



The Country Editor

July 31, 2013

Volume 1 Number 16

Just good reading



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Making big guns: New York's Watervliet Arsenal turns 200
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In Pennsylvania, dairy farmers keep camel herd, sell milk
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by Kelly Gates

As a child in Brazil, Dalton Ghetti always carried a razor blade or pocketknife to school. They weren't to protect him from bullies. Students used these tools to sharpen pencils when they became dull.

After many years of fine-tuning his sharpening skills and many more years of carving branches, logs and wooden broom handles into various objects to pass time, Ghetti grew up and discovered a pastime that combines all of these things into one unique,

Left - Dalton Ghetti patiently shaves off tiny pieces of graphite from a pencil to create a sculpture.
Photos courtesy of Dalton Ghetti

Micro meditation

amazing series of artworks.

"When I was around 21, I kept hearing about all of the nanotechnology that was supposed to emerge soon. Everything was going to be really tiny," he told The Country Editor. "I had been carving all sorts of objects and wanted to see how small I could go too, so I pulled a pencil out from behind my ear and started scraping away at it."

While a razor blade was suitable for cutting the wood of the pencil and helping to form the basic shapes into the lead, the budding artist needed smaller tools to manage the intricate details. Again, he looked to his childhood for the solution.

According to Ghetti, he took sewing needles and

fashioned them into micro instruments that enabled him to dig and shave the graphite tips of pencils into elaborate shapes.

"My mother was a seamstress and because of her, I learned to work with sewing needles at a young age," explained Ghetti. "So, I took one and a half inch sewing needles and pressed the tips into a sharpening stone until I had angled tips, flat chiseled tips, oval cutting tips and other edges that resembled normal-sized sculpting tools."

He also buys 800 and 900 grit sandpaper, which is used to gently slough off layers of lead as he works. Sometimes, regular writing paper is used for the same purpose.

When hollowing out part of his pint-sized

pieces, the artist will use small diameter wires that can be pulled through holes and gently shifted back and forth to widen the openings.

"My very first piece was a hand holding a hollow chalice called, 'Cheers,'" he said. "Since then, I have made the entire alphabet—one letter per pencil—and carpentry tools, animals, a mailbox, a church, a cabin and all sorts of other objects."

A carpenter by trade, Ghetti is working on a series of tools, including a hammer and saw that are already finished. He even uses mostly carpenter's pencils for his pieces, utilizing their inherently wide, rectangular graphite inserts to create even more ornate micro sculptures.

See Micro page 3

Ecology of a neighbor

by S.D. Shapiro

Neighbor: [ney -ber] noun

1. a person who lives near another.

2. a person or thing that is near another.

3. one's fellow human being; to be generous toward one's less fortunate neighbors.

4. a person who shows kindness or helpfulness toward his or her fellow humans; to be a neighbor to someone in distress.

5. (used as a term of address, especially as a friendly greeting to a stranger): Tell me, neighbor, which way to town?

Most people consider the house next door as their neighbor. You might count the people across the street as your neighbor. Mr. Fred Rogers looked at the camera and invited us, "Won't you be my neighbor?" Lucy and Desi had Fred and Ethel. Mr. Wilson had Denis the Menace and Tom the tool man Taylor had that guy who peered over the fence. We all have

neighbors.

A neighbor's primary job is to be supportive to their neighbors. Be there in times of need. It's actually an easy job; loan a weed whacker or borrow a cup of sugar. Sometimes, it's as simple as being a good listener.

Robert Frost, poet laureate of the United States, wrote in his famous poem, Mending Wall: 'Good fences make good neighbors.' The poem was first published in 1914 and while the line about fences making good neighbors appears in the 27th line and again in the final line of the poem, Frost actually spends a great deal of time questioning the proverb. The poem's narrator asks if they even need the wall. "He is all pine and I am apple orchard. My apple trees will never get across/ And eat the cones under his pines, I tell him. He only says, 'Good fences make good neighbors.'"

The proverb originates from the

See Neighbor page 4



This driver came from Saratoga to help. His passenger came from Long Island.

Photos by S.D. Shapiro

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Broadway gets beastly — thanks to a dog lover

by Mark Kennedy, AP Drama Writer

NEW YORK (AP) — Bernadette Peters stopped by a desolate corner of Brooklyn the other day to hang out with a special group of fans. They were literally barking.

A deafening chorus of woofs greeted the two-time Tony Award winner as she toured the Brooklyn Animal Resource Coalition and checked in with shelter dogs Louise, Melissa, Sparrow, Joseph, Bobby, Greg and Diamond.

"This is my passion," she says after scratching furry backs, stroking tails and caressing grateful ears. "I realized what a womanizer is because I'm a dog-inizer. I want every dog, like the man who wants every woman."

The love goes both ways: Many animals in this no-kill, privately run animal shelter owe their lives to Peters, who is known to scan the lists of dogs scheduled to be euthanized and rush over to save them from death.

"It isn't hard to find people who care about animals, but when you have the passion that Bernadette has and the drive and the consistent effort to save all these critters, that's special," says fellow actor David Hyde Pierce.

Peters visited the shelter on this day hoping it would be the last time she sees many of "her dogs" there — several which later starred in the recent adopt-a-thon held on July 13. She co-founded the adopt-a-thon 15 years ago called Broadway Barks.

She and fellow actress and animal advocate Mary Tyler Moore started the annual star-studded event in 1999 in Shubert Alley — a pedestrian alley at the heart of the Broadway theater district — to help promote animal adoption and raise awareness of the plight of homeless animals.

The free event has grown from a folding-table affair

with a few animals from six shelters to a mammoth one with celebrities, musical acts and animals from 27 shelters across the city. There will be signed memorabilia like calendars and stuffed dogs, with all proceeds going to help homeless animals.

"We're all there for the love of animals," says Jane Lynch, a veteran animal rights activist who has been playing Miss Hannigan in the "Annie" revival on Broadway and was asked by Peters to help out Broadway Barks this year.

"What's so wonderful about Broadway Barks is that it reaches a whole new audience all of its own — theatergoers and theater lovers and show fans, not to mention so many of the cast and crew," says Gail Buchwald, senior vice president of the ASPCA, which sponsors the event.

The event estimates it helps find homes for 200 animals each year, part of the reason the numbers of animals killed in the city has been falling. An estimated 31,000 animals were euthanized in 2003 and only 8,000 last year.

"We're doing better, but we're still not there yet," says Peters, who calculates that there are 7 million unwanted animals nationwide. "I'm not giving up. I'm not giving up."

Peters, who has two rescue dogs of her own, is always on the lookout to connect a homeless animal with a loving home, as she did recently with the actor and singer Cheyenne Jackson. He had been mourning the loss of his dog Zora and wasn't ready for a new dog when he got an email from Peters.

"Not even any text in the email, just this picture of this dog came up," recalls Jackson with a laugh. "It was this little scrapper. He looked like the Tramp from 'Lady and the Tramp.'" Jackson and his husband, Monte Lapka, soon welcomed Brillo into their lives.

Recently, Jackson was named one of the grand mar-

shals at San Francisco Pride's Parade and Peters was delighted to see him photographed along the route cuddling Brillo. "It was meant to be," Peters says, like a happy matchmaker.

Lynch and Pierce may be the big stars at Broadway Barks this year but both know they'll be taking a backseat to the sweet, furry visitors to Broadway.

"The irony, of course, is that when you go there you think you're the celebrity but once you get on that stage you realize, 'No, it's the animals,'" says Pierce, who is starring in "Vanya and Sonia and Masha and Spike" and has two pooches at home. "You're sort of a glorified plant stand for a dog or a cat — and that's absolutely fine."



Each year at the fun-filled Broadway Barks, animal rescue groups and Broadway celebrities present adoptable pets to fans gathered in Shubert Alley.
 Photo by Rick Edwards, courtesy of Mayor's Alliance for NYC's Animals

Micro from Page 1

Nearly every pencil he picks is recycled. Ghetti finds them lying around job sites—discarded by other construction workers who do not deem them valuable.

The native Brazilian's work has captured the attention of museums and art galleries around the world. It also inspired the creation of a 9/11 memorial called, "3,000 Tears."

"I carved a single tear from the graphite of Number 2 pencils every day for nearly 10 years, working to have 3,000 individual, free-standing tears completed by the 10 year anniversary of the 9/11 attacks, representing the nearly 3,000 people who died—one teardrop for each person," noted Ghetti. "When I was done carving, all the teardrops fit into my two cupped hands. I arranged them into the shape of one, big teardrop on a piece of glass and then poured plaster over the top to embed them into it permanently."

The entire piece was then framed behind glass and will soon become part of a traveling exhibition dedicated to those who lost their lives during the attacks.

Creating such elaborate artworks takes a steady hand, the right lighting and a lot of patience, the artist said. Some of the simpler pieces take five months or more to complete.

And, far too often, the graphite breaks mid-sculpting, causing Ghetti to begin anew.

"If I can work out in the bright sunlight, I will do that, but most of the time I sit at a small table with a very strong light source overhead," he said. "I can only work for about an hour to an hour and a half at a time so it can take many months to finish a single piece, but I work until I am done with each one before moving on to the next. You can



This piece is called 'The Chain'. The chain linking the pencils is made from the graphite in the pencil.

imagine how frustrating it is when I work for several months and suddenly, it breaks."

Ghetti has come to expect breakage as part of the process. In fact, he sets out to create a new piece, assuming that it will break. If it doesn't, "it's a bonus," he exclaimed.

He has kept the broken pieces along with the intact ones. They are showcased together in a grouping so people can still enjoy their beauty.

While Ghetti considers himself an artist, sculpting is just a hobby for the man. It's a means of unwinding after a long day of work, a process that forces him to zone out for a while.

"It is very cathartic for me, a sort of meditation," he said. "It's not that it teaches me patience, as some people might think. I believe that I am a naturally patient person and this process and the art that results is a reflection of that. It is a revelation of my calm persistence."



This tear drop shaped sculpture is a memorial for those who lost their lives on 9/11. Within the teardrop are individual teardrops representing each person who died.

Brambly delicious

by **Troy Bishopp, aka The Grass Whisperer**

There in the thickets, along fencerows and places only deer and black flies fear to tread, they maliciously darn any exposed skin when attempting to pick their drupelets of sweet goodness. Just the juice alone can stain your fingers and shirt for weeks while the seeds can require the most precise of dental flossing. And yet, for many a strong-willed forager, the July ripened “rubus” genus families of blackberries, blackcaps or black raspberries are well worth the challenges in harvesting.

This mystical florican seems to pop up whenever and wherever conditions are right especially as a hedgerow or forest receives rays of sunshine after a cutting. With what I’ve seen at our farm, I have to believe the bird’s random deposit to the seed-bank will last for years. The cool thing is its proliferation happens for free. As any farmer knows though, ya gotta know where to find them.

At one time I had this grand plan to use my grazing chart map to record where all the plants resided. While good intentioned, this took all the fun out of the hunt so I scrapped it but made a recording that berries would be ripening after July 15. This documentation is critical as a way to know when you’re going to get the first warm pie slathered with vanilla ice-cream.

Even though the wild berries are small and take some effort to glean

enough for a pie or jam, the nutritional merits are one that make doctors smile. The blackberry family is high in gallic acid, rutin and ellagic acid, a known chemo-preventative, with anti-viral and anti-bacterial properties.

With their dark blue pigment, blackberries have one of the highest antioxidant levels and are credited with decreasing the rate at which the memory deteriorates (like mine). Blackberries are also rich in Vitamin C and fiber, while being low in calories, carbohydrates and have no fat which makes them popular in all sorts of diets. Those pesky seeds even contain some oil which is rich in omega-3 and linoleic acid.

There are other things one can do with brambles, such as boiling bramble leaves with lye to make a black hair dye (for those who don’t want to be blonde) or using bramble leaf tea as an alleged cure for various ailments from hernias to dysentery. The plant’s trailing running shoots can be collected and scraped while the spikes are still soft, which reveals a moist, soft center that can be eaten raw on its own or in salads. Even old bramble shoots have traditionally been used to make basketry, including skeps (wicker baskets used as beehives).

Every time I run into their prickly facade while tying off my poly-wire to the fence, it seems to conjure up a desire to go brambling, (a term used by some for the picking of wild blackberries not to be confused with the sissy

picking of thornless varieties). I fondly remember journeys into the woodland abyss with my grandparents as a child which always seemed to be more fun than work.

I tried to recreate this magic with my kids but all I got was complaining about the heat, scratches, flies and too much work with too little reward. As I grew older, time constraints and the “gotta be somewhere” syndrome caught up with me and I have to admit not having the patience to pick either, against the site of a hammock or pool. Most of the available pollen and fruit just goes to feed the insects and wildlife which is okay too.

This year I am rededicating myself to the harvest of this nearly tax-free food as the wet, hot and humid weather is producing a bumper crop of mosquitoes and wonderful plump blackberries. Having just turned 50, I’m gonna need the bramble’s fiber and antioxidants in my diet while exercising in the thicket building cardiac health. This activity fits the bill.

Health benefits aside, I’m really looking forward to the sweet taste as it complements some of my favorite foods like ice-cream, toast, yogurt, salads, wine



Just the juice alone can stain your fingers and shirt for weeks while the seeds can require the most precise of dental flossing. Photo courtesy of Troy Bishopp

and a new concoction I just enjoyed made with gin, aptly named “the Bramble”.

In researching the sacred fruit, it’s apparent more people are interested in the wireless handheld device than the experience of picking and enjoying this notable black honey of summer. Shame is while those smartphones can be construed as sweet — they basically taste like plastic...

Eye-tracking could outshine passwords if made user-friendly

by **Michelle Ma, University of Washington**

It’s a wonder we still put up with passwords.

We forget our highly secretive combinations, so we frequently have them reset and sent to our cellphones and alternative email addresses. We come up with clever jumbles of letters and words, only to mess up the order. We sit there on the login screen, desperately punching in a code we should know by heart.

Despite their inefficiencies, passwords are still the most common electronic authentication systems, protecting everything from our bank accounts, laptops and email to health information, utility bills and, of course, our Facebook profiles. While fingerprint- and eye- and face-recognition authentication technology is progressing, these biometric security systems haven’t yet gone mainstream.

University of Washington engineers are trying to figure out why. They found in a recent study that the user’s experience could be key to creating a system that doesn’t rely on passwords.

“How humans interact with biometric devices is critically important for their future success,” said lead researcher Cecilia Aragon, a UW associate professor of human-centered design and engineering. “This is the beginning of looking at biometric authentication as a socio-technical system, where not only does it require that it be efficient and accurate, but also something that people trust, accept and don’t get frustrated with.”

Aragon believes one of the reasons face- and eye-recognition systems haven’t taken off is because the user’s experience often isn’t factored into the design. Her team presented its study, one of the first in the field to look at user preferences, at the International Association for Pattern Recognition’s International Conference on Biometrics in June. The researchers found that speed, accuracy and choice of error messages were all important for the success of an eye-tracking system.

“If you develop the technology and user interface in parallel, you can make sure the technology fits the users rather than the other way around,” Aragon said. “It’s very important to have feedback from all stakeholders in the process while you’re designing a biometric identification system.”

The UW team, in collaboration with Oleg Komogortsev at Texas State University, developed a new biometric authentication technique that identifies people based on their eye movements. They ran subjects through several types of authentication, then asked for feedback on the usability and perceived security.

In the study, users simulated withdrawing money from an ATM. The prototype — an ATM-lookalike computer screen with eye-tracking technology — presented three separate types of authentication: a standard four-number PIN, a target-based game that tracks a person’s gaze, and a reading exercise that follows how a user’s eyes move past each word. With each,

researchers measured how long it took and how often the system had to recalibrate.

Eye-tracking technology uses infrared light and cameras. The light reflects off the surface of the eyeball back to the camera when a user’s eye is following a dot or words on the computer screen. The tracking device picks up the unique way each person’s eye moves.

The UW research team chose the ATM scenario because it’s familiar to most people and many machines already have a basic security camera installed.

“The goal of eye-tracking signatures is to enable inexpensive cameras instead of specialized eye-tracking hardware,” Aragon said. “This system can be used by basically any technology that has a camera, even a low-quality webcam.”

When interviewed afterward, most of the study subjects said they don’t trust the standard push-button PIN used in most ATMs, and most assumed that the more advanced technologies would offer the best security.

But when authentication failed — the research team deliberately caused it to not recognize users during one trial — they lost faith in the eye-tracking systems. This study showed that future eye-tracking technology should give clear error messages or directions on how users should proceed if they get off track.

“The error messages we provided and the feedback we gave were really important for making it usable,” said Michael Brooks, a UW doctoral student in human centered design and engineer-

ing. “It would have been difficult to design these prototypes without getting feedback from users early on.”

The standard PIN authentication won for its speed and user-friendliness, but the dot targeting exercise also scored high among users and didn’t take nearly as long as the reading exercise. This game-like option could be a model for future versions, Brooks said.

The researchers plan to look next at developing similar eye-tracking authentication for other systems that use basic cameras such as desktop computers. A similar design could be used to log in or gain access to a secure website.

The research was funded by the National Institute of Standards and Technology.



The prototype was built to simulate an ATM screen. In this scenario, users followed the highlighted dots with their eyes and the technology tracked their unique eye movements.

Photos by Michael Brooks, UW

Making big guns: New York's Watervliet Arsenal turns 200

WATERVLIET, NY (AP) — The Albany-area factory that makes big guns for the U.S. Army is marking its second century in operation. The Watervliet (wah-ter-vuh-LEET) Arsenal was founded 200 years ago July 14. The site started production in the second year of the War of 1812, when it supplied American troops fighting British forces along the



Watervliet Arsenal Museum located inside the historic Iron Building, Building 38, Watervliet Arsenal, Watervliet, NY.
Photo by Leonard J. DeFrancisci, wikimedia

The Country Editor

Just good reading
Published weekly on Wednesday by Lee Publications
6113 St. Hwy. 5, Palatine Bridge, NY 13428

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Canadian border. Later in the century, the factory just north of Albany began making cannons for the U.S. military. Today, the arsenal is the Army's manufacturer of large-caliber cannons and mortars. Some 600 employees at the site work for the Department of the Army, while another 800 are employed by the New York Army National Guard and private businesses. Anniversary events at the arsenal were canceled because of federal sequestration, but a ceremony marking the bicentennial was held last month.

Neighbor from Page 1



Fences may make good neighbors, good people do as well.

mid 1600s. It's stuck around for a long time. Thankfully, Sesame Street taught us better. Bert and Ernie never turned their backs on Oscar even though he's a grouch. Gordon was there for Big Bird when Mr. Hooper died. He supported his friend. He was a neighbor.

With the recent flooding in Central New York we've figured out we have more neighbors than we thought. There are 314 million people in the United States of America. And we're all neighbors. Your neighbor might live down the street or around the corner. Some came

from Syracuse, Rochester or Buffalo. They came from Little Falls and Ilion. Some came from further away and some came from small towns and places you've never even heard of before. But they came. The Salvation Army came. The Red Cross came. National Grid came. Fire crews from

around the state came. Your neighbors came. We need to remember this the next time we're mending our walls. We need to question if we need the wall at all. Good fences make good neighbors but good people make good neighbors, too.

Sound advice

by Elizabeth Lipiec Zerbst

Time is on the side of youth... but wisdom comes with age.
We all must read the book of life... page by grueling page.
Each generation growing up... is filled with youthful zest.
Youth dreams of wealth, success and fame... before they face life's test.

The world is not a simple thing...to carry on young shoulders.
Youth needs to heed the sound advice... of people who are older.
We've been there and we've done that... but we surely don't know it all.
Yet words of wisdom and experience... might soften life's little falls.

When you don't see it coming... a fall can really hurt
But you can land safely on your feet... when you are prepared and alert.
Here are some words of sound advice... from one not quite yet over the hill.
Listen to them very carefully... and heed them, if you will.

Don't bite off more than you can chew... Don't put off until tomorrow.
Decide what means the most to you... Don't dwell on loss and sorrow.
Always do the best you can... the world can't ask for more.
Be forgiving of your fellow man... instead of keeping score.

You cannot walk through a door that's locked...or cross a bridge you've burned.
You can't get back what you've thrown away...These are life's lessons to be learned.
Appreciate the things you have...Don't take more than your fair share.
Tomorrow comes sooner than you think...so try to be prepared.

Find someone that you can love...who will share your joy and pain.
Appreciate the sunny days in life...but realize that we also need rain.
Before you criticize others... and consider their lives a disgrace...
ask yourself, "What have I done... to make this world a better place?"

Elizabeth, known to her friends and family as Betty, grew up on a dairy farm in the town of Danube. She and her husband Fred now live on their 49 acre hobby farm in the town of Stratford. Betty has been writing poetry since junior high school, and presently has several self-published books. www.elizabethzerbst.com

Things that mar an automotive paint job

Most people purchase a car for its looks and performance. However, un-

the clear coat or enamel paint on the car is something vehicle owners ex-

to take an active role in maintenance and damage prevention. One of the

increases. Also, it may be very difficult to clean if the offender is allowed to sit on the paint. Here are some other factors to consider.

- **UV light:** Just as UV light can affect skin, hair and other parts of the body, it also can affect the paint on a car. UV rays oxidize the paint and cause a white, powdery film to form on the car. Washing the car frequently enough and applying the best quality wax will help keep UV rays from penetrating through the paint.

- **Over sprays:** Life does not stop to allow cars to drive through, particularly when it comes to construction zones. It's possible for a car to be doused in paint spray, tar, concrete, and other

chemicals that are routinely used in construction. Do not allow these substances to harden on the car. Rinse promptly with automotive soap. Try to avoid construction zones whenever possible.

- **Rain:** Both acid rain and regular rainwater (and other sources of water) can dissolve paint over time. The U.S. Geological Survey has said that water is a universal solvent because it can dissolve more substances than any other liquid. Whenever the car becomes wet, it should be dried with a towel or chamois and not allowed to air dry.

- **Natural substances:** Tree sap, bird droppings and splattered insects contain compounds that can erode the paint on a car. Avoid parking under large trees where sap and bird droppings may be prevalent. In terms of bug splatter, try to wash it off as soon as possible to alleviate damage.

- **Eggs:** Oftentimes, rambunctious children think it is funny to egg a car. However, the enzymes and sulfur content in eggs can cause paint and clear coat to dissolve, leaving white spots in the wake of the egg. Because egg can be sticky and very hard to remove once dried, it is helpful to wash it off as soon as possible. It takes only a few hours for the damage to be permanent.

- **Bleach:** Although a bleach-and-water solution is often heralded for its ability to clean many things, it should not be used on a car. Bleach is an oxidizer and it will pit metal and discolor paint. Be careful with pool chemicals as well, as chlorinator is usually regular household bleach.

There are many things that can damage a car paint job. Although it's impossible to shield the car from everything, there are precautions that can be taken.



less the auto is kept in a garage and never driven, it is impossible to keep it in pristine condition. In many cases, damage to

pect.

A car owner who decides he or she wants the car to remain in the best shape possible will have

key things to remember is to never allow any substance to remain on the paint for too long; otherwise the risk for damage

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Weekly SUDOKU

by Linda Thistle

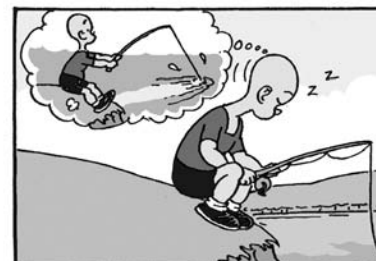
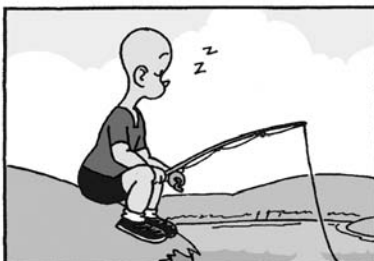
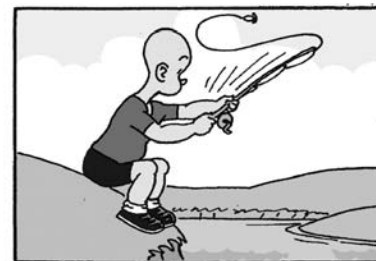
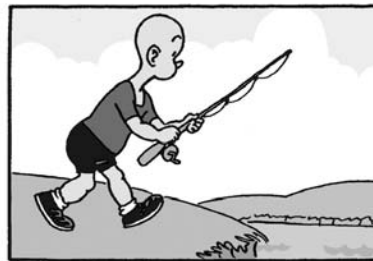
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

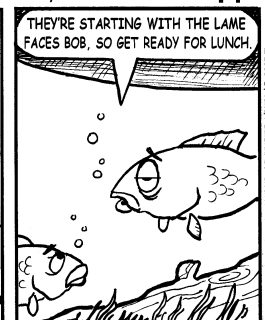
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Amber Waves



by Dave T. Phipps



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Protect nature when hiking

Nature beckons adventurers across the globe. Recreational and ardent hikers venture into the landscape to get a glimpse of the wonders of the great outdoors. Veteran hikers are often careful to watch out for and protect natural resources, while novice hikers may not be aware of that responsibility. Hiking responsibly includes being mindful of natural habitats and what you bring in or take away from parks, forests and other natural areas.

Carry in/carry out

Part of protecting nature involves carrying out what you carry in. What you bring with you in your backpack should not be left behind. Some parks and wildlife centers do not have trash receptacles, so it is up to you as the hiker to carry trash out of your surroundings and properly dispose of it. Children who may not understand litter and its impact on habitats can be taught lessons about picking up trash and taking items with them out of the park when hiking.

Even though foods like fruit rinds or seeds can be biodegradable, it is still important to take your food with you when you leave the park. If you don't, you may inadvertently introduce a foreign species of plant to a habitat that can overtake indigenous plants. Also, animals should not be allowed to eat human food; otherwise they may become used to it and not forage for their own food. Animals also may become brazen, approaching people for an easy meal.

Stay on trails

It can be tempting to be a trailblazer and head out into the middle of the wilderness. This can be dangerous and potentially harmful to wildlife. Going off the trails means you will have to rely on your ability to navigate to find your way in and out of your hiking location.

Those who are unsure of navigation and using a compass may find themselves lost. Park rangers or emergency personnel may have trouble locating individuals who have ventured off the trails.

When hikers veer off of the established trails they are treading on un-

touched parts of the landscape, where they can damage delicate foliage or stomp on nesting sites of some animals. If you are off of the trail, you may be more likely to come across animals, which could frighten them and cause unpredictable behavior.



Hikers should be cautious on trails to avoid disturbing the landscape.

Keep dogs on leashes so they will not venture off and get lost or injured. Dogs may dig holes or chase animals, disrupting the surroundings.

Don't remove or introduce wildlife

Picking flowers may seem harmless, but hikers should be careful to leave their surroundings untouched as much as possible. Your goal when exploring the wilderness is to observe and not disturb. That means leaving plants and animals alone.

In addition, do not introduce foreign animals to a landscape. Some people release lizards or fish that were once pets into ponds and rivers rather than trying to find homes for these creatures. There are many areas of the country that have become overrun by animals that are not native to these habitats. For example, invasive species have been taking over areas of the Florida Everglades for years. According to the National Parks Service, the Burmese Python is rapidly becoming a poster child for non-native species in the Everglades, along with the Tokay Gecko and the Bufo Toad.

Be cautious with campfires

If you will be hiking and camping, be sure to

take precautions. Always check to see the wildfire risk rating, which is often posted at the park entrance, before establishing your campsite. If the risk is high, you may want to forgo a campfire or be especially cautious when containing the fire. All it takes is one errant spark to ignite dry timber and brush. Contain a campfire with a ring of rocks. Feed the fire with only enough wood to keep it at a moderate size and do not use any accelerants to make a bigger blaze.

When you are done

with your campfire, be sure to extinguish it completely and double-check that all ash and cinder are completely cool before moving on from the campsite.

Be courteous of others

Many parks and hiking trails are quiet sanctuaries for people and wildlife. Keep this in mind when hiking. Do not play loud music or be disruptive in any way. Disruptive or inconsiderate behavior can spoil the experience for others enjoying the outdoors and frighten animals in the area.



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Hello Again,

In writing weekly Hello Again sometimes I start off with writer's cramp. In other words, finding a subject which I hope readers will find interesting — so I asked a friend what I should I do? He suggested to skip government and political issues and write about something silly — non-sensical issues or basically meaningless yet humorous.

I said, "That's what I have been writing about," and asked what could be sillier than what's going on in our state and federal governments? The sad part — it is hardly meaningless.

Well, we did vote into office our elected government officials. When I was a teenager, the local postmaster retired and the postal department appointed the local dog-catcher to take his place. I imagine he knew as much about post office management as a monkey does about a hymn book while in the same office there were three highly qualified experienced persons.

During those years, the postmaster's position was a political plum. Usually some person outside of the postal system who had some good relationship with the political

party in Washington received the plum. Did he deserve such a high-respected position in the community? Heavens no. Is this what happens when big government has the power to pick and choose? You can bet it does. That is what big government does — it feeds on itself and all the wage earners who do not work for the government, choosing their own for positions of power and wealth.

In my youth, the county welfare commissioner held an elected position. Among his duties — he had to answer to the voting public — he was required to keep spending under control. I believe it was in the early 50s welfare commissioners were no longer voted into office. They gained their office by appointment from the government. Needless to say, the cost of the welfare system went berserk. It has been said that our present welfare system could and will destroy our country. Always remember — big government always appoints, and most always take from the people more than it can possibly give back.

Is it chickens do or chickens don't do in Dolgeville? For example, in a recent well-prepared column in a local newspaper, the reporter stated, "The Dolgeville village board did not take action

on a proposed local law that would allow residents to keep up to eight chickens." Maybe you will agree with my concern — eight chickens. Let's say a local mother and father with six kids live in the chicken law controlled village and each of the chickens produces eight eggs. Viola — everyone gets an egg. Now this is my point, what will happen if they have seven kids? Will that mean one kid has to go eggless? Well, probably not — Mom will, as mothers usually do. Poor Mom.

The column continued with — "Instead, the trustees decided to give the village planning board time to refine the law and complete a required state environmental quality review — for submission to the Herkimer County planning boards (plural boards), Mayor Bruce Lyon said the public hearing on the law will reconvene after the county planning boards (plural boards) weigh in on the proposal — maybe the state will be next, even Washington. Now that the eight chicken problem has grown to a county level — who will we hear crowing next? Our governor? Or even president?

Now, being a duly self-appointed chicken lover — especially at Brook's — I would like to suggest nine chickens and not eight, unless a family has

even more kids. One of my favorite waitresses came from a family of 17. With Mom and Dad, that would required a flock of chickens.

Now the next mind blowing question will be, what do you do with the eight chickens when they stop laying eggs? Head out to the chopping block and turn that tough old laying hen into Sunday's fricassee dinner? Can you imagine the tree huggers and bird watchers of America standing for this? Yet you can't just turn the eight chickens loose — what about all of that chicken doo-doo on the sidewalks of our villages. Why by golly, you would have to carefully watch and step around each dropping.

Maybe Dolgeville should consult with the Cornell University chicken department or require the mayor or at least one of the trustees to take an accredited course at some major approved ag school, to study the behavior patterns of chickens.

Now I believe I see the real problem. Just think what will happen if one of those purchased eight chickens turns out to be a rooster, and about daylight, all of the roosters decide to find a fence post and welcome the sun with their best cockle-doodle-doo? It will be too early to get up and too

late to go back to sleep. Now - the big problem will set in. While the eight chickens to a home problem will require a mayor with his board of trustees, several committees, possibly midnight oil to be burned, Dolgeville, I am sure will continue to be a great country atmosphere family village.

Our president has voiced his opinion concerning a Florida State trial. Maybe he should be asked for his opinion. After all, compulsory health insurance for every citizen, now maybe eight compulsory chickens for every home even if you're an egg-chicken hater.

Just think, possibly Mrs. Palosi's gang could write up an eight chicken law of 20,000 pages and pass it without reading it first. In spite of their chicken problem, this writer believes Dolgeville village and its people are a fine example of what our valley is all about.

I have a question, which has always been on my mind. If a black hen lays white eggs, why can't a white hen lay black eggs?

The following is a question you should answer if you are a proponent of the so-called Obama health bill, that is, if you say go-for-it, are you aware that individuals, that means you and I, will be required to purchase health insurance that meets the new expanded federal requirements whether we want it or not? Individuals who do not comply will face a

financial penalty. Based on our experience of watching our government grow and grow every year, it is only reasonable to think the need for additional health insurance coverage will grow and the cost will soar. Are we prepared to allow the federal government a free hand in allowing our insurance bill to grow every year, especially while we cannot even vote on it? Is this taxation without representation?

A wise old country philosopher once said, "It's all a question of mind over matter. If you don't mind, it doesn't matter." You can be sure of one thing — communist China doest not want to see our country sink and fail until they can buy as much of it as they want.

Our modern American philosophy appears to be that we are a global nation and should stick our noses in and financially support every nation on earth — except our own people here in the Mohawk Valley. To our valley mayors, may I respectfully remind you — the squeaky wheel gets the grease. Keep on keeping on and test this old saying.

God bless you, the people of this land that I love. Let's stand beside each other — for each other. Let's also help others, from our bounty even if the shoe pinches a little while we care for our own first.

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Watering. One might think that would be the easiest part of gardening. However, experienced gardeners know that it's not as simple as it seems, nor is it rocket science. With just a few good pointers, you too can have happy, properly watered plants and a beautiful garden.

Timing: One commonly known fact is that watering in the morning is best. Not that you shouldn't water in the afternoon or evening but when possible, avoid watering in the heat of the

day. Morning watering is best for two reasons: 1) less water evaporates as you water and 2) Overnight dampness on the leaves could cause diseases so it's better to be safe than sorry.

Frequency: Watering more thoroughly is better than watering more frequently. A thorough drink for your plants will help them establish deeper, stronger roots.

Amount: This is where it gets tricky and no one can precisely make a blanket statement on how much water your

Now I need to water?

plants need. It depends on your soil type, the air temperature, wind, type of plant, age of the plant, in ground vs. in containers (and which type and size of container). An overall rule of thumb is to give your plants 1 inch of water per week. If you have sandy or silty soil, you will likely need to water more than 1 inch per week. If temperatures spike then you will also likely need more than 1 inch of water per week. For vegetables, here are a few more specific guidelines:

- All seeds need even moisture during germination.
 - Beans need more watering when they're flowering.
 - Sweet corn needs water during silk, tassel and ear development.
 - Watermelon needs more water during fruit set and growth.
 - Tomatoes need consistent amounts of water to prevent blossom end rot.
- Technique:** Drip irrigation, hand watering, sprinkling or other? The best technique sends wa-

ter to the soil and roots, not the leaves of the plant. The roots are where the plant takes up water and nutrients so hold your watering tool close to the soil. Sprinklers are not a preferred tool for watering gardens so save those for your lawn. Drip irrigation or soaker hoses are good but if you have it set on an automatic timer, check frequently as it's easy to over-water when a good soaking rain comes through.

Another good rule of thumb, plus a way to conserve water, is to water only the plant root ball, not the leaves. Not only does the plant not benefit by watering the leaves but that too can encourage diseases. Too, irrigating the entire garden only encourages

weeds to grow where you don't want them.

An inexpensive rain gauge is an easy way to keep track of how much water your garden is getting. If your plants have not received an inch of water in a week, you know to supplement with additional watering.

And what for all you recyclers/upcyclers? Yes, there are good ways to use your used milk jugs, soda bottles and wine bottles in your garden! For fun, we went to Pinterest and searched for ways to use those bottles. Leave them whole, cut them in half, bury them in the soil or set them on top — they all seem to have their benefits!

Source: National Garden Bureau

Bible trivia

by Wilson Casey

1. Is the book of Nahum in the Old or New Testament or neither?

2. When the Holy Spirit descended on Jesus after His baptism, how did it appear? Whirl-

wind, Dove, Angel, Burning bush

3. Moses said the Lord will have war with whom from generation to generation? Meribah, Lucifer, Heathens, Amalek

4. What heavy priest fell off his seat backward

and died on hearing the ark had been captured? Eli, Nadab, Ezra, Ahaz

5. What of yours did Paul say is called to be the temple of God? Soul, Body, Doings, Children

6. From Proverbs what does a soft answer tur-

neth away? Untruths, Enemies, Wrath, Justice

Answers: 1) Old; 2) Dove; 3) Amalek; 4) Eli; 5) Body; 6) Wrath

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What do about flood watches...

There have been many flood watches and warnings lately, as a result of a pattern of intense pop up thunderstorms that have been moving through the region. Some of these storms

have arisen with little or no advance warning, and have caused isolated and localized damaging floods, as well as significant wind damage.

In light of this and many other similar cir-

cumstances, please sign up for NY-Alert weather reports on computers and smartphones. The url is: www.nyalert.gov/home.aspx

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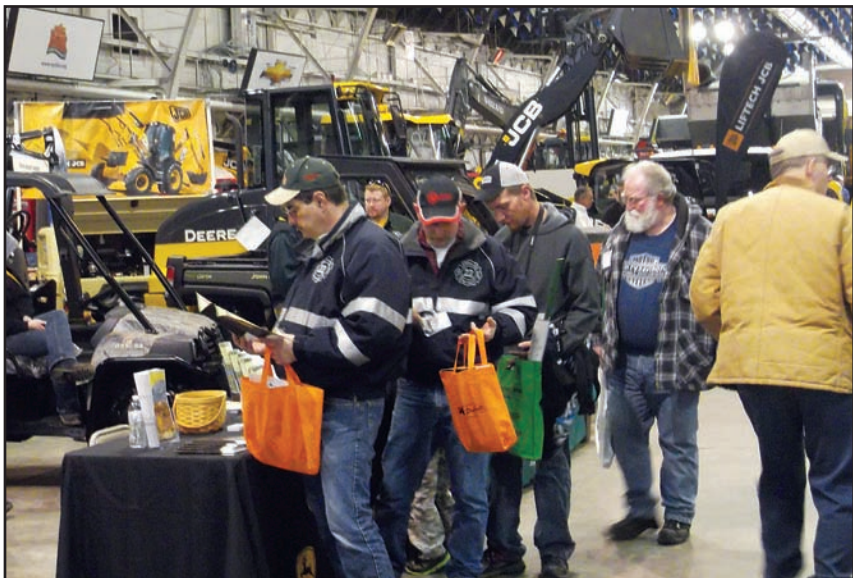
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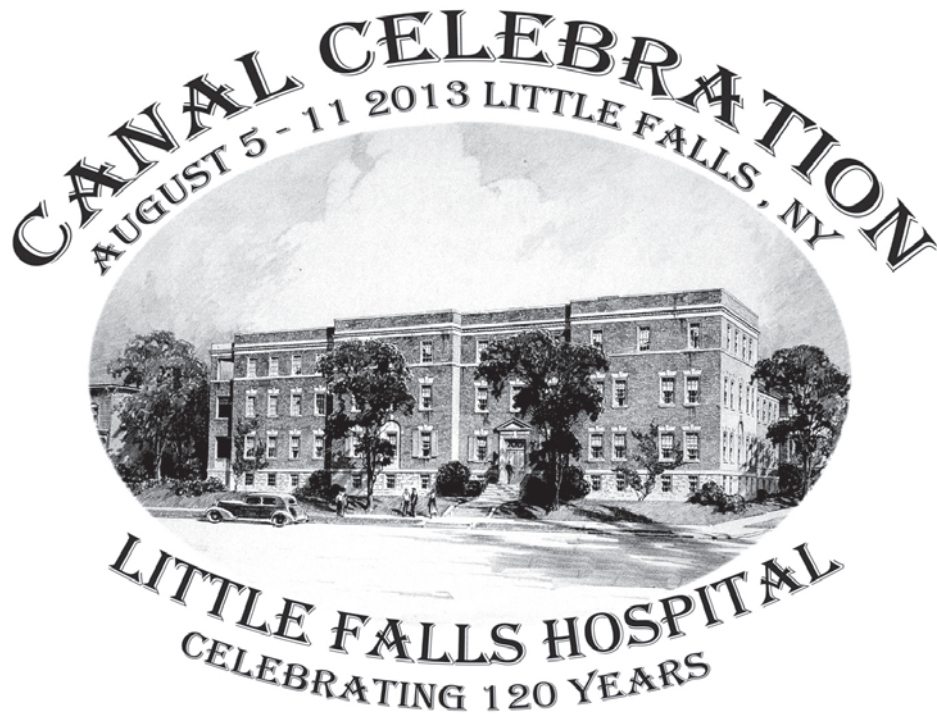


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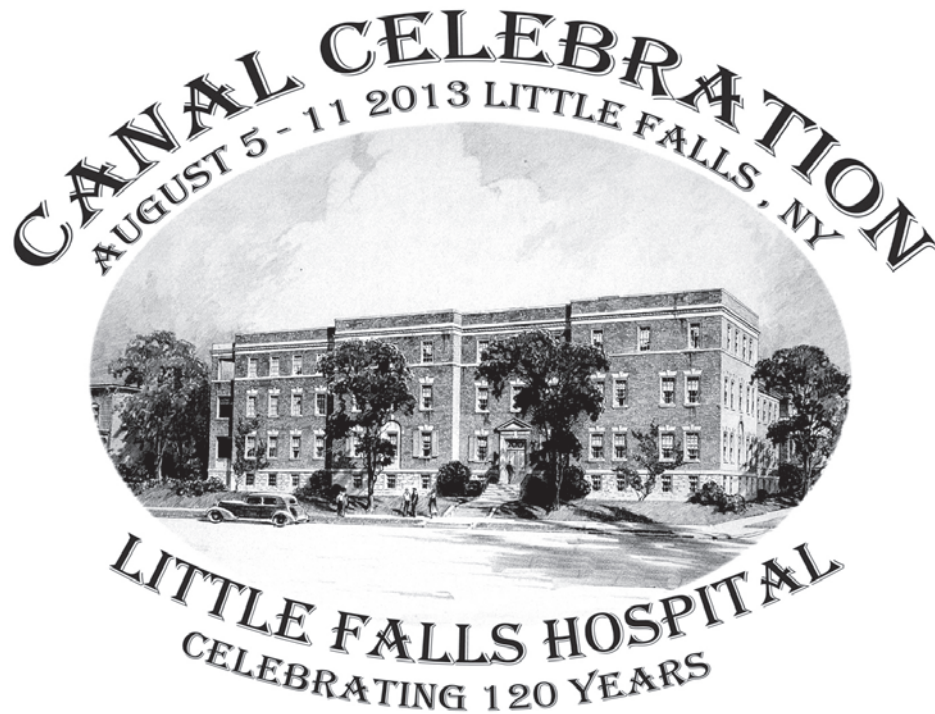
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BLOOMINGTON, IN (AP) — Two Indiana University anthropologists have helped discover how an ancient mammal ancestor and a prehistoric

amphibian died in the same burrow 250 million years ago.

Professor Della Collins Cook and researcher Kristian Carlson were

part of an international team of scientists that went to a center in France that houses a device that uses magnetism and X-rays to form im-

ages that might otherwise never be seen.

In this case, the researchers scanned the fossilized burrow cast to view its inside, unveiling the rare example of co-

habitation.

Scientists say the mammal was sleeping when the injured amphibian crawled in alongside it. For some reason, the animals didn't attack

each other.

Researchers believe the pair died around the time of a rapid flooding event that was part of a mass extinction.



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In Pennsylvania, dairy farmers keep camel herd, sell milk

by Cindy Stauffer, **Intelligence Journal/Lancaster New Era**

LANCASTER, PA (AP) — Let's get the obvious questions about camel's milk out of the way first.

It tastes like skim milk, just a wee bit saltier.

And with regard to how you milk a camel: Very carefully, it turns out.

Camel's milk has arrived in Lancaster County, courtesy of Little Bit, Twila and their herd, who can be seen grazing placidly in a pasture on an Amish farm in Upper Leacock Township.

A local Amish organic cooperative is operating a camel dairy here, milking the long-legged, one-humped animals twice a day.

Miller's Organic Farm ships the milk all over the United States and even into Canada, for \$10 a pint. It has about 100 customers who regularly buy camel's milk.

Miller's is one of about a half a dozen camel dairies in the nation, operating in states including Missouri, Michigan and Indiana. Like Miller's, many of the dairies are operated by Plain Sect farmers.

The local co-op also offers other camel's milk products, including camel's milk yogurt; camel's milk kefir, which is a fermented milk drink; and camel's milk soap, which is made by a local company.

In the past two years, the farm has built up a six-camel milking herd, along with a bull camel to propagate the group.

The dairy camels are milked twice a day, with a conventional milking machine.

The animals can be a bit choosy and a bit stingy with their milk, says a Miller's employee, Ben Stoltzfus.

Camels only can be milked while they are nursing a baby and they only will give up so much of their milk in a session, he says.

"A camel will allow milk to be withdrawn from their udder for only 90 seconds," he says. "They have like a spigot on their udder, and if they choose not to give milk there is really not much we can do."

Camels also tend to be a "one-man animal,"

Stoltzfus says, functioning best with one caregiver who is used to their personalities and temperaments.

If their local caretaker has to go away, the camels get a bit funny and won't give much milk for a milking or two, until they get used to his stand-in, Stoltzfus says.

It was Stoltzfus, 35, who brought the camel's milk to the co-op after he became interested in it due to one of his sons who has an auto-immune disease and diabetes.

A few years ago, a friend at the Bird-in-Hand Fire Company told Stoltzfus that he had a

velop its own herd to supply camel's milk to customers, Stoltzfus says.

The co-op refrigerates and ships the milk, which is dated and marked with the first initial of the camel who gave the milk, in insulated boxes.

Most of the customers who buy camel's milk are parents of children with autism. Miller's has sent the milk to a school for autistic children in Vancouver, Canada, as well as parents in California and other states.

Customers have told Stoltzfus they have noticed an improvement in their autistic child's vocabulary due to the milk,

make a difference.

"My wife and I are convinced that it makes enough of a difference that we want to keep using it, without a doubt."

Other parents who share Stoltzfus's feelings, or who want to know more, congregate on several Facebook pages, including Camel Milk for Health and Healing With Camel Milk.

Jacqui Zimmerman, a registered dietitian with Lancaster General Health, says camel's milk still is a relatively new product in the United States and there are not many studies examining its effects.

She says many parents believe diet can impact autism; others are not convinced.

Talk to your doctor first, she urges. If you decide to use it, start by giving a child a small amount.

Don't substitute the milk for any medications. And don't expect miracles, she says.

Also be aware that camel's milk is sold raw, unlike milk in the grocery store that is pasteurized, or processed at a high heat to kill bacteria.

She believes it's fine to try it and see what happens, as long as it's not going to be harmful in any way.

Zimmerman encountered Miller's camels while jogging near the farm, before she knew their purpose.

"I thought I was hallucinating," she says, laughing. "I saw these three camels. I even took a picture."

"I thought, 'Oh my gosh. Is that a camel?'"



Camel's milk is similar to skim milk, only saltier. Some claim it improves autistic children's vocabulary and helps with diabetes, though these remedies are not acknowledged by the medical community.

cousin in Turbotville, in Northumberland County, who had a camel herd and was selling the milk, which some people believe is helpful for children with autism or people with diabetes.

Stoltzfus was looking for natural remedies for his son.

He got in touch with Noah Peachey, who was operating the state's only camel dairy at the time, and purchased some of the milk. He and his wife felt that the milk improved their son's temperament.

The Stoltzfuses decided to buy their own camel, purchasing Little Bit, a one-hump dromedary, in April 2011.

Sold on camel's milk, Stoltzfus talked to his boss, Amos Miller, who contracted with Peachey to provide camel's milk to Miller's customers.

But Peachey's sales took off so much that he no longer could supply Miller's Organics with the milk.

Miller's decided to de-

and others have said the milk has helped with diabetes.

But he is hesitant to say the milk has curative properties.

"I'm not a doctor," Stoltzfus says. "I don't want to make any false claims."

His own son's doctors at Children's Hospital of Philadelphia "think we're out of our heads with the camel's milk. They don't acknowledge it would



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are eagerly awaiting their opportunities to purchase their own homes. Fresh data indicates that the inventory of properties is quickly drying up and soon the market is poised to point in the sellers' favor.

No matter how many affordable homes are available, if a buyer cannot get approved for a mortgage, then his or her chances of owning a home are slim. In the wake of a tumultuous economy, many lenders tightened restrictions on mortgage lending. And even though the economy has rebounded, many lenders have continued to follow strict guidelines before lending money. In order to secure a mortgage with a good interest rate, buyers must take control of their financial situations and fix problems that could lead to loan rejection.

Many things can impact a mortgage application. Here are the ways to overcome liabilities and improve your standing with prospective lenders.

- Know your credit rating. Your credit rating is a score that lenders rely on when deciding whether or not to approve your mortgage application. The higher the credit rating, the more attractive you look to prospective lenders. But the lower your score is, the more difficulty you will have getting a loan. Should you get a loan with a low score, you may have to pay a higher interest rate than someone with better credit. Prior to making any big financial decisions, such as applying for a mortgage, it is vital to find out your credit score. You can request a free copy of your credit report, which includes your credit score, once a year from the three major credit reporting agencies in the United States and Canada: TransUnion, Experian and Equifax. You also can pay for your credit report.

- Address any issues

Pay down revolving consumer debts, such as credit card balances and auto loans. Report any errors on your credit report so they can be adjusted. Pay bills on time and address any notices of collections before they make it onto your permanent record. If you will be applying for a loan soon, avoid opening any other credit accounts for the time being.

- Maintain steady employment. Having a job is often vital to getting a mortgage. Lenders tend to look for long-term financial stability, which is best illustrated by maintaining steady employment. Jumping from job to job may be a red flag to lenders, so it's better to make a switch after you have been approved for a loan.

- Save, save, save. Having more money in the bank lowers your loan-to-value ratio, or LTV. This will make you appear less risky to lenders. Individuals who have saved for a considerable down payment on a home are also seen in a better light.

- Make sure you have a credit history. Some people are too cautious with their credit and think closing accounts or avoiding credit entirely will make them more attractive to lenders. But this can backfire. Lenders will want to see a strong credit history that indicates your ability to pay your debts on time.

- Get a cosigner. If you are uncertain about your ability to secure a loan on your own, then consider a cosigner to make you more attractive to prospective lenders. The cosigner helps guarantee the lender that your mortgage payments will be made.

People looking to buy a home in the near future must make themselves attractive to mortgage lenders, many of whom are still reluctant to approve loans for candidates without strong financial backgrounds.

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Harvesting onions and other August gardening tips

by **Charlie Nardozi, Horticulturist** and **Leonard Perry, UVM Extension Horticulturist**

Harvesting onions and storing properly, freezing fresh corn, and dividing certain perennials are some of the gardening activities for this month.

Begin harvesting onions when about half to three quarters of the leaves have died back. Gently dig or pull the onions and store them in a dry, shady place with good ventilation, such as an outdoor shed or barn, for 10 days to two weeks. After the onions have cured, separate the young, soft, and thick-necked bulbs and use them first because they

won't store well. Put the rest in slatted crates or mesh bags, and store them indoors in a basement with low humidity and temperatures between 33 and 45 degrees F.

Preserve the fresh-picked flavor of corn on the cob for winter meals. Cook the cobs as usual, then using a special corn scraper or a sharp knife, cut off the kernels and freeze them in freezer bags. They will be much tastier than any store-bought frozen or canned corn.

It's time to start some mesclun greens and leaf lettuce in bare spots in the garden for fall picking. Mix in some com-

post before seeding and give new seedlings a dose of liquid fish emulsion.

Build the nutrient levels and organic matter in garden beds by sowing cover crops like annual ryegrass or buckwheat into empty annual beds. They will grow until winter kills them and then can be incorporated into the soil in spring. Cut down buckwheat before it flowers so seeds don't become a problem.

Begin removing the old mulch under roses and raking up all leaves and debris. While this organic matter may seem beneficial, there are many rose disease organisms and insects that over-

winter there, and you can reduce the damage to your plants next year by getting rid of it all.

Trees, shrubs, and perennials are on sale, and late summer into early fall is a great time to plant. Get new plants in the ground then so they can begin expanding their root systems. If you don't have the final spot ready, sink the pots or root balls temporarily in an empty area in the veggie garden. Water them if nature doesn't provide enough.

Late summer is a good time to divide German and Siberian iris, rudbeckia, echinacea, daylilies, and tall phlox. If plants are blooming

well, with strong stems, and you still have space for them, they shouldn't need division. Don't make the divisions too small or you'll wait longer for blooms. Wait until after bloom to divide. Trim the foliage by at least half before replanting.

Be sure to set bearded iris rhizomes (the thick roots) just barely below the soil surface to prevent rotting. When dividing these iris, check the rhizomes for mushy areas with borers. Discard affected roots, making sure to kill the borers.

You can savor the smells and memories of summer this winter by making potpourri from

your roses, pinks, mint, and other fragrant garden herbs and flowers. Pick the flowers in early morning soon after the dew has evaporated. Dry petals and flower heads, until crisp, on a screen or newspaper in a warm spot out of direct sunlight. Or, you can use an oven set at its lowest temperature. Mix the dried plants with orris root (from many grocery and health food stores, found among the spices) to preserve the flavor. Age and store in an airtight container in the dark.



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Maintaining your air conditioner

An air conditioner's filters, coils, and fins require regular maintenance for the unit to function effectively and efficiently throughout its years of service. Neglecting necessary maintenance ensures a steady decline in air conditioning performance while energy use steadily increases.

Air conditioner filters

The most important maintenance task that will ensure the efficiency of your air conditioner is to routinely replace or clean its filters. Clogged, dirty filters block normal airflow and reduce a system's efficiency significantly. With normal airflow obstructed, air that bypasses the filter may carry dirt directly into the evaporator coil and impair the coil's heat-absorbing capacity. Replacing a dirty, clogged filter with a clean one can low-

er your air conditioner's energy consumption by 5 percent to 15 percent.

For central air conditioners, filters are generally located somewhere along the return duct's length. Common filter locations are in walls, ceilings, furnaces, or in the air conditioner itself. Room air conditioners have a filter mounted in the grill that faces into the room.

Some types of filters are reusable; others must be replaced. They are available in a variety of types and efficiencies. Clean or replace your air conditioning system's filter or filters every month or two during the cooling season. Filters may need more frequent attention if the air conditioner is in constant use, is subjected to dusty conditions, or you have fur-bearing pets in the house.

Air conditioner coils

The air conditioner's evaporator coil and condenser coil collect dirt over their months and years of service. A clean filter prevents the evaporator coil from soiling quickly. In time, however, the evaporator coil will still collect dirt. This dirt reduces airflow and insulates the coil, reducing its ability to absorb heat. To avoid this problem, check your evaporator coil every year and clean it as necessary.

Outdoor condenser coils can also become very dirty if the outdoor environment is dusty or if there is foliage nearby. You can easily see the condenser coil and notice if dirt is collecting on its fins.

You should minimize dirt and debris near the condenser unit. Your dryer vents, falling leaves, and lawn mower are all potential sources of dirt

and debris. Cleaning the area around the coil, removing any debris, and trimming foliage back at least 2 feet allow for adequate airflow around the condenser.

Coil fins

The aluminum fins on evaporator and condenser coils are easily bent and can block airflow through the coil. Air conditioning wholesalers sell a tool called a 'fin comb' that will comb these fins back into nearly original condition.

Condensate drains

Occasionally pass a stiff wire through the unit's drain channels. Clogged drain channels prevent a unit from reducing humidity, and the resulting excess moisture may discolor walls or carpet.

Window seals for room air conditioners

At the start of each cooling season, inspect

the seal between the air conditioner and the window frame to ensure it makes contact with the unit's metal case. Moisture can damage this seal, allowing cool air to escape from your house.

Preparing for winter

In the winter, either cover your room air conditioner or remove and store it. Covering the outdoor unit of a central air conditioner will protect the unit from winter weather and debris.

Hiring a professional

When your air conditioner needs more than regular maintenance, hire a professional service technician. A well-trained technician will find and fix problems in your air conditioning system.

The technician should:

- Check for correct amount of refrigerant
- Test for refrigerant leaks using a leak detec-

tor

- Capture any refrigerant that must be evacuated from the system, instead of illegally releasing it to the atmosphere

- Check for and seal duct leakage in central systems

- Measure airflow through the evaporator coil

- Verify the correct electric control sequence and make sure that the heating system and cooling system cannot operate simultaneously

- Inspect electric terminals, clean and tighten connections, and apply a non-conductive coating if necessary

- Oil motors and check belts for tightness and wear

- Check the accuracy of the thermostat.

Source: energy.gov

by Matilda Charles

Exercise study is game changer

Studies have shown that seniors need 150 minutes of moderate-intensity aerobic exercise each week to help guard against heart disease and stroke, even diabetes. Previous guidelines said that we needed to have that moderate-intensity

activity spread out over most days of the week.

Researchers of a new study wanted to know whether it mattered how often we exercised, or if it was even important to get that exercise every day. What they learned might be a game changer for many of us who don't want to make exercise a daily event or even work

out for long blocks of time: It doesn't matter whether we do it all at once, or in small blocks of 10 minutes, or somewhere in between, as long as we get in our 150 minutes each week.

They used more than 2,000 participants who agreed to wear accelerometers on their wrist to monitor their

every move for a week. While the participants represented a wide range of ages, it was thought that the results applied to seniors, as the oldest participants were up to 79 years of age.

That's not to say we should forget about muscle building. Cardio for the heart is one thing, but muscles keep us up-

right, strong and balanced. We can get our cardio in pushing a lawn mower or riding a bike, anything that accelerates the heart rate, according to the information for older adults on the Centers for Disease Control and Prevention website.

For muscle-strengthening activities for the major muscle groups on two

or more days a week, the CDC recommends lifting weights, working with resistance bands, heavy gardening and yoga — whatever works the back, chest, shoulders, arms, legs and hips.

This should make it much easier to stay in shape!

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Crafts: big art for outdoor living

by Jennifer Forker, Associated Press

Even a small slice of the big outdoors can call for big art.

With some do-it-yourself ingenuity, creating artwork for an outdoor living space needn't be costly or complicated. In a few summer hours, you can make a piece, large or not-so-large, that packs a visual wallop.

Just keep in mind the advice of Bob Richter, interior designer and cast member of PBS' treasure-hunting series "Market Warriors": "There's a fine

line between 'What's that piece of junk in your yard?' and art."

Landscape designer Chris H. Olsen, of Little Rock, AK, is fond of wine bottles, repurposing empties in myriad ways for the garden — as an artsy wall, accent lighting and art objects.

"I'm all about fun, funky, great displays and projects that are relatively easy to do," says Olsen.

To add patio privacy or garden interest, Olsen builds a wine bottle wall: vertical rows of wine bottles inserted into a wood

frame using metal rods.

"I love a little 'bling bling' in the garden, and I love glass," says Olsen.

David Bromstad, host of "HGTV Star" and host designer of the network's "Color Splash," says stringing a dozen or more wine bottles with lights inside them and hanging them from a pergola or other substantial structure — the underside of a deck, say — creates alluring outdoor lighting.

"The more the better," he says. "If you do a ton of those, you'll have an (art) installation."

Bromstad recommends cutting off the wine bottles' bottoms and stringing the lights through the bottles with outdoor lamp cord. Visit Pinterest, the online projects board, for images of this and other ways to use wine bottles as lighting.

Bromstad is known for creating large pieces bursting with color for his TV show clients. DIYers can do the same for an outdoor space, he says, by using outdoor-safe supplies: pressure-treated plywood instead of canvas, and an outdoor primer and paint. Brom-

stad uses Nova Color, an acrylic paint that stands up well to the elements.

Distress the plywood before painting to accentuate its roughness, he suggests. Do drip paint-

Bromstad says, "so you might as well make it look rough from the beginning."

Both Bromstad and Olsen say concrete blocks are useful in the garden:

Pinterest posts scads of images.

One more idea from Bromstad: Hang old gutters from a fence, garage wall or along a pergola's perimeter — just about



Folk art item exhibited in the San Francisco airport, San Francisco, CA. Item from the collection of the Museum of International Folk Art, Santa Fe, NM.

Source: wikimedia.org

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Pictures & details on auctionzip.com ID 29324

anywhere, he says — and plant them with impatiens or herbs. Make sure the gutters slope so water can drain.

While art is in the eye of the beholder, Richter says care and placement is the key.

"It's like framing a piece of art," he says. "Half of 'art,' I think, is how you display it and where you display it."

Here are directions for one DIY outdoor-art project:

"Bottle Star" (Adapted from the book "Chris H. Olsen's Five Seasons")

Supplies:

9 assorted wine bottles, empty and corked

4 rolls of paper towels (to brace bottles)

Household adhesive sealant

Assembly:

1. Glue the bottoms of four wine bottles together to resemble a plus (+) sign. Let dry for four hours.

2. Where the four bottles meet, glue one additional bottle sitting up. Let dry four hours.

3. Using paper towel rolls to brace them, glue the four remaining bottles leaning upward at a 45-degree angle, allowing each to dry before attaching the next.

Man swims five hours to save his family

DEAL ISLAND, MD — John Franklin Riggs swam for hours to reach help for his family, including two children, after their boat capsized in a storm.

Riggs climbed rocks along the shoreline in the dark and knocked on the door of the first house he saw early Wednesday.

"He came to the right house," said Angela Byrd, whose dog's barking awakened her. She found 46-year-old Riggs outside, soaking wet and barefoot.

"He said, 'I've been

swimming since sun-down; I need help,'" she told the Daily Times.

Byrd called 911 and rescuers were soon on their way to the 16-foot Carolina Skiff that capsized near Deal Island, southwest of Salisbury on Maryland's Eastern Shore. Life jackets saved the boaters' lives, Sgt. Brian Albert of the Maryland Natural Resources Police said.

A Maryland State Police helicopter hovered above the boat as firefighters from Deal Island, Mount Vernon and Fairmount in

Somerset County and Westside in Wicomico County pulled alongside. The U.S. Coast Guard also was on the scene, Albert said.

Contessa Riggs of Washington said she clung to the boat for five hours with her 3-year-old

son, Conrad Drake; her 70-year-old father, a retired commercial waterman also named John Riggs, and his 9-year-old granddaughter, Emily Horn, a fourth-grader visiting from the San Francisco Bay area.

"I've never been so hap-

py to see search boats in my life," she said by telephone. "It took him five hours to swim ashore. He had to stop and grab a crab pot buoy and rest, then swim.

"We clinged to the side of the boat and got stung by sea nettles in the

dark," she said.

Riggs' 9-year-old niece, Emily, calls Riggs a "real hero." She added that the next time the family goes fishing, "I'll go if the water is really shallow."

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3:00 P.M. - OPENING CEREMONIES - Memorial Park

4:00 P.M. - Gates Open

6:30 P.M. - JR. MISS, LITTLE MISTER, LITTLE MISS PAGEANTS

9:00 P.M. - PRINCESS, PRINCE, & QUEEN PAGEANTS

10:30 P.M. - FIREWORKS

WEDNESDAY, AUGUST 14th

10:00 A.M. - 4:00 P.M. - CHILDREN'S DAY

Children 11 & under admitted free

(Rides open at noon)

9:30 A.M. - YOUTH DAIRY SHOW

6:00 P.M. - CENTRAL NY GARDEN TRACTOR PULL

7:30 P.M. & 9:30 P.M. - "SHANIA TWIN"

THURSDAY, AUGUST 15th

10:00 A.M. - 4 P.M. CHILDREN'S DAY

Children 11 & under admitted free

(Rides open at noon)

1:00 P.M. - ICE CREAM GIVEAWAY

7:00 P.M. - "DOUBLE R & BROKEN B RODEO"

7:30 P.M. & 9:30 P.M. - "JEREMY MILLER"

FRIDAY, AUGUST 16th

10:00 A.M. - 4:00 P.M. - Family/Senior Citizen Day
(1/2 Price Admission until 4 P.M.)

9:30 A.M. - OPEN DAIRY SHOW

11:00 A.M. - 2:00 P.M. - AGRICULTURE SCAVENGER HUNT

11:00 A.M. - 2:00 P.M. - SENIOR CITIZEN'S BINGO-FREE

3:00 P.M. & 5:30 P.M. - PEDAL TRACTOR PULL

5:30 P.M. - IDOL SEMI-FINALS

in the Karaoke Building

7:00 P.M. - DEMOLITION DERBY

7:30 P.M. & 9:30 P.M. "DNA" Music Variety

SATURDAY, AUGUST 17th

9:00 A.M. - YOUTH/OPEN HORSE SHOW

11:00 A.M. - SOCCER KICK

11:30 A.M. - OPEN ANIMAL SHOWS

12:00 P.M. - TALENT SHOW

4:00 P.M. - CHILDREN'S RODEO

6:30 P.M. - 4 WHEEL DRIVE TRUCK PULL

(Diesel & Modified)

7:30 P.M. & 9:30 P.M. "JD & ROLLIN SOUTH"

SUNDAY, AUGUST 18th

10:00 A.M. - TRACTOR PULL

11:00 A.M. - HOOP SHOOT

1:00 P.M. - ANIMAL COSTUME CLASS

2:00 P.M. - IDOL FINALS

3:00 P.M. - FARMYARD OLYMPICS

4:00 P.M. - CHILDREN'S RODEO

7:00 P.M. - 4-WHEEL TRUCK PULL (Stock)

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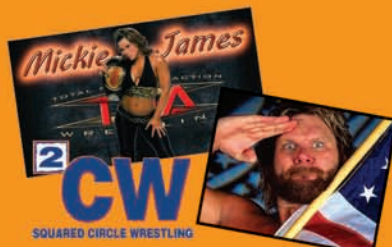


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