer, the first woman and the fastest person to inline skate across the U.S. (from California to Florida in 47 days), but I can look and feel just as cool. Well, what are you waiting for?! Stop your wishing, and go out and get yourself some inclines! Lastly, it's never too late to be a cool kid. E

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Wicked Treasure

—The last of Jordan Elizabeth's Treasure Chronicles

She's at it again folks. Back to bewitch those of you who've been awaiting the day when the third and final installment of the Treasure Chronicles would be released is Jordan Elizabeth Mierek. Published by Curiosity Quills Press, Wicked Treasure is part of a series geared toward upper Young Adults

(YA), and features a spectrum of strangely extraordinary and ominous fantasy such as ghosts, an alternate Wild West, romance, and steampunk.

Jordan Elizabeth Mierek writes down her nightmares in order to live her dreams. She's constantly on the creative prowl, searching for lost history in the

woods. Represented by Belcastro Agency she's currently updating her blog, roaming around Central New York for endless inspiration, and whenever opportunity strikes, traveling.

Picking up a few years after the events in book 2, Born of Treasure fans of the series will see more about the country of Amston, and learn more

about the presidency. And if you thought you had your fill in the first two I can assure you there's no shortfall of politics, romance, and adventure in the last of the Treasure Chronicles. "One of the most exciting parts in Wicked Treasure is a steampunk circus," spills author Mierek.

It's whimsical while still pulling out all the creepy

stops, and the fluidity in which it's written will have you burning the midnight oil. Nerveless yet spine-chilling the series is very much its own world, and unlike other YA series of its kind Mierek weaves aspects of other fantasy worlds to give us that sue generis style throughout.

The world Mierek built aside, her characters are

also strong components in her writing. The main character in Treasure Chronicles Clark had readers going wild. A strong male role model with a not so cookie cutter past rises above his struggles and shortcomings to save those otherwise helpless.

Within the series, Clark
WICKED - 67



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How to embrace digital organizational tools



When internet usage switched from mere fad to fully functional, few people may have imagined just how profound — and mobile — it would become. While electronic use was largely stationary as recently as a few

WICKED from 66

accidentally drinks a potion that gives him the ability to communicate with the dead. There is an army after him now, and he'll flee to his estranged father, a wealthy rancher. Steampunk adventures are what follow, and an evil senator must be stopped.

In book 3 Clark and wife are hunting down the villains who kidnapped their baby daughter, and the reader will take a journey across the country with the couple, and end up face-to-face with a corrupt president. A girl is trapped within an insane asylum, and amid

years ago, it's now second nature for users to send and receive information on the go.

Smartphone use has increased dramatically in recent years, and these pocket-sized devices can be reliable hubs of information. The same devices that keep people in touch can help them stay more organized. Here's how to use mobile devices to stay on top of schedules and other organizational jobs.

CALENDARS

One of the more useful smartphone organizational tools is the calendar app. Depending on the operating system or app used, calendar entries can be synchronized across phones and devices. That

makes it possible to pull up your calendar while on the go or when sitting at a desktop computer. Calendar apps can be optimized using reminders, alarms and even recurring entries.

SHOPPING

Smartphones have revolutionized shopping, but even those who still shop in more traditional ways can use their mobile devices to make the process easier. Apps like Out of Milk can keep a running tally of ingredients and items in the pantry to make it easier to maintain shopping lists. The virtual megastore mySupermarket enables you to compare prices at major retailers and

then decide where to buy certain products. The site works with each retailer to fulfill the order. Favado will build a shopping list

based on local sales and favorite brands. The app can even notify you when particular items go on sale or recommend rele-

vant coupons.

TOOLS - 68



the plot twists and the curtains final unveiling you'll remain on the edge of your seat, nail biting through the twists and turns of your mind.

You can get a signed copy from the Bestselling Amazon author Jordan Elizabeth Mierek at the World's Largest Yard Sale on June 17 from 8am-3pm.

Mierek's list of works is on her website at www.JordanElizabethMierek.com, and personalized copies are also available through here. They make great gifts for teens, or young adults.

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of private information
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ping) via a locked-down,



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router. That makes it
more difficult for hackers

to gain access to sensitive
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SAFETY - 69

TOOLS from 67

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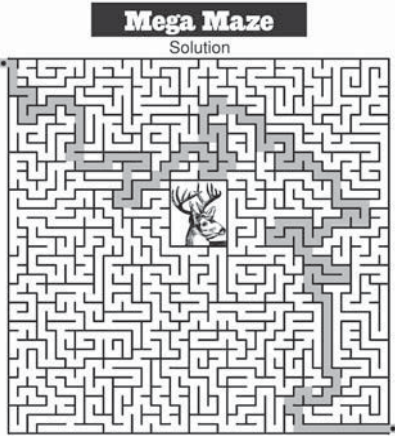
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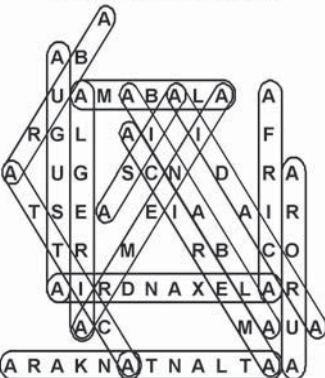
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6	8	3	9	2	5	1	7	4
5	2	7	1	8	4	6	9	3
7	6	4	8	5	1	9	3	2
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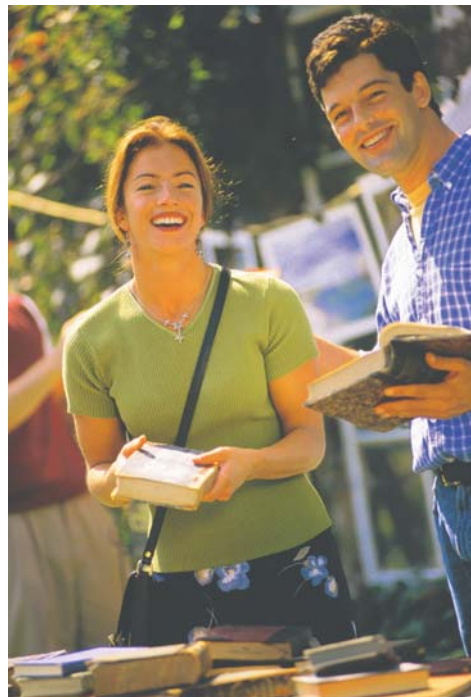
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SALE from 69



A successful yard sale can earn your family substantial extra money. Treat it like a business, plan and get organized. Make the most of it and you will succeed.

announcing the sale is one method. Signs should be bold, simple and easily readable for passing motorists.

Place ads in local print, online and on grocery store bulletin boards, and use

social media to spread the word of the sale even further. Be sure to give ample notice of the sale so that shoppers can mark their calendars.

Make for easy browsing

Arrange goods for sale into categories and pay attention to presentation. You may generate more sales if items are easy to see and browsing is made easy. Put items you expect to draw the most attention popular near the end of the driveway to entice passers-by.

A neat and inviting appearance also may convey that you've taken care of your home and your belongings. Play some music and offer light refreshments to create a convivial atmosphere.

Price things reasonably

It's tempting to overprice items, but a good rule of thumb is to mark things for one-half to one-third of the original value. Be open to negotiation, but try to haggle with a "buy one get one" approach, rather than marking down the price considerably. After all, the goal is to get rid of as many items as possible, with financial gain a distant second.

Yard sales are popular ways to make money and clear homes of unwanted items. Hosts can make their sales even more successful by employing a few simple strategies. **E**

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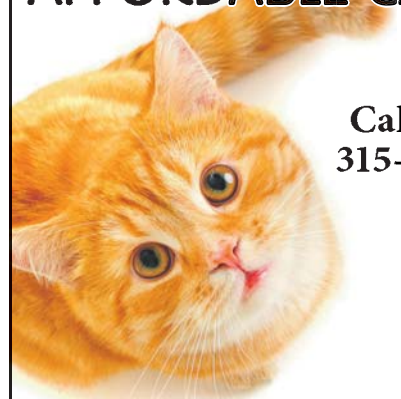
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What are you taking on your next bike trip?

By David Bryant

We all have the dream of hitting the open road and tramping around the country for a few months. You want to ride to Sturgis, South Dakota, the Grand Canyon, and at some point, see the largest ball of twine in Cawker City, Kansas. When you prepare for that journey you are loading your bike with every bit of gear you can strap to the bike and still feel safe. A lot you will use, some you won't, but it doesn't matter. You are on the road for months, you packed heavy for a long trip.

But what if you are going for two, three, or four nights? What are the imperative items and what could be left behind? Having needed some of the items listed below while out on trips and not had them and have carried things for years that I've never used, I thought I would put BIKE - 73

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BIKE from 72

together a quick list that might help on your next motorcycle trip.

The first thing in my bag is a tool kit. Depending on your bike and the trip this could be a pair of pliers and a multitool to a full-blown tool roll that would allow you to change a tire or tighten a set of loose bars. My philosophy is, hope for the best and prepare for the worst. My tool roll consists of spare clamps, fuses, Loctite, and a 20-dollar bill. You never know when that little store only takes



All the gear you'll need

cash for gas. Having a well-equipped tool roll covers most issues you could face with your bike. But what about issues with the rider.

At the end of April pollen is in full effect. After about 50 miles, countless sneezes my nose stopping up. I decided I needed to stop and get some allergy medication. On a trip, you may have a financial or time budget you are trying to stick to and spending an extra 20 dollars here and there may not fit the budget. On a several-day trip having a stocked emergency medical pack is a must. The kit doesn't have to be huge. You

don't need value sized bottles of every medication. Just what you may need. You don't want to overload your pack with an entire EMT kit. Now you are prepared in case of emergency but what can you take to avoid injury.

Drinks, snacks, and while you can't bring this with you breaks. Most people took the motorcycle safety class and had it drilled into their head how much water loss there is from riding a motorcycle. On a long, hot day of riding (especially if there was alcohol the night

BIKE - 74

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BIKE from 73 before) you want to consume a liter an hour. In a 10-hour day that translates to 2.5 gallons. Dehydration causes a long list of side effects, most of which a rider needs to ride

safe. I use a cup holder on my bike. It fits large cups with straws and gas stations will typically give you tap water for free. The only snacks I take on a trip are ones I know will not upset my stomach. I stick with protein bars and bananas. I will have a couple regular meals but I don't like to stop riding for a meal that makes me tired. Whatever you know you can eat without it interrupting your ride is my best advice.

As I said, you can't pack breaks. But you can take them. It is recommended every two hours you take a break. You would be surprised how good 5-10 minutes off your bike will make you feel for the next couple of hours of riding.

Finally, prepare for the weather. Mornings are

cool, midday is hot, rain, hail, and depending on elevation even snow. How do you prepare for all those conditions? Know your route and check the weather the day before leaving. We all know the weather man is hit or miss at best. You can still prepare. Nothing worse on a trip than sitting under an overpass waiting for a storm to pass. In the morning, I start out with a couple layers. Safety gear loaded with Kevlar is becoming cheaper and cooler. It is always good to invest in a good jacket and pants to protect you. Waterproof boots that are above the ankle protect you in wet weather and keep your feet dry. A rain suit. I have ridden in down pours in jeans and a denim jacket.

It is terrible. A jacket and pants that wick away water is great to have in your pack and keep you from sitting under the bridge waiting for the rain to pass. A mask if you wear a half helmet is great to keep the stinging rain from distracting you from your ride. Rain-X applied to sunglasses or a full-face helmet allows you to maintain your vision. Being able to see is probably one of the more important aspects to riding.

Safety allows us to have an enjoyable ride. Reaching the destination in one piece with a pocketful of stories is what keeps us riding. No matter your type of bike there is always room to pack the gear that will keep you safe when you are racking up a bunch of miles. **E**

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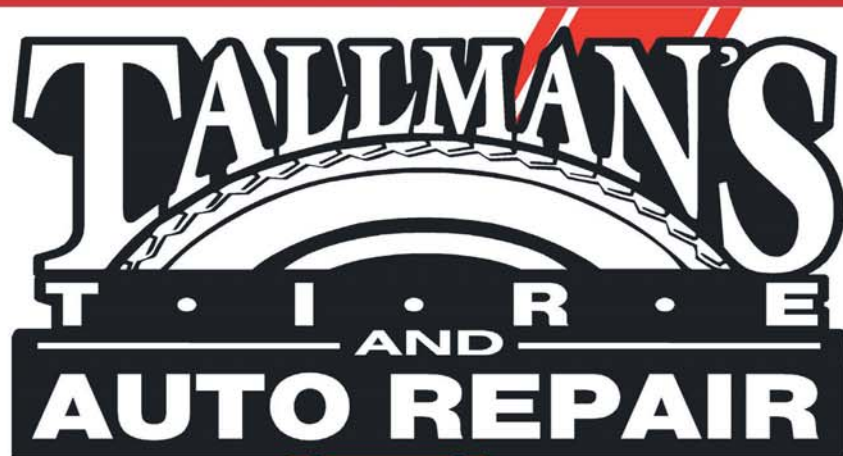


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Tips for a fun family night out

In its 2016 National Dining Survey, Zagat found that the average person dines out 4.5 times per week. That figure may seem high to some, especially parents with young children at home. While parents of young children may not dine out as often as the average person, there are ways for families to plan fun nights out on the town, no matter how young their kids might be.

- Find family-friendly restaurants. The establishments where families choose to do their dining can make all the difference. Trendy hotspots or upscale restaurants may not be great choices for family nights out. Such establishments may be too expensive or fail to offer kid-friendly fare, and parents of especially young children may feel uncomfortable if their tots begin to cry in the middle of dinner. When choosing a restaurant for a family night out, parents should look for a spot that's naturally more noisy so a crying baby or excited child won't make moms and dads or other diners uncomfortable. Diners or chain restaurants tend to offer kids' menus in addition to plenty of dishes that kids will readily consume.

- Choose the right time. Dining out at night can be difficult for families, as kids might be growing tired. Instead of a night out on the town, book a mid- to late-afternoon out. Restaurants tend to be less busy during these times of day, and parents can relax and enjoy the company of their children while still getting out of the house for a family meal together.

- Bring along some entertainment. Some kid-friendly restaurants may provide crayons and placemats that kids can use to create their own artistic masterpieces. But parents should bring

TIPS from 4

backup entertainment just in case. Pack some crayons and coloring books or bring along a book to read to your children while you wait for your meal to be delivered. Bring along a couple of toys to keep especially young children occupied as well.

- Practice your night out. Parents of young children who have yet to try

dining out as a family can make a few practice runs at home. Choose a night at home to teach kids how to behave at restaurants. If kids tend to squirm a lot or take long periods

of time to eat meals at home, explain to them that such behavior is unacceptable at restaurants, encouraging them to sit still and focus on eating their meals during your practice run.



Nights out on the town as a family may make parents of young children nervous or hesitant. But there are a handful of ways to make sure such excursions are fun for kids and parents alike.

ARANCINI 11
 Prosciutto, Mozzarella
CHARCUTERIE
PLATE 19
 Cured Meats & Cheese

CRISPY CALAMARI 11
 Tomato Cocktail
 (w/ cherry peppers & onions 14)

FRENCH ONION
SOUP
 Cup 6 / Bowl 10
 Tuscan Croûton,
 Mozzarella

APPETIZERS
LOBSTER BISQUE
 Cup 7 / Bowl 11
 Lobster Meat, Tuscan
 Croûton
CRAB CAKES 12
 Lemon Aioli
MEATBALLS 11
 Parmesan Cheese,
 Italian Parsley

SALADS

ADD

Chicken 5 | Steak 7 | Shrimp 9

ARUGULA 12
 Walnuts, Gorgonzola, Pears,
 Shallot, Vinaigrette

CAESAR 11
 Hearts of Romaine,
 Tuscan Croûtons

BEEF 12
 Arugula, Shallot,
 Vinaigrette, Goat Cheese

CAPRESE 12
 Soft Mozzarella, Basil,
 Extra Virgin Oil

Café Canole
SANDWICHES

 All Sandwiches
 Served w/ Fries

TUSCAN CHICKEN 10 **CHICKEN CUTLET 11**
 Arugula, Mozzarella,
 Honey Mustard
 Roasted Peppers,
 Mozzarella

REUBEN 10 **FILET STEAK 19**
 Sauerkraut, Mozzarella,
 Classic TI Dressing
 Melted Mozzarella

PASTA
'RUSTIC' SPAGHETTINI & MEATBALLS 13
 w/ house made Marinara

PASTA FAGIOLI 13
 Tuscan Beans, Orecchiette, Tomato
GNOCCHI POMODORO 15
 Tomato, Extra Virgin Oil, Basil

RIGATONI "A'La" CARBONARA 16
 Chicken, Crispy Bacon, Shaved Parma, Basil

BAKED PENNE VODKA 15
 w/ Fresh Ricotta & Basil
ORCCHIETTE 17

 Parmesan Crema, Peas, Prosciutto
TENDERLION TIPS 21
 Gnocchi, Plum Tomato, Mushroom

FLATBREADS
CANOLE CLASSICO 12
 Tomato Sauce, Mozzarella
MEDITERRANEAN 14
 Cracked Olive, Goat Cheese,
 Caramelized Onions, Ricotta, Arugula
FIG & PROSCIUTTO 15
 House made Fig Jam,
 Prosciutto, Gorgonzola

LOBSTER & SHRIMP 12
 Lobster Broth, Chile Pepper, Parmesan Risotto

PROSCIUTTO WRAPPED SHRIMP 25
 Lentils, Crispy Carrots, Spinach

BISTRO CHICKEN 19
 Spring Pea & Prosciutto Risotto

FILET MIGNON 28
 White Truffle Mushroom, Risotto, Red Wine Jus

HADDOCK OREGANATO 16
 Parmesan Risotto & Sautéed Spinach

CHICKEN FRANCAISE 17
 Capellini, Spinach

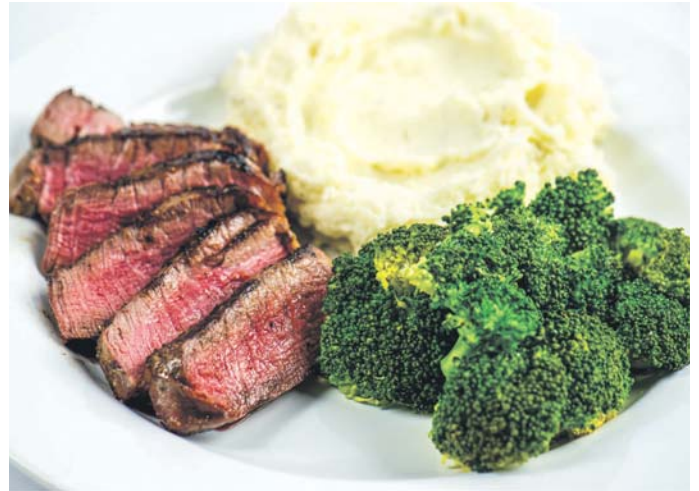
Large PLATES
SIDES
HOUSE CUT FRIES 6
CAPELLINI MARINARA 6
SAUTEED BROCCOLINI 7
PARMESAN RISOTTO 7
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Facts about your favorite foods

Food is more than just a way to sustain life. Food can make a person feel good, provide avenues to engage with family and friends and serve as a way to experience other cultures.

Certain foods are universally enjoyed, while others may appeal to only a few people. Many people have favorite foods, even if they know little about these foods. Check out these fun facts about some popular foods.

- **Pasta sauce:** If enjoying a plate full of pasta topped in rich, red marinara sauce can cure what



Is a meal of steak and potatoes your favorite dish?

Red meat actually can be good for the body.

ails you, then you will be happy to learn that cooked tomatoes are very good for personal health. Tomatoes are naturally high in vitamin C, and the process of making tomato sauce increases the antioxidant activity in tomatoes, which can make the body less susceptible to illness. Tomato sauce contains lycopene, which might reduce your risk of heart disease, cancer and macular degeneration.

- **Red meat:** Steak or a juicy burger is a favorite for many people. But through the years there have been mixed reviews on the benefits and disadvantages of eating red meat. Iron in red meat is easily absorbed by the body, and beef also supplies vitamin B12, which helps maintain healthy nerve and red blood cells. Red meat has a bad reputation because it can be high in fat and cholesterol. However, choosing the right cuts, such as lean eye round roast and sirloin, can offset the negative aspects of red meat. There's also evidence that grass-fed beef contains two to five times more omega-3 fatty acids than grain-fed beef.

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FACTS from 6

• Macaroni and cheese: Macaroni and cheese is the No. 1 cheese recipe in the United States and has remained on the list of America's top 10 comfort foods for decades. While it is beloved in the United States, macaroni and cheese is believed to trace its origins to Italy. The first



known recipe for this dish is from the thirteenth century in southern Italy. That recipe called for lasagna sheets and fermented cheese. Boxed versions of the food arrived in the 19th century. Today, there are many different mac and cheese recipes, from classic to gourmet.

• Pizza: Most people eat pizza regularly, with some enjoying a slice or more each week. Pizza accounts for more than 10 percent of all food service sales in the United States. The word "pizza" dates back more than 1,000 years and was first mentioned in a Latin text in 997 CE. It likely described what we now call focaccia, or a leavened round crust of cooked dough, as tomatoes were not yet available. Pizza now comes in many varieties, ranging from flatbread to thin crust to deep dish.



APPETIZERS

Greens Daniele
Jumbo Shrimp Cocktail
Eggplant Neapolitan
Fried Calamari
Stuffed Long Hot Peppers
Rappini With Oil & Garlic
Ahi Tuna
Antipasto Platter
Sopressata, Provolone, Olives, Peppers and Giardiniera Salad

SALADS

Fresh Tomato & Mozzarella Salad
Granny's Orange Salad
Mixed Field Greens, Oranges, Granny Smith Apples, Walnuts, Gorgonzola Cheese with a Shallot Poppy Seed Vinaigrette
Cold Antipasto
Individual For two
Crisp Tossed Salad
Dressings: Italian, Russian, Creamy Bleu, Parmesan
Pepperoni, Crumbly Bleu

SOUPS

Homemade Chicken (Wedding Soup) with Meatballs & Pastine
Five Onion Soup
Crock with Homemade Crouton & Melted Cheese
Pasta Fagioli with Homemade Cavatelli
Greens & Beans

PASTA

Homemade Ricatelli (Hats)
Homemade Ravioli
Homemade Cavatelli
Linguine Aglio e olio
Fettuccini Alfredo
Chicken Rigatoni
Vodka Rigatoni
Spaghetti
Ziti
Linguine
Add Clam Sauce (red/white) includes 12 Fresh Clams
Add Meatball and Sausage to any Pasta \$2.50 each

STEAK & CHOPS

Sliced Tenderloin
Two 4 oz. with Portabella Mushrooms
Pan Fried Pork Chops
Two 8 oz. with Potatoes & Cherry Peppers
Lamb Chops
Two 8 oz. Fresh Cut Loin Chops
Veal Chop
Single 14 oz. Center Cut Chop
Filet Mignon
8 oz. 12 oz.
Prime Rib (Sat. Only):
Queen Cut King Cut

New York Strip Steak
14 oz.

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PESCE (FISH)

Grilled Tuna With Risotto Milanese
Frutti di Mare
Scallops, Calamari, Clams, Mussels, Shrimp
Scallop & Clam Provencal
Fresh Mushrooms, Cherry Tomatoes, & Scallions sautéed in a White Wine & Butter Sauce
Baked Haddock
Baked Haddock Oreganato
Haddock Marinara
Fish Fry Served (Friday Only)
With French Fries & Cole Slaw

CHICKEN

Chicken Francese
Chicken Scarparelli
Chicken on the Bone, sautéed with Roasted Garlic Hot Peppers, in Sherry Wine
Chicken Daniele
Chicken Cutlet Topped with Sliced Vine Ripe Tomatoes, Red Onion, Fresh Basil & Olive Oil
Chicken Bianco
Mushrooms, White Onions, Escarole, Scallions, sautéed in White Wine
Chicken Scaloppini
Sweet Peppers, Mushrooms, Filletto Sauce, White Wine
Chicken Marsala
Boneless Breast of Chicken sautéed with Fresh Mushrooms, finished with a Marsala Wine

VEAL

Veal Cappelli
Prosciutto, Mushrooms, Scallions, Sweet Vermouth
Veal Scaloppini
Sweet Peppers, Mushrooms, Filletto Sauce, White Wine
Veal Oscar
Lump Crab, Artichoke Hearts, Scallions, topped with Light Alfredo
Veal Francese
Veal Daniele
Eggplant, Greens, Mushrooms, Prosciutto, Fontina Cheese
Veal Piedmontes
White Onion, Prosciutto, Artichoke Hearts, White Wine Sauce
Veal Marsala

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Dinners include: House Salad, Choice of Fresh Vegetable, Pasta or Baked Potato

Guide to restaurant tipping

Tablesides service is one of the benefits to dining out. Dining out can be a welcome change from preparing meals at home, and diners love that, once the meal is finished, someone else is there to clean everything up.

Leaving gratuities for exemplary restaurant service may not be mandatory. However, in many areas of the world, proper dining etiquette suggests diners should tip their servers when paying for the meal. Many restaurant employees count on tips to supplement their salaries, and servers may even be paid below-average wages because tips are factored into their earnings.

Diners routinely struggle when leaving a gratuity. Tipping, because of the money involved, also can

cause heated debates. Various experts have weighed in to help customers determine the right way to proceed with tipping. This tipping guide helps clarify when and how to tip.

Etiquette experts at the Emily Post Institute concur that 15 to 20 percent is the standard rule of thumb when tipping at a sit-down dining establishment. If the restaurant is buffet-style, a 10 percent tip may be adequate. Many people leave a 20 percent tip when dining out. That has become the norm for good service. Poor service may not be worthy of such a substantial tip.

When alcoholic beverages are part of the meal, some diners prefer to tip separately. That's

GUIDE 9



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MUNCHIES



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GUIDE from 8

because restaurants may implement a heavy markup on wine or cocktail prices. Tipping based on the bill pre-tax can be expensive. The safe recommendation is 10 to 15 percent. Those who sit at the bar before retiring to a table should offer 15 to 20 percent of the tab to the bartender; or, \$1 for beer or wine, \$2 for mixed drinks. iTipping.com suggests paying your bar tab before leaving for your table.

Although it can be tempting to refrain from tipping when service is poor, this isn't always the wisest idea. That's because some restaurants employ a shift system in which all of given shift's gratuities enter a pool and are divided by a point

system. Otherwise, each individual server is responsible for tipping his or her support staff, which includes a busser, a runner, a back waiter, and/or a bartender. Rather than punish the whole lot, reduce the tip and then discuss your misgivings with the restaurant manager.

Diners should know that gratuities are typically included in the bill for larger parties. Restaurants generally add an 18 percent gratuity to the bill. Restaurants put this in place to safeguard their staff. This gratuity should be mentioned on the bill or on the menu. If the service was excellent, diners may want to tip on top of the included gratuity.

Diners who have gone over budget should not compensate by reducing the tip. Diners who cannot afford to tip should not dine out.

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Premium Toppings

Roasted Red Peppers, Broccoli, Bacon, Meatballs, Fried Chicken, Anchovies, Eggplant, Spinach, Ricotta, Tomato, Pineapple, Steak, Double Cheese.

WINGS

Mild, Medium, Hot, Garlic, BBQ, Honey Mustard, Whatever Sauce & Everything Sauce.

10 Piece • 20 Piece • 30 Piece

40 Piece & 50 Piece

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Did you know?

According to the National Restaurant Association, seven in 10 consumers say their favorite restaurant foods provide flavors they cannot easily duplicate at home. Perhaps that's one reason why nine in 10 consumers say they enjoy going out to restaurants. While few would likely be shocked to learn that so many people enjoy dining, the types of restaurants consumers prefer reflects a trend that might not have been so important as recently as a decade ago. The National Restaurant Association notes that 68 percent of consumers surveyed for the organization's 2016 Pocket Factbook are more likely to visit a restaurant that offers locally produced food items. Locally produced foods not only support the local economy, but also tend to be more eco-friendly, as fewer natural resources must be used up to get them from the farm to the dinner table. That preference for eco-friendly food might also explain why 60 percent of consumers are more likely to choose restaurants that offer eco-friendly foods than establishments that provide no such offerings.



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STARTERS

JUMBO CHICKEN WINGS (10) - HOT/MEDIUM/MILD/ GARLIC PARM./DIRTY/ HONEY GARLIC \$9

FRESH TOMATO BASIL BRUSCHETTA

FOUR SLICES OF ITALIAN BREAD GRILLED AND TOPPED WITH A BASIL PESTO AND FRESH DICED TOMATOES COVERED WITH MOZZARELLA CHEESE AND MELTED TO PERFECTION.

DRIZZLED WITH EXTRA VIRGIN OLIVE OIL AND CRACKED PEPPERCORN \$8

HOMEMADE BREADED MUSHROOM MEDLEY
BUTTONS AND PORTOBELLOS BREADED IN-HOUSE, FRIED TO PERFECTION AND SERVED WITH HOMEMADE BLUE CHEESE DRESSING \$7

HOMEMADE BATTERED

OR BREADED ONION RINGS

VIDALIA ONIONS SLICED THICK, STACKED HIGH AND SEASONED SERVED YOUR WAY WITH A SIDE OF HONEY MUSTARD SAUCE \$6

GREENS MATTHEWS (WHEN AVAILABLE)
SAUTEED PROSCIUTTO, DICED POTATOES AND HOT CHERRY PEPPERS (OPTIONAL) - TOSSED WITH COOKED ESCAROLE AND OREGANATA MIX(MIXED BREAD CRUMB, PARMIGIANO, EXTRA VIRGIN OLIVE OIL) THEN BAKED IN THE OVEN TO A GOLDEN BROWN. SERVES 2-3 PEOPLE. \$9

STUFFED POTATO SKINS 4PC
TWO LARGE POTATOES HALVED AND HULLED OUT, FLASH FRIED AND RE-STUFFED WITH CHEDDAR, BACON, CARAMELIZED ONIONS AND DICED HAM. FINISHED IN THE OVEN AND TOPPED WITH SOUR CREAM. \$8

HOMEMADE LOADED FRENCH FRIES
A LARGE PLATE OF HOMEMADE FRENCH FRIES COVERED WITH CHEDDAR CHEESE, CHOPPED BACON AND SOUR CREAM. \$6

FRENCH ONION SOUP
HOMEMADE ONION SOUP TOPPED WITH SEASONED FRENCH BREAD CROUTON AND A GENEROUS AMOUNT OF SWISS. \$3/5

MOZZARELLA STICKS
SIX BATTERED STICKS DEEP FRIED AND SERVED WITH OUR HOMEMADE MARINARA SAUCE. \$7

SOUP OF THE DAY ASK YOUR SERVER \$2/\$3

Feature: C soup of the day w/ 1/2 panni \$7.00
Bread Soup bowl w/ 1/2 panni or small salad \$8.00

Full order:
Bread Soup bowl w/ wrap or panni or salad (your choice with bread bowl) \$12.00

THE SALAD CENTER

CAESAR SALAD
FRESH CUT ROMAINE LETTUCE TOSSED IN HOMEMADE CAESAR DRESSING, CRACKED PEPPERCORNS, SEASONED CROUTONS \$8

ADD GRILLED SEASONED CHICKEN \$10
OR SEASONED GRILLED SHRIMP \$13

ANTIPASTO SALAD
FRESH CUT ROMAINE SERVED WITH ROASTED PEPPERS, OLIVES, ARTICHOKE, HOT CHERRY, TOMATOES, SALAMI, PEPPERONI, PROVOLONE. SERVED WITH OUR HOUSE ITALIAN DRESSING. \$8/\$12

CHEF SALAD
CHOPPED ICEBERG AND ROMAINE TOPPED WITH CUCUMBERS, TOMATOES, ONIONS, AMERICAN CHEESE, TURKEY, HAM, OLIVES AND A HARD BOILED EGG. \$8/\$12

TACO SALAD
SEASONED GROUND SIRLOIN SERVED IN A TACO BOWL WITH SHREDDED LETTUCE, OLIVES, CHEDDAR CHEESE, CHOPPED TOMATOES, HOT CHERRY PEPPERS TOPPED WITH SOUR CREAM AND SIDE OF SALSA \$9

TRADITIONAL COBB SALAD
ICEBERG WEDGE, 2 SLICES OF BACON, HARD — BOILED EGG, TOMATOES, SEASONED CHICKEN, AVOCADOS, CRUMBLED BLUE CHEESE, PARMESAN PEPPERCORN \$11

THE PANINI CENTER

SERVED W/ FRESH CUT FRIES • ALSO AVAILABLE AS A WRAP **ITALIAN**

INCLUDES HAM, HARD SALAMI, PEPPERONI, PROVOLONE CHEESE, KALAMATA OLIVES, ROASTED RED PEPPERS, TOMATOES AND OUR HOUSE ITALIAN DRESSING \$10

AMERICAN
INCLUDES TURKEY, HAM, ROAST BEEF, AMERICAN CHEESE, TOMATOES AND MAYONNAISE \$9

HERBIVOR

INCLUDES ROASTED PEPPERS, PORTOBELLO MUSHROOMS, TOASTED PECANS, OLIVES, ARTICHOKE, TOMATOES AND MOZZARELLA CHEESE. DRIZZLED WITH A BALSAMIC AND HERB VINAIGRETTE \$9

FRENCH DIP
THINLY SLICED PRIME RIB ROAST SERVED WITH YOUR CHOICE OF CHEESE AND A CUP OF BEEF AU JUS \$11

Also featured as a panni or wrap:
Grilled Chicken w/ bacon ranch • Crispy Buffalo Chicken

SPECIALTY BURGERS

FRESHLY GROUND 60Z BURGERS.

SERVED ON A KAISER WITH LETTUCE AND FRESH CUT FRIES **THE ERIE STATION**

STUFFED WITH CRUMBLY BLUE CHEESE AND TOPPED WITH SAUTEED ONIONS AND BACON COVERED IN JAGER SAUCE \$11

THE BUFFALO BURGER
BURGER DIPPED IN BUFFALO HOT WING SAUCE AND COVERED IN BLUE CHEESE \$9

THE FRENCH ONION BURGER
SMOTHERED IN SAUTEED ONIONS IN A REDUCED BEEF STOCK TOPPED WITH PROVOLONE CHEESE \$9

THE DRUNKEN ALOHA BURGER
SMOTHERED IN REDUCED AMERICAN HONEY WHISKEY AND TOPPED WITH BACON, PINEAPPLES \$10

A TASTE OF ITALY BURGER
SERVED WITH OUR BASIL PESTO AND MARINARA SAUCE TOPPED WITH MOZZARELLA CHEESE \$9

BRIOCHE BURGER
TOPPED WITH FRIED EGG, BACON, CHEDDAR CHEESE AND SERVED IN BETWEEN TWO PIECES OF ARTISAN BIOCHE \$11

THE TYPICAL CHEESEBURGER SERVED WITH LETTUCE, ONION, TOMATO AND CHOICE OF CHEESE (ADDITIONAL TOPPINGS .25) \$8

SOUTH OF THE BORDER

TACO SALAD
SEASONED GROUND SIRLOIN SERVED IN TACO BOWL WITH SHREDDED LETTUCE, OLIVES, CHEDDAR CHEESE, CHOPPED TOMATOES, HOT CHERRY PEPPERS TOPPED WITH SOUR CREAM AND SIDE OF SALSA \$9

QUESADILLAS
MADE FRESH WITH SAUTE ONIONS, PEPPERS, MUSHROOMS AND MOZZARELLA CHEESE AND GRILLED CHICKEN \$8

CHICKEN FRANCAISE
SEARED FRESH CUT LEMON HERBED EGG, BUTTER, GARLIC LIGHTLY FLOURED CHICKEN BREAST \$13

STEAK FAJITAS
FLANK STEAK, THINLY SLICED SAUTEED W/ ROASTED RED PEPPERS, ONIONS, MUSHROOMS IN OUR ERIE STATION SPECIAL SAUCE SERVED ON WARM TORTILLAS. (SOUR CREAM CAN BE ADDED) \$16

MEXICAN BURGER
A BURGER SEASONED AND GRILLED TO YOUR LIKING SERVED WITH HOT CHERRY PEPPERS AND CHEDDAR CHEESE WRAPPED AND SEARED INTO A TORTILLA. SERVED WITH SOUR CREAM AND SALSA W/ HOMEMADE FRENCH FRIES. \$11

ENTREES

ALL ENTREES COME WITH SIDE SALAD AND HOMEMADE BREAD GLUTEN FREE AND VEGAN OPTIONS AVAILABLE, ASK SERVER

STEAKS

DELMONICO
WE HAND CUT OUR DELMONICO STEAKS TO YOUR LIKING LIGHTLY SEASON AND GRILL TO PERFECTION

80Z-S15 / 120Z-S17 / 160Z-S21 / 220Z-S26

DELMONICO BRUSCHETTA SAUCE STYLE
12 OUNCES OF FRESH CUT DELMONICO GRILLED TO PERFECTION TOPPED WITH A MIXTURE OF FRESH CUT TOMATOES, RED ONIONS, GARLIC, MELTED ON TOP COMPLETES THE DISH \$18

SIRLOIN TIPS
TENDER BEEF TIPS SAUTEED WITH PORTOBELLOS, BUTTONS AND ONIONS. SERVED WITH A SUCCULENT BURGUNDY CREAM \$16

BEEF BAILEY
TWO 4OZ MEDALLIONS SEARED AND TOPPED WITH MOZZARELLA CHEESE. SERVED WITH SAUTEED MUSHROOMS AND HOT CHERRY PEPPERS IN A BROWN SAUCE. ALL SERVED ON A PILE OF GARLIC MASHED POTATOES \$15

PRIME RIB ROAST

(SATURDAYS 5-CLOSE ONLY! UNLESS OTHERWISE STATED BY YOUR HOSTESS)

120Z-S16 / 160Z-S20 / 220Z-S26

NEW YORK STRIP STEAK

WE HAND CUT STRIP STEAK TO YOUR LIKING LIGHTLY SEASONED TO PERFECTION

80Z-S13 / 120Z-S15 / 160Z-S19 / 220Z-S26

RODEO STYLE STRIP STEAK

120Z OF FRESH CUT STRIP STEAK SMOTHERED IN JACK DANIELS INFUSED BARBECUE SAUCE, SERVED WITH OUR CRISPY ONION RINGS \$16

REEF

HOT SEAFOOD ANTIPASTO

JUMBO SHRIMP, SHOLE CLAMES, HADDOCK, ROASTED PEPPERS, OLIVES ARTICHOKE, MUSHROOMS AND CHERRY PEPPERS, SERVED IN TOMATO AND BASIL BROTH TOPPED WITH OREGANOS MIX AND MOZZARELLA CHEESE AND GARLIC BREAD \$18

JUMBO SHRIMP (6)
SERVED YOUR WAY EITHER FRIED, SAUTEED OR BROILED \$15

FRESH HADDOCK OFFERED ON FRIDAYS FROM 2-CLOSE CHOOSE FROM BEER BATTERED, REGULAR FRIED, CAJUN, BAKED OR ITALIAN STYLE \$12

CHICKEN

CHICKEN PARMESAN

HAND BREADED CHICKEN BREAST SLIGHTLY DEEP FRIED AND FINISHED IN OVEN WITH OUR HOMEMADE MARINARA SAUCE AND FRESH SLICED MOZZARELLA CHEESE \$15

CHICKEN RIGGIES
SAUTEED CHUNKS OF CHICKEN BREAST WITH MUSHROOMS, ONIONS AND HOT CHERRY PEPPERS. TOSSED WITH RIGATONI AND A CREAMY MARINARA SAUCE. \$14

CHICKEN ALFREDO
RIGATONI AND CHICKEN SWIMMING IN A PARMESAN REGGIANO CREAM SAUCE TOPPED WITH CRACKED PEPPERCORNS \$13

CHICKEN GRUYERE
HAND BREADED BREAST OF CHICKEN TOPPED WITH FRESHLY SLICED VINE RIPE TOMATOES, FRESH BASIL AND GRUYERE CHEESE SERVED IN A WHITE WINE AND MUSHROOM SAUCE \$14

CHICKEN SCALLIONO
SAUTEED STRIPS OF SERVED WITH CREAM OF SCALLIONS AND THREE PIECES OF BASIL PESTO BRUSCHETTA. \$13

PASTA

PASTA AIOLI

RIGATONI TOSSED WITH OLIVE OIL, BROWNED GARLIC AND FRESH BASIL. SPRINKLED WITH PARMESAN CHEESE \$10

BAKED PASTA

RIGATONI TOSSED IN OUR HOMEMADE MARINARA SAUCE AND TOPPED WITH MOZZARELLA CHEESE. THEN FINISHED IN THE OVEN FOR A MELTED TOPPING. \$10

ADD A IN HOUSE MADE GOLIATH MEATBALL TO THE DISH \$13

PASTA PESTO

RIGATONI TOSSED IN A HOMEMADE BASIL PESTO CREAM WITH ROSTED PEPPERS, ARTICHOKE AND PORTOBELLO MUSHROOMS \$12

Offered as a substitute for those that are sensitive; Pharaoh Salad (made with barley, diced tomatoes, cucumbers and fresh herbs tossed with a citrus garlic vinaigrette) \$7.00

Add chicken 10.00, haddock 12.00, shrimp 14.00 or NY strip steak \$18.00

KIDS KORNER AGES 12 AND UNDER

BURGER/ CHEESE BURGER \$5/6

CHICKEN TENDERS \$6

SPAGHETTI (ADD MONSTER MEATBALL) \$5/6

GRILLED CHEESE W/FF \$4

MINI SAMPLER \$7

HOMEMADE DESSERTS

NY STYLE CHEESECAKE \$5

SERVED WITH RASPBERRY, CARMEL OR CHOCOLATE SAUCE

TRIPLE "MILE HIGH" CHOCOLATE CAKE \$5

REESES PEANUT BUTTER PIE \$5

PLEASE BE AWARE THE EXTRA SAUCES ARE .50 CENTS MORE AND BLUE CHEESE IS \$1.00 MORE. SHOULD YOU WISH TO SHARE A PLATE THERE WILL BE A \$2.50 PLATE CHARGE. PARTIES OF 8 OR MORE WILL BE AUTOMATICALLY HAVE A 18% GRATUITY CHARGE

Raspberries

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Chef's Specialties

Filet Mignon

10oz Tenderloin Filet Char Grilled to Perfection - \$29.99
Remo Style Add - \$3.00

Sliced Filet

2 - 4 oz Tenderloins Sautéed in Olive Oil with Mushrooms, Hot Cherry and Sweet Peppers, Finished in a Rich Roasted Garlic and Beef Stock - \$29.99

NY Strip

14 oz NY Strip Lightly Seasoned and Cooked to Perfection - \$22.99 - Remo Style Add - \$3.00

Shrimp & Scallop Ramano

**Jumbo Shrimp and Sea Scallops Sautéed with Fresh Garlic, Herbs, Sun-Dried Tomatoes, White Wine and Butter. Served over Capellini - \$21.99

Chicken Scarp

BONE-IN Chicken Pieces Sautéed until Golden Brown with Hot & Sweet Peppers, Fresh Roasted Garlic Topped with Extra Virgin Olive Oil and Fresh Ground Pepper - \$18.99

Fruite DeMare **

Clams, Mussels, Shrimp and Scallops Sautéed in Olive Oil, Fresh Garlic and Seasonings. Finished with a Light Plum Tomato Sauce and Served over Linguine. - \$24.99

Veal Alfredo

Medallions of Veal, Breaded and Pan Fried. Finished in Alfredo Sauce, Garnished with Shrimp and Artichoke Hearts. - \$21.99

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Bowl Soup & Crackers	\$6.25
Bowl Homemade Chili topped w/Cheese & Onions	\$6.25
Breakfast Sandwich <i>served with</i> homemade Chips & Hash Browns	\$6.25
Tuna Salad Sandwich & Chips	\$6.95
Chicken Salad Sandwich & Chips	\$6.95
Egg Salad Sandwich & Chips	\$6.25
Grilled Cheese Sandwich & Chip	\$5.95
Hamburger & Homemade Chips	\$6.95

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*Experience the Taste of Naples!***Starters****Macrina Mix Salad** \$7/\$8

Locally Grown Greens, Prosciutto, EVOO, Balsamic Glaze, Sea Salt, served with our Rosemary Focaccia. *Price with pizza

Fire Roasted Baby Peppers \$5

Drizzled with EVOO, Balsamic Glaze, Sea Salt. *Served with Rosemary Herb Focaccia

Antipasto \$6

Pepperoni, Grape Tomato, Black Olive, Artichoke Heart, Fresh Mozzarella, Dressed with our House Italian Dressing

Caprese Salad \$5

Grape Tomato, Fresh Mozzarella, Basil, Drizzled with EVOO, Balsamic Glaze, Sea Salt

Meatball Slider 1/5 - 2/8

A 4oz Meatball topped with Fresh Mozzarella and Basil, sandwiched between our Wood-Fired dough

Antipasto Grande \$11

A combo of the Macrina Mix and the Antipasto served with Rosemary Herb Focaccia

Calabrese Cauliflower \$6

Cauliflower, Roasted Garlic, Bacon, Utica Grind. Served with Rosemary Herb Focaccia

Burrata su Rucola \$6 half order/ \$11 full order

Fresh Burrata, Arugula, EVOO, Balsamic Glaze, Sea Salt, Served on top of Focaccia

Picante Lungo \$6

Two Fire Roasted Long Hots, Dressed with EVOO, Balsamic Glaze, Sea Salt, Served with Focaccia

Classic Red Pizza**Margherita** \$10

San Marzano Sauce, Fresh Mozzarella, Basil

Napoli \$10

San Marzano Sauce, Fresh Mozzarella, Roasted Garlic, Oregano

Vesuvius \$12

Hot Soppressata, Banana Pepper, Utica Grind

Siciliana \$13

Prosciutto, Artichoke Heart, Black Olive

Palermo \$12

Hot Soppressata, Black Olive, Oregano

Putenesca \$13

Anchovy, Black Olive, Capers, Oregano

Bruno \$12

Pepperoni, Bacon

Berni \$13

Meatball, Pepperoni, Sausage, Hot Soppressata

Verona \$13

Mushroom, Black Olive, Red Onion, Roasted Red Pepper, Roasted Garlic

Hawaiian Volcano \$12

Hot Soppressata, Pineapple, Utica Grind

Daniella \$13

Meatball, Mushroom, Roasted Garlic

Gluten Free add \$4 • Vegan Cheese add \$3

Toppings \$!**Formaggi**Mozzarella • Asiago • Gorgonzola
Feta • Goat Cheese • Mascarpone • Ricotta
Smoked Gouda • Caciocavallo
Fiore di Latte • Mozzarella di Bufala • Prosciutto**Carni**Pepperoni • Bacon • Prosciutto
Meatball • Spicy Salami • Sausage
Black Forest Ham**Verdure**Mushroom • Red Onion • Roasted Red Pepper
Roasted Garlic • Grape Tomato • Baby Spinach**Miscellaneous**Anchovy • Capers • Artichoke Heart • Black Olive
Pineapple • Sun-Dried Tomato • Banana Pepper
Jalapeno • Cherry Pepper • Egg • Fig • Kalamata Olive**Dessert Pizza**

Nutella 1/2 • \$6 • Whole • \$10

Cannoli 1/2 • \$6 • Whole • \$10

Beverages

Soda • \$1 • Water • \$1

San Pellegrino • \$3 • Special Beverage • \$3

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schedule, rewards, and upcoming events!*Use the hashtags*#mangiamacrina and #shareyourlovenotyourpizza
to have your post featured!**White Pizza****Aglio e Olio** \$10

Roasted Garlic, Fresh Mozzarella, EVOO

Bianca \$12

Artichoke Heart, Roasted Red Pepper, Roasted Garlic

White Vesuvius \$12

Hot Soppressata, Banana Pepper, Roasted Garlic, Utica Grind

Balotelli \$13

Mushroom, Black Olive, Red Onion, Roasted Red Pepper, Roasted Garlic

Fumo \$11

Bacon, Roasted Garlic

Quattro Formaggi \$13

Fresh Mozzarella, Asiago, Gorgonzola, Mascarpone, Basil

Fior di Latte Pizza**Mangia Italiano** \$14

Grape Tomato, Fior di Latte, Basil, Roasted Garlic, EVOO, *added post-oven after the dough is fired

Napoli con Fior di Latte \$12

San Marzano Sauce, Sicilian Oregano, Garlic, Fior di Latte

Margherita con Uovo \$13

San Marzano Sauce, Basil, Fior di Latte, Egg

di Bufala Pizza**Bufalina** \$13

Mozzarella di Bufala, Basil, Roasted Garlic

Grazie \$15

Prosciutto, Bacon, Hot Soppressata, Roasted Garlic, Mozzarella di Bufala, Oregano

True Neapolitan \$13

San Marzano Sauce, Basil, Mozzarella di Bufala

Specialty Pizza**Rocket** \$13

Our traditional Margherita Pizza topped with post oven Arugula, Prosciutto, Sea Salt, Balsamic Glaze

Maiale Blu \$12

Bacon, Gorgonzola

Full Monte \$14

Black Forest Ham, Applewood Smoked Gouda, Local Maple Syrup, Post Oven Sprinkle of Powdered Sugar

Azzuri \$13

Roasted Red Pepper, Prosciutto, Gorgonzola

SpinaGee \$13

Spinach, Roasted Garlic, Ricotta

Grande Puzza \$12

Onion, Roasted Garlic, Gorgonzola

Cavoletti \$13

Brussels Sprouts, Bacon, Roasted Garlic, Gorgonzola

Miele di Fico \$13

Figs, Goat Cheese, Rosemary with a post oven Ginger Honey Drizzle

Greco \$14

Feta, Kalamata Olive, Onion, Banana Peppers, Sun Dried Tomato, Oregano

Cavallo Dono \$15

Portobello Mushroom, Caciocavallo, Sausage, Roasted Garlic, Red Roasted Pepper, Oregano

Oliva Ripieno \$12

Castelvetrano Olive, Roasted Garlic, Gorgonzola, Oregano

Vegan Pizza**Anacardi Ricotta di Spinaci** \$14

House Made Cashew Ricotta, Roasted Garlic, Spinach

Marinara \$9

San Marzano Sauce, Roasted Garlic, Oregano



Saltsman's Hotel

Junction: Rtes. 67 & 10, Ephratah, NY • saltsmans.com

*Before dinner try one of our special appetizers:
The Onion Bloomer or Sautéed Chicken Livers***Saltsman's Famous Fried Chicken**

Grilled Pork Chops

Grilled Ham Steak

Breaded Veal Cutlet

Grilled Lamb Chops

Prime Rib au jus (Fri. & Sat.)

Steaks

Deep Fried Shimp

Deep Fried Scallops

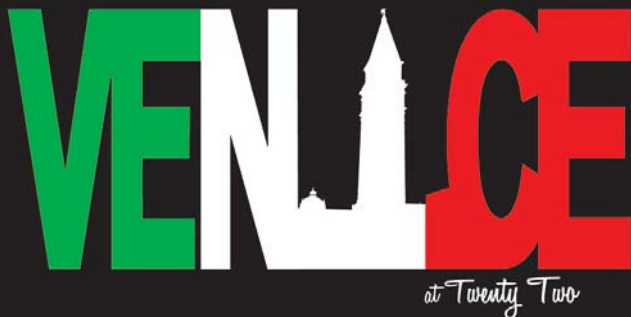
Baked Salmon

Baked or Fried Haddock

Roasts with Dressing (Sundays)

All entrees include our first course selection of fresh fruit cup, homemade soup, tomato juice, or seafood/pasta salad; plus corn fritters, creamed potatoes, baked onion casserole, vegetable of the day, coleslaw, and fresh baked bread.

*Our delectable selection of pies, puddings, cake, crisps,
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APPETIZERS

Soup

Cup: 3.95 Bowl: 4.95

Antipasti Platter 12.95

Sopressata, sharp provolone cheese, sweet roasted peppers, and calamata olives.

Roasted Peppers

Sweet: 8.95 Long Hot: 9.95
Served w/cracked wheat garlic bread

Greens 9.95

Made with prosciutto hot peppers and a squeeze of lemon juice, served with garlic bread.

Shrimp Cocktail 10.95

Four jumbo size shrimp, served with cocktail sauce and fresh lemon.

Coconut Fried Shrimp 10.95

Fried Calamari 12.95

Breaded by hand. Served w/ Cocktail Sauce.

Fried Ravioli 8.95

Filled with cheese & served with marinara sauce.

Waterfront French Fries 5.95

Crispy shoestring style potatoes.

Waterfront Chicken Wings 9.95

Choice of BBQ, Ranch, or Blue Cheese.

Stuffed Artichoke Hearts 10.95

Filled with Boursin cheese.

Chicken Tenders 9.95

Served with honey mustard or BBQ sauce.

Mozzarella Sticks 8.95

Served with marinara sauce.

Onion Rings 8.95

Jalapeño Poppers 8.95

Served with marinara sauce.

Sweet Potato Fries 7.95

Served with ranch dressing.

LUNCH MENU

All sandwiches include choice of French Fries or coleslaw.

1/2 Sandwich & Cup of Soup 8.95

Barbie's homemade soup.

Reuben Sandwich 9.95

Corned beef brisket, sauerkraut made with our special recipe. Russian dressing on rye bread then grilled.

Turkey Club 10.95

Made w/freshly smoked turkey breast on premise.

Waterfront Wrap 9.95

Ask about the wrap of the day.

Haddock Sandwich 9.95

Breaded and fried until golden. Served with tartar sauce.

Waterfront Burgers:

8 oz. Angus beef on Heidelberg roll.

Plain Burger 8.95

Cheeseburger 9.95

Bacon Cheeseburger 10.95

Mushroom Blue Burger 10.95

Carolina Pulled Pork 9.95

Made with our freshly smoked & shredded pork. Piled high and drizzled with BBQ sauce. With

coleslaw if desired.

Covered Meatball 9.95

Homemade meatballs, served on garlic bread made from Costanzo Italian Bread.

Open Steak Sandwich 12.95

USDA 8oz. Sirloin served on toasted garlic bread.

Reina's Chicken Sandwich 9.95

Char-broiled chicken breast topped with bacon, lettuce, & tomato on a Costanzo roll.

Clam Roll 9.95

Served on a Costanzo roll with tarter or cocktail sauce.

Roasted Garlic Pizza 8.95

Baked individual 8" freshly made dough topped with our roasted garlic and mozzarella.

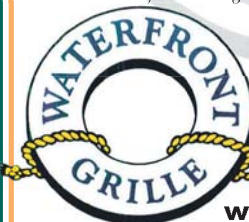
Margherita Pizza 8.95

Baked individual 8" freshly made dough topped w/our marinara, basil & mozzarella.

Greek Pizza 10.95

8" individual eggplant, peppers, sun-dried tomatoes, caramelized onions, olives and goat cheese.

* Prices are subject to change. Please contact us for the most current information.



**800 Mohawk Street
Herkimer, NY 13350
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Scan our Full Menu here!



www.waterfrontgrille.net

How to stay healthy when dining out

Dining out is wildly popular. The convenience of letting someone else do the cooking and the opportunity to try new types of cuisine is too great to resist for many people.

According to Zagat's 2016 National Dining Trends Survey, people go out to eat (not counting breakfast) an average of 4.5 times per week. While it can be easy to count calories and adhere to other dietary restrictions when eating at home, that's not always the case when dining out. Fortunately, there are ways for people who love to go out to eat to have their gourmet cuisine and eat it, too.

- Request that items be cooked a certain way. While diners might not be able to order off-menu

dishes, they can try their luck at asking for dishes on the menu to be prepared a certain way. For example, if a menu is loaded with fried foods, try asking for dishes to be grilled instead of fried. Researchers affiliated with the Harvard School of Public Health found that people who ate fried food at least once per week had a greater risk of both type 2 diabetes and heart disease than those who avoid fried foods, and that their risk increased with each additional fried meal they consumed. In addition, researchers also found that eating fried foods away from home posed the greatest risk, as the frying oil used may not be fresh. Reused oil is more easily absorbed by foods than fresh oil that has yet to degrade, and that increased absorption can contribute to high cholesterol, high blood pressure and weight gain. Many restaurants are amenable to diners who want to avoid fried foods, but diners must ask.

- Eat only half the meal. Restaurant portions tend to be bigger than portions diners would make for themselves at home. In fact, the National Heart, Lung and Blood Institute notes that food portions at restaurants have doubled or tripled over the last 20 years. Diners who want to dine out but prevent overeating can ask that half of their entrées be boxed before the meal even makes it to the table. In addition, avoid appetizers and choose coffee or tea as dessert instead of high-calorie and sugar-laden baked or frozen desserts.

- Make sure salads are healthy. Some diners mistakenly believe that all salads are the same. However, salads loaded with bacon and cheese and smothered in creamy dressings can be just as detrimental to diners' waistlines as large entrées



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➔ **SATURDAY**
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SUNDAYS
50¢ wings at the bar
\$2.00 pints at the bar
\$14.99 1 lb. sirloin steak dinner

Scan here to look over our full menu



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How from 16

cooked in an unhealthy way. When ordering salads, make sure the salad is loaded with healthy fare like raw vegetables and choose a low-calorie, low-fat dressing.

- Peruse menus before leaving home. Perusing menus online before leaving home allows diners to find restaurants that offer the kind of healthy fare they're looking for. Arriving at a restaurant without knowing its menu increases the chances that diners will simply choose something from the



menu, regardless of how healthy it may be.

Health-conscious diners can still enjoy nights out on the town without sacrificing their waistlines or putting their long-term health in jeopardy.

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Securing party reservations and other restaurant special requests

Restaurants can be ideal spots to celebrate special occasions or simply get a night off from cooking. One of the joys of dining out is having a delicious meal prepared and served without having to worry about post-meal cleanup.

Dining establishments are in the business of keeping customers happy, but diners can do their part to make their next dining experience as enjoyable as possible.

When planning your night out, call the restaurant or make a visit in person to inquire about the establishment's reservation policy. Find out how far in advance reservations must be made, and discuss the size of the party you plan to bring. Restaurant employees can advise you as to which

days tend to be the least busy and which times ensure you will have a smoother dining experience, especially if your dinner party will be large.

If possible, become a regular patron at a particular restaurant you like. This allows you to develop a rapport with the staff and possibly even the owners. Like the restaurant's page on social media and sign up for email alerts about specials so you receive advance notice about upcoming events.

For special requests that go beyond regular restaurant offerings, consult with the manager well in advance of your party. Many restaurants are able to accommodate special requests, such as renting out the space or bringing in flowers. The restaurant may have a set of protocol they follow or vendors with whom they contract, and that can make the dining experience even more special. Discuss the extra costs involved and work out the details thoroughly so nothing is left to chance. Call ahead a few days in advance and confirm the reservation and special plans, if any. This way there will be no surprises come the night of the dinner.

Always be on time for a reservation, especially when you have a large dinner party. The restaurant's job is to turn over tables, and while



SECURING 19

Stockdale's Bar & Grill

103 RIVER STREET ORISKANY, NY (315) 316-0419

STARTERS

A Pound of Wings / 8.95
Our Hand Breaded Wings Tossed in our Mild, Med, Hot, BBQ, Spicy BBQ, Chipotle BBQ, Honey Mustard, Sweet & Spicy, or our Own Mighty O Sauce (Let's just say Habanero Chile is in this sauce!), Served with Celery and Blue Cheese.

Red White & Blue Wings 9.95
Our Medium Sauce mixed with Chunky Blue Cheese Dressing

Fresh Cut Fries / 4.95
Fresh Fries served with two of our dipping sauces - Spicy Chipotle Mayo, Sriracha Ketchup or Spicy Berry.

Chili Cheese Fries / 7.95
A pile of Fresh Fries topped with our Own Chili, Cheddar Cheese, Hot Peppers and Sour Cream served on the side.

Spinach and Artichoke Dip / 6.95
Spinach, Artichoke and our Own blend of spices topped with Cheese and Baked

Chips and Salsa / 4.95
Chips and Our Homemade Salsa.

Beer Battered Onion Rings or Pickles 5.95/4.95
A generous portion of fresh cut onion rings or dill pickles-your choice- tossed in our very own Ultra Club Pioneer Batter and then fried to a golden perfection.

SOUPS & SALADS

Grilled Chicken Caesar Salad 8.95
Romaine Lettuce tossed with fresh grilled organic chicken, crispy bacon, shaved Parmesan cheese, homemade croutons, and Caesar dressing.

Stockdale's Chili 6.95
A combination of Local Grass Fed Beef, Chili Peppers, Red & Black Beans, and Roasted Sweet Corn slow cooked to perfection.

BURGERS

Every Burger made with 1/2 Pound Grass Fed Angus Beef served with Our Fresh Cut Fries
Add \$.75 to Sub Sweet Potato Fries. Add bacon \$1.00.

Pepper - Jack / 9.95
Two Layers of Pepper-Jack Cheese, topped off with Lettuce, Tomato and a Spicy Mayo.

Black and Blue / 9.95
Crumby Blue Cheese, topped off with Crispy Bacon, Lettuce, Tomato and Classic Mayo

Classic 8.95
Topped with Cheddar Cheese Lettuce, Tomato, and Classic Mayo. For the smaller appetite, our 1/4 Baby Burger \$6.95.

The Stockdale 9.95
Topped with Cheddar/Monterey Jack Cheese, Caramelized Onions and Hot Peppers

SANDWICHES & OTHER DELIGHTS

Black Bean Veggie Burger 7.95
Black Bean Veggie burger with roasted red peppers, provolone cheese, topped with spicy mayo. Served w/ fries.

Pork Loin Bomber / 9.95
Grilled pork topped with Sakumi, Bacon, Roasted Peppers, 3 cheeses and Chipotleberry Sauce. Served w/ fries.

The Carrier / 9.95
Thinly sliced chicken topped with Caramelized Onions, Provolone and Horseradish Mayo. Served w/ fries.

5 Cheese Mac / 7.95
5 Cheeses Blended to Perfection, the name says it all

Chicken Caesar Wrap / 8.95
Grilled organic chicken, bacon, romaine lettuce Parmesan Cheese & Caesar Dressing. Served w/ fries.

Chicken Quesadilla / 8.95
Grilled organic chicken, cheddar cheese and served with our homemade salsa and sour cream. Served w/ tortilla chips.

Reuben Quesadilla 8.95
Corned beef, sauerkraut, and Swiss Cheese melted in a tortilla with 1000 Island dressing. Served w/ fries.

All Hands on Deck Flatbread / 8.95
Served pizza style topped with organic chicken, artichokes, spinach, feta and cheddar cheese.

Grilled Chicken Sandwich / 8.95
Grilled organic chicken topped with Roasted Red Peppers and Provolone Cheese. Served w/ fries.

SECURING from 18

you want to have a relaxing meal, you do not want to be late

or dawdle past an acceptable time. Consider the restaurant's business and be a good patron.

Remember to reward exceptional and friendly service during your meal and when paying the bill. Generous diners who treat the staff courteously and go above and beyond in terms of gratuity will likely be remembered the next time they dine out. Go out of your way to praise exemplary service and offer to give positive reviews of an establishment online.

Hosting a special occasion at a restaurant can be even more enjoyable with some pre-dinner planning and by working with restaurant staff you trust.



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Monte Cristo Panini

Turkey, Choice of Bacon, Swiss, Tomato & Homemade Honey Mustard Dressing.

Roasted Veggie

Roasted Portabella, Red Peppers, Tomato, Onion, Spinach, Eggplant, Zucchini & Balsamic.

Texas Beef Panini

Roast Beef, Cheddar Cheese, Choice of Bacon, Roasted Red Peppers, Onions & BBQ Sauce.

Hilary's Veggie Burger

Salads - Served with Ciabatta Wedge

Café Toss • Chef • Chicken Caesar Cobb • Fruit & Feta • Greek Concord Spinach Salad Tomato & Mozzarella

Wraps - Served with Choice of Side

Chicken Club

Chicken, Choice of Bacon, Lettuce, Tomato, Provolone & Homemade 1000 Island Dressing.

Falafel

Falafel, Feta, Lettuce, Cucumbers, Tomatoes & Homemade Greek Dressing in a Pita.

Greekness

Chicken, Romaine, Tomato, Onion, Feta & Olive Spread Rolled in a Garlic & Herb Tortilla.

Gyro

Chicken, Tabooli, Feta, Sautéed Onions, Cucumbers, Lettuce, Tomato & Greek Dressing in a Pita.

Hu-Bulee

Hummus, Tabooli, Alfalfa Sprouts, Lettuce, Tomato & Onion.

Julius

Grilled Chicken, Lettuce, Tomato, Parmesan Cheese & Homemade Caesar Dressing.

Picasso

Grilled Chicken, Fresh Mozzarella, Spinach, Roasted Red Peppers & Homemade Balsamic Dressing

Sandwiches - Served with Choice of Side

BLT or Vegan LT • Beefeater • Chicken Dinner • Grilled Cheese • Hummus Veggie • Free Range Egg Salad w/Olive Paste • Turkey Brie • Turkey Stack • Albacore Tuna Salad or Melt • Turkey Reuben

Soup & Combos

SOUP Cup / Bowl / Quart
Cup of SOUP & Half a Salad

Cup of SOUP & Half a Sandwich
Half Sandwich & Half a Salad

Karam's Hummus & Tabooli
Cafe Quesadilla, Burrito

Make the most of 'al fresco' dining

When the weather permits, many people enjoy eating meals outside. Al fresco dining may be available at both high-end restaurants and more intimate cafes.

Al fresco comes from the Italian term for "open air." Restaurants have recognized the draw of outdoor seating and many have expanded their offerings. While many people need nothing more than an outdoor table and some nice weather to enjoy eating outside, there are some ways to make al fresco dining experiences as pleasant as possible.

- Do your research before visiting. Drive or walk by a restaurant before dining there yourself. Check out how outdoor diners are treated and if

the service is as prompt as it is indoors. Pay attention to foot and vehicle traffic near the tables to determine if the spot is conducive to eating. Too much noise or car exhaust can detract from the meal.

- Look for covered tables. It's one thing to sit outside and enjoy some cool breezes. It's quite another to spend an hour or more directly under the blazing sun. Dine at an establishment that has a gazebo, portico, overhang, or individual patio umbrellas at each table. This way you can be comfortable and avoid sunburn.

- Call ahead for seating. Because al fresco dining is so popular when the weather is warm, outdoor tables can fill up quickly. For those planning to sit outside, call the restaurant and reserve an outdoor spot. This way you will be guaranteed a table.

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restaurant & banquets

The Tomahawk

Our Tomahawk is the juiciest of all Steaks. This marvelously tender, rich, yet mello Bone-In-Cut comes from the heart of the 'Prime Rib Roast'.

CHEF & STAFF FAVORITES

Fruiti D'Mare

Sautéed Sea Scallops, Gulf Shrimp, Clams, Olive Oil, and Garlic with a light Marinara Sauce over Linguine

Prime Strip Steak

USDA Boneless Prime NY State Strip Steak Cut from Tenderloin Section of the Short Loin topped with Caramelized Onions.



Serving LUNCH Tues - Fri 11:30 - 2:30
and DINNER Tues - Thurs 4:30 - 9 / Fri and Sat 4:30 - 9



Outdoor Dining on our Waterfront Patio!

weather permitting

Check out our FULL MENU online Now!



16 Harbor Lock Rd., North Utica • 315-732-0116 • www.aquavinorestaurant.com

Primo

At The Kettle

Pizza

DELIVERY
After 4 pm

The Most Unique
UPSIDE DOWN PIZZA
You Will Ever Taste



315-381-3231

NY Style & Specialty Pizza's
Specialty Items / Wings & Subs

Weekday Specials

Tuesday
20" X-Large Cheese Pizza \$9.95
(Toppings \$2.25 Each / Limit 4 pies)

Wednesday
Small Cheese Pizza & 20 Wings \$15.95

Thursday
2 Large Cheese Pizzas (Must Buy 2) \$16.95

Pizza & Wings Specials Everyday

Sm. Cheese & 20 - \$17.95

Lg. Cheese & 20 - \$21.95

Lg. Cheese & 25 - \$24.95

Lg. Cheese & 50 - \$35.95

Additional Sauces 50¢

(Plus tax, Celery, Blue Cheese, toppings extra)

HOURS

Tuesday - Thursday **11 am-9 pm**

Friday & Saturday **11 am - 10 pm**

Sunday **1 - 8 pm**

WE DELIVER!!!

\$20 minimum order for delivery

Next Door to the Spaghetti Kettle
7756 State Route 5 | Clinton, NY

Like us on
FACEBOOK



www.primopizzeria1.com

MAKE from 20

- Dress appropriately for the weather. Plan ahead for al fresco dining by bringing some accessories along. A light jacket or sweater can keep you warm if a breeze picks up, and sunglasses are recommended in sunny conditions. A hat worn indoors may be a social faux pas, but it is acceptable to wear one outside to block the sun.

- Expand your dining options. Instead of traditional restaurants, try the offerings at food trucks, take-out places and other spots that serve food. Set up your meal at nearby picnic tables or another outdoor place and enjoy.

- Bring a friend or relax by yourself. Eating outdoors is entertaining with a friend or alone. If you are dining with a group, take your time and linger in the fresh air, enjoying the conversation. If you are dining alone, you can still relax and take your time with the meal. One hidden benefit of al fresco dining is that it provides you the opportunity to relax and watch the world go by.



Pedro's Kitchen

Authentic Mexican Food



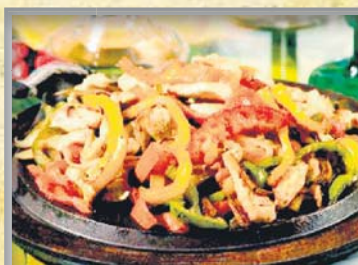
NACHOS
FAJITAS
CHIMICHANGAS
QUESADILLAS
CARNE ASADA
BURRITOS
CARNITAS
TACOS

Enchiladas
Taquitos Mexicanos
Tamales
Taco Salad

We have
KIDS,
VEGETARIAN &
DESSERT
Menus

See Our
Complete Menu
Online

We now have SOUPS



4648 Commercial Drive
New Hartford • 315-404-6326

Monday - Saturday **11-9** Sunday **CLOSED** (Memorial Day Thru Labor Day)
Beer - Wine - Liquor... Our Famous Margaritas

www.pedroskitchen.com

DiCastro's

Wood Fired Brick Oven Pizza

315-33PIZZA



dicastrosbrickoven.com

Pasta Your Way

Many varieties of Authentic Italian
HOMEMADE Pasta & Sauces
now available to create you own entree.

**Weekend Haddock Entrées & Saturday
Prime Rib plus our Famous Wood Fired
Brick Oven Pizza**

Mon-Thurs 11am-9pm ; Fri & Sat 11am-10pm ; Sunday 12p-8p

615 Erie Blvd. West, Rome

The Acropolis

GREEK RESTAURANT

DINING ROOM HOURS

Tuesday - Thursday 4:30pm - 8pm

Friday & Saturday 4:30pm - 9pm

LUNCH SPECIALS

SOUP - 16oz *Take-Out Only*

Chicken Egg Lemon - or- Chicken Tomato

GREEK SALAD - Small / Large
Served w/ pita bread.

APPETIZERS

CALAMARI

GRAPE LEAVES

TZATZIKI DIP - or - HUMMUS

CHEESE - or - SPINACH PIE

SANDWICHES

Grilled & wrapped in Pita with
Tomatoes, Onions and Tzatziki Dip

LAMB - CHICKEN - GYRO

GREEK SPECIALTIES

Served with Salad, Rice & Vegetables

MOUSAKA ACROPOLIS

PASTITSIO (baked macaroni)

ACROPOLIS SPECIALS - NEIGHBORHOODS

Served with Greek Salad, Pita Bread and Tzatziki Dip

CHICKEN - LAMB - PORK TENDERLOIN - SHRIMP - LOBSTER

DINNERS

Served with Salad, Rice, Vegetables, Tzatziki Dip & Pita Bread

LAMB SOUVLAKI Plate - CHICKEN SOUVLAKI Plate - PORK TENDERLOIN Plate

MIXED SOUVLAKI Plate - GYRO Plate

**FISH FRY (Friday Only) - SOUPS - SALADS - DESSERTS
HOT & COLD APPETIZERS**

Take Out AVAILABLE

LUNCH Tuesday - Friday 11am - 1:30pm

DINNER Tuesday - Thursday 4:30pm - 8pm / Friday & Saturday ONLY AVAILABLE TILL 5pm

315-793-1015 | Dine Healthy ... Eat Greek | 621 James St • Utica