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Photo by Mary Kris Smith

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Whistling Woodchucks!

—They're Back Again

By Terry Berkson



Not that they ever left. They just take a long winter nap while their heartbeat slows from eighty to an incredible five beats per minute and their body temperature drops from 99 to 37 degrees. Punxsutawney Phil projects a good productive image with his weather predictions but Digger Dan, the name I give to the critter whose been tunneling into my barn every year, is another story. One morning last spring I was carrying a bale of hay before the light of sunrise and stepped in a hole that swallowed my leg up to my knee. I dropped the bale and limped out to the wood pile to secure a piece of four by four to pound into the hole--knowing well that The Digger would soon find another entry into my space. The battle has been going on for several

years. A friend lent me a trap that I set up by an outside hole but the wary animal never goes near it.

One time I dropped a woodchuck bomb into the hole in the barn floor and covered it with a Frisbee that I held in place with my foot. Surprisingly the Frisbee blew off the hole with considerable force. I was puzzled because woodchucks usually have at least two entrances which would vent the pressure created by the bomb. Maybe Digger Dan's body blocked the tunnel like a cork in a bottle creating enough pressure to blow the Frisbee and my foot off the hole. Anyway, Digger didn't perish and I didn't try a bomb again for fear I'd burn the barn down.

Of course I had my 22 loaded and ready to rid myself of the trouble maker but this woodchuck is a strategist and always positions himself in hard to shoot

places. One time I was gunless and rounding a corner of the barn with a bucket of water when I ran right into him. We were both startled and to my surprise the wise guy whistled at me. It was an harassing whistle that made me angry—the first note of the notorious three-noted wolf call that guys in Brooklyn use when they see a nice looking girl. It's not very macho to be whistled at by a woodchuck. I duplicated the sound on the piano. The note is a "D," the first letter of two words I've been using to describe the enemy.

For several years an Amish farmer was taking hay off of our place. I often worried that one of his horses would step in a woodchuck hole like I did--and break a leg. So, I put sticks with flags on them to mark where the holes were. When the farmer saw my markers he laughed and assured me that even when covered

with cut hay, the horses could sense where the holes were. I found this hard to believe but, luckily, on our farm no horse ever broke a leg pulling a hay wagon.

My friend George who has the same invasion problem sicked his very willing Jack Russell terrier on a woodchuck and the dog followed the varmint into a hole—so far that he got stuck and George had to dig the dog out with a backhoe.

So, the war goes on. Besides filling holes, I've plugged some of Digger's relatives while on their way to my vegetable garden but shots at him are always taken from an awkward position and he just about gives me the razz before heading underground. Recently, a lucky shot surely creased the hair on Digger's head. Now, he must be taking me seriously because, lately, he ain't whistling. E

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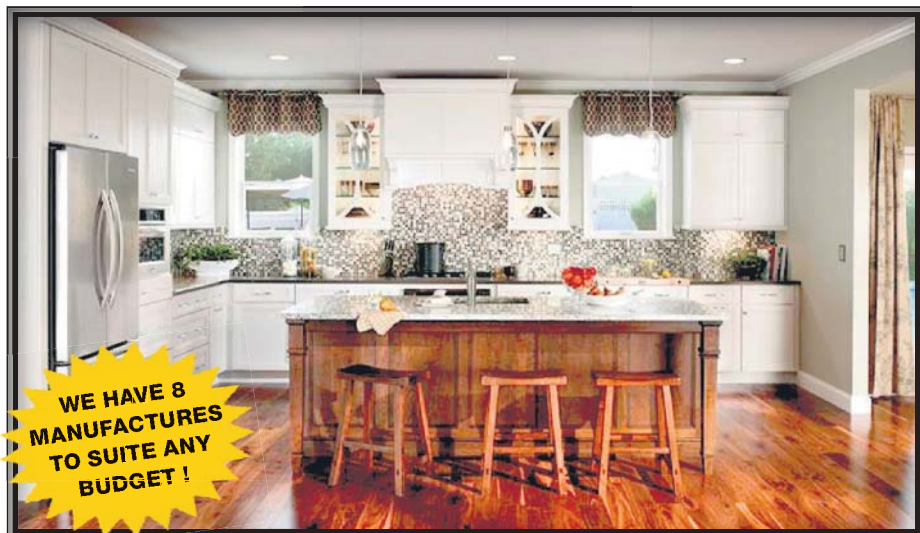
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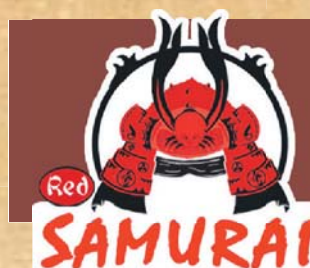
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“Father Joe” Salerno

-Tabbed as Utica's July 4 Parade Marshal



By Pat Malin

The Rev. Joseph A. Salerno, a local pastor, is a fixture at Utica's July 4 parade. He proudly marches with either the Utica Police Department or the Utica

Fire Department.

“Very often I would participate in the parade and honor the memories of the police and fire departments,” he said, noting how he is the chaplain for both units.

“Sometimes I wear my police uniform and sometimes I wear my fire uniform. I alternate every year.”

This July 4, “Father Joe,” as he is known in the community, will likely wear his trademark black clerical garments. And he will have another distinguishing feature, wearing a sash as the 2017 parade marshal.

“I was speechless...I'm what?” Father Joe said, laughing as he learned he was selected as this year's parade marshal, an honor reserved for local celebrities and politicians.

The Genesis Group, a civic organization which sponsors the parade, chooses the marshals annually. “He is the perfect example of what a community leader is all about,” said an admiring Ray Durso of the Genesis Group. The Genesis Group held a dinner last month at F.X. Matt Brewery to introduce and to salute Salerno.

“He gives so much to the community,” Durso added. “He's the pastor of two churches and says mass daily. I know he gave eight funerals in one week. He makes calls (to the) sick and is the chaplain for Notre Dame High School.”

Mark Montgomery, who founded Joseph's Experience, a not-for-profit that raises funds for cancer patients, was last year's marshal.

Salerno, who turned 69 on June 2, has served the Diocese of Syracuse for

more than 32 years as a Catholic priest.

He grew up in the heart of east Utica (Blandina St. and Third Ave.), where his family ran a grocery store) and not far from Mount Carmel Church. He attended Conkling School, then went to Chicago to attend a high school associated with a Catholic seminary.

“That was very common in the 1960s for boys who wanted to become priests to attend a high school like that,” Salerno pointed out.

He later graduated from Maryknoll College.

Father Joe has a non-stop schedule daily. He is the pastor of Our Lady of Lourdes Church in Utica and at Our Lady of the Rosary in New Hartford. He is also the regional vicar for the diocese, so his duties are endless and widespread.

“You never know,” he said, referring to his agenda. “This week I have mass every day and I happen to have a funeral every day, too. It's ministering to a large parish; it's not unusual.”

One day recently, in addition to holding mass at Lourdes, he attended an awards ceremony for members of the police department, said mass at Our Lady of the Rosary for students at Notre Dame, prepared a couple for an upcoming wedding, and performed a funeral at Holy Trinity Church.

“I'm buried,” he said with an unintended pun.

Ironically, July 4 is almost always a rare day off for Father Joe. He will say mass at Lourdes in the morning, attend the parade briefly, then kick back and relax with friends and fellow priests at his camp up north, he said.

This year, he is committed to staying in Utica the entire day, celebrating and “spreading goodwill to the community.”

In addition to the July 4 parade, the Genesis Group will hold an all-day festival followed by fireworks at Proctor Park. **E**



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Abusive Rooster

By Terry Berkson

Once had this beautiful tropical fish that was mutilating and eating up the rest of the fish in the tank. It looked like he would have to be flushed down the toilet but before doing so, I tried threading a piece of dental floss through his tail with a sewing needle to create a drag that would slow him down when chasing after the other fish. “Isn’t that cruel?” my wife Alice asked when she saw the streamer trailing.

“It’s better than flushing him,” I told her. The floss worked like a charm with the killer fish showing no discomfort. My tank remained in harmony for a long time.

Now, on the farm, I was down to one rooster. The other two troublemakers wound up at King’s auction. King said he was going to keep one of them for himself because he was so good looking. He granted my hens conjugal visits if they were so disposed. I told

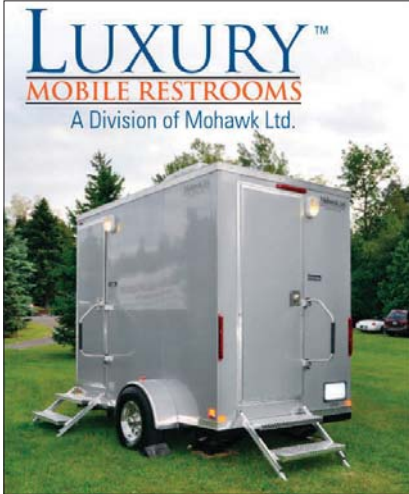
him I didn’t think they would miss their feathers being pulled out by the brute. That’s why I got rid of him. He had plucked a large target-shaped patch out of the back of almost all the hens so that they all appeared to be molting. I tried isolating him for a while but as soon as I put him back with the hens he started pulling out feathers.



My neighbor, Al Byler, had about fifteen Rhode Island Reds. Each and every one of them produced an egg a day--without the help of a rooster. Byler told me that his hens’ beaks were clipped when they

were young so that they wouldn’t be able to peck out each other’s feathers. I envied the pristine condition of his flock and telephoned my chicken guru Dick Perry to see if he had a solution. He told me that the beak could be clipped like a toe nail, but he recommended that I install a piece of wire in the rooster’s mouth that would keep him from closing his beak all the way. The wire would be very much like a horse’s bit and would be anchored to the bird’s nostrils. “The metal clip from a bag of potatoes would be perfect for the job,” Perry said. I didn’t think the rooster would like his beak trimmed or that he would be very comfortable breathing through his mouth all the time so I tried to think of another method.

I needed something to stop this rooster. When a dog gets his ears clipped, the vet puts a cone over
ROOSTER- 6



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Enjem's Flooring America celebrates its centenary year

Enjem's Flooring located at 2010 Oriskany Street in W. Utica, NY, open Monday-Friday 9 am-5:30 pm was founded by Matilda and Jim Enjem in 1917. At the start a mom-and-pop business in Utica Matilda ran the business as a general store after her husband's death up until the 1930's when the next generation would introduce flooring to the mix. Matilda's sons David and Joseph Enjem continued to develop the flooring segment at Enjems, and began helping many a local family set the foundation of their home for the generations to come.

From here the business kept growing,

and eventually evolved into a flooring resource for the community. A lot can change over the course of a century, and behind the scenes today you'll find third and fourth generations, Tony Enjem and son Mark Enjem running the shop as Enjem's Flooring America. It wasn't too long ago, in an effort to keep the company up to date with the times that Enjems decided to partner with Carpetmax, later Flooring America. Mark Enjem, 4th generation to helm the company said, "My dad [Tony Enjem] was one of the very first Carpetmax dealers and that turned into Flooring America." With everything being done online today a partnership proved



more beneficial than before. Today, many would agree Flooring America has the upper hand on the independent dealer. For starters, providing content and management assistance for store website and social media platforms; access to private-label products and competitive pricing are a few good reasons that won't get a lot of protest.

At Flooring America webinars and online training opportunities to update sales staff on the best practices have set the tone for associates in their careers here. The combined force of a knowledgeable and truly unique level of personalized service at Flooring America translates to satisfied customers, made to feel a sense of security that often gets lost at home improvement centers and other flooring stores. Over the course of the company's 100 yr. history Tony Enjem and son Mark have found the most helpful giveaways is to the town that's nurtured their company. "We donate to local charities and give back to the community, often doing jobs at little or no cost to them if they need carpet. We try to help whenever we can," says Enjem. Tony and Mark have two retail locations, the above Flooring America store in Utica and a smaller Enjem's Carpets of Rome in Rome, NY.

"The city is seeing a renaissance with a lot of potential for growth," states Enjem when referring to new restaurants and other retail businesses opening their doors in the downtown core of both locations. Enjem's Flooring is right there to help company's start up with the right flooring foundation.

With the last recession, the area went through a trying time, and Enjem's continued to advertise, work hard, and keep focused. They were able to maintain momentum, and it's paying off now. In order to parallel the potential for area growth the company carries a full assortment of flooring products including broadloom and area rugs, vinyl, wood, ceramic, laminate and the currently trending luxury vinyl tile. Designer products include cork and bamboo, natural stone and oriental rugs. Enjem's does on-site refinishing of wood surfaces for customers, and they've been helping people create a whole new look in their homes from oak hardwood flooring to gleaming Brazilian cherry hardwood floors ever since soft carpet trends dissolved 40 years ago, and hard surfaces became the fashion frenzy they're today. Currently the trend is hardwood, and the selection of species and style, including strip flooring is one among multiple factors that contribute to why people go to Enjem's for their latest house project.

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ROOSTER from 5

his head to keep him from bumping into things and scratching them. I thought something like that might keep the rooster away from the hens but nothing around the farm seemed to fit the bill--except the shade from one of Alice's cherished antique lamps. It was the only thing around that would fit over the rooster's head and at the same time flare out so that every time he went to peck at a hen he'd be pushing her away. Alice was out shopping. If the lamp shade idea didn't work I'd put it back and she'd never know the difference.

It took a lot of convincing to get the rooster to put his head through the small ring at the top of the shade and when I let him go, he shook and bucked like a bronco but the shade remained. When his movements calmed down to what resembled a waltz he looked so ridiculous that the hens fled at the sight of him. Later, when he tried to approach a hen, the shade/bumper did its job and kept him away. The rooster kept looking at me sideways as if to say, "Are you serious?" I was feeling pretty good about myself. This idea worked as well

as the dental floss, but would Alice be willing to sacrifice her shade. I had no idea where I could get a replacement. She was due home any minute. The lamp had been carefully tucked away in storage so now she wouldn't miss it. I'm thinking of the time I used one of her new pots to mix wallpaper paste. In retaliation, she didn't cook for a week. What if Alice sees the rooster dancing around in her lamp shade? I might wind up wearing it! I'll just have to keep her away from the coop.**E**

Root Farm Hydroponics

—cranking up the Leafy Green Machine



Freight Farm Leafy Green Machine being set in place

The Root Farm is a state-of-the-art equestrian and agricultural complex which will provide unique opportunities for thousands of individuals. Located at 2860 King Road in Sauquoit, New York, the Root Farm is an innovative complex that combines therapeutic horseback riding, agriculture, and studio art to provide benefits for people of all ages and all abilities. The Root Farm celebrated their official Grand Opening on Saturday, November 14, 2015. The new facility hosted over 400 people as they checked out the new facility, met the horses, watched live demos, and more.

The Root Farm and Upstate Cerebral Palsy have a shared vision and, combined, over 80 years of experience providing care to people of all ages and abilities. Their collaboration will provide services and programs to many more children and adults who would otherwise not be reached. Upstate Cerebral Palsy and the Root Farm, a non-profit 501(c)(3) organization, have currently developed an opportunity on over 100 acres at Camp Ronald McDonald in Sauquoit, NY. This complex includes an Equine Assisted Therapy Center and expanded vocational and recreational programs.

While Equine therapy (aka equine-assisted therapy - EAT), a treatment that includes equine activities or an equine environment to promote physical, occupational, and

emotional growth is the Root Farm's bread and butter, they have always had a strong agricultural aspect. The agricultural side of the Root Farm has the property bustling with activity. They have over 120 chickens that produce brown eggs that are for sale to the general community at the Utica Farmer's Market and at the Root Farm. The Root Farm also produces maple syrup. Agency individuals have been learning the entire process of making maple syrup, including preparing the site, identifying sugar maple trees, collecting wood and ultimately tapping trees to make the syrup.

With all that going on the Root Farm has decided to add a new wrinkle to their agriculture division; Hydroponics.

Jeremy Earl, PT, Executive Director said, "We fired up the Freight Farms in the beginning of November. The containers as one shipment and **FARM- 9**

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Fleece Blankets Make Great Gifts

By Donna Jones

Over the past few years, fleece blankets have become very popular as wedding, graduation, corporate or personal gifts. There are many reasons for this, including; their softness, high insulation value and you don't have to worry about getting the wrong size! Not to mention they are inexpensive and can easily be embroidered with:

- Company logo
- School mascot
- Commemoration of a special occasion or milestone such as a wedding, graduation, tournament championship, birth of a baby, Bar or Bat Mitzvah.

Fleece blankets are made from Polyethylene terephthalate (PET) or other synthetic fibers and can also be made from recycled PET bottles, as well as recycled fleece. The blankets are lightweight, warm, soft, and hydrophobic, holding less than one percent of their weight in water which allows the blankets to retain most of their insulating powers even when they are wet. They are washed in the washing machine, dry rapidly and are also very breathable.

Even though fleece blankets can also be described as “fleece throws” or “fleece throw blankets” there is actually a difference, which is the dimensions. Fleece blankets are made in dimensions that correspond to bedding dimensions; king, queen, full, twin and baby.

Fleece throws or fleece throw blankets are usually smaller than a twin blanket (but bigger than a baby blanket, which is actually the perfect size to “throw” over your legs or shoulders. Fleece throws are well-known at outdoor sporting events, particularly when customized with a team logo or mascot, which



explains why fleece throws are occasionally called stadium blankets.

Despite the size, the terms “fleece blankets”, “fleece throw blankets”, “fleece throws” or “stadium blankets” are used interchangeably.

Fleece blankets come in various weights which are usually labeled in ounces or grams per linear or square yard. The thicker the blanket is, the heavier the weight. Don't assume all fleece blankets are the same; before you buy one, find out what the weight, dimensions and what the fabric is made from. Embroidery is the most popular method used to decorate and personalize fleece blankets. Embroidery thread comes in a wide range of colors, so that the colors in the design or text can easily coordinate with any color fleece blanket.


When fleece blankets get dirty, they usually can be shaken out or spot cleaned, but occasionally it is necessary to do a full cleaning. To thoroughly clean them, they should be machine laundered in cold or warm-cold water on the gentle cycle. Vigorous agitation

from normal or high spin cycles can cause pilling and shorten the life span of the blanket; for optimum results only wash with other fleece products. Normal laundry detergent may be used however bleach as well as fabric softer really should be avoided as they can harm the fabric.

Air drying is superior to machine drying. Line drying will not scorch the fleece and definitely will produce less static than using a dryer. If air drying is not possible tumble dry on the coolest setting, being cautious not to over-dry the fleece. Don't ever use an iron on fleece blankets as it is possible to burn the fabric and then leave permanent marks. With minimal care, fleece blankets will last for many years. You can order fleece blankets at The Fort Schuyler Trading Company Coffee Roasting, Tea & Herb Shop located in the North Utica Shopping Center.

Hours of operations are Monday - Friday 10 am – 6 pm, Saturday 10 am – 3 pm, closed Sunday. You can reach them at (315)-733-1043. **E**

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FARM from 7



hydroponic kale

were ready to go once they were set and hooked up to water and electric.” He explained that the units cost approximately \$85,000 and much of that cost was defrayed with grants that the Root Farm secured. He anticipated a full return on the investment within 3 -5 years.

The big, green freight farms measure in at 40 feet long by 8 feet wide and are 9.5 feet tall. They weigh in at 7.5 tons each and run on 60 amps of



Marcus Marston, farmhand, puts towers of lettuce back in place

power, using 5-10 gallons of water a day. The freight farms operate at a constant 50 to 63°.

Each Freight Farm comes with Turnkey infrastructure including a Multi-function work station,

Automated climate controls, Remote monitoring capability, High efficiency LED lighting, Multi-planed airflow system, Automated nutrient dosing system, and a Touch-screen dashboard.

The high efficiency LED light strips provide crops with spectrums of red and blue - the light spectrums required for photosynthesis. A closed loop hydroponic system

delivers a nutrient rich water solution directly to roots, using only 10 gallons of water a day. The multi-planed airflow and intercrop aeration system automatically regulates temperature and humidity through a series of sensors and controls.

With a touch of a button or from a smart phone application the Root Farm hydroponic team can maintain and control nutrients, water flow, water pH, humidity, and carbon dioxide.

Kale is a favorite thing to grow. It grows hearty and grows well, people love it and ask for it.

Marcus Marston, farmhand, and Olivia Cunningham, agriculture program assistant, explained that there are 120 acres of growing area inside the Freight Farm. They



a hydroponic salad in waiting

grow Lettuce and Kale. Cunningham said, “The hydroponic kale is more tender than our kale that we grow outdoors, traditionally.”

The Root Farm is harvesting 500 to 700 heads of lettuce per unit per week. They make a salad mix out of it. Lettuce has a constant demand and need, from consumers and restaurants. And it’s easy for the Root Farm to deliver. The lettuce is high-yield. They tried carrots and radishes but the compact medium

didn’t allow them to grow so well.

Cunningham said, “Kale is a favorite thing to grow. It grows hearty and grows well people love it and ask for it.”

The Root Farm hydroponic kale is available in Half pound or 1 pound bags and is available through the Root Farm’s CSA (Community Supported Agriculture). For more information go to: www.rootfarm.org, call (315) 520-7046, or email info@rootfarm.org. E



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OUR COVER STORY

Geraty Pools & Spa located at 234 South Caroline Street, Herkimer, New York is the oldest Pacific pool builder in the United States, the premier Sundance Spa dealer in Central New York, and the only authorized Bioguard® pool and spa chemical location in all of Herkimer County. In addition, they have carried Hayward products since the inception of the company. They also sell and install Radiant above-ground pools.

Opened in 1966 by Edward and Dorothy Geraty, along with their son Richard, is now owned and operated by Richard and his wife, Maria. They pride themselves in always making it a priority to take care of their customers. With the motto, "We do whatever it takes," Geraty Pools has established an around-the-clock relationship with all of their customers, making them the hardest working pool business in the Mohawk Valley.

Co-Owner Maria explained that she has been involved with the pool business for the last 38 years. Prior to that she was a 3rd grade teacher. She taught for 10 years before joining Geraty Pools. She tried raising 2 kids and doing the pool business. She would come in after school for about a year but juggling became too much; it was school vs.

Maria Geraty



kids vs. growing business. Business won and it has been the journey of a lifetime. Maria said, "My only regret is the benefit plan that teachers have."

Maria said that service is what keeps our business going. They're at the store 7 days a week April 1 through the end of October. There is a lot of competition and that fuels us. "We do whatever it takes to satisfy the customer" Maria said. It's more than a motto it's a philosophy that they live by.

Maria said, "We've had an interesting spring this year with all the rainy weather. We just plan and make hay while the sun shines." She explained that they install about 20 inground pools a year plus countless liner replacement jobs and above ground pools. She said the number of hot tubs being sold is increasing. One secret to their success is that

they build one pool at a time. They finish the one they're working on and only then do they move on to the next pool. This method ensures that no client is left with a half-finished pool while another is being started.

Geraty Pools builds only the Pacific Graphex Polymer Inground Pool. The Pacific Pool is built to withstand well over a lifetime of use. After the excavation, they install the Graphex Polymer panels, with braces set every three feet. Next, they pour a one-foot concrete footer at the base of the wall around the pool. A Permacrete hard bottom is added, with the vinyl liner of your choice to cover. The next step is to add backfill. Add water and you will be enjoying your pool for years to come.

New in 2017 Geraty Pools started cleaning service and maintenance program to make your Geraty Pool even more worry free. They have a separate crew to focus on customer service and keeping your pool crystal clean.

Maria is happy that her children learned from her 7 day a week work ethic. Her son Richard is now a part owner of Geraty Pools & Spa; he's there 7 days a week.

Maria advised, "Women starting out have to be committed and driven to be successful."

Geraty Pools open 7 days a week; Monday - Friday: 9 am - 6 pm, Saturday: 9 am - 4 pm, and Sunday: 9 am - 3 pm. For more information go to: www.geratypools.com or follow them on Facebook: Geraty Pools and Spa, Inc. **E**

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Gina Trzepacz Timpano

There is no more fitting tribute to a loved one who has passed than a proper headstone. A memorial is made of stone. It's forever. It lasts. Let Yorkville memorials, located at 1309 Champlin Avenue in Utica, New York, help you with all your memorial needs. Owner Gina Trzepacz Timpano has years of experience and can assist you with family monuments, companion markers, bronze plaques, granite cleaning and repairs, cemetery lettering, civic memorials, home, office, and garden items like; pen and pencil holders, nameplates, business card holder, bookends, wall and desk clocks, wine coolers, coaster sets, pastry boards and rolling pins, solar garden lights,

vases, and statues.

Gina, explained that Yorkville Memorials was founded in 1949. Gina's grandfather, John T. Trzepacz, started the business. Later, Gina's father, Gene, and uncle, Stanley, took over. Gene transferred to Georgia when Griffiss Air Force Base closed, Stanley continued to run the monument center for many years. When her uncle, Stanley, wanted to retire Gina took over the family business. She apprenticed and learned the ins and outs of the monument business. She said, "You're not buying this knowledge in a book. My father and uncle are great resources."

TIMPANO- 11

Valerie Garofalo



Valerie Garofalo has 20 years experience in the cosmetic business.

On par with 20 years of experience in the cosmetic business Valerie Garofalo has been 100% behind Merle Norman Cosmetics. Garofalo attained her cosmetic license in L.A. California where Merle Norman was established 86 years ago. Valerie has owned her studio for 18 years, and is presently located in Center Court of the New Hartford Shopping Center.

Merle Norman has continued to lead the way with advanced technology, creating outstanding dermatologist tested products for all skin care needs. In the comfort of Valerie's studio, you'll receive her personal one on one attention as she achieves the professional look that's right for you, while giving you tips on

how to apply products to meet the needs for your individual skin care.

With 14 different formulas of foundation alone Merle Norman has one of the largest selections of cosmetic products on the market. You'll find the studio supplies all the shades of lipstick, eye make-up, blush, bronzer and tools for application one could imagine, carrying everything from Age-Defying Lip Color and Brow Sealer to Fat-Lash Mascara and Liquid Blush.

You can check out the wide variety of made in the USA Merle Norman products at www.merlenorman.com, and survey the multitudes of state of the art skin care to help you deep clean pores, exfoliate, and hydrate your skin. Don't forget to look for Merle Norman's Anti-Aging line of skin care products fortified with peptides, ceramides, botanicals and other great wrinkle fighters. If you've got sensitive skin Merle Norman even has an anti-redness line of products for those affected by Rosacea.

"While most cosmetic counters are located in big and busy department stores with rotating sales people I can offer the same individually focused, customer service every time," states Valerie. The safety of the consumer is high priority at Merle Norman, as they utilize the latest

advances in non-animal safety testing and human volunteer testing to deliver products of the highest quality.

Valerie is passionate about Merle Norman products, and is more than happy to show her customers how to achieve beautiful results for their individual skin type. "Try before you buy" has always been the Merle Norman policy. Before you make your selection of product Valerie gives a complimentary skin care and color lesson makeover.

There are options aplenty here when addressing the onset of wrinkles and surface damage, and Garofalo will be right by your side, paving the way for your smoother, healthier, and younger looking complexion. Valerie also does special occasion make-up application for weddings, proms, senior pictures etc.

As I walked out of the studio, waving a small bag of skin care goodies I had not one regret. Valerie was informative, and with her instruction and feedback I was able to see the products on, and tack on a string of trials and errors before making my purchase. Open Tuesday and Saturday 10 am – 4 pm, Wednesday, Thursday, and Friday 10 am – 6 pm call (315) 732-364 to make an appointment with Valerie for your upcoming occasion. **E**

TIMPANO from 10

Gina's husband Louie Timpano works alongside her. She said, "When family works together it's a bonus."

Gina explained that her grandfather's spirit leads the way every day. Helping people is part of his philosophy. "You have to have a heart in this business," she said. "Many times, the marker or headstone is the very last part of the grieving process. Sometimes it takes years before a family can accept a passing and work up the courage to buy a memorial."

There are not many women in the memorial business and Gina uses that to her advantage. She makes a personal connection with each and every customer. Gina said, "Everyone comes in as a customer and leaves as family."

Gina suggested that family members sit down and talk about death. Have a conversation so that you know what your loved one's wishes are. Pre-planning is a great way to do that. Monuments are not inexpensive.

Payment plans are available and Gina and Yorkville Memorials can accommodate. Gina and Yorkville Memorials have a special place in their hearts for veterans. If you or your loved one served in the military call Gina and find out how she can help you.

Gina takes pride in the quality of her work. She said, knocking on her wooden desk, "Since 1949, we've never had one return. You have to care about your customers." Gina cares about her customers by using top quality granite. The granite at Yorkville Memorials comes from Barre, Vermont.

Call, stop in, or email for all your memorial needs. Gina can help with cemetery regulations, cleaning and restorations, repairs, planting services and more. The indoor/outdoor show room has many examples for you to peruse. For more information follow her on Facebook: Yorkville Memorials LLC or call (315) 736-1781. **E**



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selves on serving guests quickly. Maria
explained that they can get a party of
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said, "People want to get served. They
don't want to wait in line, especially at
the table"

This is due in part to the way the kitch-
en is run. Maria's husband, Charles
John Moriarty is a Johnson & Wales
University graduate and certified chef.
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machine so whether you are throwing
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the full gamut. Maria and the staff will
ensure that they create a menu that
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Your hostess, Maria Moriarty, has over
25 years experience in the banquet busi-
ness. She explained that she waitressed
and bartended her whole life and that
extending into the banquet industry was
a natural progression. She explained
that she learned from Fred Grimaldi
who was like a mentor.

Maria deals with brides and starts
learning their dreams and ideas almost
a year before the big day. She ensures
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ed for the many brides, event planners,
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Heidi Foote

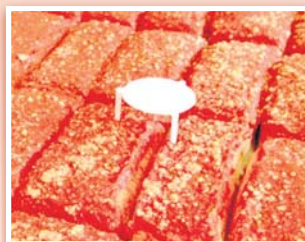
Heidi Foote's Freeman and Foote Jewelers is located at 165 Genesee Street in down-
town Utica. The jewelry store's history began in Europe with Morris Freeman who
was an expert watchmaker. He moved to this country in 1924 and he started a busi-
ness in Utica, New York. His son, Eli Freeman and his wife, Marian expanded the
business into a full-scale jewelry store. The passion for the store was passed down
to their daughter, Heidi Foote, who is the 3rd generation owner. She has continued
to offer customers a large selection of beautiful diamond and gold jewelry at very
reasonable prices with exceptional customer service.

Heidi explained as her father, Eli Freeman, built up the store she spent a great deal
of time with him at the store just to spend time with him. His passion rubbed off
on her. Heidi has her diamond grading certificate through GIA, and her Master's
Degree from Buffalo State College. Heidi has always loved jewelry and sparkle. She
moved back to the area and got more involved in the business. She decided this is
what she wanted to do.

Heidi said, "I love what I do! I enjoy dealing with the many different types of
people that come into my store in downtown Utica. I am excited to be a part of
their special milestones! I work hard to find just the right piece of jewelry for that
customer . . . even if I have to order it or have it custom made." This year, Heidi
received the honor of 2017 Business Woman of the Year by the Mohawk Valley
Chapter of the New York State Women's Inc.

Freeman and Foote Jewelers is open 6 days a week; Monday through Friday 9:30
am to 5:30 pm, Saturday 9:30 am to 3:00 pm, and the shop is closed on Sunday. Heidi
advised people starting a business, "Do your research first and be prepared to work
long hours and most important make sure it is something you love to do! And if you
are a woman be prepared to work even harder since some stereotypes about women
still exist."

With 92 years of history, let Heidi and Freeman and Foote Jewelers become part of
your history. Heidi is running a storewide sale during the month of June. For more
information go to: <http://www.freemanandfootejewelers.com/contact-us/> or follow



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Joette Mancuso

When you step into Joette's gifts, located at 70 Genesee Street in New Hartford, you will be greeted with a sparkle. And it's not just from the jewelry and accessories. Owner, Joette Mancuso will greet you with a sparkling smile and 20 years of experience.

Joette explained that her journey into the world of glamorizing brides-to-be and girls getting ready for proms started off with silk floral arranging. She arranged the flowers out of her house and then started selling jewelry, little by little. It started with a small card table selling items that she liked. The business grew from there and moved to New Hartford about 15 years ago where everything in the store is handpicked by Joette.

The boutique offers jewelry and accessories from simple pearl studs to



fantastic statement necklace sets. Whether you are looking for bracelets, bangles, rhinestone cuffs, purses, wallets, change purses and more, the perfect accoutrement waits for you on the racks and shelves at Joette's Gifts. Joette's personal service is exactly what brides-in-waiting, prom goers, or somebody who is simply looking for that perfect sparkle deserve. Joette's has the perfect jewelry for the bride and the entire bridal party.

Joette said she believes

in karma and helping to make customers happy. That's why she is honest, brutally sometimes. If a customer does not need an accessory then she does not try to sell it to them. Joette's Gifts is not your average store.

A naturally helpful person, Joette has done a great deal for local charities including many donations to local animal charities. She said, "I am fortunate to be able to help."

Clearing up rumors, Joette said, "My store is NOT CLOSING ANY TIME SOON. That's the most important thing. I do plan on selling my house within a year or so but then I'll decide what's next."

Joette's Gifts evolved from her love of all things beautiful and pretty. She said, "Joette's was the FIRST of its kind in this area." Joette's Gifts is the perfect purveyor of posh accessories and gifts. For more information follow her on Facebook: Joette's Gifts or call: (315) 733-9125. **E**

Kelly Rae

Kelly Rae, owner and stylist at Runway Salon, began her education in 1998, in New Hartford, New York and became certified and dedicated to the fashion and beauty industry in 2000. With 17-years of experience, Kelly has worked in salons in New York as well as North Carolina and has perfected her education through ongoing classes and shows. She has to search for inspiration every day and she finds that inspiration in her strong faith in God. Kelly has a love for hair color and for the first time ever has dedicated herself to Organic Color Systems haircolor, firmly believing it is the best non-toxic color line available today. She has a passion for all things natural, her philosophy is that the most important ingredient of her color formulations is nontoxic, healthy, shiny hair. Kelly keeps her salon professional yet fun and takes pride in exceeding your expectations on every visit.

Kelly Rae's foray as a business owner started when she purchased Karen Sutera's salon. Kelly built her own team focusing on teamwork, her own rules, and branding. Kelly Rae opened the business on her own, she learns everything she can and credits an entrepreneur's brain. Kelly Rae said, "I eat, sleep, and dream this business."

Runway Salon is open Tuesday through Saturday from 9 am to 7 pm. and Kelly Rae is there every day.

Runway Salon provides many services including; traditional make up and airbrush makeup, facial waxing, perms, and more. Kelly Rae said that they're doing wedding and prom hair every weekend and will even travel and to coif hair on site.



Kelly Rae and her team attend hair shows, are constantly continuing their education, and keep current with trends and new styles. Kelly Rae stressed that it is the team and their ability to work together that makes the salon successful. Teamwork has allowed Runway salon to host a number of "cut-a-thons" to help local charities. Kelly Rae said that these fund raisers are great for the community. They have done a cut-a-thon for Sauquoit Valley Youth Garden as well as other local cancer benefits.

As a single mom, Kelly Rae is always juggling the responsibilities of the business with the commitment of family. Somehow, she finds a balance between the salon and her 2 kids, 10 year old son, Carter, and 5 year old daughter, Phoebe. Kelly Rae said she is a "sports mom" and when she's not at the salon she is running the kids to dance or soccer practice or to games. It's a busy life and she gets help from her mom, Janet, with the kids

For more information go to: www.runwayhairsalon.net or follow her on Facebook: Runway Hair Salon **E**

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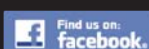


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Melissa Howell

In 1984 Melissa Howell opened Trendsetters Exclusive on Oriskany Boulevard. In 2000 when the old historic Rico Liquor building was torn down Melissa seized the opportunity to build her business anew, and secured Trendsetters Salon at 5 Main Street in Whitesboro. "I've been cutting hair since I was 10 years old," candidly confesses Melissa. Needless to say, she's come a long way since helping out in the salon her mother's friend used to own on French Rd. years ago.

Besides owner Melissa 5 other girls are renting booths at the salon, and they're currently looking for another to complete the Trendsetters family. Melissa did her platform work for Logics color in the late 80's, and always enjoys a good color challenge. "Bring on your 'mess,' I can fix it!" says Howell. Whether it's Bolyage, Ombre, or Dimsensional it's all about color, and she just happens to be a color expert.

Keeping up on the latest fashion trends and attending hair seminars regularly is vital to Trendsetters' success, as Melissa is a firm believer in 'your hair is a statement.' She's recently added a separate room for treatments with thinning hair and hair loss for cancer patients, and has a private room in back for wigs. Hours here are flexible, and you can check out Trendsetters on Facebook@Trendsetters-salonwhitesboro, or call (315) 768-8534 to book an appointment with Melissa or any of the other stylists suave on the right color and cut for you.

She takes her business seriously. "The clients come first. It's all about catering to the individual," says Melissa. Helping people look and feel good about themselves is very rewarding, and was a big part of Me-



lissa's decision to actualize her own beauty business. On top of all the hair and nail care Melissa sells Herbalife, nutrition and weight-management products at the Salon and has been doing so for the past 23 years. Helping people lose and maintain a healthy weight for over 36 years Herbalife products are made with protein, fiber and vitamins to complement a balanced diet and support a healthy, active life.

On site, as well is Melissa's photography studio. A member of Professional Photography of America (PPA) for the past 12 years Melissa Howell established 'The Click' Photography, a business that's been serving the Greater Utica, NY area since 2011. Specializing in producing high-quality images for your special occasion whether it's weddings, family portraits, or senior pictures Click provides a secure and easy-to-use online store for purchasing professional print and digital products. Check out her online portfolio at theclickphotos.fotomerchant.com/.

For years Melissa has been bringing out the beautiful, and frequently has a hand in donating special Salon gifts & care packages to local charities & events. Breath some color back into your lifestyle at Trendsetters where shines a keen eye for glamor, and a whole lot more. **E**

Nancy Hartman

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. 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 their storage areas.

Co-owner, Nancy Hartman said, "As a very young women I was fortunate to become a member of a business family. My husband, Don, and I meet and have been together since I was 15. At 16 I started working in his family business Hartman Flowers. My mother in law Marie Hartman was a superb business-woman. She showed me how to become successful in business. Through her influence, Don and I never hesitated in the business world. From our first venture in the Garden and Nursery Business, to taking over and running the family florist for 20 years, to our 45-year-old Antiques Business we have always accepted the challenges of business."

2017 marks the 45th Anniversary of The Potting Shed Antiques. Nancy said, "We started part time while also owning and running the floral business. For the past



24 years, we have run it as a full-time business. In September, The Potting Shed Antiques will have its formal Anniversary Celebration. We look forward to many more years in business as personally I cannot remember a time that I did not own a business."

Nancy said, "My only advise to start-up businesses is to begin this venture with as much realistic forecasting and information as you can obtain. Too many times we are tempted by the excitement of the venture and do not really see the reality of it. Financial stresses, time commitments, unrealistic goals can all lead to an early disillusionment. Be committed. Be prepared to wait for the financial gain. And most importantly be realistic. Dreams can come true but it takes lots of ups and downs to get there."

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 Nancy Hartman and The Potting Shed Antiques. For more information go to: www.thepottingshedantiques.com or follow them on Facebook: The Potting Shed Antiques. **E**

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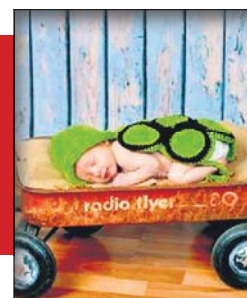
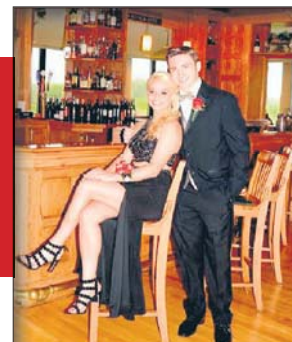
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Lisa Kowalczyk



Licensed Real Estate Broker Lisa Kowalczyk is the owner of Assist2Sell

Buyer's & Seller's 1st Choice at 2704 Genesee Street in Utica, NY. With a team of top agents consistently ranked in the top 3 Assist2Sell (A2S) is a full service with savings real estate company that has been widely successful in facilitating the community's development.

As a customer driven top producer Lisa, and team specialize in representing their clients in the purchase and sale of single and multi-family homes. A2S has been saving sellers millions, and will sell your home for as low as \$2995. Kowalczyk has 15 years of real estate experience. She is trustworthy and in this duration, has sustained a tenacity of dedication in achieving results while providing exceptional customer ser-

vice for those in the market to buy or sell a home or investment property.

A New Hartford resident, born and raised in the local area Lisa is a member of the following; Mohawk Valley Association of Realtors, the National Association of Realtors, and the Mohawk Valley Association of Realtor Risk and Legal Committee. Utilizing a team concept has helped Kowalczyk carry A2S of CNY to rank in the top 10 of all A2S offices nationally for 4 straight years for homes sold, and together the team achieved the 2016 Readers Choice Award. With hundreds of offices in the U.S. and Canada A2S has been one of the top offices in the local market for many years, and you've got to

know teamwork is behind it.

Now you might be asking what is full service with savings? A unique flat-fee real estate sales program gives sellers a hat-trick of savings, service, and results. As a seller, you receive the full services you'd expect from any real estate company, however, pay only a flat-fee that is much less than what other companies are charging today. You pay only when your home is sold. Having been an associate broker with A2S for 12 years before her reign as Broker Kowalczyk knows the area, and knows how important it is to have the whole team backing a sale. With A2S there are no surprises, no hidden costs, just a group of hard working, top producing experienced agents who are operating on the "flat-fee/full-service combo" model.

"We do it all! We're fully involved from start to finish to ensure that the sale goes as smoothly as possible," Kowalczyk says. Not only does A2S list the home, but they will advertise and market

KOWALCZYK- 27

Jane Marie Mishlanie



Jane Marie Mishlanie is the owner of The Nail File on 218 N. George Street in Rome, NY. Jane Marie's pride, passion, and dedication in her work molded her business into what it is today. Having past the 30-year mark of success on June 4th, among recognizing The Nail File's anniversary Jane Marie has a lot she's thankful for.

Jane Marie's main goal has always been to provide professional one-on-one service with attention to detail and cleanliness, and by opening up her own business she'd find a full proof way to do just that. Having graduated from New Hartford

BOCES for hairdressing Jane Marie discovered she preferred being a nail technician rather than hairdresser. She worked at other salons out of Utica such as Sharon's Nail Fashions, and Donna Does Nails in Rome before taking on the solo venture.

Whether you're looking for sculptured or gel nails, The Nail File will transform your nails into your best, most luxurious asset. A full menu of manicures and pedicures is available to you, as is your own personalized box at the Nail File. This special touch for each individual is a part of what separates The Nail File salon from the rest. With over 300 colors of polish to choose from with nail polish designer names like Creative Nail Design, O.P.I, and Morgan Taylor there's a whole lot of room to get creative, and transform your nails into a thing of beauty.

The Nail File's original location was on N. James Street in Rome. Though

MISHLANIE- 27

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Petrina DeMarco

Owner and Nail Consultant of Nail & Hair Enterprise By Trina, Petrina DeMarco has been in the beauty business for over 35 years. Located at 42 New Hartford Shopping Center, New Hartford, NY Enterprise accepts walk-ins, or call (315) 724-9855 to make an appointment during salon hours; Monday-Saturday 8 am – 7 pm.

After graduating high school from Whitesboro, Trina's hometown, she went on to graduate with a degree in cosmetology from New Hartford BOCES on 4747 Middle Settlement Road. Post graduation, Trina worked at a few salons before deciding she preferred nail technician to hair stylist, and in 1990 opened up her own business on Clinton Rd., New Hartford. When Trina first originated Enterprise it was herself as one of the salon's two nail technicians, and a single hair stylist.

In 1998 when her clientele gained momentum Trina relocated Enterprise to the village of New Hartford with 3 stylists, plus 2 more nail technicians. 2006 brought Enterprise to its current location in the New Hartford Shopping Center. "It's been a super success," says Trina. Having gone from only 3 girls to today's family (Chris, Lori, Kathy, Jennifer, Dorothy, Emily, Cathy & MaryKay) of 7 stylists, a massage therapist, and a nail technician Enterprise has been a business metamorphose. "More clientele meant more stylists, and ultimately a storefront," Trina tells of why she'd make the last move. Trina is the salon's sole nail technician, and offers everything from Glitter Gel, French Acrylic Nails, Manicures, Pedicures, Paraffin, and Nail Art.

The stylists on board Enterprise provide a spectrum of services, such as Hair Styling for special occasions, perms, facial waxing, highlighting & lowlighting, cutting, hair extensions, and Keratin smoothing treatments. With products like Goldwell, Kera Therapy,



Eufora, O.P.I., Morgan Taylor, China Glaze, Essie, and Vinylux you can get the fully modern & trending hair and nail treatment at Enterprise. "I enjoy visiting with clients on a personal level. Every appointment is a different conversation. I love what I do," says Trina. 27 years after making Enterprise happen Trina is now married with two daughters. One is in college studying to be a doctor, and the other is a phenomenal sports player at Whitesboro high school. They're now both getting into fashion, and lucky to have a mom who can steer them in the right direction. When Trina isn't running her own business; she's running around for her daughter's sports. As the head of Boosters for the Whitesboro girls basketball program Trina is in charge of concession and organizing different events & fundraisers. "Having a great rapport with the girls that rent booths is vital to a having a great business," Trina confirms "everybody gets along." Enterprise also throws Princess Birthday Party's! All the kids dress up in a dance costume, and get their hair, make-up, and nails done at the salon. And moms, you're going to want to bring your camera for the fashion show that follows. **E**

Mary Ruckel



left to right Amy Ruckel, Mary Ruckel, and Kelsey Murray.

The Added Touch, located at 1 Genesee Street in the Village of New Hartford, is your one stop shop for curtains, draperies, and more. Add distinction and style to your home with draperies

with a simple call to The Added Touch.

The Added Touch Drapery Shop was opened March 31, 1972 in New Hartford, New York by Anne and Ray Quinn. For over 30 years The

Added Touch was located on Commercial Drive. In 2002, they moved to their current location. On January 1, 2016, The Added Touch got a new owner. New owner Mary Ruckel started training with former owners, Ray and Anne Quinn. The new venture is like a new lease on life for both the new owner and the business.

The Added Touch offers complete custom design consultation. Fine fabrics make the highest quality window treatments. Off-the-shelf options simply cannot compare to custom designed window treatments. Custom treatments are designed to last and discerning homeowners can consider them an investment in beauty, function, and design.

RUCKEL- 27

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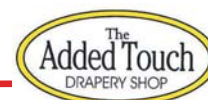
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Bobbie Paravati



Ali-Linz Home and Accessories is a wonderfully charming home interiors and gift shop at 3 West Park Row in Clinton, New York. In September 2007 good friends Kim Kershaw and Bobbie Paravati opened and named the store after their daughters.

The store will be celebrating its tenth anniversary this year, unfortunately without Kim who passed away in 2013. Their idea was to create a shopping experience in Upstate New York reminiscent of those found in destination locations.

"There is a struggle today being a small business owner in the retail industry. Not only do small shops have to compete with big box stores with much larger advertising budgets but, they also have to compete with on line biggies like Amazon," expressed owner Paravati. Shopping small and local has been a big push

in the village of Clinton, with the help of major supporters like the Clinton Chamber of Commerce, and national supporters like American Express.

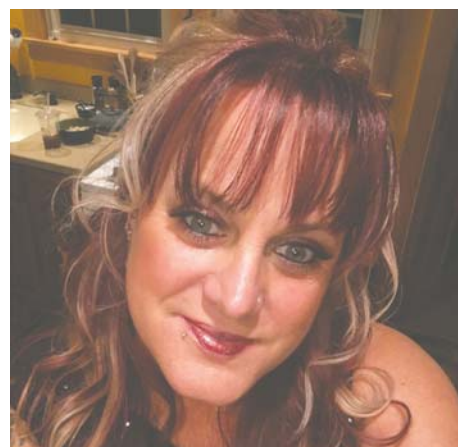
"What you don't get from those big chains is the personal attention when you're connecting with knowledgeable employees who take pride in what they're selling," says Paravati. The special touch of gift wrapping, and the unique blend of items all close to home is another main draw for shoppers to consistently support stores like Ali-Linz over the bigger and busier stores.

Ali-Linz hosts specialty items and gifts perfect for a wide variety of occasions. In combination with the plethora home interior items the knowledgeable Paravati is able to help guide and assist in making decisions for those with all types of design preferences. She's had the business for 10 years, but she's been helping people design and decorate their houses into homes for a lot longer.

The shop has a blend of antique and new larger items for your home such as tables, hutches, wallpaper and custom bedding. Sitting pretty on shelves and a variety of displays throughout the store gift items range from candles to cashmere. The hand blown glass water pitchers from one of the oldest glass blowing companies in the United States, Blenko Glass make for the perfect wedding or shower gifts.

The shop's hours are Tuesday-Friday 10 am – 5 pm and Saturday 10 am – 4 pm. Stop on by or "like" them on Facebook at Ali-Linz Home and Accessories to see their changing selection! **E**

Millie Ritter



Millie Ritter and her Pathway of PEARLS is located 2249 State Route 5 (behind Dave's Diner), in Schuyler (it has a Utica mailing address) New York. As you enter the building a sense of peace and tranquility comes over your body. Millie offers life coaching, crystal healing, reflexology, and there is a metaphysical gift shop.

Millie Ritter opened her wellness center in March of 2014 after taking some time to get ready. Previously, she spent 13 years as an elementary school nurse at West Canada Central School. She explained that the universe shifted her in a direction of major life changes spiritually and emotionally. It was as if she was supposed to be changing careers. She researched getting a counseling degree. Life coach came up during the search. She was intrigued and became a certified life coach. Shortly thereafter she was introduced to the energy of crystals. She became a certified crystal healer. Initially Millie

thought life coaching would be the focus. She realized that life coaching would not work unless she aligned the chakras.

Millie said, "Honestly I think I have always wanted to own my own business but was afraid I wouldn't be self-disciplined enough. But after watching one of my dearest friends succeed at owning her own hair salon for the past 20 years, she inspired me more than she will ever know. Thank you Ada Sue Paratore, owner of The Cutting Edge Salon." She elaborated, "If I don't work then the bills don't get paid. So, I have a tremendous responsibility to not just take the day off and sometimes that can be a huge challenge. Especially when the weather is so nice. If it's your dream or goal to start your own business, don't allow fear to prevent you from achieving it. You are braver and more capable than you know."

Millie said, "We are currently bursting at the seams with all of the amazing healing modalities we have been offering for the past 3 years! For example: Massage Therapy by Healing the Spirit Massage, Reiki by Light Source Within, Reflexology, Chakra Balancing, Crystal Healing, Life Coaching, Guided Meditation Classed, and we have recently welcomed Reiki attuned Matt Roberts who is a blessing to our team!" Millie has recently added a reiki share and intuition development class each month. Class times vary each month but it's typically a Sunday afternoon. Call for details: (315) 985-3700.

Millie's mantra is, "Face it, embrace it, release it." To get your chakras tuned or for more information go to: www.pathwayofpearls.com or follow her on Facebook: Pathway of Pearls. **E**

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Carol Scampone

Carol Scampone of Scampone Real Estate on 1711 Burrstone Road, New Hartford, NY has been in the real estate business for 33 years.

Through family friend, Tom Mazzotta, Carol was first introduced to the real estate business and started her career with Thomas R. Mazzotta Company. In 1987 Carol went to work for Coldwell Banker Faith Properties of Central New York, and continued to develop the proficiency, and gain the insight that would enable her to open up a business of her own one day. She'd gain the wealth of knowledge, learn the ins and outs, and acquire the type of stamina required to excel in the business of her own one day. Seven years later, Carol began working for Re/Max Realty Results. During that time, Carol became involved in new construction developments, working closely with builders, and building a reputation of outstanding merit in which she holds today.

Carol established her business in real estate in 2002. With client referrals from her years in the business, Carol already had a solid foundation from which to grow. Carol and her team have resided on Burrstone Road for 15 years. Carol makes herself available to pick up the phone for her customers and maintains personal contact throughout the entire buying or selling process, beginning to end. Carol believes in treating buyers and sellers with the utmost integrity and honesty. She's aggressive, yet fair with an attitude that reassures customers they are not just a paycheck. Early on in her career, Carol was awarded Realtor Associate of the Year which is given not only for monetary volume, but high regard for ethics in the real estate profession.

Born and raised in Utica, Carol takes pride in the community and the surrounding communities of her birth city. She has fared well against corporate companies, and is proud to be an independent and local business with a group of agents she calls family. With Scam-



pone Real Estate, there is no franchise fee from commissions earned that goes to corporate. As a smaller environment, the customers can feel like they're getting the undivided treatment they deserve. Carol still goes to the closings of her sellers and buyers. Many of her customers are repeat customers or the children and grandchildren of those she's helped with buying and selling property in the past.

Carol and her husband, Phil, just celebrated their 50th wedding anniversary. They have 2 married daughters and three granddaughters. Carol is active in the community and is an Eucharistic Minister and member of the Parish Council at St. Mary of Mount Carmel/ Blessed Sacrament Church. "It's a really exciting time to be in this community. The attitude has changed, and it's thrilling to have the opportunity to help breath some life back into it."

You can set up an appointment with Scampone Real Estate by calling (315) 797-7100 and sit down with Carol to find out how best to go about buying or selling a home. Carol and her family of agents are there to walk you through all of the necessary steps. Carol stays true to the Scampone Real Estate way. "Now is a great time to buy, as the rates are still low. It is also a great time to see as inventory is very low."

"We are here to make your dream a reality." **E**

Cathy Clarke

The Clinton Florist, locally owned and operated by Cathy Clarke, has been in business for over 40 years. Located at One East Park Row in Clinton, NY Clinton Florist offers flowers for every season and every occasion.

Whether it is your special day or a loved one's everybody knows flowers are the pie'ce de re'sistance to every evening. They provide ambiance, and can set aglow an entire event. Owner Catherine Clarke along with the staff at Clinton Florist have a longstanding commitment to personalized service for all of their customers, reflected in the quality and creativity of their designs. Highly recommended and well known for their eyes of elegance Clinton Florist has left many a bride speechless.

The work here goes above and beyond breathtaking. Selecting only the freshest flowers available to design distinctive floral arrangements for any occasion Clinton Florist has long been invested in brightening many a room in colorful splendor. Whether you are planning a wedding, celebrating a birthday or just need a colorful bouquet for your home



or office they're happy to accommodate your individual requests with attention to every detail. The shop is open Monday - Saturday from 9:00 am to 5:00 pm, and Clinton Florist guarantees prompt and reliable delivery service within a 20-mile radius of the Village of Clinton. You can view their exquisite display of floral photography from past weddings and events at www.theclintonflorist.com, and call (315) 853-2731 to have Clinton Florist elevate your next event to picture perfect status. **E**

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Joyce Polanowicz

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

There is always something new at The Village Crossing. Joyce is constantly looking for new lines of clothing or jewelry. She is now carrying Fresh Produce-a line, mostly made in the USA, and is usually only find in resort areas. She features another line called ICanToo, again made in USA; cotton, casual, comfortable. 2 new jewelers this year are Weathered Heather, a Central NY artist who works in glass and Featherwood, a gentleman from North Carolina who makes colorful wood jewelry. The Village Crossing will be opening a space in a new location, Lee's Shops at Wagner Square in Canajoharie, New York.

Joyce explained, "My inspiration for going into business was my love for art, color, design and the purchase of The Village Crossing allowed me to pursue that love."

Being the owner of a small business, whether male or female, takes an enormous amount of time. I often take work home. It is often hard to find time to do "the other things" that you enjoy doing. But I still love what I do.

If you're looking to start a small business do your homework first. Work up a business plan. Enlist in help."

Let Joyce help you put some art into your wardrobe. For more information go to: www.thevillagecrossing.com or follow them on Facebook: The-Village-Crossing

Linda McHarris

Linda McHarris has owned Artisans' Corner, the artists' cooperative located at 1 College Street in historic Clinton, NY since 2010. McHarris Gifts, owned by Linda's husband's family prior to Artisans' was Linda's stepping stone into the buildup of success her business has earned today.

A section of McHarris Gifts comprised the work of a few local artists in which Linda would oversee. Soon enough, through word of mouth of friends and family of artists there was a list of locals looking to get their work for on sale display in the shop. McHarris Gifts would eventually close, and the opportunity for Linda to open a one of a kind shop of unique, locally hand crafted gifts soon arose.

Artisans' hours are Monday-Saturday 10am-6pm, and Sunday 11am-4pm. Gifts that take time, creativity, and a whole lot of heart is what you'll find during your browse about the store. Currently 32 different artists share the space, giving shopper's a wide selection of original works of art & crafts to choose from. Everything from custom work, Repurposed & Recycled Art Creations to Glass Works, all natural soaps & lotions, Handwoven rugs & baskets, photography, Steam Punk jewelry and much more showers the store, an artists & art enthusiast's haven, floor to ceiling.

Though Linda grew up in Whitesboro, the art scene in Clinton along with her inventive corner store situated a short drive away from Hamilton College and a stone's throw from the Kirkland Art Center would soon have her calling the historic village, home. Seven years later, the Artisans' Corner has become everyone's favorite 'go-to & explore' shop.



Through Linda's business model the growth of Artisans' to the community of artists that keep it growing is comparable to the village of Clinton itself, currently a hub for innovative local art, and all things unique.

Linda boasts "I love that I get to see an idea come to life, and all the different forms it can take here." Where business meets creative, the shop of treasures represents the cause & effect of community support, and how truly important that relationship is. McHarris is fueling the local economy, providing a place where both the artist and customer can mutually benefit. In charge of Artisans' displays McHarris is constantly rearranging, working to keep the store fresh with new perspective and inspiration.

Stop in or call (315) 853-1453 to inquire of Artisans' Corner Gift Registry. Let them help steer your gift-givers in the right direction, and feel much obliged by their offer of free gift wrapping. The only trouble you'll run into at Artisans' after having found the perfect gift is not keeping it for yourself. ■

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Rebecca Percacciant



Rebecca Percacciant is a Licensed Massage Therapist (LMT), Holistic Health & Life Coach (H-HLC), and Reiki Practitioner. Practicing out of From the Heart Holistics at 2111 Genesee Street in Utica, NY, Rebecca is also the mom of one lucky 2-year-old girl. If you've ever had the pleasure of meeting Rebecca then you know why I say lucky.

Formerly a 7th and 8th grade English teacher at Whitesboro, after having her daughter, Percacciant decided it was time for carte blanche to focus more of her energy on raising her daughter and building her business, Holistic Harmony. Rebecca avows "I loved teaching, but based on needing and wanting to be home to raise my daughter, and my passion for wanting to help people heal, I knew it was time to take the leap. It's incredibly fulfilling and rewarding to be able to help people both physically and emotionally. Sometimes I can't even believe this is my job! Plus, I still get to teach, just in a different capacity."

Commuting from Whitesboro to Syracuse for the stringent NYS program at Onondaga School of Therapeutic Massage (OSTM) to become a LMT in 2011, one year and a 1000 hours later, Rebecca graduated Valedictorian of her class. It was after working on building up her client base at Holistic Harmony, obtaining her Health Coaching certification from The Institute of Integrative Nutrition - amid two years of teaching, that she'd then give birth to her daughter. In her practice, or more accurately practices, Rebecca caters to the individual's needs. Providing a safe space, and respecting 'bio-individuality,' the belief that we are all

unique. Rebecca customizes her sessions based on each individual and their specific health needs.

Rebecca reasons, "Some people are under the impression that getting massages is purely a luxury, but the truth is people seek and can benefit from Massage Therapy for a variety of different reasons." Suffering from aches and chronic pain, dealing with stress, anxiety, or depression are all reasons that have landed some of Rebecca's clients on her table. Whether it's once or twice a month or once a week, Massage Therapy can be a healthy method of coping with any of the above issues, while also serving to boost the immune system. Practicing Monday-Friday from 5:30pm-8pm, with daytime appointments available by request, and 9am-5pm on Saturdays, Rebecca offers 30 minute, 1 hour, and 90 minute sessions.

Visit www.holistic-harmony.org to get better acquainted with the various holistic approaches Rebecca takes with her

PERCACCIAINT- 25

Karen Gentile

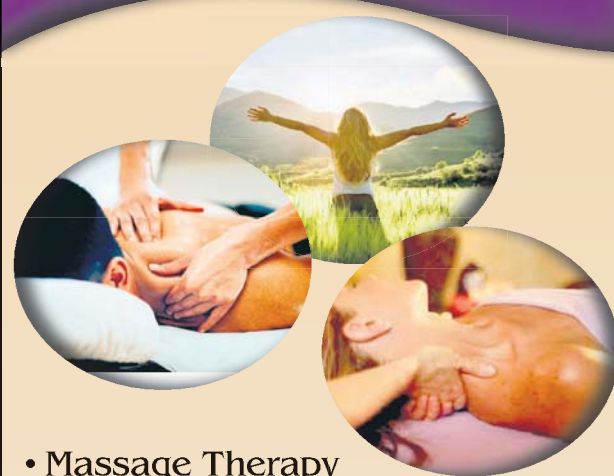


Twenty-eight years ago, having already established her current business Karen Travel Ltd, Gentile and husband Spiros opened Acropolis, a Greek restaurant where chef Spiros cooks up authentic Greek food. Now with the help of their son Michael they work together as a family to keep the restaurant and agency alive. Years back Gentile moved her business Karen Travel Ltd. from South Utica to upstairs from the restaurant in East Utica, allowing for more of a convenient commute to wait on tables when the dining room opens for dinner. What was born the "Greek Deli" in 89' grew to be a full-fledged restaurant serving beer, wine, and some seriously good Greek grub.

By day she's a travel agent, by night a waitress, and because she loves what she does all the while keeps on smiling. At Karen Travel Ltd. Gentile and son Michael escort group tours all over the world, and plan individual bookings as well. When asked, "Why use a travel agent in today's day & age," Karen responded simply "I find the best possible way for people to travel." With 46 years of experience I wouldn't bet against her. She's forthright, telling "As a travel agent I know the pros

GENTILE- 27

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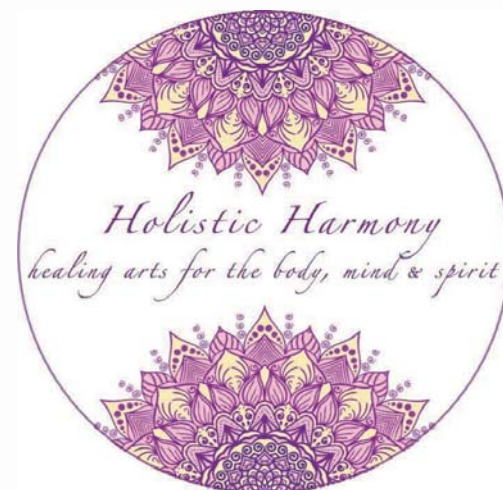
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Angela Paciello



Angela Paciello (L) and Kelsey Murray

At 52 Henderson Street in New York Mills you will find the ultimate experience in pampering for your pet. Whiskers Nails & Puppy Dog Tails Pet Spa brings chic stylings for your pets right to Central New York. Your pet will be pampered and indulged in a luxurious and relaxed spa setting.

Angela Paciello has over 20 years of experience as a professional dog groomer. In April, she will celebrate 3 years at her current location. The pet spa is a calm relaxing environment where they use aromatherapy keeping not just your pet relaxed but you as well making separation anxiety so much easier

for both owner and pet. There is no need for dogs to sit in a cage all day. Our appointment only policy and one one with your pet allows your pet to be in and out with in a couple hours (varies on breed). Angela said, "Customers are commenting that when you open the door it feels like you've entered a salon on the Upper East Side of Manhattan" or "Taj Mahal."

Whiskers Nails & Puppy Dog Tails Pet Spa is a full-service salon. Their services include; ears, nails, blueberry facial, oral mouth spritz, anal gland expressing, two baths, conditioning, hand drying and a haircut.

They use biodegradable products only. The pet spa will groom all breeds of both cats and dogs. Angela said, "It's a challenge to me, to earn a dog's trust" nothing is more rewarding when you do. "It's not just give me your money and I will groom your dog or cat. Each pet and owner I meet is a blessing for me." said Angela.

The pet spa is open Monday through Saturday by appointment only. Angela's by appointment

PACIELLO- 28

Krizia Martin a celebration of strong women & family



to sparking the revival of Clinton's West Park Row shops, back when there were still empty storefronts.

Today there's produced a much brighter picture when one packs their camera, capturing the historic village in all of its flourishing glory of shops with the latest in fashion, local art, and practical meets chic on display.

Martin's sister Corrine Gates, along with 4 other of their sisters have a hand in running the store, and keeping it up to the standard of artsy & nautical elegance that its originator introduced to the community 11 years ago, sparking something special. "Krizia is Christin in Polish," explains Gates, "Christin had a dream of opening up a store, and she made that dream come true." Gates, along with niece Ellie Blase often help out with

KRIZIA- 28

Krizia Martin sells a variety of clothing and giftware. Modeled after a boutique in Nantucket by founder Christin Martin who'd open the store on 20 West Park Row in Clinton, NY in April, 2006 its unique and charming 'by the sea' vibe evokes an automatic calm. Krizia Martin's debut is credited

Jill Morris

Nobody has to just accept being overweight or obese. Losing weight is not an easy task for most people and that is why the Dr. G's Medical Weight Loss Program was created. If you have unsuccessfully tried other methods of losing weight, Dr. G's, located in the New Hartford Shopping Center may be able to help you. Their physician led weight loss program can help you lose weight, keep it off, and provide you with guidance to ensure you maintain a healthy lifestyle.

Franchise Owner, Jill Morris, explained how



Dr. G's Weight Loss and Wellness Program works. The secret is using Personal Weight Loss Plans. Dr. G's Weight Loss and Wellness Program is a doctor supervised weight

loss program. At the new Hartford location Jill employs 4 staff members plus nurse practitioner. They also offer B12 mic shots (B12 plus other amino acids), microderm

abrasion, skin tightening by Viola, teeth whitening, skin care line from Obagi skin care system.

About 85% of their clients are female. One of Dr. G's concepts is trying to get couples on board together. The probability of success increases when both partners are attempting to lose weight and make a lifestyle change.

Jill explained that some insurance companies are reimbursing for weight loss treatments because obesity is a recognized disease. She said, "Dr. G's does not bill insurance companies so check with your provider."

MORRIS- 29

Paula Bojinoff



Ace of Diamonds Jewelry, located at 138 Lenox Avenue in Oneida, NY is your source for diamond jewelry, engagement rings, gem stone rings, custom designs, repairs, and antique jewelry. Owner and jeweler Paula Bojinoff puts her 35 years of experience to work for you making jewelry purchases at Ace of Diamonds Jewelry a pleasure.

Paula Bojinoff came to Oneida after operating 2 jewelry stores in Rochester. She felt that there were too many jewelry stores in Rochester and she was familiar with Oneida, Oneida used to support 5 jewelry stores. In 1993 Paula moved to Oneida. She embraced the city and has been designing and selling jewelry from her shop for the last 24 years.

Bojinoff explained that the Internet has been beneficial to her jewelry business. She currently designs and sells jewelry all over the world because of the Internet. Her store is open 24/7. She said, "The internet allows me to work 24 hours-a-day,

across the world." She added, "But, you have to be willing to work at the technology's speed." Now you can buy out of Ace of Diamond's jewelry case or off the website. Paula also buys jewelry, diamonds, estates.

Paula explained that she takes special care with all repair orders

and that most repairs are completed within a week. She's old-school, sentimental and feels that all keepsakes need to be repaired correctly. Ace of Diamonds Jewelry offers 6 months' free layaway. There are thousands of designs on her website to start your own custom design. If you're looking

for custom design without the custom price stop into Ace of Diamonds Jewelry.

Paula is open Tuesday through Friday 10:30 am - 5:30 pm, Saturday 10 am - 2 pm, and Monday by appointment only. For more information, call: (315) 361-4860 or go to: <http://aceofdiamondsjewelry.com>. **E**

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We will also be hosting a satellite boutique from
The Village Crossing in Clinton!

All of our shops will feature many items made by local and
New York artisans and craftspeople.

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Janet Lee Stanley



Always ready for a new adventure! From left, Darcie Lee Johnson, Janet Lee Stanley and Brittany Play-Button

For Janet Lee Stanley 2017 has been a year of switching gears. From publishing magazines to Christmas trees, children's toys, and home goods. Janet is now the general manager at Lee's Shops at Wagner Square. The new retail destination is located at 24 Church Street in Canajoharie, New York.

It's a family affair at Lee's Shops at Wagner Square. At the helm is Janet Lee Stanley, general manager. Janet has hired her niece, Darcy Lee Johnson as her assistant manager and the two will staff the business with several part time employees as well as several seasonal employees. Janet's daughter, Brittany Play-Button, is a freelance graphic designer who lives with her husband in Queens and serves as their graphic designer assisting them with branding, logos, website development and much more. Frederick W. Lee, Janet's father, is the shops founder and inspiration.

Lee's Shops at Wagner Square is actually 3 stores; Lee's Christmas Corner, which will be the flagship of the group, Freddy Bear's Den and Toy Emporium, and Crossroads at Wagner Square. Gifts and decorations for all holidays, home goods, children's toys, books and games; 3 retail destinations, brand new to the Mohawk Valley, all housed in the historic Wagner Square of downtown Canajoharie, NY in the gorgeous corner building, originally the Spraker Bank, built in the year 1860.

An on going dream of Fred Lee is to create a destination retail business here in the Mohawk Valley focusing on Christmas that will create jobs and bring people into our valley which will strengthen our local economy. His dream is becoming a reality in this new endeavor with his daughter, Janet.

Janet said, "Christmas at Lee's Christmas Corner will have a strong Christian focus as well as Santa. We want to become a reflection of the saying 'Jesus is the reason for the season'. We know Santa is coming to town, but we always want people to remember why we celebrate!" She elaborated, "I got my love of Christmas from my Mom so, dealing with all this Christmas has really taken me back

to some good memories. Our Christmas tree, or actually trees, went from Christmas, to Valentine's Day to sometimes shamrocks before she would finally be willing to give up on her trees!"

Now your family can build great memories at Lee's Christmas Corner.

In Freddy Bear's Den, they will be offering a collectible "Freddy Bear" inspired by Fred Lee himself. The collectible bear is being designed for Lee by artist, Lisa Curran, a doll maker from Brooklyn, NY. There will be a limited number of these bears made which will be numbered and signed. Janet explained, simply from a Facebook post, they already have some sold to bear collectors, sight un-seen. Curran is also designing a bear that will be mass produced and eventually manufactured right in Canajoharie, creating even more jobs.

In addition to the collectible bears Freddy Bear's Den will feature other curated toys and games to delight children of all ages. Janet says, "It will be a grandmothers favorite shopping spot!" Many of the children's products that she has purchased for sale are direct inspirations from her grandson, Gage. "He tells me what's hot!" said Janet.

Crossroads at Wagner Square will feature home goods, housewares, collectibles, figurines, and more. Artisan products will also be included in the inventory. Pottery, wall art, jewelry, and many other artisan made products will be featured. The shops will feature manufacturers like Bethany Lowe Designs, Byers Choice, Ltd., Mueller, Steinbach, Ditz and more. The shops will also have a clothing boutique featuring hand-picked items from Joyce Polanowicz's Village Crossing in Clinton, NY.

Christmas year-round, Freddy Bears, and home goods 3 distinct shopping venues under one roof at Lee's Shops at Wagner Square. The destination shopping venue will open late summer. For more information, go to: www.theshop-satwagnersquare.com (currently under construction) or follow them on Facebook: Lee's Shops at Wagner Square. ■

“
Success is getting what you want;
happiness is wanting what you get.
-Ingrid Bergman

PERCACCIANT from 21

clients, learn the beneficial radius massage therapy has to offer, and become versed in Reiki and Chakra balancing. As a Holistic Health & Life Coach, Rebecca will also work with you to help you set and achieve the right goals to ensure sustainable changes for the overall improvement of your health, and happiness. This could be through her individual one-on-one health coaching program, or through her health & wellness services, such as the “Grocery Store Tour”, which helps you identify the healthiest food options for you and your family, and the “Healthy Kitchen Makeover” which takes a closer look into your own pantry where Rebecca will teach you about food labels and ingredients, while introducing healthy eating habits and alternatives to your favorite ‘guilty pleasure’ foods.

On top of holding it all down in the healing department while being a mom, there is one more drop to add to Rebecca’s depot of helpful, healthy insight. Rebecca touts the importance of knowing the ingredients not only in the food we eat, but also in the products we use on a daily basis, as they “both have a

significant impact on our health.” As an independent consultant for Pure Haven Essentials, a company that sells bath, body, make-up and cleaning products that are 100% non-toxic and chemical-free, Rebecca offers in-home workshops to help you, your family and friends learn about this important aspect of healthy living, as you sample products and have the option to purchase through the company catalog. Or she can get you started with her individualized “Healthy Home Makeover” service, and help you to identify specific products in your home that could be dangerous, and exchange them for safe, and equally effective ones.

“Like” Rebecca Percacciant - LMT, Holistic Health & Life Coach, Reiki Practitioner on Facebook, check out her testimonials page to see what Percacciant’s clients have to say about her on the official website mentioned earlier, view her highly enlightening blog, or send a tweet @bodymindspirit9. Stop taking for granted your health, and reach out to a healthier you; rebecca.holisticharmony@gmail.com **E**

PORTRZEBA from 13

the gamut from City of Utica schools to Donovan to JFK and eventually Whitesboro where she taught for 14 years. After teaching for almost 20 years, she was looking for a challenge. The right time for the switch came in September 2015 when she took the general manager position at Holland Farms.

Going on two years full-time as general manager, Heather said, “Teaching and working at Holland Farms are so different that you can’t compare the two.”

Heather said, “I have 2 great women to learn from. Mom is behind-the-scenes and Marolyn is out front. I’m in the middle finding my own way.”

Holland Farms is now shipping Half Moon Cookies all over the all over the U.S. and to servicemen abroad. Heather has helped expand the wholesale end of the business and now Holland Farms products can be found at other locations like local convenience stores. Heather said, “My mom and aunt grew it from where my grandfather started and I hope to

continue that tradition.”

In her spare time, Heather and her husband operate Drover Hill Farm where they Pasture raise beef, lamb, & chicken - dry aged for 21 days, no hormones, no sub-therapeutic antibiotics over 600 acres in the rolling hills of Earlville, NY. They also offer Berkshire pork.

For more information, go to: www.hollandfarms.com or follow them on Facebook: Holland Farms. **E**

ARCURI from 13

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TALARICO from 13

Her dedication, her attention to detail is second to none. Rosemary resides in Utica with her husband, Fred Talarico.

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ACROSS

1 Space

4 Recipe meas.

7 Lass

8 Luster

10 Calcutta's land

11 High, wispy cloud

13 Orphan

Annie's benefactor

16 Really messy place

17 Frogs' hang-outs

18 Whopper

19 Crooked

20 Witnessed

21 Representative

23 Dervish

25 "Two and a Half Men" role

26 Oodles

27 Cacophony

28 Colorado tribe

30 Chum

33 Spider's cousin

36 Certain winner

37 Assessed

38 Tittles

39 Iowa State's home

10 Scepter

41 Scratch

8 Meager

9 Centers

10 Egos' counterparts

12 Downhill athlete

14 Refuse to

15 D.C. fig.

19 Stiller or Affleck

20 Firmament

21 Rap sheet entry

22 Best Picture of 1982

23 Bambi, for one

24 28-Down, to Tokyo

25 Toss in

26 lo and Gany-medes, e.g.

28 Japanese city

29 Homeric epic

30 Heavenly gate keeper

31 Census stats

32 1960s hallu-cinogen

34 Entrance

35 Dalai —

DOWN

1 Lightheartedly

2 silly

3 Nursery item

4 Bronze medalist's place

5 Belgrade natives

6 Lima's land

7 Summertime pest

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V T R P C N E N L J H F N D C

B Y X T S L V T A R P M I O I

M K A I D R G E D P I S H B N

Z H B D E H E X S H R G S W T

T U I M S T R T C Q O A A N N

L F R I A N N E T N A L L J I

I O D G F E D C A U Y F F O A

D X S W V V T S E L G N I H S

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

Antenna	Dormer	Gutters	Thatch
Birds	Fiddler	Saint Nick	Vents
Chimney	Flags	Shingles	Weather vane
Dish	Flashing	Solar panels	

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Mega Maze

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STICKELERS [sic].

by Terry Stickels

What is the missing number in the following sequence?

? 7/12 1/2 10/24 1/3 1/4 1/6 3/36

A. 19/24

B. -1

C. 2/3

D. 1

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Just Like Cats & Dogs

by Dave T. Phipps

DON'T WORRY, YOU'LL GET IT. RUNNING THE REMOTES WOULD BE MUCH EASIER IF YOU READ THE MANUAL I WROTE.

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Amber Waves

by Dave T. Phipps

I SEE WHY THE KID SITS UP HERE. FEEL SO POWERFUL LOOKING DOWN ON THE OTHER PIGS... OF COURSE THEM WALLOWING IN THE MUD HELPS.

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HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

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Differences: 1. Shift on tree is missing. 2. Underneath is missing. 3. Rock is missing. 4. Duck is missing. 5. Swing is missing. 6. Head is tilted.

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GRIN & BEAR IT

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"We can't make up each other's mind!"

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LAFF - A - DAY

"Dear diary, a handsome man in uniform followed me for ten blocks."

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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.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU XBT UIF GJSTU BOJNB

JO TQBDF? UIF DPX UIBU KVNQFE

PWFS UIF NPPO.

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Weekly SUDOKU

by Linda Thistle

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

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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RUCKEL from 17

Whether your custom window treatments are functional or decorative, they are made to your exact measurements and made to operate flawlessly on your windows. Your custom treatments can filter light or completely block it out. They can change, compliment or even conceal an unattractive landscape. Custom window treatments are your key to achieving your design goals and making your house a home. In addition to custom window treatments, custom bed spreads, custom head boards, and custom fabrics can all be added to your decor at The Added Touch. They also offer a full line of window shades, shutters, verticals, and fabrics for upholstery and they carry Sunbrella, Crypton, and many other fabrics.

The Added Touch is an authorized Hunter Douglas - Alustra Collection dealer. 1 of 100 dealers in the USA, The Added Touch is your connection for Hunter Douglas window treatments. That includes warrantee work on Hunter Douglas's lifetime guarantee on their world class products.

The Added Touch was awarded the 2017 Best of HOUZZ Client Satisfaction Award. Mary said, "We were rated at the highest level for client satisfaction by the Houzz community. This is a great award coming from a terrific decorating website."

Mary and her team visited the Comfortex Factory (one of the companies they sell) located in Watervliet, NY to watch the process of different shades being made. The factory tour is just another way The Added Touch is informed of the new window treatments coming soon. They pride themselves on customer service, trying to understand the customer's needs and wants, and offering them the very best prices without giving up the quality. The Added Touch is always bringing in new products, and their fabrics books are always new and exciting.

With excellent custom service, experience, and great products, The Added Touch is always adding to their repertoire. They are open Monday through Friday 10 am - 5 pm and Saturdays 10 am - 2 pm. For more information go to: www.addedtouchdrapery.com, call (315) 793-1994, or follow her on Facebook: The Added Touch Drapery Shop. **E**

KOWALCZYK from 16



your home, help pre-qualify buyers, show home to prospective buyers, arrange for other agents to show home, negotiate purchase contract, arrange and oversee all inspections, handle all necessary paperwork and supervise the closing. The A2S approach makes sense for buyers too. Outside the company's exclusive selection of homes available for sale A2S agents can show and sell any home that is on the market in the area. Assist2Sell's flat fee can assist the seller to price the home properly,

and in a market where equity can be tight this is something to strongly consider.

"The more we save sellers, the more room we have to negotiate with buyers," says Kowalczyk, "that is a win for sellers, a win for buyers, and a true win-win for the whole team." The team at A2S has a strong belief in home ownership, so much so that their office is actually a house. Kowalczyk and her brother, owner Paul Lazzaro restored and renovated the historic colonial that was built back in 1929, now residing as their beautiful office building in the heart of the historic district of Utica.

Visit www.assist2sellcny.com, and www.facebook.com/assist2sellcny to find out the best way to go about selling or buying a home, or call (315) 735-9244 to have Kowalczyk and her team do what they do best. **E**

“

There is no royal flower-strewn path to success. And if there is, I have not found it for if I have accomplished anything in life it is because I have been willing to work hard.

-Madam C.J. Walker

GENTILE from 21

and cons of the different means of traveling. I know what the internet isn't telling you, and I know the properties you'll be looking into." 9 times out of 10 you'll get the better deal by choosing to go through a travel agent, and in case anything unforeseeable should happen it's a huge relief having the security of an agent on your side.

When planning for elaborate trips it's easy to be met with frustrations due to the stockpile of information, and 20 plus open tabs on the screen of your laptop. You've been scanning for weeks, and still can't seem to make a decision. Everything either sounds too vague, or too good to be true. This

is when a travel agent's knowledge becomes extremely valuable. They know where to get the deals, and they know the best way to go about getting them. Though she enjoys co-owning, helping out at Acropolis Gentile states "This is my baby. I love what I do."

Call: (315) 797-9880 to plan your next big trip with Karen Travel Ltd, and call (315) 793-1015 for a small trip to Acropolis to suffice your craving for good Greek eats. Take-out lunch is available Tuesday - Friday 11 am - 1:30 pm, and Dining room hours are Tuesday - Thursday 4:30 pm - 8 pm and Friday and Saturday 4:30 pm - 9 pm. **E**

MISHLANIE from 16

location worked well for the interim, it wasn't Jane Marie's ideal setting for digging her nails in. When the building on N. George was up for grabs, she knew it would be the perfect spot for the loyal clientele she'd established through the years. Jane Marie says "My clients are like family. Making customers feel relaxed is an important, and integral part of being in this type of business. You meet so many wonderful people, and making friends has been the surprise added bonus along the way."

A number of Jane Marie's clients have been with her from day 1, maintaining a regular schedule. At The Nail

File, every customer is treated as if they were family. All Nail File customers have their own personal containers of files and brushes, and customers with pedicures have their own personalized liners. Your health & safety come first at the salon, and Jane Marie personally sees to it. "I'm happy in my profession. My clients are like family. I love what I do," says Jane Marie.

Call (315) 339-0991 to make an appointment with Jane Marie to get the royal treatment for your nails. **E**



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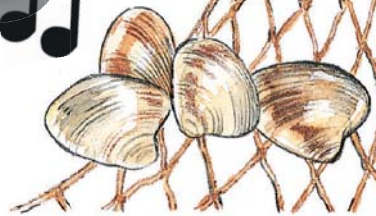
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Those who are lifting the world upward and onward are those who encourage more than criticize.

-Elizabeth Harrison

PACIELLO from 22



Lauren Antanavige (L) and Amanda Zangari

only philosophy means that your pet will get 100% undivided attention. No interruptions. Angela said, “Customer service is key. I treat dogs and owners as I would want to be treated.”

Whiskers Nails & Puppy Dog Tails Pet Spa now offers a spa day with you and your pet. While your pet enjoys their Spa day with pet stylists Angela, Lauren, and Amanda. You’ll be able to get pampered yourself by salon expert cosmetologist Kelsey Murray. She offers manicures, pedicures, facial waxing, haircut, color and styles and more.

Angela said, “It has been such a blessing to me to be my own boss and meet so many genuinely kind people who treat me with the utmost respect and trust me with their family member. I love each person and pet that comes through my door. It has given me the deep desire to encourage and help young girls who want to one day work for themselves. I’ve expanded and hired Lauren Antanavige and Amanda Zangari my pet stylists and Kelsey Murray my cosmetologist. I’m teaching them the customer service side which is so very important in being a business owner not just the hands on side. I feel it’s all about treating customers the way you would want to be treated and serving others to the fullest with a deep desire, not out of obligation. If people thought this way more in all they do you would see a lot more smiles on people’s faces.”

You won’t find a more luxurious Pet Spa than Whiskers Nails & Puppy Dog Tails Pet Spa. There is plenty of parking and they offer curbside service. They accept most major credit cards for your convenience. Please call them at (315) 794-2504 or for more information, go to: www.whiskerspetspa.com **E**

KRIZIA from 22

the store, but everyone contributes when they can.

Next store to Krizia Martin used to be a liquor store that extended behind the shop. After Christin opened she and husband Kevin Martin would knock down the liquor store’s backroom of storage, whereupon, Kevin utilized the space to sell lacrosse gear. “Kevin was instrumental in bringing lacrosse to Clinton,” tells Gates. He was coaching lacrosse at the time, and so the back of the shop became known as the “back door lacrosse store.” It’s been years since the backroom housed sporting goods, but Gates still smirks when she thinks back on the look on the faces of folks as they’d browse the store for finer things while a couple ruffled young boys skirted past in masks and sticks all ‘geared up for the game’ mode.

Store hours are Monday-Saturday 10am-6pm. If you’re too far to become a Krizia Martin shopaholic you can subscribe to their mailing list, and view and purchase in-store items online at <http://www.kriziamartin.com>. What you’ll find at Krizia Martin is an array of clothing by name-brands such as Southern Tide, Vineyard Vines, Lilly Pulitzer, Joules, Barbour, Patagonia and Mahi Gold. There is definitely a feeling of ‘the beach is somewhere nearby’ when you walk in, and these brands are a rarity, as well hot commodity for the area. Giftware includes the distinctive lines of Simon Pearce, Kate Spade, Lilly Pulitzer, Kiel James Patrick, Smathers & Branson, Juliska, Mariposa and Catstudio.

“What is really cool are the stories behind the brands,” adds Gates “you come to learn how each of these designers got their start.” Krizia Martin has its own history, and it’s plain to see it’s about family coming together, and helping out when they’re in need. The selection of items here, like high end baby clothes for infant boys and girls by brands such as Kissy Kissy make it obvious

that Krizia Martin is very much a family oriented store. While on the subject of family, Gates refers to her team of salespeople with warmth of heart and gratitude. “Our sales people are a big part of what makes our store special. They always help customers find the perfect gift, or outfit & accessories. They’re all passionate about the store, and that makes for a positive vibe here.”

Krizia Martin also has the newest arrivals of British fashion brand Joules for adult clothing, as well as Hamilton embroidered Patagonia. The wedding line by Simon Pearce, or the authentic Polish Pottery make great engagement or wedding gifts, and with an array of items from \$5 on up you can find something thoughtful and affordable for any occasion. Be it graduation gifts, birthdays, or my favorite of all the calendar marked days, the one that I’ve written in as “just because,” you’re sure to make somebody’s day a little brighter with a gift from Krizia Martin. **E**

Redmond's Red Deer Farm



Red Deer on Redmond's Red Deer Farm

In the rolling hills of Holland Patent, just north of Utica, you'll find Redmond's Red Deer Farm. On over 250 acres, spread over 2 farms, red deer, or European elk are raised for venison and antler products.

Owner, Marie Redman and partner, Fred Anken, explained that they raise red (stag) deer with a focus on producing quality venison for the domestic meat market. Venison is a healthy, nutritional, lean alternative to other traditional red meats.

On the farm, a former

Fifth-generation dairy that was milking until the late 1980s, they use organic principles and are Certified by New York State as a Deer farm. They are a licensed farm overseen by Ag and Markets, producing meat products, antler products, and breeding and supplying other deer farms.

Redmond explained that the deer farm is a unique type of farming season but is essentially the same kind of operation as a beef cattle farm.

They utilize every part of the animal and Marie

said, "We give them a good life and they return the favor."

Red Deer is one of the healthiest red meats. It's lean; equivalent to salmon. Redmond's Red Deer Farm venison products can be purchased by calling/direct pick-up at our facility, local farm markets or thru various local retail outlets - call or email for details. Some of the Venison Products they offer include: Venison Tenderloin, Bone - in Rib Steaks, Boneless Loin Steaks, Boneless Venison Roasts, Osso Bucco, Stew/ Kebab Cubes, Venison Liver, Venison Heart, Summer Sausage, Breakfast Sausage, Italian Sausage - Sweet or Hot, Ground Meat, Ground Patties, Venison Hot Dogs, Venison Muscle Jerky - Teriyaki, Venison Snack Sticks (5 flavors - Original Hickory, Hot, Pepper, Teriyaki, Sweet & Smokie), and, Velvet Antler - dietary supplement

Marie makes an award-winning summer sausage. In March, she won a NADEFA First Place Summer Sausage 2017.

The pet market is huge. When dogs develop allergies their owners often turn to natural protein and venison is great a great source.

Because the antlers shed and regrow every year they cut the hard antler into a best-selling, 100%

natural dog treat. Other pet products include; antler dog chews, venison dog treats, velvet antler - dietary supplement

They also make antlers into pencils, pens, necklaces and jewelry and razor sets.

"A lot of people have tried it before but venison is great Lean meat; especially for people with dietary restrictions," Redmond said.

She explained, farm raised venison is a very lean tender meat with a mild flavor. It should be cooked quickly on high heat as you would any extra lean meat, and should always served rare to medium. Well-done meat may be dry because it is so lean.

Venison does not require tenderizing but if you wish, marinate briefly in beer or Italian dressing for juicy steaks, and cook steaks just before serving when everything else is ready. Be creative venison has endless culinary possibilities, not only can you grill it stand alone, make kebabs, but sub-

stitute it for meat source in most any recipe; the flavoring result will be fabulous.

Add a little variety and unique flavor to your life; add Redmond's Red Deer Farm's venison to your diet. For more information go to: www.redmondsredddeer.com, follow them on Facebook: Redmonds-Red-Deer-Farm or call: (315) 865-8670. **E**



Carry anywhere - Redmond's Red Deer Farm Venison Snack Sticks. 5 flavors, great taste, low calorie, shelf stable no refrigeration necessary.

MORRIS from 23

When she's not in the office helping people realize their weight loss dreams, Jill likes to spend time with her family at their camp on the lake. "I love the Adirondacks." Jill and her husband Bill have 3 children; daughter, Hagen is 16, son, Price is 10, and son, Preston is 9.

Jill Morris has a philosophy of 3 things that she bases her entire life on; first: god, second: family, and third: business and everything else.

When you combine and balance these 3 things you will have success.

She was a stay at home mom before opening Dr. G's. Jill recognizes that motherhood is the hardest, most time-consuming job. "There's no more rewarding job than being a mom and my hat goes off to all the full-time moms."

Jill and her team (Ashley Strong, wellness coach, Sheena D'Alba, wellness coach and Marlena Capparelli, LPN and Licensed cosmetologist) also offer a variety of skincare treatments. Dr. G's skincare includes microdermabrasion, BluePeel Radiance, and implements

Clarisonic technology with medical grade Obagi Products, the #1 physician-dispensed skin care system to help correct visible signs of skin aging

Juvederm and Botox are offered weekly at Dr. G's. They've had a huge calling for it and are incredibly busy offering skin tightening option to keep you younger looking or if you've lost weight and have wrinkles.

They also offer B12 mic shots, B12 plus other amino acids. Jill Morris explained, "What's a B12-mic shot? It's B12 combined with 3 different amino acids. It's all natural and it is water soluble. It gives you energy and helps burn body fat."

Everybody wants to be happy and Jill Morris and Dr. G's Weight Loss and Wellness program offers a wide variety of services to reach your goals. For more information, go to: www.drsgs-weightloss.com/new-york/new-hartford/ or follow them on Facebook: Dr. G's Weight Loss & Wellness New Hartford. **E**

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Frank Mazzaferro, DDS

-Not Your Average Dentist

By Pat Malin

Rome dentist Frank Mazzaferro admits he was almost ready to consider retirement.

He has been practicing since 1984 and he felt he had gotten complacent with the routine cleanings and teeth whitening, he said. In recent years, though, he has discovered a renewed passion for dentistry.

He has embraced new technology and techniques and he's excited about bringing them to his customers at his practice at 610 N. George Street in Rome. For example, he's using digital photography and creating three-dimensional images and using laser treatment in dental implants.

"I might be the only (dentist) in the area who is using lasers to detect cavities," he said. "You can hold up a laser wand to the mouth and it gives a number that can detect whether or not there are cavities," he said, thus making laser readings more effective than x-rays.

According to WebMD, lasers can be used to remove decay within a tooth and prepare the surrounding enamel to receive the filling.

Lasers use light, unlike conventional x-rays, so there's less exposure to radiation, Mazzaferro explained.

Dental implants are replacement tooth roots. Since they are permanent, they can provide an alternative to loose-fitting dentures.

Mazzaferro, who turns 60 in July, is witnessing rapid changes in dentistry and is anxious to keep up with the times. "It's changed a lot," since he started, he said.

His interest in the profession is literally lifelong. "My uncle, my grandmother's brother, Louis Vergiline, was a dentist in Rome and had an office on Court Street by the police department," said Mazzaferro.

"He practiced about 50 years. I grew up emulating him and he told me I would be a dentist. I didn't have much choice, but I'm lucky I grew to love it."

By the time Mazzaferro graduated from SUNY Buffalo with his degree in dentistry, he hoped to take his uncle's place, but his uncle was not ready to retire. Mazzaferro was able to take the practice of another local dentist, Dr. Stellato, also on Court Street, who did retire.

Mazzaferro eventually moved to his current location on busy North George Street.

Mazzaferro does general dentistry, denture implants (including mini implants), fillings, crowns, whitening, Botox injections, bridges, smile makeovers, veneers, and can recommend sleep apnea devices. "Not your average office," he states on his website.

"We take great satisfaction in helping you maintain optimal oral health. Our practice is devoted to comprehensive and preventive patient care," he added.

Mazzaferro has enhanced his 30 years' experience with continuing education in the new treatments. He attends workshops and does a lot of online research.

One of the newest periodontal treatments is using implants in root canal therapy. Platelet-rich fibrin is made by taking the patient's own blood and concentrating the proteins involved in healing in a centrifuge, Mazzaferro said.

"The plug, what we call the resulting concentration of proteins, is then used in the area we wish to bone graft or as a membrane to help soft tissue heal faster."

"Root canals used to take two to three visits," he said. "Now they take about an hour."

Another new procedure is called "carestream." The dentist scans and places a cap or crown on a single tooth. Using a digital scanning or imaging device called the CS 3000 that makes 3-D images, the practitioners have the ability to mill and place a crown in one appointment.

Mazzaferro calls his lab state-of-the-art. "Our office meets and surpasses all OSHA (Occupational Safety and Health Administration) and CDC (Center for Disease Control) standards."

Dental implants and laser surgery might not be covered by dental insurance, but Mazzaferro can offer credit financing, no interest for 6 months.

Mazzaferro and his staff serve Rome, Utica, Oneida and the Camden area. Phone (315) 336-9140 for more information. **E**



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2017 BOCES Consortium of Continuing Education

-Adult Graduation



On Thursday, June 22, 2017 at 6:00 pm, BOCES Consortium of Continuing Education (BOCES) will hold the annual Adult Graduation Ceremony to celebrate the accomplishments of over 125 (and counting) students who have passed the Test Assessing Secondary Completion (TASC) examination earning their High School Equivalency diploma and those who have earned their High School Equivalency Diploma through the National External Diploma Program (NEDP) this 2016 – 2017 academic year. The adult students are from the surrounding twenty-one (21) districts served through BOCES Consortium of Continuing Education, a partnership between the Madison-Oneida BOCES and the Oneida-Herkimer-Madison BOCES.

What is the High School Equivalency/TASC? In 2014, New York State selected a new high school equivalency test called the Test Assessing Secondary Completion (TASC™) to replace the General Education Diploma (GED®) as the primary pathway to a High School Equivalency Diploma. The TASC™ is a secure, reliable and valid instrument used to verify examinees have knowledge in core content areas equivalent to graduating high school seniors.

There are five sections on the TASC™ test; Reading, Writing, Social Studies, Science and Mathematics. To ensure the content and skills measured by the test remain closely matched to contemporary high school curriculum, the test undergoes regular review.

TASC™ test results are distributed approximately five to six weeks from the date of testing. Here are some other things you may want to know about the TASC™ test:

- ✓ The TASC™ test is free for all New York State examinees! If a website offers to let you take the TASC™ test for a fee, leave the website as it may be fraudulent!
- ✓ The TASC™ test is offered as a paper or computer-based test administered at one of our public testing sites. Visit www.moboces.org/Page/1046 for dates, locations and instructions or stop into one of our convenient locations in Rome, Utica, Oneida and Verona.
- ✓ If you have passed parts of the GED between 2002 and 2013, but did not pass the entire test; your passing GED scores may still count! If we are able to verify passing scores through a transcript or our testing records, you only need to pass the parts of the TASC™ exam you did not pass on the GED! Call us today so your passing GED scores do not go to waste!
- ✓ For more information about preparing through our convenient classes to take the TASC™ test, find out about eligibility or to sign up to take the test, contact:

In Oneida:
Carla Gualteri (315) 361-5922

In Rome:
Amelia Rose (315) 334-8000

In Utica:
Lucretia Hunt (315) 738-7306

✓ While most New York State adults lacking a high school diploma are eligible to call us and sign up

to take the TASC™ test, taking one of our free classes will greatly increase your likelihood of passing the TASC™. Our teachers work with resources designed specifically for TASC™ success; and, when you are ready, you will have access to the TASC Readiness Assessment (TRA), a practice exam that helps us determine your chances of success on the test.

Another option to achieve your high school equivalency is the National External Diploma Program (NEDP). This pathway is an applied performance assessment system program that assesses the high school level skills of adults and out-of-school youth. The NEDP evaluates the reading, writing, math and workforce

readiness skills of participants in life and work contexts.

The NEDP also:

- ✓ Assesses high school level skills awarding a traditional diploma so graduates can meet their academic and career goals.
- ✓ Is designed for self-directed youth and adults with life and work experiences and a general familiarity with the computer.
- ✓ Offers flexible scheduling and confidentiality.
- ✓ Evaluates competencies in multiple content areas including Financial Literacy, Health Literacy,

BOCES- 32



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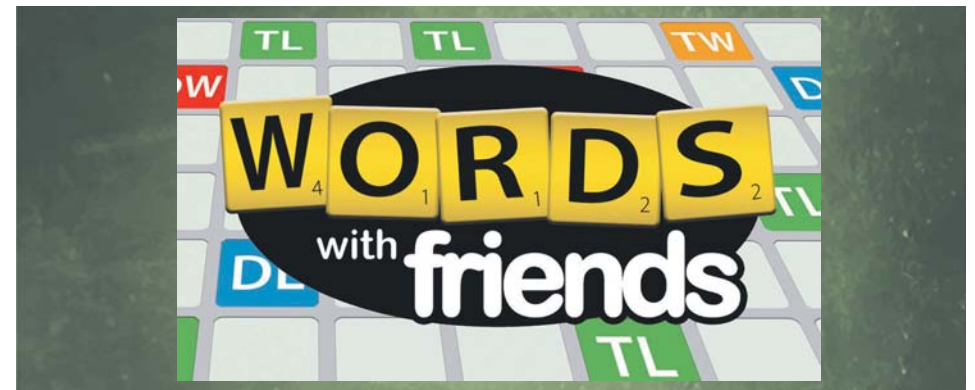


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Online game Words with Friends adds 'covfefe' to its list



By MARK KENNEDY
AP Entertainment Writer

NEW YORK (AP) — The popular mobile word game Words With Friends has added one of the internet's most popular typos in recent days — "covfefe."

The mysterious term that President Donald Trump tweeted has spread like wildfire on social media and the Scrabble-like multiplayer game has jumped aboard, defining the word as "the amount and quality of reporting when autocorrect fails you at 3am."

"Covfefe" was born on Twitter just after midnight Wednesday when the president wrote about "constant negative press covfefe," prompting jokes from Jimmy Kimmel to Hillary Clinton. Trump later poked fun at the typo: "Who can figure out the true meaning of 'covfefe' ??? Enjoy!"

Dictionary publisher Merriam-Webster checked in with an eye-rolling tweet, and dozens of definitions have been submitted to the Urban Dictionary website, which crowdsources slang terms. **E**

BOCES from 31

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Currently our Graduate speakers are in the process of preparing

their speeches for the 2017 Adult Graduation Ceremony. The chosen speakers will share their inspiring messages of how early choices impacted their future plans and how education is the pathway to success, no matter your age.

While our graduate's participation in the high school equivalency

diploma programs has come to a successful end, the journey towards a post-secondary BOCES training program is still on the horizon. There are many to choose from, including but not limited to; Office Assistant, Security Guard Training, Dental Assistant, Medical Assistant, Phlebotomist, Practical Nursing, Nurse Aide, Home Health Aide, Licensed Cosmetologist, Auto Mechanics, Auto Body Techniques, Welding, Electricity, Heating, Ventilation, & Air Conditioning (HVAC), Heavy Equipment and Carpentry programs. Earning a college credential and/or a path to employment has just begun. Collaborating with partnering agencies we have a plan to assist our graduates in these areas as well.

If you are interested in achieving your High School Equivalency diploma please join us for our June 2018 Adult Graduation Ceremony. We welcome you to participate at no cost to you! We will provide the cap, gown and tassel; you bring your family and friends! We hope to see you there!

More information is available by calling (315) 361-5800 or visiting our website at www.moboces.org/adulted. **E**

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Greens and Grains

–Add fresh produce to your diet and community

(Family Features) Dedicating more of your plate to fresh-from-the-garden produce as well as rice and grains can lead to a healthier lifestyle, according to Cheryl Forberg, registered dietitian and award-winning chef and nutritionist for “The Biggest Loser.”

“Most of my adult clients who are not veggie lovers usually had little exposure to them growing up, or they just weren’t cooked properly,” Forberg said. “It’s important for parents to get their children involved in cooking, shopping and even gardening so kids can understand the journey from seed to plate.”

Forberg furthers her personal dedication to the seed-to-plate journey through her involvement with Seeds of Change, which invests in healthier and greener communities by offering both organic seeds and foods, and delivers an annual grant program that benefits school and community gardening as well as farming programs. This year, the grant program will award \$310,000 to participants who plan to help their communities and teach people about sustainability and where fresh food comes from.

To start living healthier and greener lives, Forberg offers four simple tips:

Start in the garden. This hands-on approach is a fun way to learn about nutrition and where food comes from. Following produce from seed to plate can compel you to eat more healthfully. Plant a garden at home or become involved in a local project nearby.

Opt for veggies with big impact. Richly colored veggies contain the richest supplies of nutrients. Opt for spinach or romaine instead of iceberg lettuce in your salads. Skip the celery or carrots and go for red bell pepper slices to deliver a healthy serving of antioxidants and vitamin C.

Make smart swaps. Replace the dense calories of

pasta noodles with a flavorful cup of cooked spaghetti squash. The squash is a satisfying and tasty alternative with a mere 40 calories, 2 grams of fiber and loads of vitamins.

Pair with whole grains. Mashed potatoes may be a favorite dinner side, but there are more nutritious options to complement your garden produce, such as this grain bowl with wild salmon from Chef Seamus Mullen.

Learn more about starting a community garden and living a greener, healthier life at seedsofchangegrant.com.



Warm Grain Bowl with Wild Salmon, Almonds and Salsa Verde

Total time: 20-25 minutes
Servings: 8

- 8 wild salmon fillets (3 ounces each)
- sea salt, to taste
- fresh pepper, to taste
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup asparagus, cut into 2-inch pieces
- 1/2 cup shitake mushroom caps, sliced
- 1 package Seeds of Change Quinoa, Brown & Red Rice with Flaxseeds
- 1/4 cup slivered almonds

Salsa Verde (optional):
1 bunch scallions
1 clove garlic
1/2 cup packed cilantro leaves
1/2 cup packed mint leaves
1/2 cup packed basil leaves
1/2 cup lemon juice
1/3 cup extra-virgin olive oil

Heat oven to 400 F.

In oven-proof pan, season salmon with salt and pepper, and drizzle each fillet with olive oil. Bake 12-15 minutes, until cooked through.

In blender or food processor, combine all Salsa Verde ingredients and pulse until fully incorporated but still rustic and chunky. Set aside.

In medium saute pan over medium-high heat, heat remaining olive oil. Add mushrooms and asparagus and saute vigorously 3-5 minutes. Add grains and slivered almonds, and continue to saute until heated through, about 5 minutes. Adjust seasoning with salt and pepper, to taste.

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Grilling foods to be safe and healthy



People rely on indoor and outdoor grills to prepare foods all year long. Not only can menu items made on the grill taste delicious, but they also may be healthier than foods cooked via other methods. When done correctly, grilling is a versatile way to cook tasty foods relatively quickly.

One of the challenges of cooking over high, open heat is the difficulty in determining just how long to keep foods over the flame. Take them off too soon and they may be undercooked. Wait too long and items may be dry and charred. Use these tips to make grilling easy and safe.

Preheat and prepare the grill

Be sure to preheat the grill to between 400 F and 500 F. Use a nonstick spray on the grates while the grill is heating. This way foods will not stick and create a mess that will ultimately require considerable cleaning.

Buy a meat thermometer

One of the easiest ways to take the guesswork out of grilling is to use a meat thermometer. By knowing internal temperatures in a few seconds, grillmasters can have juicy foods that are cooked to the correct temperature so foodborne illnesses do not become a problem. Cooking by sight is inaccurate, as the outside of the food may look well done even though the inside is still pink. Thermometers allow cooks to avoid cutting open foods to check doneness, spilling out tasty juices in the process.

The U.S. Department of Agriculture advises on minimal internal tempera-

tures for meats and poultry (https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index). Keep in mind that food continues to cook when it is taken off the grill. Therefore, removing a few minutes before it has reached a certain temperature is ideal.

Fish is fast

Don't avoid grilling fish because of its delicacy. Using wood planks or any of the newer grilling gadgets available can keep flaky fish from falling through the grates. Plus, fish is an ideal go-to when one is really short on cooking time. If necessary, experiment with varieties of fish that are durable, such as salmon or tuna.

Leave an empty spot

Have an unheated area of the grill or one that is set to a low temperature so there is somewhere to move food if a flare-up occurs or if something is cooking too fast. This is also a good spot to finish foods that may need a little more time over indirect heat — such as burgers that require melted cheese.

Use sauce at the end

Avoid charring foods by using sugary sauces toward the end of cooking. Otherwise, the sauce can burn quickly and contribute to potentially carcinogenic char.

Grilling can be made easier with a few tricks of the trade. The results will be delicious, healthy and safe to enjoy. **E**



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How to clean and maintain your new cookware



Understand how to take care of cookware made from any material.

Cookware is as varied as the foods cooks can prepare. Running the gamut from ceramic to cast iron to stainless steel, cookware is available in various styles that fit cooks' lifestyles and budgets.

Home cooks have more options than ever before when outfitting their kitchen equipment, and different cooking materials may raise questions about how to clean and maintain new items. Here's a look at some popular cookware materials and how to care for those pots and pans.

Ceramic

Ceramic coatings are made from inorganic, nonmetallic film layers on hard materials to create nonstick surfaces that are generally resistant to scratching. Because they can be safer than some other nonstick alternatives, some consumers may prefer ceramic to other materials.

Even though ceramic is durable, it is not impervious to damage. Use wooden, silicone, plastic, or nylon utensils when cooking with ceramic. Metal utensils may mar the surface. Even though

the cookware is nonstick, using a small bit of oil or butter can help prolong this feature. Cooking sprays are not recommended.

Ceramic should be hand-washed with soap and water to keep it pristine. Some people recommend periodic deep cleanings with baking soda and water to remove any residue.

Cast iron

Cast iron cookware has been around for generations. One of the key things to remember about cast iron is that a proper seasoning of the material will help cooking and cleanup.

General instructions for seasoning a cast-iron skillet involves heating it up on the stovetop until it's smoking hot, then rubbing a little oil into it and allowing it to cool. According to cast iron cookware manufacturer Lodge, each time you cook, you will help maintain this seasoning.

Cast iron can rust, so it should be handwashed

with a stiff scrubber (no soap) and dried immediately. Rub a thin coating of vegetable oil to protect it from moisture.

Stainless steel

Stainless steel materials are versatile in the kitchen because they do not rust. Plus, pots and pans can move easily between the stovetop and oven. Because stainless steel is not nonstick, heating up the cookware first before adding oil and food can prevent items from sticking to the surface.

Cleaning may require soaking in warm, soapy water and then scrubbing with nonabrasive sponges. Specialty nonabrasive cleaners designed to restore stainless steel from discoloration also can be used periodically.

Copper

Copper cookware is quick to warm and distributes heat very evenly. They are often a tool of the trade when heat-sensitive recipes call for careful temperature control.

Copper is highly reactive and isn't food-safe on

its own. Copper usually features a protective layer of nickel or stainless steel to make it food-safe. That means avoiding abrasive cleansers or sponges. Another rule of thumb is

to reduce the heat under copper pans and pots because they are such good conductors of heat. This will prevent stuck-on foods, making for easier cleanup. **E**

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Understanding protein shakes



Protein powder shakes once were consumed almost exclusively by professional body builders or gym rats looking to increase their muscle mass. But long gone are the days of finding protein shake supplies in specialty fitness stores. Nowadays protein shakes are mainstream and big business for the fitness and diet industry.

Although protein shakes are not a magic solution for six-pack abs or overnight weight loss, they can — when used correctly — make a healthy addition to a fitness and nutrition regimen. With that said, they may not be right for everyone. But it's important for individuals to weigh the pros and cons of protein products and work with their physicians to find the right regimen for their age,

gender, body type, and desired goals.

Protein shakes have a lot of positive attributes. Convenient and portable, protein shakes are formulated with readily available, highly digestible protein to fuel the body post-workout. Protein is essential for building muscle and overall body strength and is an important building block of bones, muscles, cartilage, skin, and blood. It also helps make hormones, enzymes and other body chemicals. Protein shakes deliver whey or casein protein in a convenient way. And because protein shakes tend to be concentrated, many people can consume the recommended level of protein for their activity type without having to eat many calorie-laden meals.

Shakes also can be filling and help people feel satiated longer. Some people substitute protein shakes for meals once per day, eliminating a potentially calorie-laden meal in favor of a low-calorie shake.

While protein shakes can be beneficial, the International Society of Sports Nutrition recommends that those who exercise should try to reach their protein requirements via whole foods. Protein shakes



are not complete meals; therefore, they may create nutritional deficits if they are routinely used as meal substitutes. The Mayo Clinic offers that protein shakes often fall short of supplying significant amounts of carbohydrates, vitamins, minerals and healthy fats. They're also generally missing naturally occurring fiber, antioxidants and phytochemicals. Protein shakes may be flavored with artificial ingredients or sweeteners which can be fine when consumed occasionally, but may not be recommended as a long-term meal replacement.

Too much protein may not be a good thing, either. The U.S. Department of Health recommends that adults should not consume more than twice the recommended daily intake of protein, which is 55.5 g for men and 45 g for women. Protein shakes often have 20 to 40 g of protein per serving. So it's easy to see how consumers of protein shakes may consume more than their recommended amount of protein. According to the U.S. Centers for Disease Control and Prevention, consistently exceeding daily protein requirements can lead to weight gain, high blood cholesterol, an elevated risk for heart disease, and kidney complications. Also, The Physicians Committee for Responsible Medicine states that consuming too much protein can raise a person's risk of developing cancer, osteoporosis and kidney stones.

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Protein shakes are convenient forms of a nutrient that active bodies need. When used in moderation and as part of an overall healthy eating plan, they should be safe. But it's important to discuss any dietary and exercise concerns with a doctor before making drastic lifestyle changes. **E**

Are You Getting Enough Protein in Your Diet?

Fewer calories, more protein is a winning combo for weight loss and healthy aging

(Family Features) Do you pay attention to how much protein you eat at each meal? A new study suggests that when it comes to weight loss and healthy aging, getting enough protein at mealtimes is important.

Duke University researchers found obese women who ate adequate or high amounts of protein, including nutrient-rich lean pork, as part of a six month weight-loss diet not only lost weight, they improved their ability to get around, too.

“There’s no magic bullet when it comes to weight loss,” said Connie Bales, PhD, professor in medicine at Duke University. “But our research suggests a higher-protein, lower-calorie diet, including lean pork, could be a viable solution - especially for older women who are most at risk.”

While most Americans eat the majority of their protein at dinner, researchers suggest there could be benefits to spreading protein throughout the day. In this study, women ate 30 grams of protein at each meal with two of the meals including lean pork. Choices like tenderloin, low-sodium ham, chops and lean ground pork are among the seven cuts of pork that meet the USDA guidelines for “lean” by containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat. In fact, pork tenderloin has the same amount of fat as a skinless chicken breast.

The next time you fire up your grill, try these lemon-basil pork chops. Serve up 30 grams of tasty protein for dinner, while tapping into the flavors of summer.

Grilled Lemon-Basil Pork Chops with Lemon-Basil Orzo

Serves: 4

- 4 bone-in ribeye (rib) pork chops, about 3/4-inch thick
- 3 small lemons
- 2 tablespoons olive oil
- 5 cloves garlic, minced
- 1 1/2 tablespoons fresh basil, chopped
- 8 ounces orzo
- salt, to taste
- pepper, to taste

Zest and juice lemons. In small bowl, combine lemon zest, lemon juice, olive oil, garlic, and basil. Set aside 3 tablespoons of mixture. Transfer remaining mixture to large resealable bag and add pork. Set aside for 30 minutes, turning occasionally.

Meanwhile, prepare orzo according to package directions. Drain and return orzo to pot. Stir in reserved lemon-basil mixture and salt and pepper to taste. Set aside to cool to room temperature.



Prepare a grill to medium-high heat and lightly oil grate. Remove pork from marinade; discard marinade. Season pork with salt and pepper and grill until internal temperature reaches 145 F, about 4 minutes per side. Remove chops from grill and let rest 3 minutes.

Serve chops with orzo.

Nutritional information per serving: 440 calories; 30 g fat; 3 g saturated fat; 70 mg cholesterol; 30 g protein; 47 g carbohydrates; 2 g fiber; 60 mg sodium.

Meal-kit service Blue Apron files to go public

NEW YORK (AP) _ Meal-kit delivery service Blue Apron has filed to go public.

The New York company is one of the best-known of a wave of companies that sell boxes of ingredients for home-cooked meals.

It said in a regulatory filing Thursday that it had 1 million customers in the first quarter of this year.

Blue Apron’s revenue has grown fast, from \$77.8 million in 2014 to \$795.4 million last year. But it is not profitable, and posted a net loss of \$54.9 million in 2016.

It says it plans to raise \$100 million, but that is subject to change as bankers gauge demand. Its stock ticker would be “APRN.” E

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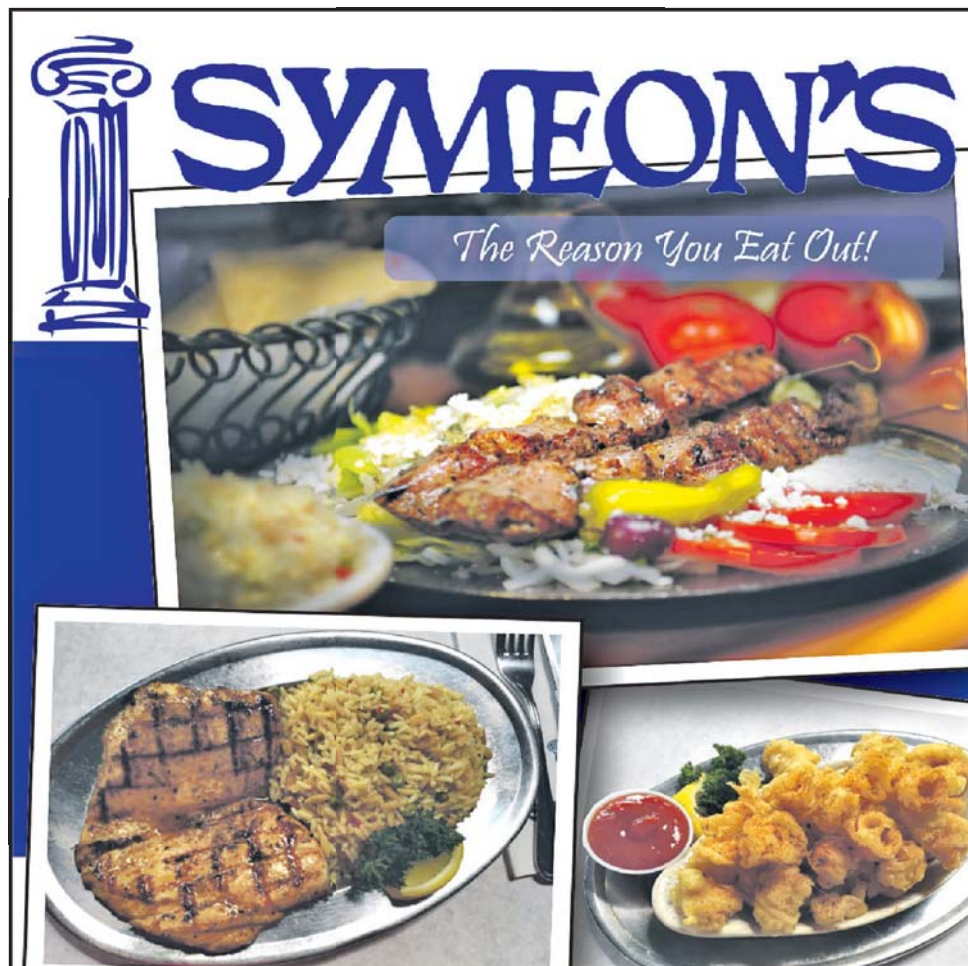




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Bagg's Square Cafe

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Breakfast & lunch is served up hot, fresh, and with plenty on your plate at Bagg's Square Cafe

The five-story brick on 421 Broad Street in Utica, NY, stands the result of the emerging economy of the early 1900's. A few renovations and handshakes later, six years ago to be exact brought us Bagg's Square Cafe. Melinda and Brian Thomas, the cafe's current owners purchased Bagg's Square Café in January, 2015. While husband Brian currently serves as the Commissioner of Urban & Economic Development for the city of Utica Melinda, who is at the cafe full-time is blessed to have the help of her two children Benjamin, age 10, and Aubrianna, age 7. The four of them have been working together since day 1 to keep the

cafe operating.

Aside from running specials they've not been willing to risk a menu overhaul. A 2-3 times a year change, a rotation of the menu's seasonal salad, and additional options to the breakfast menu such as turkey sausage, and egg whites to both appease the cultural & health needs of customers makes for a safe, and smart way to go. The logic behind this recalls the phrase "if it ain't broke, don't fix it." Open Monday-Friday 7 am - 2:30 pm and Saturday 8:30 am - 1:30 pm. Bagg's Square revealed it to be a sui generis of cafés in the Utica area. In the sense that there is room to breathe, and you could hear yourself think this place is offering something genuine before you even place your order. Comfortable leather bound chairs and loveseats, along with plenty of tables & chairs are strategically and sporadically placed so as not to be able to taste your neighbor's cologne, or whiff their coffee breathe.

Breakfast is served all day on Saturdays, and until 11am during the week. Either drown out the sounds of the big bustling city with some oatmeal & toast, or visit with your partner over an omelet. The hand-cut

home fries have the world making sense again, and it becomes obvious when you bite into a Bagg's Square. Breakfast Burrito and taste the cooked to perfection potatoes inside. Looking for sweeter, try Bagg's Square Brioche French Toast, equipped with cinnamon, vanilla, nutmeg, syrup, butter and whipped cream. With a finance degree from the SUNY Polytechnic institute Melinda went from working with student loans to running a cafe, and spills "I needed a change. I really enjoy what I do now." Her years of experience in customer service are paying off at the cafe, and Melinda's kids are following in her footsteps, moreover learning the importance of good work ethic. "Remembering people, and their specific needs is something we pride ourselves on," says Melinda. "Now we're just trying to get people to know we're here. We'd like to fill those quieter times."

A handful of Bagg's Square's array of hearty and delightful sandwiches for lunch time include the Truffled Chicken Salad Sandwich; Bagg's simple yet most popular item with truffled chicken salad, bacon, romaine & tomato on focaccia, the French Dip Au Jus, Roast Beef Devonshire, and the Hand carved Turkey. The Hummus & Vegetable Wrap with Melinda's homemade hummus is both refreshing and heavenly, filled with cucumbers, tomato, roasted red peppers, onions, field greens, and feta on a sun-dried tomato wrap. Their Burgers are another hot ticket item, like the Black & Bleu, Green & Bare It, and Balsamic Burger. The Chopped Greek Salad is among the favorites of Bagg's salads, and substitute a side Caesar for kettle chips on the side of any lunch item.

Bagg's Square even has a kid's menu, as well some really cool merchandise and the one and only Utica Coffee Roasting Co. Exclusive Blends coffee. More good news, Bagg's Square baked goods are homemade. To entice are 6 different kinds of scones, as Melinda bakes enough to fill both the Utica Coffee Roasters




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BAGGS- 39

Finding relief from digestive dairy disorders



Because eliminating lactose from one's diet will not treat a dairy allergy, thousands of people have to seek alternatives to the dairy products they enjoy. Dairy can be found in whey protein powder, milk, cheese, butter, casein protein, and even in soups, candy and breads. It's important for all people to read product labels before buying foods, but especially important for those with dairy allergies to do so.

Dairy alternatives

Acceptable dairy alternatives are introduced every day. Historically, many of these products are soy-based, but nowadays there are rice-, almond-, oat-, hazelnut-, and even coconut-based alternatives on the market. These products are available as milks, butters, yogurts and cheeses. Some dairy alternatives have fewer calories and less saturated fats than dairy products, but they may not have as much protein as dairy. Therefore, beefing up protein consumption through other foods may be necessary (try quinoa cereal and cashew milk for breakfast). Also, look for dairy alternatives that have added calcium, especially if you get the bulk of your calcium from milk products.

A newer dairy alternative is showing promise. While not high in calcium, hemp milk made from water and cannabis seeds is rich in heart-healthy omega-3 fatty acids. Hemp milk is a good vegan source of protein. Hemp also doesn't contain many complex sugars that can lead to stomach upset. Rest assured that hemp milk does not contain the psychoactive component of marijuana.

Dairy allergies and lactose intolerance drive the evolving market for quality dairy alternatives. **E**

Dairy is sometimes misunderstood. While dairy has nutritional value, it may cause various health problems for those who have a dairy intolerance or allergy. As a result, individuals often have to discover acceptable alternatives to meet their nutritional needs.

Dairy allergy vs. lactose intolerance

Dairy allergies and lactose intolerance are often thought to be the same thing. While each condition can produce a number of similar symptoms, their origins are quite different.

According to the Center for Food Allergies, an allergy is an immune system response that results in inflammation and tissue damage. An allergy to dairy may cause an array of symptoms, from abdominal discomfort to ear infections to joint pain.

Lactose intolerance is a deficiency in the enzyme lactase, states the IBS Treatment Center. Lactase is required to digest lactose, the sugar present in milk and dairy products. If a person has a lactose intolerance, symptoms may include bloating, pain and cramps, gas, and diarrhea, depending on how much lactase the body makes. Sometimes those who never had a problem with dairy products can develop lactose intolerance or a dairy sensitivity later in life.

BAGGS from 38

location's display cases as well. Granola bars, croissants, cookies, brownies, Bagg's Square 7 layered bar, and cinnamon buns are equally tempting. If you try nothing else, try the carrot cake scone. You'll be so in your glory you'll thank a random stranger for his zero contribution to your satisfaction.

Visit their website www.baggssquarecafe.com to view the breakfast, lunch, and catering menu in full, and consider Bagg's Square for your next event. Check out their specials on Instagram, and like them on Facebook @baggssquarecafe. **E**

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Plan a post-ceremony party

*Hosts should begin looking at venues early.*

Religious rites of passage are momentous occasions in many families. Families often celebrate such occasions with parties acknowledging the accomplishments of their family member and inviting relatives and friends to join in the festivities.

Parties can range from intimate dinners at home to catered events at reception halls. Some families may celebrate with lunches or early dinners at restaurants.

When planning a post-ceremony party,

hosts should recognize that venues are likely to book up fast. That's because many religious ceremonies take place during particular times of the year. That means celebrants from neighboring towns or cities may also be looking for venues.

Those laying the groundwork for festive baptism, communion or confirmation parties can follow these tips to ensure the day is as special as possible.

• Explore all venues. Hosts might find themselves competing

with many people for restaurant or catering hall reservations. When examining your options, don't overlook chain restaurants, which may be flexible with regard to their menus.

• Consider hosting at home. While it may take a little extra work, hosting at home can offer greater flexibility. Rely on a caterer to provide the food and rent tables and chairs, which may be more cost-effective than booking a hall or restaurant. Just plan accordingly for weather if you will be hosting the party outdoors.

• Leave a time gap. No one knows just how long the ceremony will last. Build extra time into the schedule for ceremonies that run long or to give your the opportunity to take photos at the church. This way you do not run the risk of losing your reservation by being late.

• Combine parties when applicable. Cousins and friends may be receiving sacraments on the same day, so think about hosting a joint party. Everyone can have an enjoyable time together, and you'll pool your resources, which can make the party much more affordable.

Parties are the icing on the cake of religious rites of passage. Start planning early to ensure you can host a celebration worthy of such momentous occasions. **E**



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Simple tricks to satisfy picky eaters

Family mealtime can be challenging for a variety of reasons, including the varying taste buds of moms, dads and their kids.

Although there is no consistent definition of picky eating, according to a report published in the journal *Frontiers in Pediatrics*, the term is generally used to characterize children who eat a limited amount of food, have strong food preferences, have restricted intake of certain foods, or who are unwilling to try new foods. It's difficult to account statistically for picky eating, but this relatively common behavioral problem tends to peak around age 3.

Picky eating tends to be genetic. A study led by Dr. Lucy Cooke of the department of epidemiology and public health at University College London found genes are largely to blame for picky eaters. According to her research, 78 percent of pickiness is genetic and the other 22 percent is environmental. Picky eating usually is a temporary part of normal development, and many of the behaviors associated with picky eating can be alleviated by open-minded, patient parents who are willing to try new things themselves.

Experiment with different textures

Sometimes it isn't the food itself but the texture of the food that is the problem. Therefore, parents shouldn't rule out certain foods just yet. For example, a child might not like the texture of a baked potato, but mashed potatoes are fine. Try presenting the food in a dif-

ferent way. Cauliflower is one food that can be transformed into many different styles, from being grated like rice, to baked into a pizza crust. Don't give up on foods on the first try.

Make meals more hands-on

Many ingredients touching one another can be an overwhelming experience for children getting ready to eat. For example, young kids may not understand that melted yellow stuff on a hamburger is the same type of cheese they eat cubed with crackers for lunch. Rather than create separate meals, make the dinner table look like a fixings bar at a restaurant. Let kids pick and choose what they want to put on their plates. This may compel them to be more adventurous with their selections.

Find ways to mask nutrition

Choose foods that children regularly eat and enjoy and experiment with ways to dress them up and make them more nutritious. Regular mac-and-cheese can be improved with the use of whole-grain pasta and fresh cheese instead of boxed mixes. Try making chicken nuggets from scratch rather than buying frozen nuggets. Smoothies can be enhanced with fresh fruit and other mix-ins. Even desserts can include pureed vegetables and fruits to increase their amount of vitamins and minerals.

Picky eating is a phase many children will experience. Parents can ride through the mealtime woes by experimenting more in the kitchen. **E**

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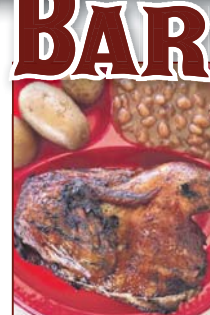
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Protect natural bee habitats



Honeybees are humble insects that benefit the environment in various ways. Unfortunately, many people lump bees in with wasps and other seemingly “harmful” insects and do whatever is necessary to remove them from their properties. But it’s important to be mindful of the beneficial roles bees play and to take steps to maintain healthy habitats so they can thrive.

Bees are one of the most important pollinators of flowers, crops and fruit trees. These small insects can make or break entire food supplies. They also pollinate clover and alfalfa that provide feed for cattle. Some experts place the economic value of bees at roughly \$15 billion per year.

A consortium of universities and research laboratories that reported to The White House in 2015 found that beekeepers lost 42.1 percent of their colonies between 2014 and 2015. Bee populations continue to decline. According to the conservation organization Save the Bees, recent surveys suggest close to a 99 percent loss in bees over the last 150 years, primarily due to increasing agricultural intensification.

To combat this sharp decline in bee populations, people from all walks of life can do their part to help bees thrive once again. And by helping bees, individuals also may indirectly help other beneficial pollinating insects, such as butterflies.

Be aware of the landscape

Not all bees build the wax or paper structures associated with traditional beehives. Those hives may not be readily visible even for bees that do build them. Wood-nesting bees can nest in twigs or dead trees. Bees may nest underground or use the burrows abandoned by small rodents. Before excavating or disturbing more remote areas of the yard, check to see if it is a habitat for bees. Leave some natural areas of the landscape untouched and do not remove twigs, mounds of dirt and native flowers to attract more bees.

Plant native flowers and flowering trees

Offer bees plenty of flowering choices so they’ll be happy to come investigate. Native flowers are best because they

will be most familiar. Try to plant an array that will flower at different times of the year. Simple flowers will offer more readily available access to pollen than hybrid or exotic varieties bred to produce mounding petals.

Leave swatches of natural lawn

Instead of properties featuring an entire manicured lawn, set aside an area that is encouraged to overgrow with dandelions and clovers, which are good nectar sources for many bees.



Support local beekeepers

If you find a honey bee swarm on your property, contact a local beekeeper who may be able to safely collect and relocate that swarm so it will produce honey and provide the additional benefits associated with healthy bees. People can also support beekeepers’ work by purchasing local honey. Not only does it keep jobs in the area, but some research also suggests that consuming local honey can help reduce seasonal allergies. WebMD says the practice is based on immunotherapy. Local honey contains traces of local pollen that may be responsible for seasonal allergies. Repeated exposure to small doses of this pollen might help bodies develop natural immunities.

Bees can be quite beneficial to have around, and it can be an enjoyable venture to customize landscapes to support the propagation of wild bees. **E**

9 ideas for fast and easy entertaining

- Hosting friends or family is one of the little pleasures in life. Socializing enables people to remain close, talk away stressors and have some fun.
- Entertaining frequently involves sharing food or drink. For those who shy away from routinely inviting others over because of anxiety over meal preparation, these tips for easier entertaining can remove many barriers.
1. Quickly chill drinks. Unexpected guests may require chilling beverages down quickly. Wet some paper towels and wrap them around beverage bottles before placing in the freezer. In roughly 15 minutes, the bottle will be almost cold. Cool down many beverages at once by mixing water and salt with ice to form an ice bath in the sink or a beverage cooler.
 2. Chill wine effectively and quickly. On a similar note, if wine is the beverage of choice, always keep grapes frozen in a bag in the freezer. Put a few grapes in a wine glass before pouring, and the wine will be chilled without becoming watered down by ice.
 3. Heat up foods. Preparing meals in advance is a real time-saver. However, it may take a while for dense foods to reheat so they can be served. Space out a circle in the middle of the food so that it will heat up more quickly.
 4. Get creative with serving dishes. Muffin tins can be put to use in different ways as handy serving dishes. Use them to keep several filled beverages upright and manageable when serving guests. Or try a tin for condiments at a barbecue. Place pickles, relish, ketchup, mustard, and onions in each section for easy burger fixings.
 5. Keep dental floss handy. Unscented/unflavored dental floss can clean teeth and be used to easily cut cakes, pastries and other soft foods.
 6. Save plastic bottle tops. Cut the tops off of plastic bottles and use them to seal plastic bags. Insert the bag through the bottom, fold over the top, and screw on the cap. Easily dispense dessert toppings, rice, chocolate chips, and more.
 7. Make fast snacks. Grilled cheese is not only a delicious comfort food that can be transformed into gourmet fare depending on the cheese used, but it's also a relatively easy appetizer to make. Bake grilled cheese between two baking sheets in the oven. The bread will turn out crispy, the cheese perfectly melted, and you can make several at the same time. Cut into bite-sized pieces and serve.
 8. Serve breakfast without breaking a sweat. Treat overnight guests to a hearty breakfast without breaking a sweat in the morning. Put pancake batter in a squeeze bottle (like a well-rinsed ketchup container) and use it to easily pour batter onto the griddle. Experiment with shapes if you want something even more special.
 9. Freshly squeeze juice. Use a sturdy pair of tongs to squeeze all of the juice out of lemons, limes and oranges for fresh juice or lemonade. **E**

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BIRTHDAY PARTY POINTERS TO MAKE KIDS, PARENTS HAPPY

Childhood is filled with many memorable moments. Among the more memorable are children's birthday parties. During their children's formative years, parents may wrestle with ideas, themes, etiquette, and more as they plan birthday parties to remember. 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.



Keep children's birthday parties simple so guests and hosts have as much fun as possible.

- 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 may 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**

Acclimating to a new neighborhood

Acclimating to a new home and neighborhood after a move can be challenging. Even after boxes have been unpacked

and items put away, some people still feel unsettled. It could be because one of the most important parts of being in a new house is feeling at home. That involves meeting neighbors, having friends over for dinner and knowing all of the local haunts that help solidify a homeowner as a true member of his or her new neighborhood. It can take time to establish feelings of belonging, but here's a way to speed up settling in.

Host your own welcome party

Rather than waiting around for others to welcome you to the neighborhood, take the bull by the horns and introduce yourself to your neighbors in a fun way. Host an open house party and invite your new neigh-

bors. What better way to converse with others than with food, beverages and a festive atmosphere? Plus, your party may lead to reciprocation from others.

Scout out the neighborhood

Use mobile phone apps to see where the locals tend to congregate and plan trips to these restaurants and other shops. Over time, you probably will start to see some familiar faces. Drive around town and get a feel for side streets instead of the main thoroughfares. It's often off the beaten path where you happen upon the greatest finds.

Get involved

If you have children, you may have the advantage of meeting people at school functions or at the bus stop. Volunteer with

the PTA/PTO or sign up to coach youth sports or serve as a scout leader. These opportunities will help expand the number of people you meet in your new community.

Find people with similar interests

Let your hobbies and other interests open up connections. Explore the opportunities in the area that cater to your interests. Find a local gaming shop and discuss the latest video game offerings, or check out a local band if indie music is your thing. Converse with others who are participating in the event or are in groups meeting in your area.

After moving, getting acclimated to a new neighborhood and making new friends is one way to feel at home. **E**

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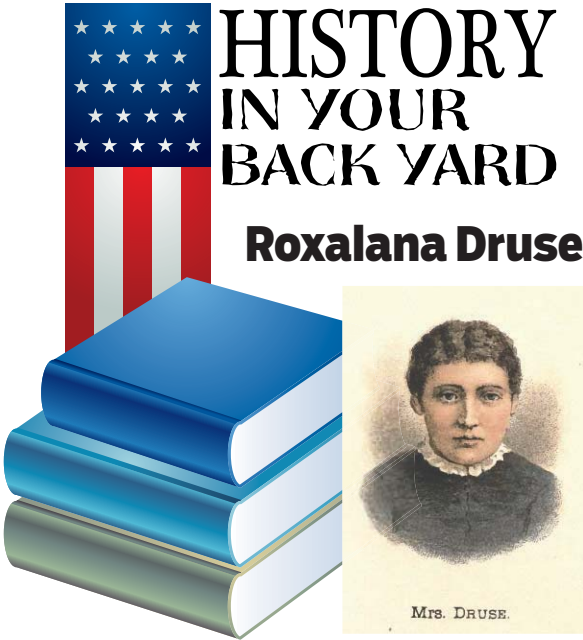
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HISTORY IN YOUR BACK YARD

Roxalana Druse



Mrs. DRUSE.

Frank emptied the gun into his uncle. Still he wouldn't die. Roxalana took an axe and clobbered her husband on the back of his head.

Another blow from the axe finally killed William Druse. She used the axe to chop his head from the body and she threw it into the kitchen stove.

Roxalana then sent Frank and her son, George, to get an axe with a sharper edge. While they played checkers, Roxalana used the axe, a razor, a jack knife, a board and a chopping block to dismember the body. She chopped her husband into little pieces which she burned in the stove. Roxalana even burned the bloody axe handle which she had Frank saw off.

The next day, Roxalana and Frank dumped the ashes in the swamp not far from the house.

In the village of Herkimer's historic 4 corners you'll find a grey 2 story building, the 1834 Jail. The building served as Herkimer County's lock-up and is often best known as the jail that held Chester Gillette during the murder trial of Grace Brown. That tragic crime is sometimes referred to as, "An American Tragedy" but the 1834 Jail was also home, for a time, to another historic criminal, Roxalana Druse.

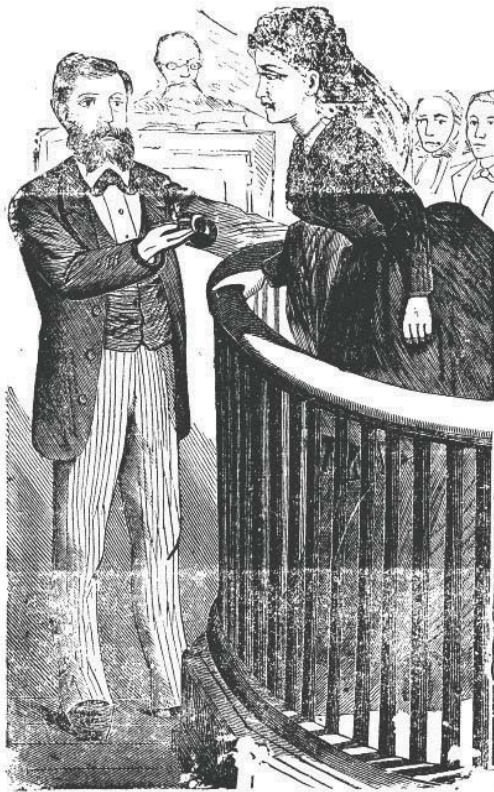
Roxalana Druse's story is a tale that seems as if it were written for a Life-time movie.

William and Roxalana Druse had been married for twenty years, and during that time William had kept his wife isolated in the farmhouse, subjecting her to continuous verbal and physical abuse. Roxalana said the only time her husband had been a decent man was on their wedding day.

In their home in Warren, New York, Mrs. Druse murdered her husband, William Druse with the help of her son and daughter, George and Mary Druse, and nephew Frank Gates. The family members were threatened with their own deaths if they refused to help. Druse claimed that her motive was that her husband was abusive to her and was not supporting the family because he had left for several days after an argument.

On December 18, 1884, after an argument about a grocery bill at the breakfast table, Roxalana fired a revolver into the back of her husband's neck. Meanwhile, daughter, Mary, had a rope wrapped around her father's neck and she dragged

him to the floor where Roxalana shot William 2 more times. Somehow, Druse was still alive and Roxalana was having trouble with the revolver. She called her nephew, Frank, into the room and after threatening his life,



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It was the thick black smoke that eventually did Roxalana in. Neighbors noticed the noxious, foul smelling smoke coming from the dingy yellow Druse farmhouse. The door was locked and the windows were covered with newspaper. They knocked and there was no response even though the fire burned. Later, they saw Roxalana and her family but no William. They alerted the authorities to their suspicions.

An official inquiry by Herkimer district attorney A. B. Steele led to Frank Gate's arrest. Under severe questioning Gates admitted the he had participated in the murder of William Druse and implicated the rest of the family as well. The next day Roxalana Druse, Mary Druse and George Druse were arrested for murder.

Using Frank Gates's confession, the coroner found the axe head and the charred remains in the swamp. Being late December, the remains were frozen together into a solid mass. It consisted of 18 to 20 small pieces of
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Streamer JUNKIE

By Mark Usyk

Black Flies Matter

We were in the middle of the lake, a gorgeous day, not a cloud in the sky. It was a bright blue, the tops of pine trees here and there rising above the rest, jutting up like jagged spear tips. The sun filled everything with color, water swirled at the sides of the canoes at the ends of our paddles. A beautiful day, not a cloud in the sky. The clouds of black flies, however, were a different story.

We were three canoes,

six anglers, making for the beach at the end of the lake where we knew the clouds of pests would most likely only be worse. They'd have to be, if the three clouds that assaulted the three canoes way out on the middle of the lake were any indication. They were unrelenting, vicious little things. Had they been rain drops, rain gear would have done the trick. Had they been snowflakes, a jacket, hat and gloves. But with black flies, after you've covered as much of your

skin as possible, after you've sprayed layer after layer of bug spray on, the only thing you can do is either push on through them, getting used to the biting clouds or in the least toughing it out and dealing with it, or you can go insane. I was toughing it out, because for one thing, this trip was to find fish, and for another, there's no place to run in on the middle of a lake. I half expected to see someone in one of the other canoes toss a paddle to the side and jump in

out of insanity, but we were all in the same boat, metaphorically speaking anyhow.

At the beach we geared up, short and light weight fly rods, fly boxes, water, and hope. The latter being the one thing we needed to pull us through what we were about to attempt. Somewhere in the thick, dark, old forest in front of us was a stream. Not a river, not a creek, but an honest to God stream hidden in thick cover, possibly holding little brook trout that might be six or seven inches long. We'd just crossed a lake containing brookies, lake trout, and smallmouth bass, to hopefully find a stream that might have tiny fish in it if we were lucky, that we'd catch, and then release. Some people would call us crazy. Me? I always wanted to be Indiana Jones when I was a little kid. This was my chance to go on an excursion in search of treasure. The only thing I was missing was the hat and whip.

The evergreens were tall and blocked out all the sunlight, the forest floor was a mass of chaos. Dead pines lay everywhere, laying across each other in all directions, sometimes one on top another, sometimes one on top of a pile of others, all but only the most recently



Getting there is half the fun.

fallen covered in a thick and damp layer of moss. The blackflies seemed to disappear, staying in the warm sunlight, only a couple here and there, merely an annoyance now. We worked our way over, under, around, and through, and then it got worse. The stream was easy enough to find, it flowed at the lowest point in the shallow valley, but finding it was the easiest part. Getting to it was the hard part. We fought our way downhill over and around more piles of branches and trucks of rotting and bleached gray white pines, and then a thick wall of alders whose branches seemed intertwined better than the fibers in a rope did all it could to hold us back. The grabbed at fly rods, slashed at faces, and ripped off hats, but in the end the will of the fly fishermen won, and we were on the other side of the wall, and we realized our

fight still wasn't over.

For every ten feet of open water there was ten feet of log jam above and below it, and trees overhung the stream like parents trying to shield their child. There wasn't much room to cast, and when there was it was more of a surprise to not snag a tree branch than it was to finally see the flash of the first fish. I don't know what I caught more of, trees or brook trout that day, but it may have been brook trout. The fishing turned out to be great. The black flies, not so much. I still count it as a win.

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

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bone, one to two inches long, two knee caps, and the upper end of the left tibia. It was enough for the coroner to determine the remains were human.

The trial of Roxalana Druse lasted two weeks and primarily consisted of the same testimony as at the inquest. Some blood-stained floorboards extracted from the house were entered as evidence. Mrs. Druse did not testify but her attorneys tried to claim that she had acted in self-defense, citing years of threats and abuse. In the end, the prosecution's case, especially the testimony of Frank Gates, was too strong. On October 6, 1885 Roxalana Druse was found guilty of murder and sentenced to be hanged on November 25, 1885 but, due to multiple changes, this was changed to a final, official date of February 28, 1887.

Women's rights groups were strongly opposed to her hanging, saying an all-male jury did not constitute a jury of her peers. Also, since she did not have the right to vote, her status in society was the same as a minor's and as such she should not be put to death.

When Druse was sentenced to death in Herkimer County, New York State used suspension hanging for executions. The process jerked the prisoner upwards by a weighted rope instead of the body dropping downwards through a trap door. But as Roxalana was a small woman, the force failed to break her neck leaving her to die agonizingly by strangulation.

The scene was so upsetting, officials decided to switch the primary method of execution in the state to the electric chair. **E**

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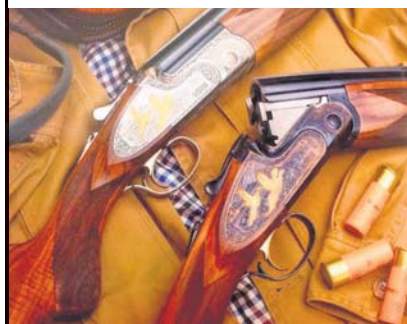
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The Iron Lilies



By David Bryant

In January of 2016 a group of women gathered together for a group ride in Orlando Florida. What they did not know was that in the span of a year the founding members would create a nonprofit organization and have members throughout the United States, (including upstate New York) and internationally. They are The Iron Lilies. A sisterhood, built on a passion for motorcycles that is striving to empower women in an arena that has been typically dominated by men. Two of their members, Giselle Levy and Kristen Lassen, explained the organization, how it formed, and what their plans are for the future.

Like a lot of things that happen in the motorcycle culture it all started with a ride. A group of loosely connected women had met and decided to get together for a “babes” ride. After the ride, comments on their social media posts reflected there were a lot of women who wanted to participate in women only rides. The next organized ride had more participants with more social media posts and more exposure. The future Iron Lilies were tapping into something women wanted and with a shared passion for motorcycles, they were more than happy to provide it.

They want to empower women, not only be better riders, but to be better people

With the growth of their rides and increased interest in participation the founders decided to legitimize the momentum they had and created a nonprofit. It happened as you would suspect any organization to be created, around a dining room table. Moving away from the “Babes” nomenclature and creating the official Iron Lilies organization. Their main goal is to empower women by providing a place where they can go and feel comfortable discussing topics they may not be as vocal about if there were men around. They help each other improve their skills, talk about the type of parts they want for their bikes, paint schemes, anything to do with motorcycles and everything else as well. They could have easily made a business out of this as you can purchase merchandise on their website, but that did not fall in line with their main goal.

In 2017 the Iron Lilies chose to donate a portion of any monies generated to the

Cervical Cancer Research Fund after one of the founding members, Leticia Cline, was diagnosed in late 2016. She is now cancer free and continues her work as a writer and board member of the Iron Lilies. In 2018, they will select a new charity and start another year of giving. That is only part of their philanthropic goal. Empowering women isn't just about giving women a safe place to learn and grow in their love of motorcycles. It also means paying for women to attend schools like Motorcycle Mechanics Institute. Lassen, a recent graduate of MMI, talks on her Instagram page about the experience. Citing not only the hands-on education but how it tested her “patience, failure, persistence, success, and confidence.”



This speaks to the level of character these women have. They want to empower women, not only be better riders, but to be better people.

What is the future of The Iron Lilies? In their words and with a lot of laughter “World Domination”. Then with a serious tone from Levy “to become an established charity”. To establish themselves as a resource for women with a passion for motorcycles but without the resources to achieve their goals. Also, to continue their philanthropic efforts and continue to grow. They take their passion for motorcycles and the integrity of the organization seriously. Not wanting to dilute their membership roles with ladies who don't exemplify what that membership entails. Simply stated by Levy “We are doing what we think is right.” **E**

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Massage Therapy and Our Aging Bodies



Massage Therapy provides benefits to a wide range of people the young the elderly the injured, and the healthy everyday Joe; can reap the many benefits of massage. With this said massage therapy is not necessarily a one - size fits all. There are many factors you need to consider. Such as age, a younger person may not have the same needs as an elderly person and the differences between the two are what dictates how a massage session and treatment plan will be developed.

Unfortunately no one has found the fountain of youth and our bodies age and our needs change along with it. Some of these changes may be wrinkled or sagging skin; skin tearing more easily and healing a lot slower; respiratory changes happen; decrease in muscle mass, flexibility and strength.

This is just the body slowing down and changing. Being aware of these changes as an individual is very important so your therapist can develop a treatment plan for your individual needs. Filling out the intake form thoroughly and asking questions is important because this allows for a decrease in any misunderstandings and increasing a good rapport with your therapist. Listing your medications such as blood thinners or heart medication you may be taking as well as any recent injuries, implants or medical conditions you may have are all important information for the therapist when creating a treatment plan for your specific needs.

The massage therapist should keep in mind to limit stretching and range of motion with an aging client because of possible movement limitations. Using gentle stretches and light movements can enhance the massage.

Communication between you and your therapist is very important so be sure to let them know when the pressure is uncomfortable or to light or if you need to readjust for your comfort, and talking with your therapist about what your specific needs are can help the therapist to ensure that you receive a comfortable and relaxing massage.

Massage Therapy is an amazing way for you to maintain your aging body to enhance flexibility, decrease joint and muscle pain, increase circulation, increase mood, help with depression, increase muscle movement and all around good health. As always, if you have concerns whether you should get out and get a massage be sure to contact your doctor and talk it over with them and do your homework when it comes to finding a therapist that works best for you.

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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.

WHAT would YOUR MOTHER say?? Incentive Offers

How do we get back to our roots? Can we get back? Food for thought . . .

One night, while avoiding commercials and channel surfing, I happened on an advertisement from the cable company. "Sign up now and get the super-deluxe-movie-channel for free for one year!" It boasted. It got me thinking. First, who sees this commercial if they don't have cable? Secondly, what about people like me who already have cable? How come I don't get the super-deluxe-movie-channel for free?

I took a gulp from the bottle of Coca-Cola that sat on the end table, 20% more for free it said on the label, and I called the cable company.

After 35 minutes on hold, I found out that I was not eligible for the "free" super-deluxe-movie-channel. Apparently being a cable tv subscriber was considered a pre-existing condition.

I took another gulp of soda. The 20% extra was gone as I surfed the dial. I landed on an infomercial offering the newest magic diet. If I ordered within the next 20 minutes, they would kindly throw in free shipping. Two channels over another wonder product offered free shipping if I ordered 2 life altering gadgets. I would only have to pay a separate processing fee. Sounds like a great deal to me.

A couple more flips of the remote and I was besieged with a special financing offer on a brand-new car. I don't particularly need a brand new car, but I listened anyway. Qualified applicants could receive 0% financing for 60 months or up to \$5000 cash. Sounded like a great deal. Then I calculated the payments even with 0% financing and I decided that my old pickup truck would carry groceries just fine.

I was three minutes into a show I actually wanted to watch when I was interrupted by more commercials. This time it was a supermarket offering 5 cans of soup for 99 cents. This is a loss leader. "What's a loss leader?" you ask. It's when a store offers up something at an extremely low price (and they take a loss on it) to get you in the store where you'll spend more money on items that have a better profit margin for them. You see it at thanksgiving time when stores offer 7 cans of pie filling for \$1. Sure, you need pie filling but the whipped cream and the turkey will really cost you.

Beware of loss leaders. You can sometimes spot them with their fine print showing; "Limit 5 per customer." You should always pay attention to the fine print. Whether it's an incentive offer, financing offer, or even a loss leader; the devil is in the details and the details are the fine print. The ads will say something like, "limited time" or "qualified customers" or "limit 3 per customer."



Beware of the grand-daddy of all incentive offers, buy one, get one; bogo. Like a siren song to women, more shoes have been sold because of the buy one, get one offer.

When it comes down to incentive offers take a second, take a deep breath, and think, "do I really need an incentive to buy this? Do I really need it?" You might just find an incentive to save a nickel. Stop and think, "What would my mother say?" She would say, "I have \$100 in store credit that I earned and a coupon that expires tomorrow." **E**



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Items to avoid when composting



homeowners should not add to their compost piles or bins, courtesy of the EPA.

- Black walnut tree leaves or twigs: Leaves or twigs from black walnut release substances that might prove harmful to plants.
- Coal or charcoal ash: Coal or ash from charcoal, such as the ash that builds up in the bottom of charcoal grills, may

- contain substances that are harmful to plants.
- Dairy products: When added to compost piles, dairy products, including butter, milk, sour cream, yogurt and eggs, can be malodorous and may attract pests, including rodents and flies.
 - Diseased or insect-ridden plants: The diseases and insects that plague plants may survive being transferred to compost

- piles. When the compost is ultimately distributed, these diseases and insects might then plague other plants.
- Fats, grease, lard, or oils: Fats, grease, lard or oils also may attract rodents and flies, and that might be due to the unpleasant odors such substances can produce when added to compost piles.
 - Meat or fish bones and

- scraps: Like fats, grease, lard or oils, scraps from meat and fish and fish bones can smell unpleasant, potentially attracting rodents and flies.
- Pet waste: Pet waste, including soiled cat litter, may contain parasites, bacteria, germs, pathogens, and viruses that can be harmful.
 - Grass trimmings treated with chemical

pesticides: Trimmings from grass that was treated with chemical pesticides can negate the effects of composting by killing beneficial organisms produced within compost piles or bins. **E**

ROME, NY

Composting is an eco-friendly activity that can also save homeowners money on fertilizer and pesticides. Organic material that can be added to soil to help plants grow, compost reduces the amount of waste that would otherwise end up in landfills, reducing the amount of methane gas that such landfills produce. But the U.S. Environmental Protection Agency notes that not everything can be added to compost piles. The following are some items


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Oregon man selling record collection of 260,000 albums



By **DAMIAN MANN**
Mail Tribune

MEDFORD, Ore. (AP)

Charlie Rice started buying records when he was 16 years old and never stopped.

The 68-year-old Medford resident has 260,000 albums in storage, but he says age and illness is prompting him to part ways with his prized collection that includes everything from Little Richard and Elvis Presley to Brahms and Beethoven.

"My health is not the best anymore," said Rice. "It's making me get rid of my life's love and my hobby. Life just dictates the things you have to do."

In his heyday, Rice would spend \$200 to \$300 a month buying records as he worked in the lumber industry or while driving a truck. At one point, he said, he was paying less in rent each month than he spent on vinyl.

Now he's filled two 10-by-20-foot storage units with albums he's trying to sell.

He's got old 78-rpm records, including one with Presley being interviewed and singing "Merry

Christmas." He's got red, green and white albums. He's got Steppenwolf, Bo Diddley, Lead Belly, Iron Butterfly, Bob Willis and his Texas Playboys, as well as Billy Haley & His Comets.

He's got Cream's Disraeli Gears in mint condition featuring Eric Clapton.

"I do have some gems here," he said. "The only thing I don't like is rap. It sounds like some people that got mentally disturbed heebie jeebies."

Not far behind rap on Rice's do-not-like list is punk, although he has an extensive collection of punk hits from England.

He recently acquired an orange album of Dolly Parton's "Better Day." His "Elvis Moody Blue" is on blue vinyl. "Cadillac Elvis" is on pink vinyl, pressed specifically for Barbados. His collection includes seven different heart-shaped albums.

He started collecting as a hobby, Rice said, but it grew into a passion and finally became a love affair. He said there's something special about vinyl that you can't get with CDs or other media.

"You can hear it talking to you," he said. He likened CDs and digital recordings to "surgical

room music."

Rice said he plans to keep some of his prized collection and leave it to Rachel Woods, his significant other who also has an interest in Rice's hobby.

Woods said she didn't care much for collecting albums as a youth, but that changed after she got to know Rice.

"I never thought Charlie would sell his records," she said.

Rice had part of a lung removed and has other ailments that will require medical attention. He said he wants to sell his collection in case he gets stuck with a big medical bill.

"I'd like to sell all those records so my wife has something to live on other than Social Security," he said. Rice and Woods consider themselves a couple but aren't married.

Woods, 72, said she doesn't want to get stuck with so many albums if something happens to Rice.

"I'd like to get them sold and out of our hair," she said.

This won't be the first time Rice has sold records because of health issues.

One of his ex-wives had to have kidney dialysis, so he parted with 700 Elvis records to cover the medical bills. But he ended up getting only \$3,000 from a man in Grants Pass.

"That guy cut my throat on that deal," he said.

"I've got 260,000 and they're worth about \$1 each — you do the math," he said.

Rice tried to estimate the worth of his records in storage, which he would like to sell as a unit. **E**

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10 Tips To Make Outdoor Parties Unforgettable

ROME, NY

FAMILY FEATURES

Entertaining is one thing, but dazzling your guests with an outdoor party sensation is another. Summer can be the best time of year for outdoor parties. From twinkling lights to patterned tablecloths, every detail counts when it comes to impressing family and friends.

It may feel like a lot of pressure to live up to expectations, but your party can be both simple and elegant with a few easy tips.

Start early

Early is never early enough when it comes to planning a rock-star summer gathering. Check to see if you have enough utensils, make sure everything is in place and that there is enough food for your guests. Prepare weeks in advance, if possible, to make sure you have all the materials necessary to throw your dream outdoor party.

Spice up the invitations

The perfect invitations can do three things. First is tell the basics: what, when and where. They can also tell guests what to bring along with them. Of course, invitations should also be appealing to the eye. This is your time to get a little creative and catch guests' attention before the big event.

Show your style

You want your guests to be as comfortable as possible. Make sure to dress tables and chairs with cushions and tablecloths. Mix it up and show off some of your personal flair with bright colors or fancy patterns. It's easy to celebrate summer with styles that bring summer vibes to life.

Light up the party

Brighten up the big day or night with some candles, lanterns or sparkling lights. In case of wind or weather, try to purchase covered candles to increase the chances the flame will stay lit. Make sure everyone can see the hard work you have put into the party.

Less mess meals

No one likes messy meals, especially at a summer party. Put together a menu that isn't stressful on the cook or stressful on your guests to eat. Dropping sauce on a white summer top is a party no-no.

Rain, rain, go away

Always prepare for the worst. If clouds roll in on party day, make sure you're ready. You can simply move the party indoors at the drop of a hat. Tents can also help keep the party going outdoors in case of precipitation.

Brighten it up

It's finally summer and that usually means flowers everywhere. Pick out an arrangement and make it the focal point of each table. The bright colors can draw your guests in and make them want to appreciate the beautiful nature around them.

Make your own games

Give the kids something to do and make it fun. While the adults visit, the little ones need something to keep themselves busy. Whether it's bubbles or water play in the heat, something to mix it up can help keep them occupied.

Jam it out

Keep the music low and cool. There is no need to blast your speakers across the entire yard. Play your favorite jams, but nothing too crazy. The music can really set the mood of the entire party and make or break the atmosphere.

Cool it down

The summer heat is blazing and sometimes being outside can be miserable. Make sure your guests stay comfortable, even in the heat. Lay out handheld fans, lots of water and even some towels. Your guests will want to stay hydrated so they can party on.



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Safety During Summer

How warming weather affects horses

(Family Features) Increasing heat and drier conditions mean outdoor animals of all kinds are forced to adapt as the summer season marches on. The sweltering temperatures in many parts of the country can have a multitude of effects on these animals that are in the sun and heat throughout the day.

Horses are a primary example of outdoor animals that experience the effects of the temperatures and must adapt. However, there are ways that owners can

help ease the strain of summer on their horses in a few different key areas.

NUTRITION

Oftentimes, a horse's diet will require adjustments during the hot temperatures of summer, especially during extreme heat. Perhaps the largest nutritional concern for horse owners is making sure to provide plenty of fresh water to ensure proper hydration.

As temperatures climb, horses, like most animals, will naturally feel the need to consume higher volumes of water. However, it's the owner's responsibility to make sure the proper amount is available.

HOOF CARE

Typically, as seasons change and the weather starts to get warmer, hooves will start to grow and develop at normal rates after the lull in growth throughout the cooler months. During this time, it is especially important that horses receive consistent trimming and maintenance from hoof care professionals.



In addition, it's equally as important to make sure that hooves aren't wearing away too quickly. Providing extra support inside the hoof cavity by using pour-in-pad materials, such as Equi-Pak, which can be injected under a pad or used as standalone pads, can help provide extra protection and support throughout every season.



SHELTER

While a man-made shelter can be of obvious use to provide shade and protection during hot days, even structures as simple as trees can help horses regulate their body temperatures.

Horses naturally work to maintain their body temperatures as temperatures rise by sweating, increasing their respiration and increasing water consumption. They'll also seek shady areas when available to help quickly cool down. Providing multiple areas and structures for horses to seek shady comfort can be a simple solution for the hottest of days.

With a few adjustments and careful attention, owners can ensure they're giving horses the right treatment throughout the summer. Find more ways to take proper care of horses' hooves throughout the changing seasons at vettec.com. **E**

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4 Tips for Helping Pets in Need



(Family Features) For pet owners, their dogs, cats and other pets play an important role in bringing added happiness to their lives. As not every dog and cat is as fortunate, you may be looking for ways to give back and help pets in need.

As many as 6-8 million pets enter shelters every year across North America, according to The Humane Society of the United States. There are numerous ways you can help homeless pets and give back, starting with these tips.

Volunteer at Your Local Animal Welfare Organization

Almost every community has at least one animal shelter or rescue group that needs help. A simple internet search is a good place to start, or ask your veterinarian for recommendations on local organizations that assist pets in need. There are a variety of volunteer opportunities at shelters and rescue organizations, from office duties and community outreach and education to training, feeding and socializing, so people with every skillset are often able to lend a hand.

Donate Supplies

Items such as food, cat litter, cleaning supplies and blankets are almost always in demand at animal shelters and rescues. While pets await adoption, they need access to food, making pet food a significant operating expense for animal welfare organizations. Through PetSmart's Buy a Bag, Give a Meal program, for every bag of dog or cat

food purchased online and at its more than 1,500 stores across North America through the end of the year, the leading pet specialty retailer will donate a meal to a pet in need served by animal welfare organizations and food banks.

"To celebrate 30 years of commitment to helping pets in need, and as a trusted partner to pet parents everywhere, we want to celebrate by giving back even more," said Eran Cohen, chief customer experience officer at PetSmart. "Throughout 2017, every time pet parents purchase any bag of dog or cat food in our stores or online, they can rest assured they are also helping feed pets in need. When their pets eat, pets in need eat, too."

Foster or Adopt a Pet

As many animal welfare organizations have dogs or cats not suited for living in a shelter atmosphere, fostering a pet in your home is a simple way to give back without the long-term commit-

ment of pet ownership. These pets may be older and in need of a quiet environment or need space to recover from a recent surgery. Of course, if you're ready for a new pet, your local shelter or rescue organization may have the perfect one waiting for you. Adopting from a rescue or shelter can not only save that pet, but also open a spot in the facility and potentially save another animal as well.

Take Care of Pets at Home

One of the most important things you can do for pets in need is simply not become part of the problem. Be ready for the responsibility before adopting a pet and know that having a pet requires a long-term commitment. Be sure to keep pets fed, watered, groomed and vaccinated, and have your pet spayed or neutered to help avoid pet overpopulation.

Pets give so much to their owners; pay it forward by being a responsible pet parent and giving back to animals in need in your community when possible. Find more ways to get involved at your local shelter or rescue group, and learn more about the Buy a Bag, Give a Meal program at PetSmart.com/giveameal.



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Personal Pasta
When pasta night comes around and dad is looking to put his personal touch on dinner, give him the ability to make his own authentic, fresh pasta from scratch with the 3-Piece Pasta Roller and Cutter Attachment Set powered by the KitchenAid® Stand Mixer. The high-quality stainless steel set includes a pasta roller, spaghetti cutter and fettuccine cutter; just what dad needs to bring something fresh and new to the table.

FAMILY FEATURES
While the typical Father's Day gifts generally get the job done – think golf clubs, fishing tackle or grilling equipment – don't forget about the dad who enjoys spending time making magic in the kitchen. Give him the tools he needs to succeed, whether baking for the big game, preparing a meal for the family, trying out a new recipe or simply seeking to master the perfect cup of coffee. Reaching one's fullest potential in the kitchen requires the right equipment, so put the best gear in his hands (or on his counter) and up his culinary experience with these ideas from KitchenAid.
From baking equipment to knife sets to attachments that turn his favorite countertop appliance into a versatile powerhouse, give your food-savvy dad just what he needs to up his kitchen game. For more Father's Day gift inspiration, visit kitchenaid.com.



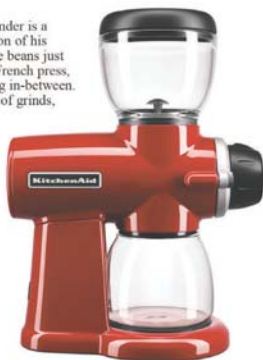
Adaptable Attachments
For many dads, summer is synonymous with outdoor grilling and barbecues. Help dad transform his stand mixer into a multi-purpose tool with a Food Grinder attachment, a perfect accompaniment for everything from grinding raw meat for hamburgers to preparing homemade salsa. Pair it with a Sausage Stuffer Kit to make breakfast sausages, brats and more.



A Cool Refreshment
For those warm summer days, a tall glass of custom cold brew is the perfect alternative to hot coffee. Upgrade dad's daily coffee routine with this streamlined and versatile Cold Brew Coffee Maker, featuring a built-in tap that dispenses cold brew straight from the refrigerator. Perfect for home, the office or a day at the park, the portable handle and stainless steel tap allow him to enjoy his cold beverage of choice anywhere he goes.



Rise and Grind
If dad appreciates precision, then a Burr Grinder is a great way to give him complete customization of his morning coffee. He'll be able to grind coffee beans just the way he prefers with 15 grind levels for French press, pour-over, drip coffee, espresso and anything in-between. The glass bean hopper holds up to 7 ounces of grinds, plus the stainless steel cutting burrs offer both durability and powerful performance.



Slice and Dice
Since knives are used more than nearly any other kitchen utensil, make sure dad has a cutlery set he can count on, like Professional Series Cutlery from KitchenAid. The different options of cutlery sets can make his chopping, peeling, paring, filleting, cutting and sharpening easy and graceful. Available for purchase as a set or individually, a customizable set is within dad's reach.



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5 Ways to Inspire After-School Playtime



(Family Features) Filling the hours between the final bell of the school day and bedtime isn't always easy, and if you're like most parents, the search is always on for playful - and even educational - experiences you can enjoy with your kids.

An important aspect of after-school activities includes snacking, and when you combine that with playtime, you can open the door to imaginative, discovery-filled experiences for the whole family.

Whether you're putting together a musical instrument with items from your pantry or whipping up a homemade science experiment, a delicious snack can help spark playful moments of discovery and natural curiosity. A snack like Teddy Soft Bakes, which are bear-shaped, soft-baked treats with a hidden flavored filling that kids will love to discover, can help provide these moments of discovery at snack time. These individually wrapped treats are a snack parents can feel good about saying yes to because they are free of artificial flavors, artificial colors and high fructose corn syrup. This snack can help open the door to after-school activities like these:

1. Make Raisins Dance.

First, take a glass and fill it with carbonated water. Collect 20-30 raisins and slowly drop them into the cup then watch as they dance to the top.

2. Make Power with Static. To start, blow up a balloon and tie the end closed. Stand in front of a mirror and rub the balloon on your head to watch the power of static. Wander around the house and see what the balloon sticks to.

3. Leaves Really Breathe. Head outdoors and collect 4-5 different types of leaves. Fill a baking dish with water and drop in the leaves. Find a few rocks to weigh the leaves down and watch what happens.

4. See if it Floats. Create a floating science project right in your kitchen by collecting 10-15 household items such as rubber bands, flower petals, paper clips or pencils. After you have your items, fill a large, clear bowl with water and slowly place each item in the water then guess which ones will float. Examine which items float and which do not.

5. Make a Balloon Sing. Collect small household items such as beans, pennies, rocks and dried pasta. Place a few of these items in a balloon then blow up the balloon

without tying the end. Slowly let the air out of the balloon and listen to the noise. Repeat these steps with different items to hear different tones. To make your own musical instrument, tie the balloon closed and shake it.

For more treats and activity inspiration, visit DiscoverTeddy.com. **E**

DISCOVERY IDEAS

How do Different Leaves Breathe?

After collecting several different types of leaves, ask your child to fill up a glass baking dish with water, drop in the leaves, add rocks to weigh them down and observe! There's always so much to discover with TEDDY.

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Solving Pets’ Oral Health Needs

A shiny coat and bright eyes are signs your pet is in good health, but his or her mouth may tell another story. Especially if your pet is on a regular dosage of medication, he may experience dry mouth or other oral health issues.

In fact, one of the leading causes for dry mouth and some other oral health issues can be certain medications, which can have a negative effect on the production of healthy saliva. That lack of healthy saliva, or even a reduction in its protective quality, can cause bacteria and fungi to grow in a pet’s mouth. This can lead to dry mouth, which in turn can lead to issues like bad breath, excess plaque accumulation, periodontal disease and tooth loss.

Whether you suspect a problem or just want to take preventive measures, protecting and improving your pet’s oral health is a multi-step approach.

Schedule regular cleanings. Having your pet’s teeth cleaned by a trained veterinarian can help stop problems before they start, as a vet may be able to identify emerging issues during a cleaning before they become a more serious concern.

Provide ample drinking water. It may seem obvious that your pet needs daily water, but for a pet with dry

mouth, it’s exceedingly important to provide plenty of access to fresh water. In addition, specially formulated water additives can help eliminate bacteria and reduce plaque buildup.

Deliver oral care every day. Brushing your pet’s teeth daily is a good place to start, but it isn’t always a realistic solution, and for pets on medications, brushing every day may still not be enough. Another option to help combat dry mouth is Zymox Oratene Brushless Oral Care, which can destroy germs that cause bad breath, eliminate the plaque biofilm that can lead to tartar and provide a therapeutic benefit for pets on medications. The line includes a toothpaste gel, breath freshener and drinking water additive.

Establish a routine. Maintaining a daily schedule can help your pet get used to the different ways that you manage his or her oral health. This may include adding moisture to food or using products designed to promote good oral health, such as breath freshener sprays that wash and protect teeth or brushless products that make it easy to establish a daily routine.

Find more solutions to protect your pet’s oral health at zymox.com.

10 Steps to Prep Your Pet for Travel

- FAMILY FEATURES**
- W**hen summer comes around, a common favorite tradition is jumping in the car and hitting the open road for a vacation, whether it’s a weekend getaway or a longer excursion. For pet parents, that exhilarating idea isn’t always so simple.
- Instead of being forced to leave your furry friend behind, follow these tips and suggestions to bring your four-legged companion along for the ride.
- Get checked out.** Before loading up the car, consider a check-up with a veterinarian to ensure that your pet is physically capable of handling a road trip. Long hours in the car can be taxing on older pets that may not be used to the stress of travel.
- Prepare your pet.** Once you’ve made sure your pet is ready to hit the road, start out with short drives to make sure he or she is comfortable in the car. Take a trip around the neighborhood or about town to check his or her reaction and attitude.
- Plan accordingly.** Since not all hotels and accommodations are pet-friendly, be sure to double-check that your reservations allow furry guests. Additionally, make sure that all of your planned activities and adventures can safely involve your pet.
- Pack necessary supplies.** While you’ll likely be concerned with packing the right clothes, shoes and accessories, your four-legged companion has needs as well. Make sure to bring along proper food, water and respective bowls; toys for down time; treats for good behavior and any other necessities to help your pet feel at home.
- Travel safely.** Even pets that have spent ample time traveling in the past can feel more comfortable in the car while inside a cozy carrier. It can be a good idea to bring along a breathable carrier with plenty of space to help serve as a calming presence in case travel time starts to take its toll.
- Take proper ID.** It’s important to always have your pet’s ID on its collar, but it can be even more important while out of town when your pet is in an unfamiliar area.
- Plan for play.** You’re sure to have plenty of activities planned during vacation, but keep in mind that your pet will need some time to stretch his or her legs, too. Prior to taking off, look for parks or other pet-friendly areas on your route to incorporate some playtime.
- Stay inside the vehicle.** The iconic image of a pet-friendly road trip is a dog with his head out the window and the wind in his face – however, it’s not a safe way to travel. Make sure your pet is safely inside the vehicle at all times.
- Make frequent stops.** Even if you can “hold it” for lengthy periods, your pet will likely require more frequent bathroom breaks while on the road. Mapping out pet-accessible stops can help you keep your pet comfortable while still making good time.
- Don’t leave your pet.** It’s never smart to leave pets or children in locked cars, and it’s an even bigger no-no if you’re in an unfamiliar place. Your pet is likely to be on high-alert anyway due to the stress of traveling, so keep him or her by your side throughout the trip.

With these steps, you can hit the road for some summer fun without having to leave your pet behind. Find more pet care tips at eLivingToday.com.

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How to avoid hot weather automotive breakdowns



When the weather warms, many people take to the outdoors to enjoy the sunshine and rising temperatures. Summer road trips or vacations are the norm, but it is important to realize that hot weather can take its toll even on a new, well-maintained vehicle.

High temperatures can cause all sorts of damage to a vehicle, from zapping battery power to overtaxing the cooling system. Recognizing potential hot-weather risks and performing routine checks on the vehicle are the keys to keeping vehicles in top form.

BATTERY

Excessive heat can shorten the life of a battery because it causes battery fluid to evaporate more quickly. This, in turn, can damage the internal structure of the battery. AAA reports that car battery issues are the most common breakdown calls.

It's a good idea to top off a battery with distilled water if it is the kind that requires it. Low-maintenance batteries may not have filler caps and will not require water. Inspect the battery for corrosion and leakage

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Thomas Trevett became a Farmers Insurance agent in 2014. With over 2 years of experience in the business Trevett is confident in servicing customers as a small, localized agent.

Helping to identify the insurance coverage that best suits your needs the process at Farmers is straightforward and personalized. To help you become well-versed in insurance Trevett has the knowledge and experience to help you better understand all your coverage options. Whether it is auto, home, renters, business, motorcycle, recreational or umbrella insurance Trevett is always willing to quote people.

Farmers Insurance began in 1928 when two men shared the same dream of providing a quality insurance product at a reasonable price. America would evolve in the decades to come, and there was no choice but

to grow and adapt along with the changing needs of Americans. That's precisely what Farmers Insurance did, but with one remaining constant. That constant is the unwavering commitment to uphold their founding ideals to provide industry-leading products and first-rate services to the customers they feel privileged to serve.

Having earned his associates in banking, and bachelor's degree in management at SUNY Poly in Utica Trevett was recruited by Farmers while working at an accident insurance company. Trevett uses his background in finance and experience in insurance to firmly educate you on how best to weigh your options before jumping into anything. Farmers prides itself on helping you plan wisely for the unexpected, as well as helping to restore order when chaos occurs.

of battery acid. This could be a sign that the battery is getting old and will need to be replaced.

COOLING SYSTEM

Cooling systems work hard to keep the flow of air to the engine and prevent it from overheating during warm seasons. Compromised cooling fans or lack of coolant can be troublesome. To avoid overheating, check coolant levels before getting on the road. In addition, have the cooling system checked by a trained mechanic prior to the summer driving season. It's a small price to pay to avoid extensive engine damage from overheating.

TIRES

Hot weather causes the pressure inside of tires to rise. Overinflated tires can wear down prematurely or result in blowouts. The Car Care Council recommends checking tire pressure routinely in the summer, when tires are cold. Follow the guidelines in the owner's manual for recommended air pressure. Look for improper tread wear, weak spots or other tire damage that may end up causing flats.

FLUID LEVELS

Hot weather can put extra demand on all fluids and engine components. Check transmission fluid, power steering fluid, brake fluid, and engine oil levels. Top off or change when necessary.

PACK WITH BREAKDOWNS IN MIND

Plan ahead for potential summer breakdowns by bringing along water, snacks, sunscreen, and an emergency medical kit. Be sure mobile phones are fully charged and that the number of a tow service or roadside assistance crew is entered into your list of contacts in the event of an emergency.

With warm-weather road trips beckoning, it's time to plan accordingly to prevent breakdowns that can derail fun. **E**

In 2002, a couple wrote a letter, saying their Farmers agent and Claims Adjuster "were exceptional in their handling of our grief, what we needed to do, and helpful in many other ways." Letters of gratitude like this one have been received all along, implying that throughout the different eras of Farmers the same exceptional service stays intact. Farmers is proud to serve more than 10 million household with more than 19 million individual policies across all 50 states through the efforts of over 48,000 exclusive and independent agents and nearly 21,000 employees.

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hours are Monday - Friday 9 am - 5:30 pm. Trevett is also available on evenings and weekends by appointment. Call (315) 765-6531 to reach Farmers in Utica, where they're more than happy to answer any questions you might have. **E**

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The history of the American flag

National flags serve to unite citizens of a given country. Flags wave proudly in front of government buildings and schools, and they also identify athletes during international sporting competitions. In many countries, flags also serve as symbols of honor for members of the military and their families.

For more than 200 years, the American flag has been a symbol of unity and pride in the United States. The red, white and blue flag has a storied history and has gone through various incarnations. The following are some of the more interesting facts pertaining to the

American flag.

- Six different flag designs were flown before Betsy Ross announced that she had sewn the official American flag. These designs included a series of alternating red and white stripes, the Liberty Tree, the Sons of Liberty, and the Forester flag designs. The Continental Army once used a flag featuring a snake with the mantra "Don't Tread on Me."

- On June 14, 1777, the Second Continental Congress proposed and passed the Flag Act of 1777. This resolution was designed to facilitate the creation of an official flag for a nation that was aiming to earn its independence from Great



Britain. The flag was to have thirteen stripes, alternating red and white, with thirteen white stars on a blue field. The thirteen stars signified the original members of the Union.

- The American flag remained unchanged until 1795, when the stripes and stars were increased to 15 for the addition of Kentucky and Vermont to the Union.

- After seeing the new 15-star and striped flag flying over Fort Mifflin during the War of 1812, Francis Scott Key was inspired to write the poem that would eventually become the nation's national anthem.

- A sea captain from Massachusetts named William Driver named a large, 10-foot-by-17-foot flag "Old Glory" after it survived multiple defacing attempts during the American Civil War. Driver's nickname of the flag inspired the name to be used for all American flags.

- Although Flag Day was established as a formal national holiday in 1949, it was not made a federal holiday. Flag Day is only an official holiday in the state

of Pennsylvania. This may be fitting because legend holds that Betsy Ross sewed the first flag in Pennsylvania.

- Today's flag features the original 13 alternating white and red stripes (in 1818, another design went into effect, permanently setting the number of stripes at 13 in honor of the original colonies) and 50 stars to represent the states of the Union. The colors of the flag signify as follows: red for hardiness and valor, white for purity and innocence, and blue for vigilance, perseverance and justice.

The Color Association of the United States creates the palette of colors used for both private and public institutions and the U.S. Army. Mass-market flag manufacturers tend to use Pantone Matching Shade of Dark Red (193 C) and Navy Blue (281 C).

The American Flag has been a fixture of the United States for centuries and continues to serve as a symbol of pride, valor and history. **E**



Remember fireworks safety when celebrating

- Ensure that fireworks are legal where you live before planning a fireworks display.
- Purchase all fireworks, which can include everything from cone fountains to sparklers, from a licensed and reputable dealer.
- Read all instructions before lighting.
- Supervise all firework activities, making sure children do not light any fireworks.
- Avoid alcohol and drug use when lighting fireworks. Both can impair judgement and create hazardous conditions.
- Have safety equipment on hand. This includes safety glasses and ear protection.
- Do not light multiple fireworks at the same time.
- Use fireworks in a clearing far away from buildings and vehicles.
- Always have a hose or bucket of water available to douse fireworks.
- Soak "dud" fireworks in a bucket of water before discarding them. Wait 20 minutes before approaching the dud.
- Don't point fireworks at people.
- Maintain a safe distance between those observing the fireworks show and the fireworks.
- Dispose of spent fireworks safely, away from combustible materials.

Fireworks can be an enjoyable component of celebrations when used responsibly. **E**

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How to save money on vacation



Going on vacation often means throwing a little caution to the wind and indulging here and there on purchases or experiences a person wouldn't normally make at home. According to a 2015 CBS News poll, the average American is entitled to 16 days of paid leave each year. Such time off is an opportunity to fit lots of fun into a relatively short period of time.

Frugal travelers may want to be sure they're spending their hard-earned money in the smartest ways. Traveling without breaking the bank enables the average person to take more vacations and continue to make invaluable memories.

Here are some suggestions on making a getaway, whether it involves lots of traveling or staying close to home, more affordable.

- Be flexible. Travelers who are flexible in their departure dates and times can usually find great rates because they have the ability to shop price instead

- of date. Various airline websites and travel discount services show the average flight prices across several days. Frugal fliers can select the lowest price. The same can be true when booking hotels and other vacation components.
- Pack light. Many airlines now charge extra for baggage fees — especially for suitcases that exceed the weight limit — so don't bring along unnecessary items. Hotels typically provide toiletries for free, so save space and money by removing such items from your luggage. Chances are if you didn't pack an item, you can still find an affordable alternative at your destination.
 - Use coupons. Coupons aren't only for getting cents off your favorite brand of tissue at the supermarket. Coupons and discount codes are available for just about any purchase — even vacations. Check all travel websites to see if there are any deals to be had. Don't overlook discounts related to your membership in clubs such as AAA or AARP or those linked to your alumni or military organization. Travel deal sites and airlines may post about flash sales.
 - Plan meals. Look into economical restaurants before departing. Know where you'll be eating and when, including packing a lunch or enjoying a hotel-provided breakfast. Enjoying a big lunch can be more frugal than indulging on dinner.
 - Rent small. If renting a car, choose the smallest model that will fit your needs. In addition, there's no need to pay for a large room that you don't plan to spend much time in, so resist the temptation to book large hotel rooms.
 - Consider public transportation. Investigate the public transportation options at your destination. Such options may not be as convenient as taxis, but they may be more economical.
 - Book based on currency. Stay abreast of currency exchange rates. Such rates can make a big difference

in choosing a destination, particularly if your money will be worth more internationally. Also, try booking a vacation through the local country's version of the same travel site.

- Skip tourist hotspots. Talk to the locals to find out where to get the best deals. Travel can be expensive, but savings are possible when travelers know where to look. **E**

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Be aware of ticks when enjoying the outdoors



Wearing long pants and sleeves and tall socks can discourage ticks from latching on when people are enjoying the outdoors.

When the weather warms, yards beckon, hiking trails look even more inviting and even a patch of grass can be a welcoming respite. Lots of fun can be had outside, but caution is needed. While this time of year is prime for outdoor frolicking, it's also a time when tick populations explode. Ticks are small crawling bugs in the arachnid (spider) family. There are hundreds of different kinds of ticks in the world. The Canadian Lyme Disease Foundation says there are at least 40 species of tick in Canada alone. The creature subsists on meals of blood from a host animal.

Ticks can carry bacteria, viruses and other pathogens that can cause serious disease in humans and other animals, states LymeDisease.org. Ticks feed and mate mostly on deer, but rodents, birds, lizards, and just about any other animal can be a host to these nondiscriminatory bugs. Animals carry the diseases, which are then passed through the tick to others.

Disease-spreading ticks can be extremely hard to

detect because of their diminutive size, especially when they are in the larva or nymph stages. Therefore, preventing tick bites remains the single-best way to stay ahead of Lyme disease and other illnesses. Understanding tick habitats and behavior can make it easier to avoid them.

WHERE TO FIND TICKS

Ticks will congregate anywhere the animals they feed upon live. Primarily they are located in wooded and grassy areas. Adults will climb up on tall grass waiting for an animal to pass by so they can climb aboard. Nymphs and larvae will live in layers of decomposing leaves under trees.

Moisture is a friend to ticks, which are less active in sunny, dry areas. Therefore, the Centers for Disease Control and Prevention says removing leaf litter, clearing tall grasses and brush and mowing the lawn frequently can help. The following are additional ways to create tick-safe zones at home.

- Stack wood neatly in a dry area.
- Keep playground equipment and entertaining spaces away from trees and yard edges.
- Discourage unwanted animals with fencing.
- Prevent tick migration into yards with a three-foot-wide barrier of gravel between lawns and wooded areas.
- If desired, employ acaricides (tick pesticides) to reduce the number of ticks in your yard.

ON THE GO

When enjoying the great outdoors, avoid tall grasses and stay on trails. Wear tall socks or pants during hikes to prevent ticks from latching on. A thorough inspection of the body is advisable each time people return indoors. Check hidden areas, such as behind the knees, under the arms and in other skin-fold areas, for ticks.

Tick populations grow as the weather warms. Ensure spring and summer fun is not dampened by tick-related illness. **E**

Perfect Presents for Dads and Grads

Gifts for Dads

Upgrade the Man Cave. Keep dad's space cool with smart home technology that can control features such as temperature, lighting and music volume. Many devices and apps allow for themed settings, so dad can instantaneously turn up the lights and sound

to catch the game on his big screen, or relax while taking a leisurely weekend nap.

Gadgets Galore

If dad still works on a desktop, help him upgrade his outdated tech toys. Go in on a big present with your siblings and splurge on dad with a top-selling 2-in-1 laptop, such as a Dell Inspiron 13, which is available at Office Depot and OfficeMax locations. The stores offer a broad assortment of tablets and laptops to get him going with the latest in portable technology.

Tech for Every Day

So much of people's lives revolve around technology, and dads are no exception. Help him stay up-to-date with simple yet convenient and effective options for his smartphone like rechargeable power banks, cellphone cases, screen protectors and charging accessories. For a less tech-savvy dad, start small with an option

like Bluetooth headphones.

Share Memories

A new digital camera is the perfect way to let dad capture every moment together with the family. If he has an ample photo library just waiting to be shared, create a work of art with a personalized canvas print he can proudly display in his office or favorite room in the house.

Goodies for Grads

Photos on the Go

If your grad is an avid photographer or even just enjoys the occasional commemorative photo with the family, consider a gift that gives him or her the ability to immediately enjoy personal artwork. While looking at photography on a phone can be fun, a device like the HP Sprocket Wireless Photo Printer, which can fit in a pocket, gives the option to print a 2-by-3-inch photo in as little as

40 seconds so favorite photos don't get lost in cyberspace.

Sign Up for Success

Today's students probably spent most of their college years tapping keys to take notes and complete important tasks. While those habits will transition well to the corporate world, there are still plenty of reasons to have some quality pens available.

Take Initiative

When starting a new job, a newbie needs to show just how much he or she is engaged in the work. Give them the opportunity to showcase value by documenting brainstorming, meeting notes and important deadlines in a discbound leather notebook, such as the TUL Note-taking system. Bonus: you can even pick out the paper inserts that best fit his or her personal style. **E**

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Protect Your Pets from Summer Pests



(Family Features) As the weather warms up, many people like to take their dogs for long walks or let their cats frolic outside. While you're having fun in the sun, however, pests like fleas, ticks and mosquitoes can tag along for the ride.

These pests can be a real nuisance, irritating your pet's skin or even causing disease. To help keep your pets happy and healthy, Mark Beavers, Ph.D., Orkin entomologist, offers these tips on protecting your furry friends from biting pests during the summer season.

SIGNS

Fleas, ticks and mosquitoes all draw blood from their hosts at some point in their lifecycle, and Beavers said spotting the adults is the easiest way to tell if your pet has been affected.

* Fleas: Usually, adult fleas are easy to see when they jump on you or your pet, or when you see them crawling along on your pet's skin. Beavers said that if your pet is being bitten by fleas, they will often repeatedly scratch and groom themselves.

* Ticks: Ticks crawl about on vegetation, waiting for potential hosts - like pets - to walk by. They attach themselves to a host for days at a time, and most swell up as they feed. Ticks can transmit diseases like Lyme disease, which in rare cases can result in kidney failure for dogs, and Rocky Mountain spotted fever, which is seen in dogs and sometimes in cats. Beavers said that the disease pathogens are often transmitted within the first 24 hours, so it's best to remove the tick quickly. Check your pets for ticks daily, especially after they spend time outdoors.

* Mosquitoes: Just like people, pets can fall victim to mosquitoes. Mosquito bites on pets aren't always obvious. However, some mosquitoes can transmit potentially fatal heartworm disease. While it may be tempting, do not use human mosquito repellents on your pet. You may see mosquitoes flying around or landing on your pet when it's hot outside, so be on the lookout.

PREVENTION AND TREATMENT

Beavers advises taking these steps at home to reduce the number of fleas, ticks and mosquitoes on your property:

- * Adult fleas like humidity and shade, so eliminate shaded areas around your home.
- * Remove unkempt grass and weeds, prune bushes and generally maintain your yard to reduce the number of ticks, mosquitoes and fleas on vegetation. Keep leaf litter to a minimum, as pests like to live in this

damp, protected shelter.

- * Keep raccoons, opossums, deer and rodents off your property, as these animals can carry ticks and fleas.
- * Remove standing water from gutters and frequently change out water in bird baths, fountains and potted plants.
- * Frequently vacuum, wash and dry indoor and outdoor pet bedding.
- * Regularly groom and bathe your pet to help identify and prevent problems.
- * Discuss prevention strategies with your veterinarian and have them check your pet for pests if you are worried. Your vet can recommend special flea and tick collars, treatments and shampoos to help protect your pet.

To keep pests out of your home and away from your pets, work with your pest management provider to create a prevention and treatment plan. For more pest prevention tips, or to bring in a professional to assess your pest activity, visit Orkin.com. **E**



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WHAT IS GOOD ABOUT GOLF?

By Mitch Pezdek

There are many answers to this question, but first, I want to rephrase it-----what is GOOD about golf

in this area?

OK----you and I, and the National Golf Foundation and "Golf Digest" rank the Utica-Rome region

in the TOP FIVE in this country for the number of public golf courses per 1,000 people. This is GOOD for YOU-----the consumers!

This is NOT GOOD for the owners, including the private courses, like the Yahnundasis. This means that they cannot raise the green fees and cart rentals, even though their expenses keep going up, year after year. Secondly, when they do try to sell their business, either there are NO buyers or

people want to "steal it".

Do YOU know how many courses in this area are "up for sale"? ANSWER: MANY. Just because there is NO "FOR SALE" sign by the road does NOT mean the place is NOT "For Sale". As one owner told me, "Everything is FOR SALE at the right price."

How do I know this? Because I visit EVERY golf course owner in our area, and we have very frank business discussions. I know which owners are



Nice courses to play and they are in "The Golf News"



trying desperately to sell, and how they try to get anyone to make a "reasonable offer". It is like

having a car that YOU think is worth \$5,000 according to the "Kelly Blue PEZ-64

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Play the ‘sport for everyone’ at Golf Club of Newport



By Jessica Arsenault
Rivenburg

For some golf course owners, the sport is much more than a business or even a pastime, but a true passion. Such is the case for Pete Grygiel and his wife Toni, who own the Gulf Club of Newport, on Honey Hill Road.

“The thing about golf is it’s a lifetime sport,” Pete Grygiel said. “Kids play sports in school and then never play them again. But golf is for any sex, any age and any ability level, everyone can play together, enjoy the fellowship and recreation outside.”

Grygiel is one of 19 members of his family to make a career out of golf, including his father, brothers, nephews and a great-nephew.

After growing up next door to and caddying at the Yahnundasis in New Hartford, Grygiel entered the golf business as a PGA pro and bought his own course in 1982. He has now been a golf pro for some 50 years.

When he and his wife bought the Newport course, formerly the Honey Hill Country Club, it had been closed for a year and all the fairways had gone to field, Grygiel recalled.

“It had been a private golf club back in the 1960s, but it failed and went bankrupt three times under various ownership,” he said.

Together with their daughters, and some

assistance from local farmers, the Grygiels cleared the course and brought it back to its former glory.

“My wife has been my inspiration and my right hand,” Grygiel said.

Designed by renowned golf course architect Geoffrey Cornish, Golf Club of Newport spans

160 acres over rolling country hills. The 18-hole course is a par 72 course that covers either 5,000 or more than 7,000 yards, depending on which tees a golfer uses, Grygiel said.

“We have large greens, large fairways that are all tree-lined and don’t run parallel to each other,”

he described. “Being out in the country, we’re not near any houses or highways. It’s a very scenic, very rural, natural setting.”

Golf Club of Newport includes a modest club house that seats between 80 and 100, plus an outbuilding that can seat an additional 100 for outings and tournaments. The kitchen offers burgers, sandwiches and other “tavern-type” foods, Grygiel said. They are open seven days a week.

While some may hear “Newport” and think it’s too far away, Grygiel pointed out it is only 12 miles from North Utica, and only a scenic 20-minute drive from the Valley.

“It’s worth the short drive,” he said. “It’s a very nice course. She’s been good to us for 35 years.”

Check out more about the course online at www.golfclubofnewport.com. **E**



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5 tips for starting your own business

FAMILY FEATURES

Like any idea, the great ones come when you formulate a plan and turn that idea into action. Starting your own business can be stressful and demanding, but also both personally and professionally fulfilling. Getting a business up and running takes planning, smart financial decision-making and backing, and stacks of paperwork, but these tips can help guide you through the development stage and help you ready your idea for unveiling.

Create a Business Plan

To get started, create a simple overview of the business you intend to start. This plan will be your roadmap moving forward and should include a mission statement, a company executive summary, a list of services and/or products offered and their costs, a target market analysis, an organizational structure, financial projections and expected cost of operations. Remember, this is a fluid process, so keeping it simple at the beginning may be beneficial in the long run.

Finance Your Business

Whether you plan on self-funding your business – be it through savings, credit cards or personal loans – or looking for other sources of start-up income, i.e. grants or venture capitalists, you're going to need funding to get your idea off the ground. If you don't have the capital to fund the venture yourself, look for investors who share your passion and that you believe you can work with or aid in the form of research grants or small business loans backed by the government.

Determine the Legal Structure

Decide on which form of ownership is best for you: sole proprietorship, partnership, Limited Liability Company, corporation, S corporation, nonprofit or cooperative. Owning your own business comes with federal tax obligations related to the type of business entity you establish. Often, during the infantile stages of your business, it can best serve you to register as a sole proprietor – which comes with less paperwork and upfront expenses. Acting as a sole proprietor does carry personal risks, however, so be sure to consult an attorney prior to finalizing the ownership structure.

Choose a Name and Location

Regardless of whether your business will be brick and mortar or online, deciding on a name that best suits your product or service and appeals to your intended audience is an important step. Once you've picked a name, select a location that offers opportunity for growth, proximity to suppliers, accessibility to customers and an acceptable level of competition, then check to see if the domain name is available online and make sure it is usable in your county and state. If it's available, register it with the county clerk, secure the domain name and register a trademark at both the state and federal levels.

Register for Taxes, Licenses and Permits

When starting your business, you need to account for city licensing, state incorporation, business entity fees and more. Conduct a thorough search beforehand to determine applicable filing fees. In addition to fees, your business will have to pay certain state, local and federal taxes, including income taxes and employment taxes, based on the legal structure of your company. You'll also need to obtain any licenses or permits, potentially including city or county business permits, liquor licenses or zoning variances.

Find more tips for starting and managing a small business at eLivingToday.com.

PEZ from 62 Book', and the **HIGHEST OFFER** that you get is for \$1,500. My advice to you is **SIMPLE: THROW THE BLUE BOOK AWAY!!!** An asset is worth **ONLY** what a willing buyer is offering.

In my upcoming issue of "The Golf News," I discuss this situation more thoroughly, under the title, "The State of Golf in Central New York: Why should YOU care?" If some more of the courses close or get converted to another use, green fees and cart fees will **GO UP!!** Sulphur Springs in Sauquoit, Golf Knolls in Rome, and the Oneida Country Club (just past the Oneida Hospital on Route 5) and the driving ranges on Barringer Road, south of Ilion, Dziura's on Route 69, across from the Oriskany Hills Golf Course, and the two-level range right on Route 12 as you approach Boon-

eville are all **FORMER** golf facilities.

You will read more on this topic in "The Golf News." Will golf go downhill and close up, many facilities like the sport of bowling did? Now, we are left with Vista Lanes and the Pin O Rama. The contraction and "shaking out" in golf will **NOT** be as severe, but the **TIME IS COMING** where it will definitely occur!

Do you know what group is "**BUCKING THE DOWNWARD TREND?** **WOMEN!!!!!!** ALL THE STATS show that the percentage of women is increasing!!

Anyway, enjoy the nice weather! It is **FINALLY HERE!!** **WALK, DO NOT RIDE; TAKE YOUR TIME, AND SWING SMOOTHLY!!** **REMEMBER THIS-----** --"**GOLF IS ONLY A GAME!!**"**E**

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Owner, David Perkins, explained that Window Town was formed with one idea in mind. If you treat your customers with respect, give them value, great service and a fantastic product, they will not only come back for more, they will bring all of their friends and family. They want you to experience the "Window Town Difference."

That difference is based on keeping their customers first. Window Town understands what their customers want: Respect – they will never

put on a high-pressure sale. They will provide you with an On-The-Spot-Quote and you can make your decision anytime. Perkins said, "We don't telemarket. We aren't calling you. Our sales team considers are estimators first. There's no pressure."

Value – \$199 any size, energy efficient, white, double hung windows. Window Town will give you the best value. It does not cost you anything to get a free in-home estimate so call today and compare them to the rest. You'll be glad you did!

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Did you know?

Prospective real estate investors who hope to buy, hold and rent out their investment properties should first interview potential property managers before buying homes. While it's possible to find property managers willing to manage single-family homes or duplexes, the financial resource Bankrate.com notes that many property managers prefer to manage large apartment complexes instead. Managing properties is hard work, and without skilled property managers on their side, real estate investors may become overwhelmed by the responsibilities of taking care of their real estate investments while simultaneously trying to maintain their own residences. Before buying investment properties, prospective real estate investors should interview various local property managers or property management firms, inquiring about their fees and what is included in those fees. If the cost of hiring property managers drastically cuts into the profits investors hoped to make off their investment properties, they might be better off looking to invest their money in areas other than real estate. Prospective investors can compare the potential return on investment after the cost of property managers has been factored in to the return they might get from more traditional investments to determine if investing in real estate is a sound financial decision. **E**

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Alcott's Garden Center

Alcott's Garden Center, located on 6929 State Route 20 in Waterville, NY is your source for Easter plants, spring plants, perennials, fall mums or poinsettias. They also offer fresh and artificial flower arrangements, gift ideas, candles, garden accents, Christmas décor, Fairy gardens, and much more.

Alcott's Greenhouse and Garden Center had very

humble beginning as a family operated dairy farm in the 1940's when Clifford Alcott brought his dairy of cows to Pleasant Valley.

As time went on Cliff's son Keith got restless with the dairy and crop farming and teamed up with Dr. Ray Sheldrake of Cornell University to build his first Cornell "21", a wood and plastic structure to grow hot house tomatoes. The

venture was so successful that Keith built 8 more 21 x 100 foot greenhouses the following year and planted tomatoes in one of the first soil mixes developed by Dr. Sheldrake.

As the greenhouse industry developed so did Keith's greenhouse operation, with the addition of flowering hanging baskets and bedding plants. Keith produced geranium cuttings for other growers throughout the northeast,



Owners Brad and Tammy Alcott

and while he did this, his wife Liz started and expanded the retail garden center to what it is today.

In 1980 Keith and Liz welcomed a 3rd generation, their son Brad,

into the business. Brad brought some fresh ideas from his days at Cornell to the business and this allowed the greenhouses wholesale division to grow into new markets. As the business grew, so

did the number of greenhouses at Alcott's.

With Brad's 35 years of experience he's a veritable encyclopedia of plant knowledge. Brad explained that he always tries to advise people to purchase plant that will grow well for them in their specific application. "I like them all fun to find the right plant that people are looking for," he said.

We like a customer for life not just today

Brad has been joined at the garden center by his wife, Tammy Alcott who started at the shop after retiring from teaching physical education and health. The former soccer and running coach has switched gears and can help you with all your planting needs.

Remember to say hello to Cooper, the Alcott's golden retriever who is their official greeter.

After your green thumb is satiated, Alcott's can handle your retail therapy. Their gift selection runs from typical garden accoutrements to sun fed beef from Blue Sky Ranch (a beef operation run by Zane Keith, a former student of Tammy's) to Naked Bee products (natural skincare products with nourishing ingredients "all the good stuff, none of the bad stuff") to Fairy Gardens.

Fairy Gardens are a miniature garden complete with structures and actual living plants. This tiny space created and tended with love is limited only by your imagination. Fairy gardens are like a living doll house and you are the creator of your own world in the Fairy Garden and Terrarium. It's a fantastic way to introduce kids to gardening and Alcott's has a great selection of plants and accessories.

"We like a customer for life not just today," Brad said. From dirt to plants to fertilizers to tool and accessories; Alcott's Garden Center is your partner in gardening. Alcott's is open 9 am - 5 pm every day, they're only closed July 4th, Christmas and Thanksgiving. For more information, go to: www.alcottsgardencenter.com, follow them on Facebook: AlcottsGardenCenter, or call (315) 841-4600. **E**

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Is home as safe as it can be? Prevent accidents and injuries in the home and community

Homes are supposed to serve as sanctuaries, but safety hazards may be lurking in many homes. Thousands upon thousands of people fall victim to unintentional injuries each year because of simple safety mistakes made around the house.

Many people may not realize that some of the more common home injuries can be prevented. Here are some of the more common causes of injury and death at home and how to prevent them.

POISONING

Many substances found in typical households contribute to poisonings

each year. In recent years, prescription drug overdose has become one of the leading causes of unintentional poisonings. Prescription opioids and heroin killed more than 33,000 people in 2015, more than any year on record, says the U.S. Centers for Disease Control and Prevention. Nearly half of all opioid overdose

deaths involve a prescription opioid. Safer, more effective alternatives to pain management may reduce the number of deaths linked to opioids.

All medications should be kept out of the reach of children. Medications should be kept in original packaging and taken only for prescribed reasons, and prescription drugs should never be shared.

FALLING

Falling is a concern at

any age, but it is the No. 1 cause of death for individuals ages 71 and older, according to the NSC. Hazardous conditions at home, and not necessarily age, contribute to many instances of falling at home. Removing clutter, rearranging furniture to facilitate movement around the house, improving lighting and visibility, and installing grab bars in high-traffic areas are just some ways to reduce the likelihood

of falling inside a home.

DROWNING

The CDC reports that, between 2005 and 2014, there were an average of 3,536 fatal unintentional drownings (non-boat-related) each year in the United States. That equates to about 10 deaths per day. Drowning remains a major concern for children age 14 and under. Summer swimming and boating-related activities can increase the risk of drowning as well.

Instances of drowning can be prevented by providing barriers between homes and pools. Children should never be left unsupervised in the bath or near bodies of water. Adults should avoid alcohol when swimming or boating.

Homeowners who are aware of common home hazards and take steps to reduce such hazards can dramatically lower the risk of accidents at their homes. **E**

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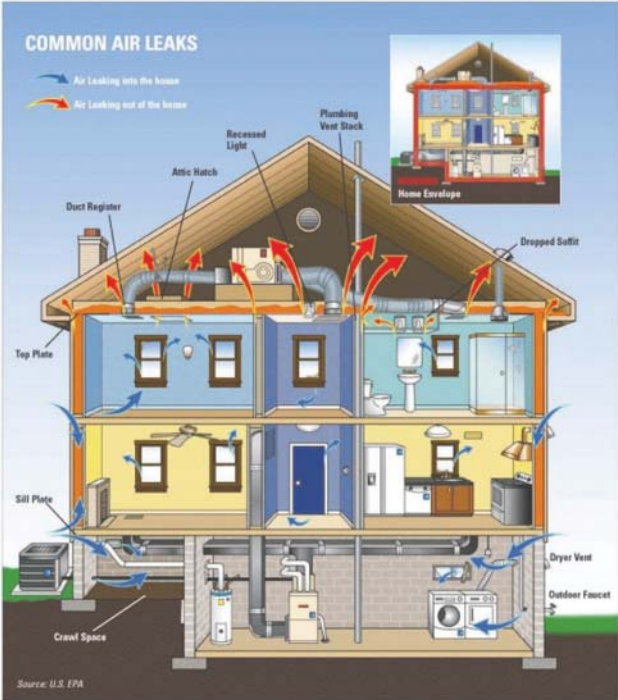
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Pioneer Spray Foam is a locally-owned and operated insulation contractor serving Utica, Rome, New Hartford and all of Central NY. Founded in 2010, Pioneer Spray Foam's highly trained team has helped home and business owners across the Mohawk Valley achieve great energy-efficiency through the installation of 2-part polyurethane

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Are You Losing 40% of Your Home's Energy Because of Air Leaks? Owners John Davignon and Stacy Davignon, look at the whole house's energy efficiency. They participate in all New York State programs for

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They focus on saving you money in the long run and work hard to be your insulation company of choice in the Utica area. Whether you want a new HVAC unit installed or cellulose insulation laid down, you'll find the help you've been searching for at Pioneer Spray Foam in New York.

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Earley Farm and Hardware, Inc.

—the Way a Farm Store Should Be



In our fast-paced modern world, sometimes we need to pause for a moment and remember the way things used to be. Earley Farm and Hardware, Inc. is a throwback to the way things used to be done. The store features an old-fashioned mix of products that you might need on the farm or home plus knowledge and customer service that isn't easy to find in 2017.

Owner Cary Earley explained that his parents

started the store in 1982 as a Central Tractor Farm & Family Center. He got out of high school six months later and has been at the helm ever since. He said, "My family has been in the ag supply for 4 generations so there's a family history."

Earley also explained that there are 15 employees and the lion's share of them are family. He said, "All the owners are on site."

Earley Farm and Hardware Inc. is a modern retail farm store with a "general store" appeal. They have 35 years of experience and the desire to fill the needs of local people. Stocking what one would expect of a "one-stop-shop." Delivery is available on all items and the product is quite diverse. Coal, outside wood boilers, wood pellets, feed, ag supply as well as animal health products are just some of the items available.

The 29 different "departments"—from lawn & garden, clothing, electrical, plumbing, paint, home heating, animal health, fencing and feeders including companies like Husqvarna, Carhartt, Blue Seal Feeds, Central Boiler, Alaska Coal, make Earley Farm and Hardware a one stop shop. Cary said, "The mix in the store 100% dictated by customer requests."

If customers communicate with Earley he can

stock what you'll need. This is the way it used to be, a relationship based on trust, knowledge, and service.



Earley explained that the store thrives on its diversity. Whether you're picking up plumbing or feed or you need equipment serviced Earley Farm and Hardware is the place where you can grab it in one trip.

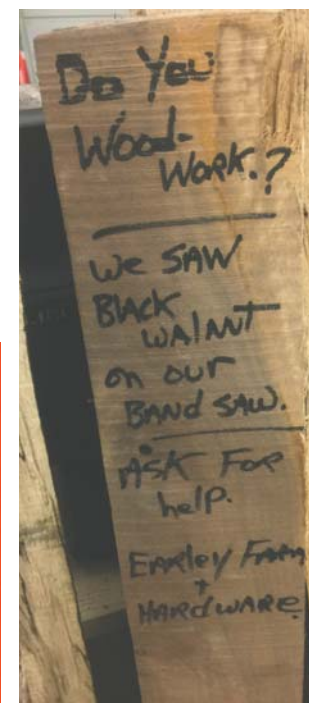
Kountry Kupboard II, a bulk food store with a full line of Dutch valley prod-



ucts including baking supplies, many assorted spices, jarred goods, candy, dried fruits/nuts, canning supplies and so much more was added to complement Earley Farm and Hardware in 2000. After you've picked up supplies for whatever task you're working on, stop in and get yourself something tasty to eat.

Earley Farm and Hardware is a throwback to a bygone era when shop keepers cared about their customers. Stop

in for a breath of fresh air and see how a farm store should be. For more information go to: www.earleyfarm.com or follow them on Facebook: EarleyFarmandHardware. E



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Making a family move easier



Whether or not to relocate can be a difficult decision. Sometimes such decisions are borne out of necessity when a parent is relocated by his or her company. Other times it is a personal reason to try out a new neighborhood or upgrade to a larger home. Data from the U.S. Census Bureau indicates a stable annual rate of moving hovering at around 12 percent of the population since 2008.

Whatever reason is behind a move, it can take some time to adjust to both the idea of moving and the new living space — especially for children who may seem disconnected from the decision. The following tips can make the transition a little easier for families.

TALK ABOUT IT

Do not blindside children with a move. Begin having conversations as a family as soon as the possibility of moving arises. Involve the children in some of the decisions. Ask about the features they want to see in their new home. Explain that people, be it prospective buyers, real estate agents or movers, will be visiting your current home and that this may be a little disruptive. Talk about

the reasons for the move, such as a new job or that the family has outgrown the space. Kids can process much more than many adults give them credit for.

DISCUSS ANY CONCERNS

Children may have concerns about the move that differ from adults'. Many

of these may pertain to fears about making new friends or coursework at a new school. Let them voice their opinions. Removing some of the mysteries by visiting schools or local hangouts before the move is made can assuage some fears.

CREATE SOME FAMILIARITY

Set aside boxes or bins that will house kids' toys or things that the family recognizes. These may include photographs, games, throw blankets, or the creature comforts of home. Make these the first items that are unpacked upon moving into the new house.

USE THE AGENT AS A RESOURCE

Many real estate agents live in the towns where they make their living. Find out if the agent can set up a meet-and-greet or if he or she knows of any clubs or leagues that suit your family's interests. Making a few introductions ahead of time will give children and adults some familiar faces on their first days in their new home.

Families shouldn't shy away from making their own introductions as well. Knocking on a few neighbors' doors and letting them know a new family is coming to the

street can pave the way for familiarity and friendships.

STAY IN TOUCH

Encourage children to stay in touch with their current friends. Video chat enables kids to see and speak with peers. When things settle after the move, arrange for a surprise play date where children can introduce their old friends to newer ones.

STICK TO A ROUTINE

One of the ways to breed familiarity is to stick to the same routine. If a big Sunday family dinner was the norm, continue the tradition in your new home. Wake in the morning and go to bed at the same time. According to Vanessa Lapointe, a registered psychologist in Surrey, British Columbia, structure and routine are key for children. Try to focus on one new thing at a time to minimize stress.

Moving can be exciting and scary at the same

time. Children may be anxious about the process, but families can work together to iron out

the kinks and settle into their new homes successfully. **E**

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How to plant a tree for successful growth

More sunlight and warm temperatures frequently inspire homeowners to spend more time in the great outdoors during spring and summer.

Outdoor projects often top homeowners' to-do lists in spring and summer, with gardens and landscapes taking center stage. Planting more trees around the yard is one popular project that can improve property value and benefit the environment.

WHY PLANT TREES?

There are plenty of reasons to plant trees. Trees provide a natural form of shade, reducing air temperature by blocking the sun's rays. This can reduce reliance on air conditioning systems and make it more comfortable to spend time outdoors during the summer.

North Carolina State University College of Agriculture & Life Sciences says trees absorb and block noise and reduce glare. They also can trap dust, pollen and smoke. Trees also absorb carbon dioxide and potentially harmful gasses from the air. One large tree can supply a day's worth of oxygen for as many as four people, while also storing 13 pounds of carbon per year.

GETTING STARTED

Visit a garden center or nursery and select a tree that will be hardy in your planting zone. Choosing native trees can increase the likelihood that the new tree will adapt to its surroundings. Also, inspect trees to determine if they're healthy before taking them home. Look for evidence of root girdling, which occurs when the roots circle around the perimeter of the container and surround the trunk. Trees should not have any dead or dormant branches.

The DIY Network suggests locating the tree where it can thrive. This means selecting a spot that can make it easier for the tree to grow tall and wide. Avoid planting near the house, where roots can crack concrete or asphalt, and always plant away from underground pipes.

PLANTING THE TREE

Now it is time to amend the soil. It's not enough to enrich only the soil in the hole where the tree will be placed. Move out into a circular area beyond where the roots will start so that roots can expand and properly anchor the tree. The next method of success is to ensure that the tree has a large enough hole to contain the existing root ball and allow for roots to grow and expand. Better Homes and Gardens experts say to prepare a hole that is two to three times as wide as the root ball of the tree. Treat the root ball gently. If the roots are wrapped in burlap, remove the burlap or push it to the bottom of the hole.



Learn the right way to plant a tree to improve the landscape and the environment.

Backfill the hole with soil and check that the tree is straight. Stake the tree to help it stay upright and straight until the roots anchor it more effectively. A layer of mulch around the base of the tree can prevent weeds and reduce water loss. Water daily for several weeks until the roots have fanned out.

It's best to leave trees be for the first growing season, only removing broken or diseased limbs. Resist pruning and shaping until the tree has survived its first growing season. **E**

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(Family Features)
From self-expression to self-direction, there are countless ways to age out loud. Some of the most rewarding ways for older adults involve passing on experiences, wisdom and skills to others.

Everyone has something to share, and these ideas from the Administration of Community Living can help you get started.

Mentor. Use professional or personal experiences to guide a child, young adult or peer. Example: Visit Senior Corps at na-

tionalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community. Example: Sign up to collect food or clothing donations, serve meals at a local soup kitchen or help older adults with daily tasks at home, such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities. Example: Check with local schools that may need reading,

math or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events. Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others. Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article,



Organization tips for busy families

Keeping a calendar and remembering where to be can be a full-time job for heads of a household. Many families come up with their own ways to stay organized, but the following strategies may also help.

- Assign each person in the family a color. Mark the calendar with that color as it pertains to events, appointments and other functions. One quick glance at the calendar will give everyone a reasonable idea of where they need to be. When a calendar date is a family affair, all colors should be used.
- Post a large calendar in a spot where it will be most visible. Think about using chalkboard paint to paint the inside of the coat closet by the front door. Hang a calendar in there so it will be the last place the family looks each day when they are leaving the house.
- Use an organization app for the family. Invite all family members to join with their mobile devices. Everyone will get updates and can have a digital calendar right at their fingertips.
- Set up in an "in" and "out" box like those that were once popular in clerical offices. Children who need forms filled out or documents signed for school can place them into the "in" basket. Once they are completed, parents can place them in the "out" basket. This way important papers stay organized and in one place.
- Keep a paper shredder nearby where the mail is sorted and stored. Junk mail and other papers can be immediately shredded.



Stickelers Answer

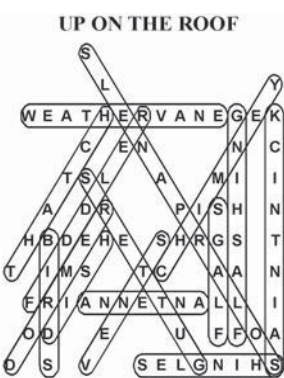
C. 2/3

Convert the fractions to twelfths, and you have:
8/12 7/12 6/12 5/12
4/12 3/12 2/12 1/12
8/12 = 2/3

Weekly SUDOKU

Answer

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



Puzzles4Kids

Answer

What was the first animal in space?
The cow that jumped over the moon.

King Crossword

Answers

Solution time: 25 mins.

GAP	TSP
GIRL	SHEEN
INDIA	CIRRUS
DADDY	WARBUCKS
STY	PONDS
BENT	SEEN
AGENT	FAKIR
ALAN	MANY
DIN	KIOWA
DADDY	LONGLEGS
SHOOIN	RATED
IOTAS	AMES
ROD	MAR

How to conserve water when temperatures rise

Spring and summer are synonymous with increased

hours of sunlight, warm temperatures and, oftentimes, an increased

reliance on water to feed recreational pursuits and lawn and garden needs.

The Water Information Program states that 3.9 trillion gallons of water are consumed in the United States each month and the average person uses 176 gallons of water per day. Water conservation may be essential when the risk for weather-related drought looms. Practicing year-round conservation efforts can help ensure smart usage of local watersheds, lakes and reservoirs and help maintain these water sources for years to come. It also helps the average person reduce his or her carbon footprint while saving people a little mon-

ey along the way.

Explore these water-saving tips to make smart use of water.

- Collect shower water in a bucket while you are waiting for the water to heat up. Use that water to irrigate plants around the house or even outdoors.

- Check for leaks around the house. Put a few drops of food coloring in the toilet tank and see if it spreads into the bowl within a half-hour. If it does, that means a leak is present and gallons of water may be being wasted.

- Keep a pitcher of drinking water in the refrigerator. This way, when you come inside from the heat you'll have a cold drink at the ready and will not have to run the tap to fill a glass.

- Install a lawn irrigation system so that you can maximize the amount of water that gets to the roots. Arrange the sprinkler heads so surrounding driveways and sidewalks are not getting



Underground irrigation systems can be more effective and eco-friendly than hoses for homeowners who want to maintain lush lawns in spring and summer.

“watered” as well.

- Apply the minimum amount of fertilizer required, as fertilizers can increase water consumption.

- Aerate lawns and garden beds so the water reaches the roots rather than running off the surface of the dirt.

- Employ rain barrels to collect rain water runoff. Rain barrels can help to repurpose rain water rather than simply allow-

ing it to wash into storm drains.

- Reduce reliance on sprinklers and hoses for summer recreation. Instead, rely on pools and other devices that use recirculating pumps.

- Homeowners with pools can limit how often they backwash their pool filters.

- Solar pool covers can warm up pool water naturally and also reduce the rate of water loss through evaporation.

- Inedible plants can benefit from the nutrient-rich water siphoned out of a home aquarium when cleaning the tank.

- The conservation guide Earth Easy says one way to cut down on water use is to turn off the shower after soaping up, then turn it back on to rinse. A four-minute shower can use between 20 and 40 gallons of water.

- Add organic matter to the landscape to increase water absorption and retention. Top dress areas as needed throughout the season.

Water conservation efforts can help homeowners maintain their lawns and gardens during heat waves and even save them a little money while benefitting the planet as well. **E**



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How Rural Women Can Make an Impact



(Family Features) For hundreds of years, women have been a key pillar of the agriculture industry, accounting for one-third of the country’s farmers according to the 2012 Census of Agriculture.

While not always thought of in a traditional “farmer” role, women make an impact in the industry and in helping feed the rapidly growing global population. These “farm moms” play vital and integral roles on the farm, with their families and in their communities.

Susan Brocksmith - named the 2017 America’s Farmers Mom of the Year, sponsored by Monsanto - has been involved in supporting Helping His Hands and both the North Knox and South Knox County FFA chapters for many years, and while she finds the experience incredibly rewarding, she also recognizes juggling these responsibilities on top of work and family can be difficult. She offers these tips to other women who are looking for simple ways to get involved in their communities:

- 1. Start small.** It’s easy to want to take on a lot of responsibilities to help nonprofit organizations in your community, but starting small can help prevent you from becoming overwhelmed. Start by looking for small volunteer opportunities, such as volunteering to staff a local event, and then look for opportunities to take on a larger role.
- 2. Involve the whole family.** Volunteering should be a family affair. Bringing the kids along not only allows you to spend time with them, but also sets the example that giving back is an important responsibility for all.
- 3. Find an impactful cause.** Everyone brings a unique set of skills and perspectives to the table. Find an opportunity that fits you and values your contributions.

“I am humbled and blessed to be named the 2017 America’s Farmers Mom of Year,” Brocksmith said. “I was raised on a family farm and was able to raise my daughters on our family farm. I have strived to instill the core values of faith, family and agriculture into my daughters, as well as my college students. Thanks to the support I received from family, friends and the community, I was able to receive this award. This outpouring of support proves anything is possible. Thank you Monsanto for providing this outreach opportunity.”

Brocksmith’s America’s Farmers Mom of the Year award, which honors the significant contributions women make on their farms and in their families, communities and beyond, gifted \$4,000 to be divided among the three organizations she is involved with Helping His Hands is a disaster relief organization and local food pantry. Both North Knox FFA and South Knox FFA are long-standing chapters that make a positive difference in the lives of students by developing their potential for leadership, personal growth and career success through agricultural education.

“Farm moms like Susan are not only respected leaders in the agriculture industry, but also a critical part of the ecosystem that supports rural communities across America,” said Jessica Lane Rommel, Monsanto business communications manager. “We’re excited to celebrate Susan and all of the women who play such a vital role in rural communities.”

Since the program began in 2010, America’s Farmers Mom of the Year program has recognized 40 individuals for their roles in American farms, families, rural communities and the agriculture industry. To learn more about the program, visit AmericasFarmers.com.

“

If you are committed to creating value and if you arent afraid of hard times; obstacles become utterly unimportant.

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-Candice Carpenter

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Preventing illness at home



When one person is sick, families can take steps to ensure the entire household doesn't fall ill.

Close-knit families share many things together, including meals, vacations and sometimes illnesses. When living in close quarters with others, it's not surprising that stomach bugs or colds get passed around among members of the household.

Germs, bacteria and viruses can spread easily through the air and on surfaces. According to Healthwatch England, once introduced into the home, it's possible for certain viruses and bacteria to live on nonporous surfaces for hours and even days. However, The Mayo Clinic says that, while it's possible to catch the flu or a cold after handling an object an infected person sneezed or coughed on a few moments ago, personal contact with an infected person — such as a handshake or breathing in droplets from a cough or sneeze — is the most common way germs are spread.

While it's not possible to avoid the family entirely when ill, there are

some steps that individuals can take to help staunch the spread of illness at home, in school and around the office.

WASH HANDS REGULARLY

Good hand hygiene is the most effective way to prevent the spread of germs. Hands should be washed before eating, after preparing food, after coughing, after touching items in public areas, and after using the restroom.

CLEAN HYGIENE HOT SPOTS IN THE HOME

It's impossible to kill every germ in the home, but regular cleaning and disinfecting high-risk areas can prevent illness from spreading, especially when one family member is ill. Areas to concentrate on include:

- kitchen sink
- bathroom faucets
- doorknobs

- light switches
- toilet handle
- telephones
- remote controls
- refrigerator handle

KEEP YOUR DISTANCE

Steer clear of sick individuals as much as possible. When sick, cover your mouth or nose with a tissue when coughing or sneezing. Discard any used tissues promptly and wash hands afterward. Couples who sleep together may want to use separate rooms or camp on the sofa for a few nights until symptoms abate. Don't be shy about using latex gloves when cleaning up vomit or diarrhea.

AVOID TOUCHING EYES, NOSE AND MOUTH

Avoid touching your eyes, nose or mouth when someone in the home is ill. These mucus areas are easily contaminated and can be sources of entry for germs.

DISINFECT PERIODICALLY

Some evidence suggests that eradicating all germs can affect the body's natural ability to fight infection. Therefore, routinely clean with soap and water, but do not overdo it with regard to your use of chemical disinfectants or hand sanitizers.

Ensuring an illness does not become rampant in a home can be a challenge, but it is possible when members of the household emphasize hygiene and homes are regularly cleaned. **E**

Save money on Communion attire

Children about to receive the sacrament of Holy Communion typically dress in their Sunday best. Girls tradi-

tionally wear knee-length white gowns and a short veil, while boys may wear an all-white suit or a combination of a navy jacket and white pants.

Clothing kids for their Holy Communion ceremony can be costly. It's not uncommon for parents to spend anywhere from \$80 to \$300 on communion dresses, and boys' suits can cost as little as \$50 or as much as \$150. These prices do not include additional accessories, such as shoes, veils, shirts, and more. Savvy parents who want to make the day as special as possible for their youngsters can do so without breaking the bank.

- Accept hand-me-downs.

Oftentimes, Holy Communion clothing is only worn once before outfits are tucked away as mementos. Some families even encourage children to remove their formal clothing and change into something more forgiving between the ceremony and the ensuing luncheon or party. Communion clothing in good condition can be passed down or kept for other members of the family, saving parents substantial amounts of money.

- Expand your shopping horizons. While wedding and formal wear boutiques often make for ideal locations to buy communion attire, shoppers can hunt for good deals. Big-box retailers and warehouse centers

often stock limited numbers of suits and dresses in advance of communion season. While the selection may be limited, the prices tend to be affordable. Additional options may include department stores and online retailers.

- Look into rental options. Visit a tuxedo rental store to see if they rent suits in kids' sizes. Shop around for rental services, which may be just as affordable and more eco-friendly than buying outfits.
- Check out consignment centers. Consignment stores have reinvented themselves in recent years. Many stock designer clothing and can be great sources for quality items. **E**

Navigating the waters of funeral trusts



Discussing end-of-life issues can be an emotional experience. Making decisions upon the death of a loved one can be challenging, especially if the wishes of the deceased are murky or unknown. Funeral trusts often help families avoid making decisions at times when their emotions may make such decisions more difficult.

What is preplanning a funeral?

Preplanning a funeral can save family and friends from having to make difficult decisions. It also enables people to choose their burial space, services and transportation. Preplanning also allows people to pay for or arrange payment for their funeral costs ahead of time. According to Consumer Protection Ontario, a person can pre-plan a funeral without prepaying. However, many people prefer to have all financial components in place as well for maximum convenience.



Did you know?

Studies have shown that music can have a beneficial impact on both mental and physical health. In a meta-analysis of 400 studies, researchers at McGill University in Montreal found that music can reduce stress and boost the immune system. That's because listening to music increases the body's production of immunoglobulin A, an antibody that plays a critical role in the function of the immune system and cells

that attack viruses. A 2013 study even found that music can help children during visits to the emergency room. Researchers at the University of Alberta studied 42 children between the ages of 3 and 11, discovering that those who listened to relaxing music while having an IV inserted reported less pain than children who did not listen to music. In addition, children who listened to music during the administration of the IV exhibited less anguish

What is a funeral trust?

Funeral trust can be a smart investment for people who have not spelled out their wishes in a will or conveyed them in writing to someone who will be managing their estate.

Funeral trusts may be referred to as revocable or irrevocable. An irrevocable funeral trust, or IFT, is a tool people who are facing the high cost of skilled nursing care can consider. An IFT establishes an account into which money for funeral expenses is deposited. The money cannot be withdrawn or refunded, and funds must be used for funeral expenses.

In the United States, an IFT is often considered an eligible expense during the social services spend-down process. That means the money deposited in the trust is exempt as a countable asset from any financial look-back period that helps determine eligibility for government healthcare services, such as Medicaid.

Revocable funeral trusts can be cancelled. According to the National Care Planning Council, a revocable trust can be created by anyone and, at a later date, can be dissolved by the person who originally created it.

Various organizations oversee the investment and management of prepaid funeral trust accounts.

When is a trust unnecessary?

In certain instances, a funeral trust will not be needed. Those who have the means to fund long-term care services and will not need assistance later in life may not want their money locked up in a trust. Others opt for life insurance policies to pay for funeral needs.

Assistance with funeral trusts

Funeral homes may work directly with companies that manage funeral funds. Speak with a funeral director if you want to learn more about trusts. Trusts also can be established by working with an elder care attorney or with a funeral trust agency.

Taking care of funeral planning in advance can relieve families of the stress of making funeral decisions in the wake of a loved one's death. **E**

than the children who did not listen to music. Healthcare workers even noted the ease of administering IVs to children who

were listening to music compared to patients who were not listening to music. **E**



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Elder Care SPOTLIGHT

Tips & Information to Navigate Senior Life

Memoirs – telling your story

Writing your memoir can help a person identify the threads and themes in your life and make sense of what you've lived. Writing about your life is a healing and transformative journey. A memoir contributes to recorded history and is your legacy to family, friends, and the world. It provides a way to share your experiences, world view, life lessons, and wisdom with others. It connects you with others who have experienced the same or similar situations, providing encouragement, comfort, and inspiration. It helps others understand they are not alone in their experiences.

Memories are like a country road in a snow storm; winding and hard to follow. When you write

a memoir, you are writing your version of what you remember happened from your own perspective. Someone else might have another version, and years and years later your perception of an incident might eventually change.

Memoirs have helped heal and reconcile trauma. Be it the trauma of childhood or the pains of adulthood, writing a memoir can help deal with emotional angst. Writing can help one come to terms with loss and can even help untangle the web that life has wound around us.

Story telling is a lovely life-skill. Once you get the knack of telling stories about yourself, you'll learn to organize and communicate all your thoughts more clearly. For some, this is a double-edged sword. It can

bring some seniors out of their shell. For some seniors who have the gift of gab, it may throw fuel on the fire.

Writing your memoir could help you stay engaged. As you recall and retell your story to your children, family, or even those who might be hearing it for the first time, it keeps your grey matter fit. Writing itself is a challenging mental activity. Research shows that challenging your mind improves your mental agility and stamina. It even develops brain cells.

Writing a memoir can help form a connection with those who read your words. Whether they are relatives, old friends, or strangers, by connecting with them you reduce isolation and increase the size and intimacy of your social network. Writing

about your life lets you share ideas and lessons. Your knowledge and wisdom can help others grow along with you.

One caveat, do not write your memoir if its goal is revenge. Revenge does not translate well to the written page. It's difficult to read a memoir that points fingers rather than reflecting on life's events.

Once you've mastered the art of storytelling seniors can parlay that into an optimistic outlook on the future. They've told one story, they'll endeavor to persevere to tell another. With an optimistic outlook the future is brighter based on the memories of the past. Your story shaped your life. It's you. Tell your version so that others may carry your story on. **E**

Recommended immunizations for those age 50+



• **Influenza:** An annual flu shot can help prevent the nearly 36,000 deaths that occur due to flu each year in the United States. The flu vaccine is designed to combat the current strain of flu, so it is recommended anytime between September to March, which is the prime flu season. People age 50 and older should opt for the injection rather than the nasal form of the vaccine.

• **Tdap:** This vaccine protects against tetanus, diphtheria and pertussis and is especially necessary for people who have close contact with young infants. Pertussis, or whooping cough, can be passed on to youngsters and make them very ill. If you've never received a Tdap vaccine, the CDC suggests getting it at least once. Individual tetanus boosters should be received every 10 years.

• **Pneumococcal:** Pneumococcal disease is an infection caused by the pneumococcus bacteria. It can cause pneumonia, blood infection, ear infections, and even bacterial meningitis. This vaccine is given to adults age 65 and older or to younger adults at their physicians' discretion.

• **Hepatitis A:** Individuals with medical, occupational or lifestyle conditions, such as healthcare workers or people with chronic liver disease, may need a two-dose series of the hepatitis A vaccine.

Adults who are avid travelers to various parts of the world that may bring them in contact with animals or people who do not receive the same course of immunizations may need additional vaccines. Speak with a doctor about which immunizations are recommended before travel. **E**

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Routine immunizations can keep people safe and healthy. Certain vaccinations can prevent diseases from producing symptoms, while others can lessen the duration of an illness or make conditions less severe.

Vaccination schedules become a way of life for parents to young children. But vaccinations aren't just for kids, and adults should keep tabs on their immunization histories to ensure they're up-to-date with vaccinations for their particular age group and lifestyle.

The Centers for Disease Control and Prevention warns that the elderly are more likely to die of a vaccine-preventable disease than other age groups. The immune system begins to decline as we age, so the body can benefit from the disease-fighting boost provided by vaccinations. Individuals at any age should discuss immunizations with their doctors, but it's a particularly important conversation for those age 50 and older.

Vaccine schedules and recommendations may vary depending on where a person lives, but the following immunization recommendations are offered courtesy of the CDC.

Common myths about frozen foods



Frozen foods can be a convenient, healthy and affordable option.

Frozen foods are staples in many households. Freezing foods can ensure there's always something to eat at home, and freezing leftovers can help prevent waste created when such foods spoil before they can be eaten.

Wasted food is a pressing issue across North America. A 2014 report from Value Chain Management International Inc. indicated that \$31 billion worth of food is wasted every year in Canada, and roughly 47 percent of wasted food comes from private homes. Americans throw away approximately \$165 billion worth of food each year, which translates to as much as \$2,200 per household, according to a recent study from the Natural Resources Defense Council. Freezing foods can cut back on that waste and make people feel better about their eating habits at home, especially when they push past the myths and get to the facts about frozen foods.

MYTH: Frozen food is less nutritious.

FACT: Frozen foods can be even more nutritious than some fresh items available at the grocery store. That's because out-of-season produce is

sometimes picked before it has ripened and then stored while shipped long distances. Nutritional content may be depleted even before the food reaches the dinner table. Frozen foods are picked at the height of ripeness and then flash frozen. Such foods will only lose some of their nutritional value during storage.

MYTH: Frozen foods are more expensive.

FACT: Very often frozen foods can be less expensive than fresh foods. That's especially true when purchasing whole foods rather than pre-packaged convenience foods, such as whole meals.

MYTH: Frozen foods contain preservatives or are highly processed.

FACT: There are plenty of healthy choices in the grocery store freezer that are not highly processed. Look at the ingredient list to confirm what is in a product before buying it. The freezing process often removes the need to rely on preservatives, and freezing keeps food from developing bacteria or other microbes that make people sick. These microbes cannot grow on foods stored at temperatures less than 0 F.

MYTH: All foods can be frozen.

FACT: Many foods freeze under the right conditions, but there are some that should never be frozen. In certain foods, the structure may break down or taste can be affected. Delicate vegetables like lettuce will disintegrate when thawed.

Creams can curdle or separate when thawed. Foods should not be frozen in cans or eggs in eggshells. Avoid freezing foods with a high water content, as they will end up a soggy mess as they defrost.

MYTH: Frozen foods last forever.

FACT: Many foods can stay fresh for months, but they can begin to lose quality and taste if they are left frozen for too long. Prepared leftovers can be stored for two to three months on average. Raw meat may last anywhere from four to 12 months. Label frozen foods to remember the "use by" date.

Freezing food and relying on healthy frozen alternatives at the supermarket can be reliable and cost-effective. It also helps cut down on food waste from spoilage. **E**

3 eco-friendly approaches to buying, eating food

Men and women with an eye toward protecting the planet also can employ several eco-friendly eating habits that don't require substantial lifestyle changes but can produce substantial, long-lasting and positive effects on the environment.

1. Use reusable cloth bags to transport groceries. According to the nonprofit Earth Policy Institute, more than one trillion plastic bags are used across the globe each year. That's a cause for concern among environmentalists who know that a single plastic bag can take as long as 500 years to degrade. In addition, the United Nations Environment Programme estimates that every square mile of ocean contains approximately 46,000 pieces of plastic floating in it. By opting for reusable cloth bags over plastic bags, consumers can dramatically reduce their carbon footprints and benefit the planet in a myriad of ways.

2. Buy locally grown foods. Locally grown foods do not need to be transported across the globe or across the country. That means less fuel is consumed to get your dinner from farm to table, and less emissions are finding their way into the air you breathe.

3. Only buy what you need and finish your meals. The Food and Agriculture Organization of the United Nations reports that 28 percent of the world's agricultural area is used annually to produce food that is lost or wasted. In addition, the FAO reports that the total volume of water used each year to produce food that is lost or wasted is three times the volume of Lake Geneva. To reduce food waste, which can release harmful gases into the environment, only buy what you need, preparing adequate portions so you don't end up throwing much of your meal away.

The right approach to purchasing and eating food can have a dramatic and positive impact on the planet for decades to come. **E**

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Lynn Rosen and Resident Shoppers Service



Resident Shoppers Service, located at 5946 Success Drive in Rome, New York is bringing clothing and therapeutic shoes direct to over 350 nursing home facilities with their fleet of eight trucks. With over 40 years in business Shoppers Service is dedicated to providing quality service and quality merchandise.

Lynn Rosen, President, explained, it all began in February 1974, when her mother, Maryann Rosen, a dedicated volunteer at local nursing homes, found that the residents missed shopping for their own clothing. She also noticed that fami-

lies had difficulty finding the adaptive clothing so often needed for their loved ones. She had a vision: Why not bring the store directly to them?

Shoppers Service brings retail therapy directly to nursing homes with dedication.

Working out of the basement of Lynn's father's clothing store, Rosen's, in Rome, NY, Resident Shoppers Service, "the Department Store on Wheels," was born. Sadly, they lost Maryann in 2010 after a long illness. Lynn hopes that her mother would be proud to know that her vision carries on.

Lynn, along with a dedicated staff, is devoted to providing customers with a personal shopping experience. Whether it be in person, online, or through their mail order catalog service, shoppers will find quality, fashionable clothing, and footwear at affordable prices. With many years of experience in fashion merchandising, Lynn continues to add an extra dimension to the business with new, up-to-date fashions included in their inventory.

It has always been Lynn's passion to offer customers a great selection of exceptional products and services.

Shoppers Services arrives at facilities with the trucks, essentially bringing a fully stocked clothing

store right to the nursing home. Residents can shop from a full line of name brand clothes; anything you'd find in a department store. Men's fashions include; shirts and sweaters, pants, fleecewear, underwear and nightwear, footwear, and accessories. Ladies can shop separates, sweaters and cardigans, fleecewear, mumus and dusters, nightwear, underwear and slippers, footwear, accessories and more.

Shoppers Services is also well known for their Adaptive Apparel department. 2 full time seamstresses can take nearly any piece of fashionable clothing and transform it into an adaptive apparel to suit your needs. Whether it is simply replacing buttons and zippers with Velcro or adding elastic waistbands Shoppers Services can make clothing work for you.

A new aspect at Shoppers Services is their Therapeutic Footwear department. Do you have Diabetes? Flat feet? Plantar Fasciitis? You may be eligible for shoes at little or no cost. Shoppers Services' professionals are specifically educated and trained to manage comprehensive pedorthic patient care. They use a 3-dimensional state-of-the-art scanning system to access your feet for personalized orthotics. They even have necessary forms available to be printed and filled out by your doctor. Shoppers Service

will process all paperwork for you. With name brands like Dr. Comfort, Orthofeet, New Balance, P.W. Minor, and many more, you'll be sure to find shoes to live life comfortably.

Lynn's lifelong compassion for animals shows through her work as President of the Humane Society of Rome, Inc. Also, Lynn was chosen as the recipient of the 1995 Athena Award, honoring her outstanding work in the community. Senator Nancy Larraine Hoffmann honored Lynn in May 2000 as a "Woman of Distinction." Also in 2000, Lynn received an award from the Elite "Who's Who Among Outstanding Female Executives" for her leadership abilities.

In 2010 Lynn received two awards: ACHCA (American College of Healthcare Administrators) NY Chapter honored her "In Recognition of Outstanding Support & Loyalty" to their organization. On June 25th, Mayor of Rome, Jim Brown, declared the day to be "Lynn Rosen Day" in recognition of her "Dedication and Commitment to the Residents of Our Community."

Lynn served on the Board for the Rome Area Chamber of Commerce for many years, becoming Chairman of the Board in 1993. She also served on the Board of RIDC (Rome Industrial Corporation). She is currently on the Board of the Rome Community Foundation.

Their retail warehouse, located at 5946 Success Drive in Rome, is OPEN TO THE PUBLIC Monday through Friday from 8 am to 5 pm with numerous items to choose from. They offer exceptional one on one customer service. Lynn's Closets Fashion Boutique is also located on the premises and offers purses, scarves, jewelry, and much more. Shoppers Service truly has something for everyone!

For more information, go to: www.shoppersservice.com or call: 1-800-537-3811. **E**

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What schools are doing about childhood obesity



The U.S. Centers for Disease Control and Prevention indicates that childhood obesity rates have more than doubled in children and quadrupled in adolescents in the last 30 years. This is happening in spite of indications that childhood obesity could reduce life expectancy by five years or more. Many children are not participating in free-time physical activity and, according to Blank Children’s Hospital, only 25 percent of children in the United States eat a healthy diet.

Childhood obesity may be an epidemic, but schools are in the position to curb obesity in young students.

Considering children spend six or more hours at school and many eat school lunches or receive in school-provided breakfasts, schools can play a pivotal role in helping to control the rising epidemic of childhood obesity. Here’s a look at just how schools are taking on that challenge.

- Discussing obesity in health and physical education classes: Information is power, and one way to help curb obesity rates is to give children the data needed to make informed decisions. Some schools have implemented healthy eating and exercise initiatives and made nutrition and other health-related topics key parts of health curricula.
 - Modifying school lunch offerings: Schools are taking inventory of not only the foods they offer on lunch menus, but also the feel of the cafeteria so that healthy eating is encouraged. This may include removing vending machines that contain unhealthy snacks or providing a greater array of offerings that include fresh fruits, whole grains and lean protein sources. Some schools also are investing in components, such as salad bars, to store, prepare and display healthy foods.
 - Extending lunch hours: Giving students adequate time to eat and digest can promote healthier eating habits. Research indicates that eating slowly can help a person feel full faster. According to Harvard Medical School, scientists have known for some time that a full stomach is only part of what causes someone to feel satisfied after a meal; the brain must also receive a series of signals from digestive hormones secreted by the gastrointestinal tract. Eating slowly may prevent children from overeating later in the day. That can be achieved by having more time to eat at lunch.
 - Teaching children how to prepare healthy foods: Some schools are taking the mystery out of food preparation by showing students how foods are being prepared in the cafeteria kitchen, while others include basic culinary education in their curricula and extra-curricular offerings.
- Childhood obesity may be an epidemic, but schools are in the position to curb obesity in young students. **E**



Did you know?

Grilling presents a convenient and tasty way to prepare food. Cooking outdoors is a summer-time staple, with some people firing up their grills multiple times a week. To ensure the grill continues to deliver top-notch fare, it is important to keep a clean grill. Cleaning can prolong the lifespan of a grill while also ensuring food is safe to eat.

The grill grates should be brushed down after each and every usage to dislodge any remnants. Remove the burner protectors on a gas grill and scrub them down to remove caked-on grease and other food deposits, wiping any grime from the burners as well. Keep an eye out on how much debris is in the bottom of the grill. Scrape and scoop out any ash and food that has fallen through the grates. Wash down and rinse off any grease.

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HAIR MATTERS

by Amanda Comstock
at Julie Diehl Salon



Charlie decided last month that she needed a spring pick me up. She liked her base color but needed a little something to make it a bit different for the season. During our consultation, we decided on highlights and lowlights to accent her gorgeous base color without going too light or too dark. She also wanted to see each individual highlight and lowlight but didn't want it to look streaky so I suggested doing straight slices in diagonal placements throughout her head so they're noticeable but still flow nicely.

After our consultation I got started. At the nape of the neck I separated out half inch sections starting with my lightener, and every other section I used my lowlight which was a level 4 neutral. Once I was done applying foils to the back of her head, I moved to the sides using the same technique alternating highlight and lowlight.

After all of the foils were in I went back through and in between each foil I applied her base color which was a level 6 golden brown with 20 volume developer. I let her color process for 10 minutes under my color processing machine and then she was ready to shampoo and condition using Amika's Color Perfection shampoo and Triple Rx conditioner.

She was then ready for her cut. During our consultation Charlie decided that she wanted to leave as much of the length as possible and only trimming off enough to make it healthy while adding a few more layers and keeping her angle in the front. After the cut was complete, I then blew her out with a round brush nice and smooth so we could get a look at her new color.

After about 1.5 hours and \$110, we were both absolutely thrilled with the results! With a fresh cut and beautiful dimension going through her gorgeous base color, she was ready for the summer months!



Don't let sunburn derail summer fun

Many people find it impossible to think about summer without conjuring visions of spending endless hours outdoors from morning until evening, whether beachside, on the open water or even floating in a backyard pool. Although a certain measure of sun exposure is required for some natural functions of the body, it's well documented that too much time in the sun can be hazardous to one's health. That's why summer frolickers need to exercise considerable caution each time they step outside.

Taking sunburn for

granted can be a big mistake. Many people wouldn't risk burns from a hot stove or open fire, but they won't think twice about being unprotected under the very hot rays of the sun. The Centers for Disease Control and Prevention says more than one-third of adults and nearly 70 percent of children admit to suffering from sunburn within the past year. Depending on the intensity of the sun and the amount of time spent outside, sunburn can be a first- or second-degree burn. In first-degree burns, damage affects the topmost layer of skin. However, sunburn can even affect



deeper layers and cause blistering in addition to redness and pain.

Sunburn also can cause some irreparable damage that goes unseen. According to WebMD, ultraviolet light from the sun can alter DNA, prematurely aging skin or even contributing to skin cancers. It can take years before symptoms become noticeable. Therefore, it is best for people of all ages to exercise caution when spending time in the sun.

Sunburn is one of the most easily prevented summertime ailments. It's also important to note

that sunburns are not just limited to the hot weather or when it is sunny outside. Ultraviolet damage can occur at any time of the year, and also from artificial UV sources, such as tanning beds. Preventing sunburn is simple.

- The Mayo Clinic says the sun's rays are the strongest between 10 a.m. and 4 p.m., so schedule outdoor activities for other times of day. Otherwise, limit exposure to the sun and take frequent breaks in the shade.

- Wear protective clothing that covers the arms and legs. Some outdoor gear is designed to offer sun protection. Tightly woven fabrics tend to help the most.

- Apply — and reapply — sunscreen. Look for products that offer an SPF of 15 or greater. The American Academy of Dermatology actually recommends an SPF of 30 or greater. Make sure the product is broad-spectrum, meaning it protects against UVA and UVB rays. Apply sunscreen thoroughly, paying attention to the tops of feet, hands and other places that tend to go untreated. Reapply every two hours or more frequently, if necessary.

- Base tans do not protect the skin. Research does not support the habit of getting a tan to prevent subsequent sunburn.

- Protect the face and eyes by wearing a wide-brimmed hat and highly rated UV protection sunglasses.

The Skin Cancer Foundation says a person's risk for melanoma doubles if he or she has had five or more sunburns. Use protection, stay hydrated and play it smart to enjoy summer to the fullest. **E**

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Minimize dark circles under the eyes



Dark circles under the eyes may be a byproduct of various circumstances. Getting to the root of the problem can help women (and men) look more awake and fresh.

• **Accept genetics**

Genetics may be the biggest culprit in undereye circles. Some people simply inherit fair or thin skin around the eyes. This can make blood that pools in these areas (from stretched or broken capillaries) more visible. While a person cannot change his or her skin tone, gently washing one’s face — paying careful attention to the sensitive eye area — can help reduce damage. Also, getting more sleep can increase circulation to this area and prevent blood pooling.

• **Treat allergies and sinus issues**

According to Allergy & Asthma Care of New York, allergies and other sinus issues can cause puffiness and dark eye circles. Histamines, which are released when an allergen is present, can cause blood vessels to swell and inflame. Getting tested for seasonal allergies can help people identify some possible triggers. Alleviating allergy symptoms can reduce the appearance of dark circles in

some cases.

• **Reduce swelling**

Undereye bags can cause shadows to form and increase the appearance of dark circles. To remedy this, try to reduce fluid pooling in the face. Sleep elevated on a few pillows so that fluid flows away from the eyes. Reduce consumption of alcohol and salty foods, which can exacerbate fluid retention. Cool compresses can be used to massage fluid gently away from the eyes as well.

• **Apply sunscreen**

Dark circles may result from pigmentation changes that occur after exposure to the sun or some other type of UV light. Individuals who apply sunscreen on their faces, including around their eyes, may be able to reduce or prevent pigment changes.

• **Rely on concealer**

Makeup can help counter the look of dark shadows and pigmentation around the eyes. Use a shade that is opposite the color of the circles to camouflage them. For example, use orange-yellow tones to combat blue-purple shading under the eyes. Makeup artists also advise applying concealer in the shape of a triangle. That way a person is creating a light arrow that draws attention to the bright part of her eyes.

Undereye circles and swelling can be alleviated when people get to the source of the problem. A combination of treating the sources and masking the issue can help. In severe cases, individuals should visit their dermatologists. **E**

How common is carpal tunnel?

Increased hours spent on computer keyboards and digital devices can put people at risk for a relatively common and oftentimes painful condition that affects mobility in the wrist. Carpal tunnel syndrome, or CTS, can cause numbness, pain and tingling in the hand or arm as a result of one of the major nerves of the hand — the median nerve — being compressed in the wrist.

The American College of Rheumatology says that CTS may be the most common nerve disorder experienced today, affecting between four and 10 million people in the United States alone. Middle-aged to older individuals are more likely to develop CTS than younger persons, and females are diagnosed three times more frequently than males.

What is the carpal tunnel?

The carpal tunnel is a passage that forms in the wrist on the palm side of the hand. It is located just beneath the skin surface. The National Institute of Neurological Disorders and Stroke says the carpal tunnel is a narrow, rigid passageway of ligament and bones. Eight small wrist bones form three sides of the tunnel. The width of the tunnel is only about an inch. Injury or inflammation to the tissues inside of the carpal tunnel can shrink the space of the tunnel, eventually pressing on the tendons and the median nerve that runs through this narrow area.

The role of the median nerve

When compression occurs in this area of the wrist, a key nerve is affected. The median nerve originates in the neck and runs through the arm. The median nerve passes through the carpal tunnel at the wrist and goes into the hand, providing feeling to the palm side of the thumb and to the index, middle and part of the ring fingers (although not the little finger). It also controls some small muscles at the base of the thumb.

Symptoms of carpal tunnel

Weakness of the hand as well as tingling and numbness are the two most common symptoms of CTS. The numbness particularly affects four of the fingers. It can occur when holding a phone, book, newspaper or steering wheel or engaging in just about any activity that involves the hands. CTS also may wake a person up from sleep.

There are a number of other compression issues that can occur in the hand and arms, causing similar pain and tingling in other areas. Ulnar nerve compression in the elbow can cause part of the ring finger and pinky finger to tingle and may be indicative of a different ailment. That’s why a professional diagnosis must be sought when experiencing symptoms related to CTS.

When to see a doctor

If pain and tingling are affecting activities and sleeping patterns, individuals should see their doctors. Various nonsurgical remedies and therapies may help. If left untreated, any condition that affects nerve function may lead to permanent nerve and muscle damage. **E**

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Treatments for Alzheimer’s disease continue to evolve

Alzheimer’s disease is one of the most prevalent types of dementia in the world, affecting an estimated 35.6 million people all over the globe, and that number is expected to double in 20 years.

The Alzheimer’s Foundation of America estimates that as many as 5.1 million Americans may be living with Alzheimer’s disease. People with Alzheimer’s disease and other types of dementia may experi-

ence a decline in mental function severe enough to reduce their ability to perform everyday activities. Some of the cognitive functions that may be impaired include memory, communication and language, ability to pay attention, reasoning and judgement, emotional control, and social behavior.

There is no cure for Alzheimer’s disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies. The following are some of the more promising options in the works.

Leukine

A safety trial on the drug Leukine already is underway at the Colorado University Anschutz Medical Campus.

“We found so far that Leukine is safe in people with Alzheimer’s disease,” said Dr. Huntington Potter, the director of Alzheimer’s research at the university. “That means it doesn’t have the side

effects that so many other Alzheimer’s drugs have had, which are swelling in the brain and bleeding into the brain.”

Leukine has been successful in removing the plaque or amyloid along the outside of nerve cells in the brain of mice. Researchers do not know the exact mechanism for removal, but the drug is working and working quickly. Leukine also may be helping the brain repair itself. The Alzheimer’s Association has donated \$1 million toward financing the costs of the next phase of this trial.

Insulin

Neurologists at Rush University Medical Center are testing a type of insulin that is inhaled through a nasal spray to see if it improves cognition and memory function in people with mild cognitive impairment.

“There is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of Alzheimer’s disease,” said Dr. Neelum

Aggarwal, a neurologist at Rush and the lead investigator of the study.

The 18-month clinical trial will study the nasal spray versus a placebo in 275 adults between the ages of 55 and 85.

Xanamem

Australian researchers at Actinogen Medical have begun trials of a new drug called Xanamem. More than 170 patients with mild dementia in Australia, the United States and the United Kingdom will take part in the placebo-controlled 12-week trial. The medicine blocks the stress hormone cortisol in order to improve mental function for those with dementias. In 2015, an Edinburgh University study of mice showed reducing cortisol in the brain improved their memory and decreased the number of Alzheimer’s-associated amyloid plaques in the brain.

Researchers continue to work as they seek a successful, long-term option for treating or preventing Alzheimer’s disease and other dementias. ■





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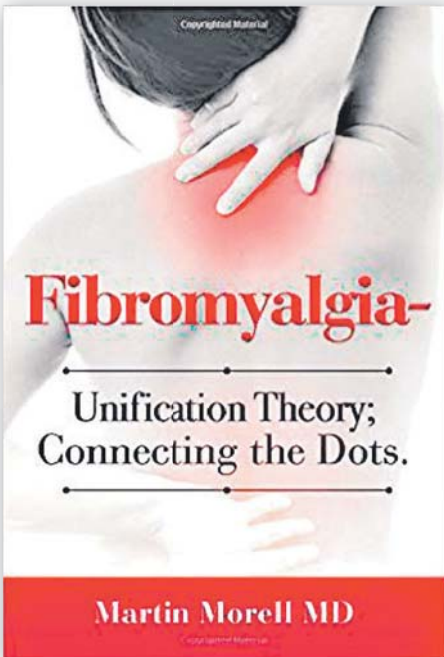
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How to improve flexibility



Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop

to perform everyday tasks. As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

- Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

- Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydration. Drink plenty of water before, during and after

workouts.



- Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause

aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

- Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life. ■



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Bear with head stuck in jug for weeks rescued from plight

KIRKWOOD, N.Y. (AP) — A black bear spotted for weeks in rural New York state with his head trapped in a plastic food jug has been rescued from his plight.

State wildlife officers near Binghamton received a call April 24 from a woman who said a black bear with a bucket stuck on its head was in her yard. Other residents reported seeing the same bear.

State wildlife biologists captured three bears in traps over the next weeks but none was what had been dubbed the “bucket head” bear.

A homeowner called the Department of Environmental Conservation’s Kirkwood office after spotting the bear, and wildlife biologists tracked it to a nearby property May 19. They tranquilized the animal, removed the container from its head, and later released it into woods. **E**



Photo from NYS Department of Environmental Conservation. Sedated bear resting peacefully and free from the jug that would have eventually caused its death.

What makes a beer a craft beer?

The craft beer business is booming. According to the Brewers Association, small and independent American craft brewers contributed \$55.7 billion to the United States economy in 2014, providing more than 424,000 jobs across the country.

While craft beer is growing in popularity, even the most ardent craft beer drinkers may not know just what qualifies a beer for craft beer status. Defining craft beer can be difficult, but the Brewers Association says there are certain criteria that American brewers should meet before they can be characterized as craft brewers.

- Size: Craft brewers are small, with CraftBeer.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.

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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.

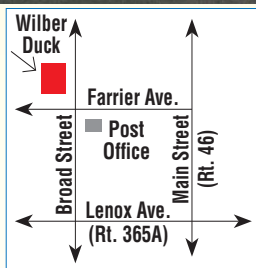
The craft beer business is booming and has revolutionized how people think about and consume beer. More information about craft beer is available at www.brewersassociation.org. **E**

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<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>SINCE 1945 UNITED AUTO SALES</p> </div> <div style="width: 80%;"> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="text-align: center;"> 2016 Nissan Rogue SV  STK# 76773LD \$21,900 </td> <td style="text-align: center;"> 2014 Chrysler 200 Limited  STK# 76833LD \$13,900 </td> <td style="text-align: center;"> 2016 Chrysler 300  STK# 76337LD \$23,900 </td> <td style="text-align: center;"> 2014 Cadillac CTS Coupe  STK# 76870LD \$25,900 </td> </tr> </tbody> </table> </div> </div>						2016 Nissan Rogue SV  STK# 76773LD \$21,900	2014 Chrysler 200 Limited  STK# 76833LD \$13,900	2016 Chrysler 300  STK# 76337LD \$23,900	2014 Cadillac CTS Coupe  STK# 76870LD \$25,900
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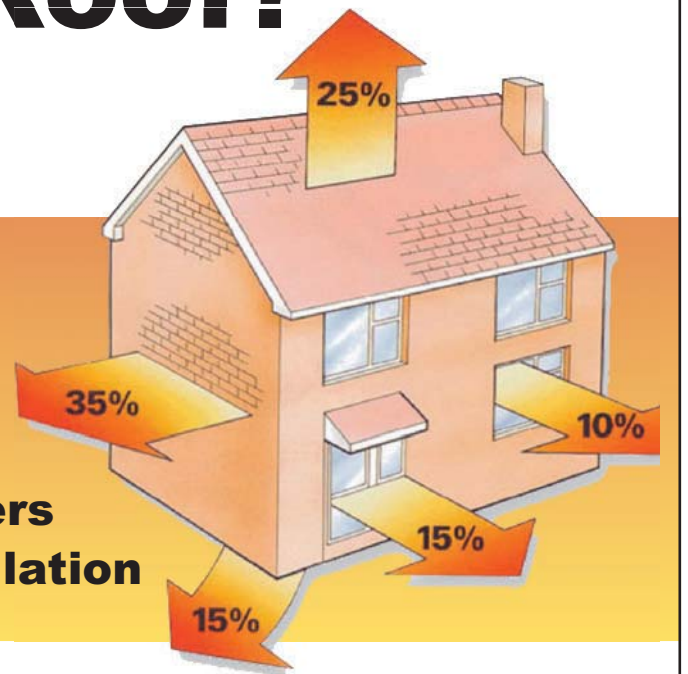
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