



The Country Editor

August 14, 2013

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Just good reading

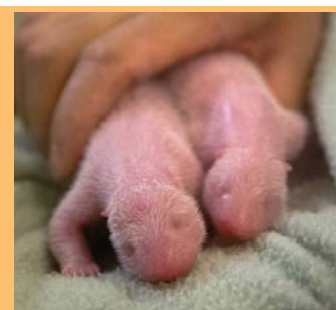


**Introduction
to fish
processing
~ Page 3**

**Considering a
diesel engine
vehicle
~ Page 5**



**Newborn
pandas split
time between
mom, zoo
nursery
~ Page 12**



Capturing the Giant White (Trillium)

by Jean Ronan

I had just hiked to the place we used to call "The Woods," located near East Canada Lake. Back when we were kids we loved to walk through there, but never alone, for was a dark and spooky place; the uneasiness there was mysterious and almost palpable.

On this early spring day, I was walking all alone, camera in hand, in search of the Giant White Trillium (*Trillium grandiflorum*). My excitement on seeing that the flowers were in full bloom evaporated the instant I entered "The Woods," as that same silly childhood angst came over me. I'd hear a rustle in the leaves and look about, but see nothing. Not a single bird was singing, no flies were buzzing, and the wind was calm, making the woods eerily silent. It was a bit unsettling, a little like the feeling you're being watched, wishing you had brought a friend, a dog, a gun, or all three.

Despite this, I continued, walking carefully to avoid stepping on even a single trillium. To be honest, this was more to avoid crushing a good model than concern that they are "exploitably vulnerable" here in New York.

I followed an old rutted road up a steep and curving hill. I remembered riding down that very hill as a child, high atop the hay bales in a huge wagon that was creaking and swaying, praying that we wouldn't tip over and die.

Just as I was putting that disquieting memory aside,

I recalled another. Some years back, I took a walk not far from here. Reaching the top of the hill overlooking the lake, I turned around to enjoy the view, and there at the bottom of the hill I had just climbed was a large cat with a very long tail running full speed cross-lots. No, I didn't get a photo, as I found that suddenly I too was running full speed cross-lots (in the opposite direction of the cougar, of course), apparently choosing option two of the "fight or flight" response.

Knowing that the government (specifically, the New York DEC) says that Eastern Cougars don't live around here, I continued my quest to capture photographs of the trilliums, putting all worries of big cats aside. (Okay, the joke's over. The truth is of course that I was continually scanning the trees and underbrush.)

Then a scream pierced the silence! As I jumped I heard a loud racket right beside me and out of the corner of my eye something huge was moving. Then it happened...the Mommy Turkey flew away.

As the silence returned to the woods, and my BP lowered a bit from the stratosphere, I realized that I was the sole source of the primal scream that had me frozen in terror a moment before. I walked closer to the



The trillium surrounds the nest filled with turkey eggs.

Photo by Jean Ronan

tree, real courageous now that the monstrous threat (of "Mommy Turkey") was gone. There on the ground was a huge nest with 20-some turkey eggs.

If that poor hen ever recovered from her cardiac infarction, some day she'll be telling her grand-jakes and grand-jennys about the screaming human who scared her half to death while she sat on her carefully hidden nest in the place called "The Woods," a place that heretofore she considered the safest and most tranquil place on Earth.

Chincoteague Pony Swim



Saltwater cowboys lead ponies along Pony Penning Lane.

by Laura Rodley

On a tiny island off mainland Virginia, grown-up's childhood dreams come true, and children start their own dreams. Wild ponies live on Assateague Island, separated from Chincoteague Island, Virginia, by Assateague Channel. Every year, Saltwater Cowboys, riders hailing from Virginia, North Carolina and Pennsylvania as well as members of the Chincoteague Volunteer Fire Department entrusted with the ponies' care, round up and swim the ponies across the channel, a feat made famous in Marguerite Henry's book "Misty of Chincoteague" in 1947. July 24 was the 88th annual Chincoteague's Pony Swim.

Foals are auctioned on Thursday, proceeds benefiting the fire department and care of the 160 ponies consisting of two herds living on the north and south of Assateague.

No one knows how the ponies first arrived there. According to legend, Spanish Galleons sank off

shore, and only the ponies survived.

This legend of survival and Misty, a tiny palomino with side markings resembling the United States map as the country emerged from the Great Depression caught the hearts of the nation's readers. A movie version followed in 1961 using Chincoteague islanders as extras.

Chincoteague's census is 3,500. During Pony Penning, the last week of July, crowds reach 20,000 to 35,000 clamoring to view the swim and purchase a piece of the legend.

"I believe they descended from there (Spain). I also know that in the 1600s and early 1700s people kept livestock over there on the island," said Denise Bowden, Chincoteague native daughter, volunteer fire department vice president, referring to an Assateague village that existed until the 1900s.

If the legend is true, the galleons may have encountered storms

See Chincoteague page 3

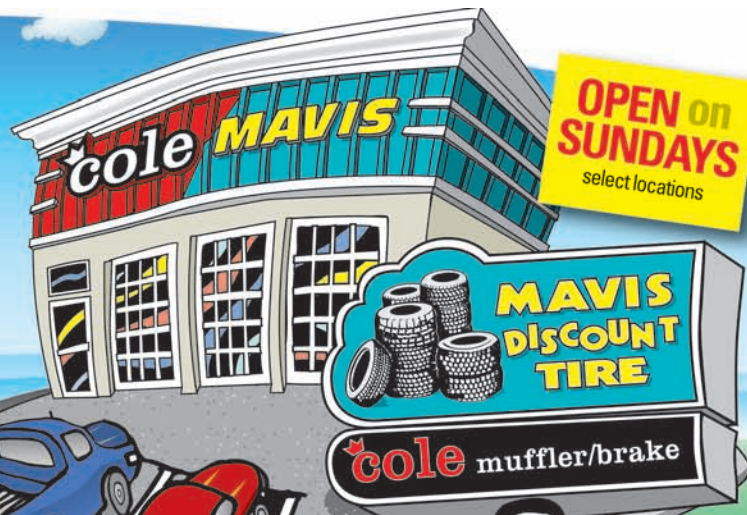
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Introduction to fish processing

by Joe Parzych

While working out of Seattle, field service engineer Mike Lambert got an assignment to trouble-shoot a generator problem aboard a factory ship that catches and processes fish, mainly pollock, 24 hours a day, seven days a week. The ship needs electricity for lights, communications, winches, processing equipment, and most importantly — refrigeration, since the processed fish need to be kept frozen until the cargo is transferred to another ship while at sea.

Lambert flew to Anchorage on a Boeing 747. From Anchorage, he flew to Cold Bay, AK, on a commuter plane, then continued aboard a smaller plane to St. Paul, the tiny Pribilof island of St. Paul, in the Bering Sea, which boasts having one post office, one small store, one bar and a community center. The plane landed on a desolate gravel landing strip.

A baggage truck took on a load of baggage to haul into town.

“Can I ride in the baggage truck?” Lambert asked.

“No. Take a taxi.”

There are no taxis on St. Paul. The only thing resembling a taxi was an islander’s car. The fare to the airport terminal on the other side of the island: five dollars a head, with the number of passengers rivaling a circus act, lacking only a miniature pony to join the passengers.

He wasn’t a good driver, but he was fast. With empty beer cans strewn at his feet, the driver, with alcohol-laden breath, careened off to the airport terminal. Being the only car on the road and it being a treeless island, the driver skillfully avoided any collision.

At the airport terminal, two crewmen from the Endurance greeted Lambert in rain gear. After introductions, all around, the crewmen escorted Lambert to the dock.

“Where’s the ship?” Lambert asked.

“Oh, we can’t dock the ship here; St. Paul taxes the

catch of any ship that comes within three miles of the island,” a crewman said. “We’re going in that boat,” he said, pointing to an open motorboat.

Once underway, a brisk wind whipped the sea into choppy waves, and Lambert soon figured out why the crewmen wore rain gear. The wind blew spray over them until frigid waves and spray drenched Lambert. He was so cold, he could scarcely move except for shivering and the chattering of his teeth. The filthy boat stank of dead fish and rotting fish guts. The factory ship was about five miles out to sea, but it seemed more like 50.

At long last, they got to the ship and with help Lambert, stiff and cramped with cold, struggled aboard.

After thawing out, he began diagnosing the generator problem. Since the problem was intermittent, he needed to hook up instruments and a chart recorder to a bank of five generators in order to isolate the problem. While waiting for one of the generators to fail, the ship’s captain showed Lambert the ship’s GPS, sophisticated navigating, mapping, and recording devices they used to find and record good fishing areas. The captain showed Lambert winches pulling heavily-laden fish nets hauling in tons of fish at a time. The catch was largely Pollock, which the crew held in a holding area until rigor mortis set in to facilitate gutting and slicing. A stream of fish guts spewed overboard from a big pipe when fish processing started.

Once Lambert isolated the problem and fixed the troublesome generator controls, he was stuck aboard the ship for two reasons. He needed to wait to be sure the offending generator was running trouble-free, and there were only three flights per week off the island of St. Paul, with no lodging in town. While waiting, Lambert modified the ship’s satellite telephone system to save connecting fees. The captain was more than pleased, along with crewmen who were also happy with

the reduced cost of phone calls. He ordered crewmen to clean the boat in a display of appreciation. The crewmen soon had the boat scrubbed to pristine condition. The captain had Lambert’s clothes laundered and pressed.

At the end of his stay aboard the factory ship, Lambert joined a crewman in the now spotless motor boat. He was dressed in clean travel clothes carrying his bags filled with his freshly laundered clothes. The seas were calm, the sun shown brightly. He waved to the ship’s crew lined up at the rail to bid him farewell. The helmsman fired up the boat’s engine and opened the throttle wide. The engine roared, the boat’s prow lifted high, and the boat surged forward amidst cheers and waves from the crew lined up at the ship’s railing. Then the engine abruptly died. The crewman yanked on the starter cord, again and again. Not a pop. The

See Processing page 4



| Photo courtesy of worldmaritimenews.com

Chincoteague from page 1



| Ponies are herded across water on Assateague on their way to swim.

such as last winter’s Northeasters that blasted the islands. Storms came in and flooded the marsh areas where the ponies eat, said Bowden. Carting 50 to 60 square bales, water, filling 500 gallon troughs, vet bills and feed spiked costs to \$30,000, rather than their usual \$20,000. Expenses are paid for from the yearly auction. Last year’s auction proceeds totaled \$97,000. If it’s not a harsh winter, they don’t have to take anything over.

Last October, Hurricane Sandy caused considerable island damage.

Firefighters and tourists found 53 foals that had been born after Saltwater Cowboys round up herds June 20 and

21. Mist obscured the beach on July 23 as cowboys drove the northern herd down hard sand and surf to meet their neighbors in a southern viewing corral. Ponies are named, and distinct patterns documented.

On July 24, beginning at 6 a.m., crowds tread through marsh water by Pony Penning Lane, getting mucky, severely sunburned, and bitten waiting for the ponies to cross Assateague. The ponies then swim across during slack tide a distance of 70 yards they sometimes swim on their own. A severe, drenching thunderstorm greeted the ponies at the water’s edge. At 11 a.m.



| Saltwater cowboy rounds up a runaway foal on Assateague Island.

Photos by Laura Rodley

red smoke flares announced the swim’s start.

The first foal touching land is dubbed King or Queen Neptune and is raffled off.

This year’s highest bid was a “Buy Back” pony at \$12,000; the lowest \$650. “Buy Backs” are released back into the herd. Owners name them, and receive ownership certificates. This year, there were 11 Buy Backs, plus one donation, replacing 14 ponies that died.

When sisters Anna and Amanda Beer of Clarkson, MI, age 11 and 12 respectively, spotted their previously pur-

chased “Buy Back” in the holding corral, they yelled his name, “Dreamer.” Their grandmother, Janey Beer, of Clarkston, purchased hers this year for \$5,000. “That’s their dream. This is my dream since I was eight years old,” she said.

Firefighters’ top priority is the ponies. “We’re carrying on a tradition you don’t see anywhere else in the whole wide world. They put Chincoteague on the map. Somebody could offer me one million dollars to take a trip around the world, I’d tell him to keep it, I want to be right here Pony Penning week,” said Bowden.

Mold and how to deal with it post flood

by Al Dorantes

After the flooding in June and the clean up, mold has become a hot button word in the affected communities. Everyone is dealing with cleanup and the ever-present threat of mold. A certain professional cleaning group, nationally advertised, stopped at my house and gave me an estimate of \$3,600 to sanitize my basement. My unfinished basement. And I still had to get all the wet, nasty stuff out. I decided on the spot that I would not only clean my flooded cellar but I would dry it out and sanitize it myself. To the internet!

The internet is more than helpful in telling you how to do stuff. It has to be true if it's on the internet. My friends at the internet have instructions and recipes for dispatching mold in an infinite number of ways: bleach, borax, vinegar, ammonia, hydrogen peroxide, detergent, baking soda, tea tree oil and grapefruit seed extract. Can you even buy borax anymore? (FYI: 20 Mule Team Borax is still available, since 1891). In tenth grade chemistry I learned what

happens when you mix bleach and ammonia. You get a poor man's mustard gas. Imagine what happens when you accidentally mix hydrogen peroxide and bleach? These recipes are a . . . well, recipe for disaster.

I had to find a mold doctor; a scientist who specializes in molds and funguses. A mycologist. Everybody knows a mycologist, right? As it happened, I remembered reading an article about a mycologist about a year ago. I dug the article up, "The Mystery of Canadian Whiskey Fungus," and lo and behold, there was contact info for the mycologist. I fired off an email. You have to love the internet.

A short while later I found myself on the phone with James Scott, PhD, ARM-CCM, a mycologist. I asked him about a million and a half questions. Some of them were actually about mold. James said that mold hazard is measured by the amount you have. If you have an effected area the size of a dollar bill to the size of a breadbox, that hazard is low. It you have a spot the size of a wallboard or mattress it is a high risk. The best way to

mitigate mold is, "Dry it out or get rid of it. Clean it the old fashioned way, the way our parents and grandparents would have: soap and water. Then dry it out."

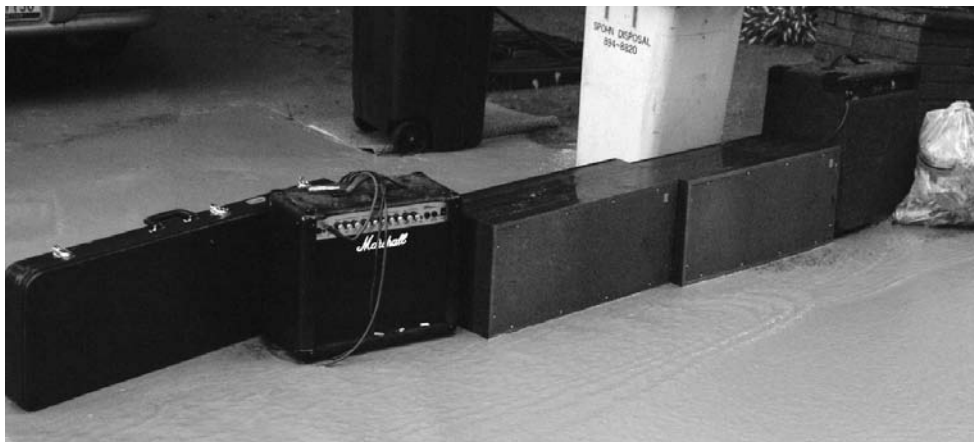
Not all mold is deadly. James explained that fear about "toxic black mold" came from an outbreak in Cleveland, OH. There was a unique circumstance there based in how the heating systems in that area were made. They drew cold air from the basements. This helped spread the mold and made the

problem a lot worse. Generally, the homes in the northeast have a different heating system. James suggested, "Check the condition of your furnace filter. Check the cold air return and clean the ducts."

I asked James about spraying bleach or sporicide. He gave me a nice little analogy, "Spraying mold and not removing it from the area is a lot like treating a rat-infested house with rat poison. You

went from a house with a rat problem to a house with a dead rat problem. You eliminated one problem by creating another. With mold you still have the spores to deal with. You have to remove it."

If it got wet in the flood, then get rid of it. If you can't get rid of it, make sure you clean it. You can find more info at: www.cdc.gov/mold/cleanup.htm



Although you can kill mold, you still have spores that need to be dealt with.

Photo by Al Dorantes



If it got wet in the flood then get rid of it. If you can't get rid of it, make sure you clean it.

Photo by Joan Kark-Wren

Processing from page 3

boat began drifting toward the back of the ship where the big chute periodically spewed fish guts. Lambert sat there in his freshly laundered clothes with his bags at his feet. Neither the crewman nor Lambert had on any rain gear. The boat drifted closer and closer to the big chute as the crewman frantically yanked on the starting cord, cursing the engine in several languages. Just as they got squarely beneath the discharge pipe, an enormous load of fish guts belched out, drenching them with guts and gurry.

At long last, after exhausting his vocabulary of curse words and forced to devise new ones in innovative combinations, the crewman got the engine started. They made their way to the island's dock, the boat ankle deep in fish guts. There were guts in their hair, guts hanging from their clothes, and guts covering Lambert's bags with some seeping inside his bags. Docking at St. Paul Island, Lambert got out carrying his stinking, slimy bags and trudged to the island's sparse settlement of a mostly Eskimo population, his fish gurry filled shoes squishing with every step. Depressed at the revolting change in his fortunes, Lambert was in a quandary. Perhaps on the 'taxi' trip out to the landing strip in the crowded alcoholic's rambling wreck, and on the flight aboard the small plane to Cold Bay air terminal, someone covered in fish guts might not

have seemed too out of place. But Lambert knew he definitely wouldn't be welcome at the Anchorage terminal, nor on the plane to Seattle in his stinking state of attire.

As he trudged along in his despondent state toward the tiny settlement, he spotted a community center. The center sported a coin operated laundry and shower room. Inside native Eskimo women were doing laundry. They sized him up as an easy mark. For five dollars, they agreed to wash his clothes — all of them. Had they said, "Fifty dollars," he'd have accepted.

He tried not to show his elation as he went into the shower and handed his wretched clothes out to them. The wait for the machines to finish their endless tumbling seemed to take an eternity until he was clothed, again, in his freshly washed and dried clothing. The women even managed to clean up his bags and washed the clothes, inside, as well.

Feeling like a new man, Lambert located another 'taxi' that appeared to be in worse shape than the first one. This driver sped over the gravel road, slewing around corners in his haste to make as many trips as possible out to the St. Paul gravel strip that served as an airport runway. The runway didn't look much different than the gravel road to the strip, but the pilot managed to coax the plane into the air despite being heavily laden. Jamming people and bag-

gage aboard conveyances to increase the payload apparently applied to planes as well. However, the plane needed to stop at Cold Bay airport. The reason for the stop-over at Cold Bay airport was for passengers to make a trip through the metal detector, since St. Paul island didn't have any.

At Cold Bay, the pilot reported a cracked windshield. "A plane will be diverted to pick you up," the pilot said.

Since the grounded plane was near capacity, and the diverted plane would undoubtedly also have a load of passengers, it seemed highly likely that a lot of people would be left behind to await the uncertain arrival of another diverted plane.

Lambert sat in front of the metal detector so that he'd be first in line.

"There's no need to sit here," an airport lady said. "You can sit on a chair over there."

"That's okay. I like it here."

Sure enough, the diverted plane was half full of passengers. Lambert was first in line after going through the metal detector, and first to board the already crowded plane. In Anchorage, Lambert boarded an Alaska Airlines flight home to Seattle, which by now, seemed a universe away.

It was a long time before he wanted to see another fish — in any way, shape, or manner.

The Country Editor

Just good reading

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Considering a diesel engine vehicle

by Ellen Wren

Diesel engines are still living down their reputation for being smoky, loud and slow. But advances in automotive technology and the introduction of Ultra-Low Sulfur Diesel fuel in 2010 are challenging that reputation and fueling the resurgence of the clean diesel engine.

If you're in the market for a new vehicle, you may want to consider purchasing a diesel engine vehicle.

How internal combustion engines work

Diesel engines and gasoline engines are both internal combustion systems designed to convert the chemical energy available in fuel into mechanical energy. Both accomplish this through repeated small explosions, or combustions. The big difference is in how the explosions occur.

Gasoline engines work when fuel is mixed with air and compressed by pistons. The fuel/air mixture is then ignited by sparks supplied by spark plugs, causing the tiny explosions which power the pistons.

Diesel engines work by pressurizing the entire engine to a much higher

degree (up to five times as much as a gasoline powered engine). Because air becomes hotter the more compressed it becomes, no spark plugs are needed to start the combustion. Once the pressurized air is mixed with the fuel, combustion occurs without the need for an additional spark.

In order to withstand this intense pressure, diesel engines are manufactured much heavier. The engine block is much thicker and made of sturdier metals than a comparable gasoline engine. However, because diesel engines do not require a spark to start combustion, they are also simpler. They don't require spark plugs, distributor caps or other ignition systems necessary in gasoline powered engines.

Pros and cons of diesel

When considering purchasing a diesel powered vehicle, there are several factors which should be taken into account. First of all, diesel vehicles are more expensive to purchase than their gasoline powered counterparts. This is mostly because of the additional cost needed to manufacture the diesel engine. However,

this higher up front cost is easily offset by the fact that diesel engines are more reliable and last longer than gasoline powered engines. In fact, Mercedes Benz diesel powered vehicles hold the longevity record, with

However, diesel mechanics require specialized training and repairs may be more expensive if necessary.

Because diesel engines are more efficient than gasoline powered engines they can operate at lower



Diesel engines are widely known to be more reliable than gasoline powered engines, require repairs less often and never require ignition tune ups.

Photo by Ellen Wren

several vehicles reaching over 900,000 miles travelled on original engines. Diesel engines are widely known to be more reliable than gasoline powered engines, require repairs less often and never require ignition tune ups.

RPM and deliver similar performance than gasoline powered engines. Perhaps you have heard that diesel engines are slow because they do not have as much horsepower as gasoline engines. While this is true, it is

Automotive

deliver greater torque, and thus more driving and towing power under normal driving conditions (low to moderate RPMs).

The cost of fuel is another consideration that should be examined when comparing gasoline and diesel engines. Currently regular grade gasoline is anywhere from 25 to 50 cents per gallon cheaper than diesel fuel. But diesel engines are more efficient than gasoline engines and get 25-30 percent better fuel economy. In fact, the most fuel efficient diesel engines have the same or better fuel economy than gasoline electric hybrid vehicles. So almost always, the overall fuel costs for driving diesel vehicles are lower than comparable gasoline powered vehicles.

One important thing to consider is that historically, cold weather has caused some diesel engines to have trouble starting. Diesel fuel gels in cold weather and needs to be heated to 190 degrees in order for combustion to occur. The colder the weather, the harder the engine needs to work to heat the fuel to operating temperature. This is particularly true of older model diesel vehicles. Newer models have safeguards in place to offset this limitation, such

to help eliminate this issue. Today's technologies for cold starting diesel engines are very effective, and modern diesel engines start in cold weather with very little effort.

New clean diesel vehicles can hold their own even against hybrid vehicle when looking at environmental factors as well. With the rising popularity and availability of biodiesel, it is possible to drive a diesel powered vehicle from renewable fuels that have fewer emissions than conventional petroleum based fuels. Biodiesel is frequently made by collecting, filtering and processing waste vegetable oil from restaurants, and through the addition of methanol and the magic of chemistry, recycled waste oil is converted into biodiesel. In theory, it is possible to grow your own diesel fuel by growing soybeans or other oil-rich crops, pressing the oil and processing it into biodiesel. Conversion kits are even available for certain diesel vehicles to allow them to run directly from filtered waste vegetable oil.

Overall, choosing a diesel powered vehicle is a viable option. Though the upfront costs may be somewhat higher, there are long term savings benefits.



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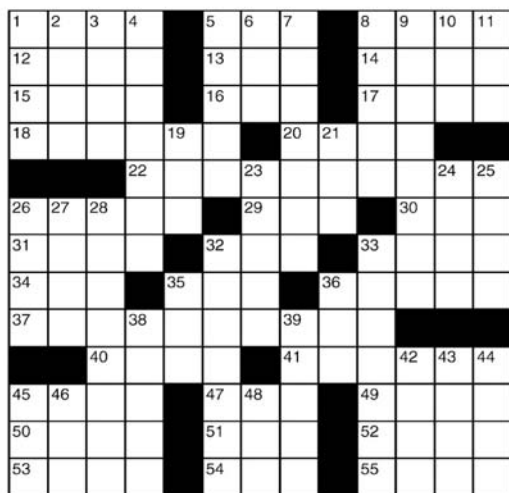
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King Crossword

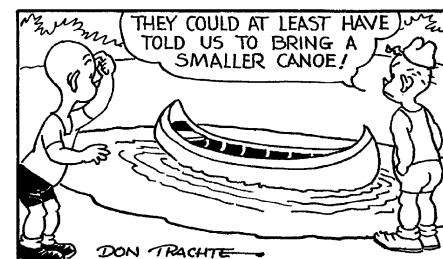
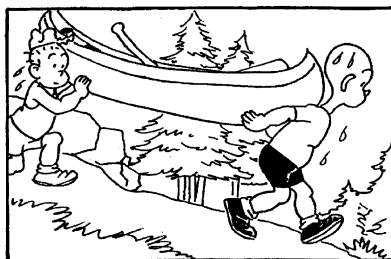
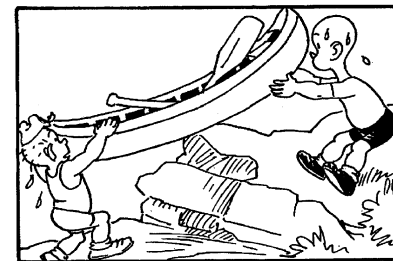
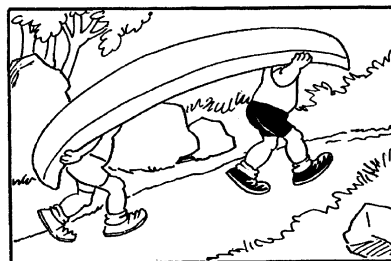
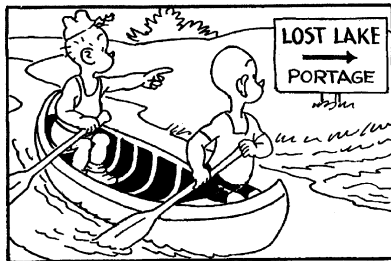
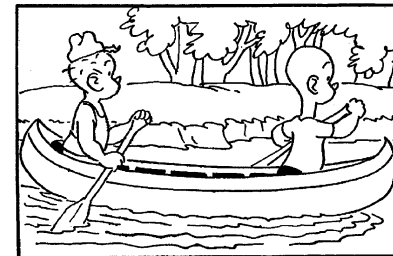
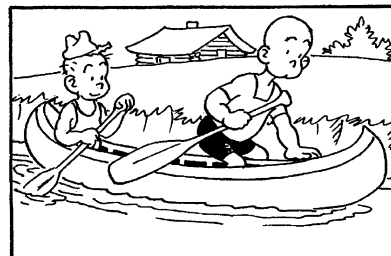
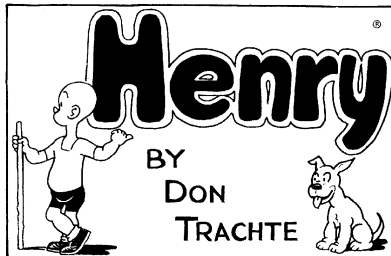
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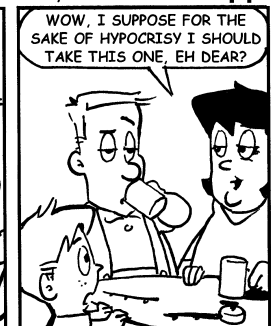
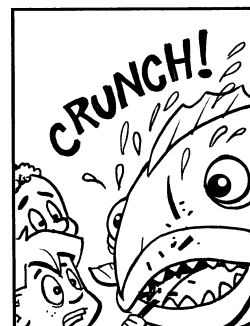
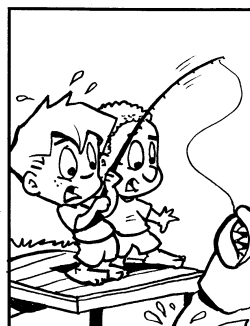
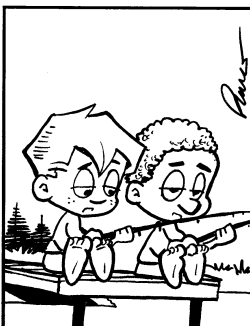


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Amber Waves



Solution time: 25 mins.
Answers — King Crossword



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Aug. 10, 2013

Hello Again,

How I wish I could take credit for the following – but I can't. My son passed this one on to me. Well it did come from a member of the Lee family who heard it from the great communicator himself. This could have happened in upstate New York.

It seems a Republican front-runner in a political race was invited by a group of Democratic farmers to give a speech

at one of their farms. It was obvious to the candidate when he arrived that their intent was to belittle by not even having a podium or platform for him to stand on to give his speech. So he looked around and found a tall pile of manure next to the bullpen. When the crowd gathered, he climbed to the top of the bull manure pile while a voice from the ground attempted to heckle, saying "Go ahead give us your best shot." With that, the candidate said, "I'm sure you all know I am a Republican can with Republican standards and beliefs. It

is, however, the first time I have ever been asked to give a speech from a Democratic platform."

Remember the good old days: in the Feb. 14, 1971 issue of the Grit newspaper, the U.S. Postal Service offered the following announcement. "Postal Rates go up May 15." They stated the proposed new rates would put the service on a "sound financial basis." First class stamps went up from 6 cents to 8 cents, air mail stamps from 10 to 11 cents.

Little bit of wisdom:

We can understand and forgive a child who is afraid of the dark, but the real tragedy is when men and women are afraid of the light and truth.

Can you remember when the United States was plagued with steel worker strikes? How come we don't have the same problem today? Could it be we have lost most of our steel mills and job to countries overseas? Think, isn't that happening now with most of our industries-factories?

Another way to think about this problem – soon we will never have to face labor union strikes – all of our industry will be overseas leaving no jobs behind.

Everyone enjoys a pat on the back. We received this letter dated July 30, 2013, signed by Dottie

Mae Weir:

Hello: To all of the Lee family, I look forward to receiving the Country Editor in my mailbox each week. Thank you for the extensive effort and work put forth to produce such a very special hometown paper. In appreciation, Dottie Mae Weir

The Country Editor is mailed to over 26,000 homes in Herkimer County each week. Thank you, Dottie.

Dottie composed this poem and included it in her mailing:

Rain Pain

Rain, rain go away!!!

Don't come back again another day. We're over-drenched we sadly say.

Up yonder in the clouds we wish you'd stay.

Thunder and lightning fills the sky.

Noah's Ark must be somewhere nigh.

"It's raining again!" we moan and sigh.

Will it ever let up? Will it ever be dry?

While waiting for things to get a bit better,

We'll whimper and whine, fidget and fretter.

No sense to write the weatherman a letter,

Even the fish are getting wetter and wetter.

A senior retired lathe operator from Remington Arms driving his new play toy, a John Deere tractor, on a country road saw his

pastor run his car off a steep bank landing into a fresh plowed field. With that, he hurried down the bank and asked, "Reverend, are you hurt? Are you okay?"

The minister replied, "Everyone is okay, thank goodness. The Lord was with me." The tractor driver said, "You better let him ride with me – you'll kill him driving like that."

I have a good lawyer – he takes the judge out to lunch. His office motto is "We win with friendly persuasion."

Some readers will remember our chats in Hello Again about the Palatine Corridor with our references to Bronner's Christmas store in Frankenthuth, MI. At that time I was asked how much sense did it make to have a store like that in our area – that is the Palatine Corridor. If you are one of those who voiced such an opinion, please read on carefully.

Bronner's Christmas store during each fall-winter season has 500 employees with over 150 permanent full-timers. The store is open 361 days each year, and in 2012 had a customer count of over two million. (That's right, over two million customers.) Not bad, is it? Now add a few more stores such as a teddy bear factory-store, American-doll type, quilt,



northern sports and what have you? How about an Amish country restaurant – and truly develop our historical sites such as the Fort at Fort Plain, Fort Klock, Fort Wagner, General Herkimer's home, the Arkell Museum, the Margaret Reany Library and Museum, and the Kateri Shrine – this list could go on and on.

If we continue to live with the do nothing attitude we have shared for the past half-century, we will certainly be sure to end up with nothing. Just think about the jobs which could be created – permanent jobs, permanent businesses.

From Utica in the west to Fonda/Amsterdam in the east, we could become a hot bed of enterprise – but not by doing nothing. Let's join together – first wake up and then sing "Oh what a Hello 8

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Nice country property in the Town of Palatine on 2 acres. 4 BR, 2 full baths, both have ceramic tile & master bath has a whirlpool tub. All "NEW" wood flooring throughout home. Newer stainless steel appliances. All rooms have been freshly painted. Septic, drilled well & accessible to village water. Vinyl siding & replacement windows. Owner has put a lot of time and money into this property, all it needs is a buyer. **\$124,900**

Sunday, August 18 • 2-4pm
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Single Family Fort Plain, downtown 2 BR home has updated boiler, hot water and electric service, kitchen, spacious living room, 2 BR's have double closets. There's a linen closet in the bathroom. Kitchen has a separate pantry. There is a two story brick carriage house for two cars and offers plenty of storage on the second floor. The full basement offers more storage or expansion. The location is convenient to walk to store, library, etc. Could be used to put an office in it **\$59,500**

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Paw's corner

by Sam Mazzotta

Tethering your dog

Dear Paw's Corner:

My boxer and I just moved downtown. I love the convenience of walking to the stores, but I can't bring Jackson in with me. Is it safe to tie him up outside, or should I leave him behind when shopping? — Tom L., Tampa, FL

Dear Tom: Bringing

Jackson along is a judgment call on your part. First and foremost, is he comfortable in an urban environment yet? The noise and crowds can cause even the best-trained dog to become nervous and antsy.

Second, how does your dog interact with other canines? If Jackson is well-socialized and amiable, 'turf wars' are less likely to occur.

Third — and this is a daily consideration — are the destinations you want to take him to safe enough to tie him outside?

There are two preparatory steps to take here. First, get Jackson used to the city and his place in it. Take him for walks and incorporate training sessions into them, especially sit-stay sessions. Make sure that he

will stay quietly, without getting restless, for several minutes.

Next, before taking Jackson on your daily errands, go on a scouting expedition of your own. At each stop, ask yourself the following questions:

- Is there a safe, sturdy place to tether him, so that he doesn't trip pedestrians or go into the street?

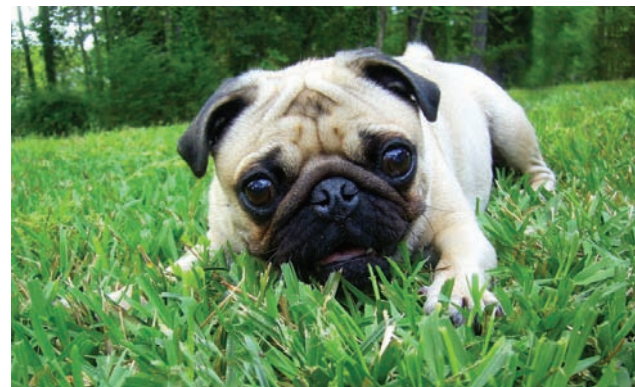
- Can you see him at all times when you're in the store?

- How do pedestrians and customers react to other dogs that are passing or are tethered nearby?

Note all these factors,

and any others that you think will be a concern, and design a 'Jackson shopping trip' that will let him come along with you on at least a few errands of short duration.

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NEW



Plant above-ground crops that produce seeds **outside** the fruit: lettuce, spinach, celery, broccoli, cabbage, cauliflower

2ND QTR.



Plant above-ground crops that produce seeds **inside** the fruit: beans, melons, peas, peppers, squash, tomatoes

FULL



Plant root crops: beets, carrots, onions, potatoes, peanuts, bulbs

— Brenda Weaver

Source: www.gardeningbythemoon.com

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Hello from 7

beautiful morning. Oh what a beautiful day. We've got a beautiful feeling, everything is coming our way."

Our Heavenly Father created this beautiful area and I believe he will help us fix and grow it — if we will only ask and try.

Dr. Milo Thompson was a guest pastor-preacher in our church this past Sunday. His sermon or Bible-based lesson really shook my heart. Basically, by quoting or referring to verses in the Holy Bible, he taught that our God is a great God completely capable to engineer anything and everything we desire and need — if we will only try — get started — do something with a trusting, prayerful attitude. His words made my old Irish heart leap with joy and recreated a desire to see our upstate New York Corridor grow

and prosper beyond anyone's dream.

I hope you will not tire with my chatting about the corridor unless it steers you to volunteer to help.

Today I passed a man in Nelliston while driving my red bike and an Amish man while driving his horse and buggy. They both waved with two hands. It is like pure Irish elixir for me old Irish heart.

stand alone when you have friends and the Lord on your side. Try attending church on Sunday and you will gain both. Are you lonesome or friendless? Attend church. If God is missing in your life, attend church. Happiness requires a little personal effort.

Wave hello when you see the red bike rumble by. If the red Spyder doesn't see you, the rider will smile back.

family, and your friends.

Fred Lee and Family

Remember: You never

God bless you, your



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Hiring a contractor

Whether you're planning an addition for a growing family or simply getting new storm windows, finding a competent and reliable contractor is the first step to a successful and satisfying home improvement project.

Your home may be your most valuable financial asset. That's why it's important to be cautious when you hire someone to work on it. Home improvement and repair contractors often advertise in newspapers, the Yellow Pages, and on the radio and TV. However, don't consider an ad an indication of the quality of a contractor's work. Your best bet is a reality check from those in the know: friends, neighbors, or co-workers who have had improvement work done. Get written estimates from several firms. Ask for explanations for price variations. Don't automatically choose the lowest bidder.

Home improvement professionals

Depending on the size and complexity of your project, you may choose to work with a number of different professionals:

- General Contractors manage all aspects of your project, including hiring and supervising subcontractors, getting building permits, and scheduling inspections. They also work with architects and designers.

- Specialty Contractors install particular products, such as cabinets and bathroom fixtures.

- Architects design homes, additions, and major renovations. If your project includes structural changes, you may want to hire an architect who specializes in home remodeling.

- Designers have expertise in specific areas of the home, such as kitchens and baths.

- Design/Build Contractors provide one-stop service. They see your project through from start to finish. Some firms have architects on staff; others use certified designers.

Don't get nailed

Not all contractors operate within the law. Here are some tip-offs to potential rip-offs. A less than reputable contrac-

tor:

- solicits door-to-door;
- offers you discounts for finding other customers;
- just happens to have materials left over from a previous job;
- only accepts cash payments;
- asks you to get the required building permits;
- does not list a business number in the local telephone directory;
- tells you your job will be a "demonstration;"
- pressures you for an immediate decision;
- offers exceptionally long guarantees;
- asks you to pay for the entire job up-front;
- suggests that you borrow money from a lender the contractor knows. If you're not careful, you could lose your

home through a home improvement loan scam.

cials. They can tell you if there are unresolved consumer complaints on file. One caveat: No record of complaints against a particular contractor doesn't necessarily mean no previous consumer problems. It may be that problems exist, but have not yet been reported, or that the contractor is doing business under several different names.

- Are you licensed and registered with the state?

Check with your local building department or consumer protection agency to find out about licensing requirements in your area. If your state has licensing laws, ask to see the contractor's license. Make sure it's current.

- How many projects like mine have you com-

pleted in the last year?

work on your project. Be suspicious if the contractor asks you to get the permit(s). It could mean that the contractor is not licensed or registered, as required by your state or locality.

- May I have a list of references?

The contractor should be able to give you the names, addresses, and phone numbers of at least three clients who have projects similar to yours. Ask each how long ago the project was completed and if you can see it. Also, tell the contractor that you'd like to visit jobs in progress.

- Will you be using subcontractors on this project?

If yes, ask to meet them, and make sure they have current insurance coverage and licenses, if required. Also ask them if they were paid on time by this contractor. A 'mechanic's lien' could be placed on your home if your contractor fails to pay the subcontractors and suppliers on your project. That means the subcontractors and suppliers could go to court to force you to sell your home to satisfy their unpaid bills from your project. Protect yourself by asking the contractor, and every subcontractor and supplier, for a lien release or lien waiver.

- What types of insurance do you carry?

Contractors should have personal liability, worker's compensation, and property damage coverage. Ask for copies of insurance certificates, and make sure they're current. Avoid doing business with contractors who don't carry the appropriate insurance.

Otherwise, you'll be held liable for any injuries and damages that occur during the project.

Checking references

Talk with some of the remodeler's former customers. They can help you decide if a particular contractor is right for you. You may want to ask:

- Can I visit your home to see the completed job?
- Were you satisfied with the project? Was it completed on time?

- Did the contractor keep you informed about the status of the project, and any problems along the way?

- Were there unexpected costs? If so, what were they?

- Did workers show up on time? Did they clean up after finishing the job?

- Would you recommend the contractor?

- Would you use the contractor again?

Source: www.consumer.ftc.gov



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Tips for making seating arrangements

One of the biggest decisions couples make regarding their wedding reception concerns where to seat their guests. Many a bride and groom has felt the crunch of compiling responses and then coming up with an acceptable seating arrangement for the reception.

Seating guests is not a task exclusive to brides and grooms-to-be. Anyone holding a special party, whether it's at a reception hall or a restaurant, must determine seating arrangements.

Before you begin to make seating arrangements, you will need the entire list of people attending the event. Having a final headcount is essential. While you may want to do a seating chart early into the reception planning, it's best left until a few weeks before your wedding day, when you know who will and will not be in attendance.

Next, know the number of tables you will be allotted in the party space. A catering hall may have a set number of seats that can fit at each table and can usually provide you with a map of the room or a blank seating chart. Many standard reception tables can comfortably seat between eight to 10 people. Squeezing in

more people can make for an uncomfortable dining experience.

If you are a visual person, you may benefit from writing guests' names on small pieces of paper and physically moving them around your seating chart, much as you would do if you were trying to arrange

bers of your bridal party and their respective spouses or dates. If your bridal party is especially large, consider flanking your own sweetheart table with two tables for the bridal party on either side.

After arranging the bridal table, focus on seating parents and close

be two parental tables. Consider seating grandparents or other close family members at these tables to ensure they have a place of prominence in the room. This usually means being close to the dance floor to have a good view of all of the festivities. If your parents are divorced or there

and even coworkers of parents whom the couple tying the knot does not even know. You may need further clarification of their relationships and who gets along before seating them. In fact, ask a parent to take care of arranging their own friends so you will be certain the arrangements will be comfortable for everyone.

A friends' table is usually a mingling of friends or your own coworkers who are of similar ages. A friends' table can make guests who arrived solo feel more comfortable because they can converse with others who are like-minded.

Seating children can be tricky. You may be inclined to seat youngsters at their own table, which is fine if the children are mature enough to handle sitting by themselves. But young children sit-

ting apart from their parents may be nervous. Furthermore, the parents will continually have to get up and check on the kids. Very young children are best seated alongside their folks.

When arranging seating, you also must consider special needs' individuals who may have mobility issues. Such individuals should be seated near doors and restrooms so it's easier for them to get around once the reception hits full swing. Try to accommodate special requests, like not seating the elderly too close to music speakers.

Keep in mind that there is software and even some smartphone apps that make it even easier to make seating arrangements. Tech-savvy couples may prefer this method to the old-fashioned pencil and paper technique.



furniture on a room layout. Otherwise, write things down as you plan.

When arranging the seating, figure out the head or bridal table. This is one of the easier tables to seat because it is traditionally filled with mem-

relatives of the bride and groom next. Many couples prefer to separate their families at the wedding, so the groom's family may sit on one side of the room and the bride's family will sit on the other. This means there will

be any other strained feelings among parents, you can further separate into another table for stepparents, to avoid any unpleasantness or confrontation.

Many wedding receptions are full of friends

The Country Preacher

by Dan West

One of the things I remember my mother for is her outlook on life. She had a number of serious health issues, but she so often would say "there is no great loss without some small gain." Sometimes, as in the recent disaster in Fort Plain, Van Hornesville, and Herkimer, it seems hard to apply this.

Oliver Wendell Holmes told us "you will find what you look for." If you look for trouble and tragedy you will certainly find it! But I would like to encourage you to look for the "silver lining in the dark cloud;" that small positive that may have come out of the storms.

I have seen a community come together and serve each other like never before. I have seen people care about people they didn't even know a week ago. I have met neighbors I hadn't had occasion to meet before. I

have helped folks I didn't know. These small positive things came out of the disaster.

The troubles seem to be so prevalent we don't have to look hard for them, but we must consciously look for the good. Set your mind on looking for the small but positive changes; when you think of the loss and trouble, make your mind balance

it with a good thought. I'm sure my mom would

have found some small gain through all of this.





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What did people do before electric heaters? Before setting the room or car to a comfortable climate was as simple as adjusting a switch? This buggy foot warmer (sometimes called a carriage coal box) was what kept toes toasty when going 'over the river and through the woods.' The engineering is quite simple: a hot coal goes in the pan, which heats the carpeted

container. When it cools, the coal is replaced. Requires slightly more work than today's fan speed and defrost button, wouldn't you say? ~~ Have your own Whatchamacallit? Send picture and description to eeneger@leepub.com. Visit our Facebook page each week to see if you can figure out what the upcoming Whatchamacallit is!



Man frees rare right whale off Virginia coast

VIRGINIA BEACH, VA — A man aboard a fishing charter off the coast of Virginia Beach freed a rare right whale that was caught in fishing line. A video taken by Adrian Colaprete and posted online shows him jumping into the ocean and using a knife to cut the whale free, then whooping as it swims away. Colaprete was aboard a fishing charter about 50 miles off the Virginia Beach coast when the boat came upon the whale. "It's something bigger than me," Colaprete told WVEC-TV, "and I had the feeling when I accomplished it and I was done with it, it was probably one of the best feelings of my life." The Virginia Aquarium & Marine Science Center said that the whale was, in fact, a rare right whale. Right whales are endangered, and 350 North American right whales exist in the wild, according to the Defenders of Wildlife. "(Colaprete) cut one of the lines and freed him. All the gear went down to the bottom. Whale safely sailed away. Happy ending. Glad to be part of it," Pat Foster, the boat's owner, told WAVY-TV.



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Newborn pandas split time between mom, zoo nursery

by Phillip Lucas

ATLANTA, GA — Two giant panda cubs are being rotated between their

mother and an incubator to ensure the newborn twins are properly fed and receive equal doses

of maternal nurturing, officials at an Atlanta zoo said recently. A 15-year-old giant

panda named Lun Lun gave birth to the cubs at Zoo Atlanta. An ultrasound confirmed Lun Lun's pregnancy in June, but officials say they were unaware she was having twins until the second cub emerged minutes after the first.

"It was a surprise to us but not a shock to us that she had twins. Lun (Lun) did not really comply with the ultrasound all that well. This pregnancy she slept most of the time,"

said Zoo Atlanta's deputy director, Dwight Lawson. He said the mother's long bouts of sleep during pregnancy didn't leave veterinarians much time to check her thoroughly via ultrasound.

Lun Lun was artificially inseminated in March and has been under 24-hour observation by a camera providing a live Internet video feed from her den. The father is another giant panda at the zoo, Yang Yang.

The cubs are the first giant panda twins to be born in the U.S. since 1987. Each came into the world hairless and taking on a pinkish color. Lawson said one weighed about 3.5 ounces (100 grams) at birth and the other just over 5 ounces (140 grams).

Lawson said both cubs appear healthy, but zookeepers are taking precautions because of a

Newborn 13



This photo released by Zoo Atlanta on Tuesday, July 16, shows twin panda cubs born Monday to the zoo's resident giant panda Lun Lun, the first twin pandas born in the United States since 1987.

Photo source www.gazette.com

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Chow Line: Tips for the first-time home canner

Q: My mother-in-law gave me her pressure canner, and I'm hoping to do some canning for the first time this year. How should I prepare?

A: One of the best resources for beginner and experienced canners alike is the National Center for Home Food Preservation, hosted by the University of Georgia, <http://nchfp.uga.edu>.

The site offers free access to many reliable sources of canning information, including the ability to download the U.S.

Department of Agriculture's Complete Guide to Home Canning.

Ohio State University Extension also offers food preservation information: go to <http://ohioline.osu.edu>, click on "Food," and click on "Food Preservation" for a series of fact sheets. You'll probably want to start with the four-page Canning Basics, which includes other recommended books for canning. Classes are also available; check out one near you: <http://go.osu.edu/fdpre>

serv.

As you gather materials and start doing some homework, there are a few other things you can do to make sure you're all set when your garden bounty is ready for preserving:

- Get the dial gauge on the pressure canner tested to make sure it's giving an accurate reading. Check with your local Extension office for information about this service. If the gauge reads high or low by more than 2 pounds at 5, 10 or 15 pounds per square inch (psi), you'll

need to have it replaced.

- It would be helpful to read the manual that came with the canner. If you don't have it, you might be able to find it online, or you can try to contact the manufacturer for a copy.

- Make sure you have all the equipment you'll need for canning. You didn't mention if you also received the accessories you may need, such as a jar lifter, a bubble freer or a funnel with an extra-wide mouth. You might also want to stock up now on

jars and lids.

- Find out what your altitude is. At more than 1,000 feet above sea level, water boils at a lower temperature, which means your canning process may not kill all bacteria if you don't follow instructions for high-altitude canning. Some people are surprised that even Midwest states like Ohio have areas above 1,000 feet. There are plenty of smartphone apps that can tell you the altitude at your location, or you can inquire at your local Extension office or Soil

Conservation Service. Or, go to the U.S. Geological Survey's website at <http://geonames.usgs.gov/pls/gnispublic> and click the menus for your state and county for a list of elevations at various locations in your area.

Chow Line is a service of Ohio State University's College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.

Newborn from 12

high mortality rate among panda cubs.

The cubs are tiny, undeveloped and able to nearly fit in the palm of a hand. They were born with their eyes closed like many mammals, and they're unable to regulate their own body temperature. Zookeepers say rotating the cubs between incubator and the mother is a key step in their survival.

"They're doing well, the trick with panda twins is that the female typically only cares for one and

abandons the other. That's normal, they're just not able to raise twins on their own," Lawson said.

Rebecca Snyder, curator of mammals, said in a statement released by the zoo that Lun Lun is a "good mom," but is reluctant to give up whichever cub she has at any time.

"We have not been able to swap the cubs as frequently as we would like. Because of that, both have been supplemented with some formula. Both are doing well with this,"

she added.

Snyder said the first days are critical and will guide the actions of the caretakers. Zookeepers note that the last twin pandas born in the U.S. in 1987 died, adding twin births raise the likelihood of complications.

The twin cubs are Lun Lun's fourth and fifth children.

Hines said Lun Lun's 15-year-old partner, Yang Yang, and the cubs' older brothers, Xi Lan, 4, and Po, 2, remain on exhibit, and will not be housed

with Lun Lun or the cubs for the time being. A third sibling, Mei Lan, 6, was sent back to China in 2010.

"Basically, they all go back just prior to reaching sexual maturity so they can be part of the larger breeding pool in China," Lawson said.

The giant panda research program began at Zoo Atlanta in March of 1997 in partnership with the Chengdu Research Base of Giant Panda Breeding.

Zoo officials said their

Chinese counterparts were in Atlanta this week to help care for the newborn cubs. The method of switching twin cubs between the mother and an incubator was developed by researchers from Chengdu, and has been successful in China, where zoo officials say twin giant panda cub births are more common.

Less than 1,600 giant pandas are said to be living in the wild and most are known to live in mountainous regions of China. Zoo Atlanta was

given an International Conservation Award from the Association of Zoos and Aquariums in 2012 for its work to preserve the species.

The cubs won't be named until they are 100 days old, in keeping with a Chinese tradition, Lawson said. Zoo Atlanta officials said they'll likely learn the gender of the cubs in the coming week.

If the panda cubs survive, they're expected to be open to visits from the public this fall.

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Other exciting events downtown on Third Thursday, August 15th, include: a FREE showing of "The Smurfs 2" at Valley Cinema at 3pm; and "Grown-Up Story Hour" at Hannah's Signature Cakes on 54 West Main Street, featuring a reading of Flannery O'Connor's "The Life You Save May be Your Own".

Around town, be sure to take advantage of all the fabulous merchant specials! Also, be sure to stop by the Mohawk Valley Center for the Arts and Faces of Astarte in Canal Place to preview the art for the Great Art Give-Away and enjoy folk music by the extraordinarily talented Steve Wood!

For a listing of everything happening in Little Falls on Third Thursday, August 15th, be sure to check out our Third Thursday page on www.ShopLittleFallsNY.com!

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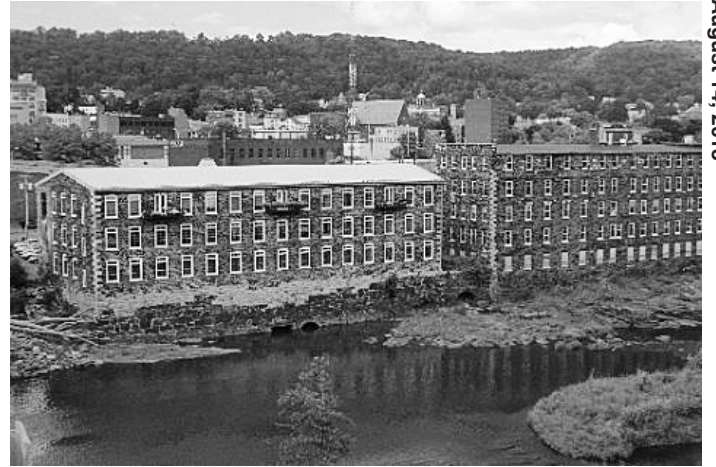
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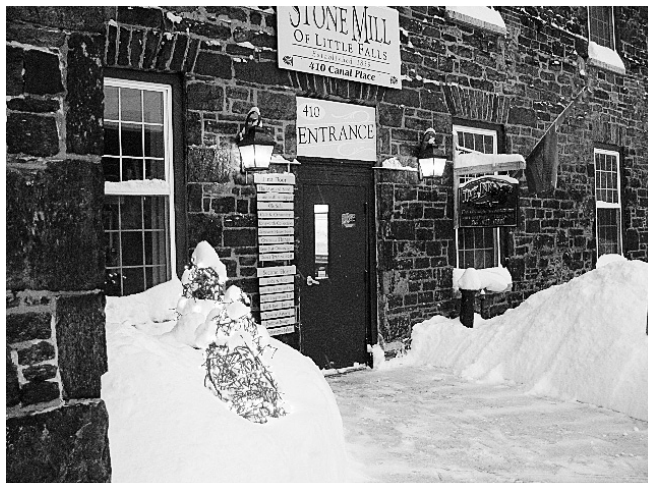
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Recently, an estimated 50,000 bumblebees were killed in Wilsonville, OR, after a commercial pesticide applicator treated blooming linden trees with a powerful insecticide in an effort to control aphids. Although the incident is still under investigation, the Virginia Department of Agriculture and Consumer Service (VDACS) reminds everyone who uses pesticides, either individual homeowners or professional applicators, of the importance of reading and following the instructions for use on the pesticide label.

Pesticides include a broad group of chemicals and substances that are used to manage undesirable insects, weeds, fungi, bacteria and viruses. Regardless of their mode of action, before pesticides can be sold, they must undergo a registration process with the United States Environmental

Protection Agency (EPA). The EPA reviews scientific data to determine the potential effects a pesticide may have on humans, animals and the environment. The instructions and related precautions that appear on the pesticide label are intended to protect the user, other people, animals and the surrounding environment by minimizing the potential risk of exposure to the pesticide. The likelihood of an incident like the bumblebee kill in Oregon is minimized when users follow the directions on the label.

Every pesticide reviewed and registered by the EPA contains the following statement: "It is a violation of federal law to use a pesticide in a manner inconsistent with its labeling." That federal law is the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA). In addition to violating FIFRA,

failure to use a pesticide according to its label could also constitute a violation of the Virginia Pesticide Control Act. Both the federal and the Virginia pesticide laws provide for civil or criminal penalties for violations.

What are the risks of not reading and following the label?

- Human Injury, Disease or Death - One of the greatest concerns with the application of pesticides in a manner that is inconsistent with label directions is the potential for human injury, disease or even death to those making the pesticide application and to by-

standers as well. The exposure could occur as a result of uncontrolled drift, equipment leakage, over-application of product, applications during adverse weather, uses on target pests other than those for which the product is intended or when allowing access to treated areas while the pesticide is still wet.

- Environmental Contamination and Pollution - Environmental contamination is another potential concern when applicators do not follow the pesticide label directions. Pesticides intended for outdoor use typically have an environmental

hazards section that provides information about how to prevent damage to the environment and wildlife, including bees.

- Economic Loss and Property Damage - Economic loss and property damage can occur by either over-application of a pesticide or, in some cases, under-application. Pesticide misuse could also lead to legal action if personal, property or environmental damage occurs. Economic loss and property damage also may occur when applicators apply pesticides to sites not listed on the label or if the applicators allow the pesticide to drift.

Applicators must heed label precautions to keep pesticides away from desirable plants, food crops and non-target sites such as neighboring properties.

To learn more about the proper use of pesticides, visit the Virginia Pesticide Safety website at vapesticidesafety.com. This site is maintained by VDACS' Office of Pesticide Services. In addition to information regarding the proper use of pesticides, the website also contains information about common and seasonal home, lawn, and garden pests, as well as options for managing those pests.

Family Fundamentals: Budget for basics for back-to-school items

Q: We've had some unanticipated expenses this summer, so we're looking for ways to trim spending on back-to-school clothes and other items. Any tips? We have three children, in elementary, middle and high school.

A: Although your economic situation right now may be challenging, you can use this time of belt-tightening as a teachable moment for your children.

Parents often try to keep family financial struggles hidden from their children so they won't be burdened with adult concerns. But if you matter-of-factly explain that money is tight and you'll have to cut back on some expenses, you can map out some money-saving strategies with them. Use this time to help them determine the difference between wants and needs. This will be a tool they will be able to use for a lifetime.

Here are some things to consider:

- First, figure out what you need to buy. What can you use from last year? What is absolutely essential to purchase now?
- Determine how much money you can spend for each child for clothing and supplies. Note that this might not be an equal amount, depending on each child's needs.

- Work with your children to investigate the best bargains. If you have, say, \$40 to spend on clothing, you might be able to find a good sale at a discount store to enable you to buy a pair of jeans, a pair or two of shorts, and several shirts. You could also go to a thrift shop and use that money to buy double or triple the amount of clothing. Or you could find bargains at garage sales and possibly find that you don't even need the entire \$40 to purchase what's needed. Let your children help make the decision as to how to spend their allotted share. If one of the kids decides, for example, that he or she would prefer to buy brand new clothes instead of sec-

ond-hand even though they will get fewer items, that's a valid choice as long as they can find what they need and still stay within budget.

- Make a list before shopping and stick to it. It's very easy to get swept away when you're at the store or even at a yard sale. Have your list in hand and focus on buying only the items on the list. Only when you finish getting everything you need should you allow yourself to splurge on the extras — and then only if you can remain in budget.

- Realize that you don't need to buy clothing for the entire school year in one fell swoop. Now is a good time because of back-to-school sales, but there

will be other sales soon in the future, and today's bargains might be discounted even more on tomorrow's clearance racks.

For more ideas, see "A Dozen Ways to Stretch Your Back-to-School Budget" at the www.extension.org website, an information source sponsored by land-grant universities nationwide.

Family Fundamentals is a monthly column on family issues. It is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.

Bible trivia

Egyptian, Philistine, Cushite

5. At the end of Acts, where in Rome is Paul? Dungeon, King's palace, Temple, Rented house

6. Which book (KJV) mentions the constellation Orion? Genesis, Exodus, Job, Jonah

Answers: 1) New; 2) Melchisedec; 3) Barnabas; 4) Philistine; 5) Rented house; 6) Job

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Fruit and veg leathers: Easy and not just for kids

by W. Wayt Gibbs, Associated Press

What does a school-child's packed lunch have in common with a \$300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a puree of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthful and highly portable snack for the lunch box or backpack. My 10-year-old loves the mango chili

leather.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of puree, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

There are just three prep steps: prepare the fruit or vegetable by coring, peeling and dicing it; puree all the ingredients in a blender to a smooth slurry; then spread the puree in a thin, even layer onto a silicone baking mat. An offset spatula is an ideal tool for that last step, but if you don't have one, you can instead wrap six to eight loops of masking tape around both ends of a ruler so that it leaves a gap of about 1/16 inch as you draw it across the mat.

Except for leathers made from fruits like mango, which are naturally high in pectin, you'll need to add a smidgen of gelling agent to the puree to get the right degree of stretchiness to the leather. Pectin can work, but its gelling strength varies greatly depending on the acidity of the puree. Xanthan gum, which you can find in the baking ingredients aisle of bigger grocers, performs more consistently. Xanthan is a natural product fermented from sugars. It is powerful stuff, so measure it carefully; use a digital scale if you have one.

Sweet raspberry leather

Start to finish: 2 hours
Servings: 4
2 cups raspberries
1 tablespoon cooking oil
1/4 cup sugar
3/16 teaspoon xanthan gum
Arrange an 11-by-17-inch nonstick silicone

mat on a rimmed baking sheet. Heat a food dehydrator to 150 degrees F, or set your oven to its lowest temperature.

Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the puree onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the puree sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1 1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the puree layer, the temperature of the

chamber, and the humidity of the air. Use the convection setting on your oven if one is available.

When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way.

Mango chili leather

Start to finish: 2 hours
Servings: 4
2 cups peeled and diced mango (about 1 medium mango)
1 tablespoon cooking oil
1 1/4 teaspoons sugar
1 1/2 teaspoons minced red Thai chili or red jalapeno

Proceed as directed for sweet raspberry leather.

Other fruit leathers

Follow the directions above, but substitute 2

cups cored, peeled and diced persimmons, apples, pears or apricots for the raspberries, and reduce the amount of sugar to 2 1/2 tablespoons. Use more sugar if you or your kids prefer sweeter snacks.

Tomato leather

Start to finish: 2 hours
Servings: 4
1 1/8 cups tomato paste
3 3/8 teaspoons extra virgin olive oil
4 1/4 teaspoons red wine vinegar
6 drops hot sauce
3/16 teaspoon xanthan gum
Proceed as directed above

Onion leather

Follow the recipe above for tomato leather, but substitute 1 1/8 cups pureed cooked onion or shallot for the tomato paste, and substitute cooking oil for the olive oil.

by Samantha Mazzotta

An exhausting proposition

Q: When I get out of the shower, the bathroom is completely fogged up, even when the exhaust fan is running. What's the point of having a bathroom exhaust fan if

it doesn't clear the air? — Kurt C., Huntsville, AL

A: Good question. If a bathroom exhaust fan doesn't do the job it's advertised to do, what's the point of having one?

The exhaust fan serves a good purpose. It draws moist air out of the bath-

room, minimizing damage to wallpaper, baseboards, the ceiling and anything else that isn't sealed against water. However, if a fog lingers for more than five minutes after a shower, the fan isn't doing its job.

The problem could be a blocked exhaust duct, an ailing fan motor or a unit that's not large enough to clear the entire room. In every case, the unit is not pulling enough air out of the bathroom. An exhaust fan should remove as many cubic feet of air each minute as the number of square feet of the bathroom's floor space.

Clean dust and debris

from the unit and air ducts. If cleaning the unit doesn't help, consider replacing it.

Switch off the unit at the circuit box, then remove the front grille. Use a circuit tester to make sure no power is coming through the wires attached to the fan motor. Do this by placing one probe of the tester against each connector, then placing the second

probe against the grounding screw on the fan housing. Don't touch the bare wires with your fingers. If the tester glows at any point, go back to the circuit box and turn off the correct switch.

Remove the mounting screws and pull the fan out of the wall or ceiling cavity. Disconnect the vent hose and household wiring to free the unit, then set it aside.

Next, measure the fan's wall or ceiling cavity and record it. Measure the square footage of the bathroom, as well. Take those figures and the fan assembly to the home-improvement store and purchase a fan that works best for the room's square footage. Make sure the new fan's exhaust port matches the size of the old exhaust port.

Install the new fan in the old cavity, if possible (a larger unit may require you to increase the size of the cavity). Attach the fan housing to the stud or joist, avoiding the nail holes of the old unit.

Test the household wiring to make sure the power is off before attempting to connect them to the new unit. Then, follow the manufacturer's instructions to hook up the wires. Connect the vent hose to the new unit's exhaust port, replace the grille cover and switch on the power at the circuit box.

Home tip: Use caution when working with electrical products. Use a circuit tester to make sure the power is completely off, and don't touch bare wiring with your fingers!

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by Amy Lorentzen, Associated Press

For many parents, there's something special about school picture day. They remember getting out of class, combing their hair, lining up with friends for their turn before the camera. Then there was the thrill of the portrait envelope arriving, of wallet photos handed out like tiny trading cards, or delivering prints to grandma to be placed on her mantle. While that's still the case at many schools, today's kids, surrounded by photo technology, may not be fazed by another click of the camera, says Lisa Van Etta, who recently retired after 17 years as a yearbook adviser at Cypress Falls High School in Houston. "I just think they are so wrapped up in Facebook and texting and all

of that that they just don't really have time to worry about their school picture," she says. "In rural areas, school pictures are still big. When you get in the city, not so much."

Still, school pictures provide a rare professional sitting and, if done well, provide a seamless look at a child's growth and personality over the years.

"Many people are taking thousands and thousands of pictures every year ... They don't realize how much of their memory is in something digital," says Steve Lata, a photographer and territory manager with Missouri-based Inter-State Studio Inc., which takes millions of children's school photos each year.

"The school portrait is one of the only things getting printed and hung

on the wall anymore."

A few simple steps by parents can make picture day a success, the pros say.

Above all, help children be comfortable having their portrait taken. They should feel good about their appearance, but not pose.

child. We don't want them to be artificial, we want them to be as relaxed as possible," says Kelvin Miller, corporate vice president of Minnesota-based LifeTouch School Photography.

Choose clothing in solid colors or simple patterns, and avoid shirts

traction than short or sleeveless tops.

Clothing for portraits doesn't need to be formal. Even a favorite, oft-worn shirt can be perfect on picture day, Miller says. If possible, help your child choose an outfit that pleases both of you.

"Make it kind of a fun activity ... and be willing to compromise," he suggests.

As for grooming, the experts recommend haircuts two weeks before picture day. You'll have a nice-looking trim without that 'just cut' look.

Wear sunscreen and limit sun exposure before pictures to avoid bright red cheeks or peeling noses. Trim fingernails, since hands might appear in some portraits.

So what's the biggest mistake parents can make on picture day? Forgetting the date.

Mark it on your calendar, so your child will be wearing appropriate

clothes to reminisce over some day.

And don't overhype the occasion either, says Lata.

"I've even seen a lot of parents telling their child to practice their smile," says Lata. "As a photographer, that's one of the last smiles you want."

Encourage your kid to listen to the photographer's directions. Many school-photo photographers will use banter or maybe a high-five to put the child at ease in front of the lens and bright lights.

With digital equipment, they're able to check the photos right away for closed eyes and awkward expressions. That cuts down on the need for retakes.

"We train our photographers to take the photo of the child, to look at the photo and to say in their mind: 'If I were the parent, would I approve?'" Miller says.



"The most important thing about a school portrait is having that genuine countenance of the

with slogans. Keep the accessories simple and small. Long sleeves will provide less visual dis-

Dollars and sense

by David Uffington

Savings bonds still drawing interest

You don't hear much about savings bonds anymore. Low interest rates for certificates of deposit and savings accounts have many consumers assuming that there just isn't anywhere to put money that earns any interest. But savings bonds are still around (since 1935) and still paying interest.

Benefits of bonds include:

- No state or local taxes on the interest. Federal taxes on the interest can be deferred until the bond is mature or you cash it in. And some bonds are tax-free if used for education.

- Starting small. It costs only \$25 to buy a

Series EE bond and \$50 for a Series I bond.

Since 2012 there is only one way to buy bonds (you can't go to your local bank anymore) — directly from the Treasury Department in the form of an electronic bond. Go online to TreasuryDirect at www.treasurydirect.gov and click Individual. Scroll down the left side to the types of bonds that are available.

Study each type of bond to know what you're getting. For example, Series EE bonds dated from May 2005 have a fixed interest rate, with the interest added monthly. Series I bonds have an interest rate based on a combination of fixed rate and inflation that changes twice a

year.

You'll need to open an online account if you want to buy or redeem Series EE and I savings bonds, buy bonds as a gift or enroll in a payroll savings plan automatic purchase of bonds.

Know what your financial plans are before you purchase bonds. Series I, for example, are for long-term investments, and earn interest for up to 30 years. You can cash them in after one year, but if you cash them up to five years from purchase, you'll lose three months of interest. (If you're cashing

in bonds, know when the interest is recalculated and cash them after the new interest is added.)

If you've had the paper version of bonds in the past, you paid half the face value, for example, \$50 for a \$100 bond. The electronic bonds are now sold at face value.

Look for the growth calculator on TreasuryDirect to get an idea of the future value of your bonds, especially if you have a long-term financial plan and will buy bonds on a regular basis.

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Fresh herbs: a picture of healthy eating

by Deb Maes, Regional Extension Specialist

Some of us remember the Simon and Garfunkle song that includes the lyrics "parsley, sage, rosemary and thyme." They were herbs that weren't part of my upbringing. I always thought that using herbs was complicated and better left to the experts.

Recently, while strolling through the gardening supply stores, I was tempted to purchase some herb seedlings. They grow well, look good in the garden and add flavor to meals. However, my efforts to 'flavor up' meals are not generally appreciated — except for fresh basil and parsley. There are more adventurous eaters around and growing and using fresh herbs is just one more way we can combine eating local produce with healthy eating.

One of the benefits to using herbs in cooking is that you can increase the flavor of foods without adding extra salt, fat or sugar. For those of us who like our food to look as good as it tastes, sprinkling fresh herbs on a dish certainly improve its appearance.

Herbs can be planted in your garden, as part of a patio garden or even indoors. I've seen impressive herb gardens growing throughout the winter on a window sill that faces the sun.

To get the best results use good rich soil, with added fertilizer or compost. Keep the plants watered and if part of your garden, consider using some mulch around the base of the plant to control weeds and retain moisture.

When the herbs are ready for you to harvest, keep in mind that you can take some of the plant and the rest will thrive. Last summer I was able to have fresh basil for several weeks by keeping the plant from flowering and selectively picking the leaves. New shoots produced as much as the initial plant and they smelled wonderful.

Herbs taste best when purchased or picked close to the time you plan to use them. If you

have some growing in your garden, pick them in the morning once they have dried but before the sun heats them up. You will get your best flavor and longest storage that way.

There are some tricks to using fresh herbs when cooking. Some of the more delicate herbs like basil, chives, dill, etc., should be added only a minute or two before the end of cooking, or sprinkled on the food as it is served. Other herbs, such as oregano and thyme can withstand a longer cooking time — up to 20 minutes.

Depending on the herb, you can use them in a variety of ways. If you like a sprinkling of chives on your baked potato, use your kitchen scissors to snip several stems into small pieces and sprinkle away. Other herbs such as cilantro and parsley can be chopped on a cutting board with a sharp knife. Herbs that grow on a stem such as thyme or oregano can be stripped off the herb by running your finger down the opposite direction of the leaves. Then chop away. For an especially nice looking presentation, stack several leaves together — think basil, mint or sage — and roll them tightly into a tube and cut crosswise. You get narrow ribbons of the herb, with more areas exposed and more of a chance for flavor to be spread throughout the food you are preparing.

Herbs are best stored in the refrigerator in an open bag, or one that has holes in it. When you wash them, be sure to pat them dry before you store them so that they don't get moldy.

If your recipe called for a teaspoon of dried herbs, you can triple that amount when using the fresh product.

If you are a beginning herb user, you are probably like me and wonder what herb to use on what food. It's really more of your personal taste than a 'must do.' I love the taste of fresh basil mixed with tomatoes and fresh mozzarella chunks and a little oil. I found that dill

tastes great with beets. Thyme adds an interesting flavor to eggplant. Almost any food looks better with a sprinkling of parsley. Dill goes well with fish and oregano enhances peppers and tomatoes. Check your cookbooks for other suggestions — or online recipe sites.

If you have used all the herbs you will need, consider drying them. One technique is to tie the stems together and hang them upside down in a paper bag with small holes to keep the air circulating. You can use your own food dehydrator to dry herbs after you wash them and shake them dry. They are dried when they start to crumble. You can also dry

them in your oven — placing herbs on paper towel drying up to five layers at a time. Once dried, herbs should be stored in an airtight container in a cool, dark place.

Lastly, you could consider freezing your herbs. Wash and pat dry with a paper towel. Wrap in freezer wrap and place in a freezer bag. Seal the bag and freeze. Frozen herbs are ideal for cooked foods.

So, it's not too late to plant some herbs, or to set up an herb garden in your house. The possibilities are endless and remember when using fresh herbs you can eat delicious tasting food that's good for you.



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525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
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537 Gifts
575 Greenhouse Supplies
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605 Heating
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950 Real Estate For Sale
955 Real Estate Wanted
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1080 Snowmobiles
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Announcements

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The Country Editor

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Announcements

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Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. DEADLINE for placing ads is FRIDAY prior to edition date.
Call Peg at 1-800-836-2888 or 518-673-0111

Annual Slovenian Dinner Dance: Cornfield Hall, Fly Creek, NY. Sunday, August 25, Noon to 5:00pm. Live Polka Music Frank Svet. Reservations by August 16th. Evelyn 315-866-4205



CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Publications, Inc. shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred.

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Announcements

THE TOWN OF NEWPORT is looking for an applicant to serve as alternate on the Zoning Board and applicants to serve on the Grievance Board. Requirement: 18 yrs. of age, Town of Newport Resident, US citizen and able to take the NYS required training. All applicants may respond on or before September 9th, 2013. To: Town of Newport, C/O Newport Town Clerk, P.O. Box 519, Newport, NY 13416

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FRIDAY AND SATURDAY August 23-24, 9am-4pm, 45 Green St., Mohawk. Tools, collectibles, kitchen, crafts, sick room items.

HOUSEHOLD SALE:- Pedestal sink, Seneca Oak parlor stove, Oriole Kitchen stove, wood stove, old wood tools, crates, deer head, diving board plus More. Fridays and Saturdays in August, 1 to 5 pm. 25 E. Shore Rd, Pleasant Lake, Stratford.

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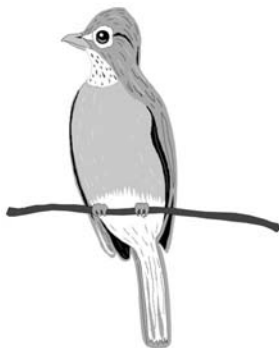
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Calendar of Events

COUNTRY EDITOR

NOTE: Calendar entries must arrive at the Country Editor's office by the Friday prior to our Wednesday publication date for them to be included in the calendar of events. Send events to Lee Publications c/o Country Editor, 6113 State Highway 5, P.O. Box 121, Palatine Bridge, NY 13428 or e-mail: kkelly@leepub.com.

AUG 13-18

Herkimer County Fair
Queen Pageants, Talent Show, Idol Contest and Demo Derby. Demo Derby held on Aug. 16 and drivers must be at least 18 years old. Queen Pageants held Aug. 13 with girls of different age groups from 4-17 and boys from 4-12. Idol contest try outs are Aug. 4 at the Fairgrounds with semi and finals held during the fair. Talent Show is Aug. 17 with any age and talent. All events require pre-registration and acts are limited. The Herkimer Co. Fair is joining with other County Fairs across the nation to "Dream Big" and help feed the hungry. Fair goers are asked to bring in non-perishable food items to the fair and receive a chance to win daily prizes & a grand prize at the end of the fair. We are looking for businesses to donate items or gift certificates to give out each day at the fair. The food will be distributed after the fair to the food banks of the Mohawk Valley. Call 315-895-7464. On net at www.herkimercountyfair.org

AUG 15 - SEP 2

"Betsy" Concert Series

Lock 20 Canal Park, Rte. 49, Marcy, NY.
• Aug. 15 - 6:30 pm - Double Image
• Aug. 16 - 6:30 pm - Holidaye
• Aug. 22 - 6 pm - No Name Band
• Aug. 24 - 6 pm - Double Image
• Aug. 29 - 6 pm - Paul Bailey & Company (Christian Country Music)
• Sep. 2 - 1 pm Floyd Community Band, 3 pm Irish Day at Lock 20 featuring the Johnston School of Irish Dancing and the Butler Sheehan Academy Irish Dance and Koltis.
All events are free. Bring your own blankets and/or lawn chairs.

AUG 17

Blueberry Festival

Fairfield Community Hall. There will be pancake breakfast starting at 8 am. Parade at 10 am. Vendors, games, live music, antique tractor and car show, art show. Contact Lynne Swartz at 315-891-3999 or lswartz4@roadrunner.com

Playing in Nature

Shawangunk Nature Preserve, 255 Shawangunk Rd., Cold Brook, NY. 9-11 am. Refresh yourself with some old fashioned games and make some simple toys from wood, rock and plants. We'll try juggling, stilt walking, bowling, ring toss. Guaranteed to have some fun for all ages. No fee. Call 315-826-7405 for more information and required pre-registration. E-mail shawangunk@ntcnet.com. On net at www.shawangunknaturepreserve.com

AUG 17 & 31

New Hope Christian Fellowship Presents Free Event

Plowe Park, Dolgeville, NY.

2-4 pm. "Music & message, food and fun for the whole family."

AUG 21

Afternoon Tea

Gazebo on State Route 5S between Mohawk & Little Falls near the Historic Fort Herkimer Church. 1-3 pm. Tickets are \$12.50 each. Seating is limited reservations are required on or before August 18 by calling Barb at 315-866-0481 or e-mail at bsmielcarski@verizon.net

AUG 23

Polish Fest

German Flatts Town Park, Rte. 5S between Mohawk & Little Falls, NY. 4-9 pm. Traditional Polish food including Perogies, Golumpkies, Kielbasa, Kapusta, Strawberry Shortcake as well as American favorites. Take outs 4 pm, dinners served 5 pm. Free admission & parking. Bring a chair. Everyone is welcome. Drawing for the cow plop bingo will also take place. Music for your dancing pleasure will be provided by Tony's Polka Band from 5-9 pm. Contact Town Clerk, 315-866-1370.

AUG 24

All Day Christian Concert
Dolgeville Central High School A. Contact Bobby Pierce, 315-868-5815.

Beginning Film Photography
Shawangunk Nature Preserve, 255 Shawangunk Rd., Cold Brook, NY. 9-11 am. Register by Aug. 22. Bring your 35mm camera if you have one. No fee. Call 315-826-7405 for more information and required pre-registration. E-mail shawangunk@ntcnet.com. On net at www.shawangunknaturepreserve.com

Fifth Annual Reign Fest: NY
Dolgeville Central School auditorium, 38 Slawson St., Dolgeville, NY. 2-10 pm. Grammy nominated "The Rhett Walker Band" headlines this year's amazing lineup, that includes hot new artist "All Things New," ReignFest mainstay "Everyday Sunday" with special guest "Grant Woell," along with Christian rock bands "Kardia," "Life Band," "Deeper Still" and the "New Hope Worship Team." The event's guest speaker will be Pastor Dave Hayner. Tickets are \$15 in advance and \$17 at the door. Group pricing is available. For tickets and information, call 315-868-5815 or e-mail bobby@rkpsportinggoods.com. You can also follow ReignFest: NY on facebook.

Introduction to Zen
255 Shawangunk Rd., Cold Brook, NY. 9-11 am. Learn about the history of Zen and experience a introduction to posture and breathing from a yogic and Zen perspective with a short sitting. Led by Reiho Ellen, a Zen monk. No fee. Register by Aug. 2. E-mail shawangunk@ntcnet.com or on Internet at www.shawangunknaturepreserve.com

AUG 25

Annual Slovenian Dinner Dance

Cornfield Hall, Fly Creek, NY. Noon - 5 pm. Live Polka Music Frank Svet. Reservations by August 16 by calling Evelyn at 315-866-4205.

AUG 31

25th Annual Music Festival
Stratford Community Center at 120 Piseco Road. 1-8 pm. Featured will be Tony's Polka

Band, Andy and friends plus Dick Solberg and his Sun Mountain Band. The Senior Club is having a pie sale, whole or by the slice. Food will be available all day. A \$2 donation at the door is appreciated. Sponsored by the Stratford Historical Society.

AUG 31

Storing Food for Winter and Emergencies

255 Shawangunk Rd., Cold Brook, NY. 9-11 am. What can tolerate freezing or hot temperatures; what can be stored safely in a garage or shed; what do we need to survive a difficult situation; how do we protect it? Find out how! No fee. Call 315-826-7405 for more information and required pre-registration. E-mail shawangunk@ntcnet.com. On Internet at www.shawangunknaturepreserve.com

Washing by Hand

255 Shawangunk Rd., Cold Brook, NY. 9-11 am. Come and learn about it. No fee. Call 315-826-7405 for more information and required pre-registration. E-mail shawangunk@ntcnet.com. On net at www.shawangunknaturepreserve.com

SEP 5

Rabies Clinic

Salisbury Fire Dept., 2549 St. Rt. 29, Salisbury Center, NY. 6-7:30 pm. All cats, dogs & ferrets 3 months old or older must be vaccinated even if they stay indoors. Bring proof of the pet's vaccination history to receive a 3 year certificate. Dogs should be on a leash, cats & ferrets in a carrier. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation per pet is suggested to defray cost. Pre-register online. Contact Herkimer County Public Health, 315-867-1176. On Internet at www.herkimercounty.org

SEP 8 & OCT 6

1805 Frisbie House

Salisbury Center. Open on Sundays from 1-3 pm. New exhibits and picture show. No admission.

SEP 12

Rabies Clinic

Cedarville Fire Dept., 960 St. Rt. 51, Cedarville, NY. 6-7:30 pm. All cats, dogs & ferrets 3 months old or older must be vaccinated even if they stay indoors. Bring proof of the pet's vaccination history to receive a 3 year certificate. Dogs should be on a leash, cats & ferrets in a carrier. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation per pet is suggested to defray cost. Pre-register online. Contact Herkimer County Public Health, 315-867-1176. On net at www.herkimercounty.org

OCT 3

Rabies Clinic

Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls, NY. 6-7:30 pm. All cats, dogs & ferrets 3 months old or older must be vaccinated even if they stay indoors. Bring proof of the pet's vaccination history to receive a 3 year certificate. Dogs should be on a leash, cats & ferrets in a carrier. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation per pet is suggested to defray cost. Pre-register online. Contact Herkimer County Public Health, 315-867-1176. On Internet at www.herkimercounty.org

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Protect pets through the dog days of summer

When the warm weather arrives, conscientious pet owners typically reevaluate how to care for their pets. As the seasons change, so may a pet's needs, and different safety precautions might be necessary.

Warm weather seasons are many people's favorite time of year. Pets, too, enjoy the benefits of the warm weather, including more opportunities to frolic outside. But the sunshine and hot weather that is synonymous with the summer season can prove treacherous to some pets.

Although the hot-weather months are sometimes called "the dog days of summer," that doesn't mean that your dog enjoys them. According to "Dogs in Antiquity: Anubis to Cerebrus: The Origins of the Domestic Dog," by Douglas Brewer, Sir Terence Clark, and Adrian Phillips, the term 'dog days of summer' was coined by the ancient Greeks and Romans actually to describe the hottest days of summer that coincided with the rising of the Dog Star, Sirius. It has nothing to do with dogs loving the summer. So keep in mind your pooch and other pets may not be acclimated to hot weather and may suffer for it.

Dogs, cats and small animals who are left inside a hot car, even if just for a few minutes, can be susceptible to heat-related illness and even death. Dogs are particularly vulnerable to the heat because they can only cool

off by panting and through the sweat glands in the pads of their feet.

Animal cruelty laws apply to just about anyone who endangers their animal's life through negligence. Failure to take weather conditions into consideration may be a criminal act, depending

• Pets generally have a higher body temperature than people. A dog's normal body temperature, for example, is between 101 to 102.5 F. Being outside in the heat or locked inside a hot room can quickly bring that body temperature up. Nerve damage, liver dam-

• Avoid walks and daily exercise during the hottest parts of the day. Try to reschedule these for early morning or early evening when things generally cool down. Remember, pavement and sidewalks can be very hot and burn the delicate pads of the feet.



on where a pet owner lives.

To avoid heat-related injury to a companion animal, keep these tips in mind.

• Even on a day that seems mild, an enclosed car can reach deadly temperatures. A Stanford University study found that even when it was a mere 72 F outdoors, the interior temperature of a car reached 116 F within one hour. Research further indicated that cracking the windows of the car had little effect on lowering the internal temperature of the vehicle.

age, heart problems, and even death can occur if a dog's body temperature rises just a little bit.

• It is important to provide pets with extra water, as they may be more thirsty when it is hot outdoors. If you will be spending a day away from home, leave one or two bowls of water available and put in a few ice cubes, which will help keep the water cooler.

• If your pet is outdoors, make sure he has plenty of access to shady areas in which to rest. A child's wading pool can provide a respite from the heat as well.

• Discuss pet sunscreen products with a veterinarian. Animals with short hair or with white fur and pink skin may be more susceptible to sunburn and damage from potentially harmful UV rays.

• Be mindful of open windows and pet birds. It can be easy for birds to escape when a window is left open in the house, especially if your birds are given daily exercise outside of the cage. On another note, keep in mind that glass is virtually invisible to birds, and wild birds may collide with glass if windows are kept

shut while the air conditioning is on. Glass reflects the images of trees, bushes and the sky, so a bird may fly directly into it. The United States Fish and Wildlife Service says that one of the greatest hazards to birds is plate glass, with windows in homes and offices killing as many as one billion birds each year.

• Stay up-to-date with vaccinations, as biting insects, such as mosquitoes, ticks and flies, are more prevalent this time of year and can transmit diseases.

• Avoid toxic gardening

products if you and your pet frequently spend time in the yard.

• Don't assume your dog knows how to doggie paddle. Despite the name, not all pups have mastered this method of staying afloat. Keep in mind an unattended dog can drown.

The warm-weather season is one in which people enjoy lounging outdoors and soaking up some sun. You can ensure your pets enjoy it, too, by taking precautions and other safety measures.



Three Reasons to Have a Birdbath:

1. It's summer and it's hot. Birds need fresh water.
2. Birds that typically don't come to bird feeders will come for water.
3. Other creatures with wings, like dragonflies, will come to birdbaths to sip water.

E-mail: birdlingbits@cfl.rr.com

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Exotic animals feeding time — for Ohio animals, a spread of doughnuts, hot dogs

by Ann Sanner

COLUMBUS, OH — It turns out doughnuts, dog food and Gatorade are bear necessities.

At least those were the preferred foods of Dewey, a 400-pound Asiatic black bear temporarily housed at a state facility in Ohio, according to records obtained by The Associated Press.

The building holds wild creatures confiscated or surrendered under Ohio's exotic animal law, which was strengthened following the release of dozens of animals including lions and tigers by their suicidal owner in 2011 in Zanesville. Authorities fearing for public safety

killed most of the animals in a headline-capturing saga.

At least five alligators and two bears have come through the state's roughly \$3 million facility since it opened in February. Ohio's agriculture department then looks for permanent housing for the critters in sanctuaries or zoos.

Groceries and supplies for the temporary boarders have topped \$1,025 since the end of May, according to receipts obtained through a public records request.

Items included a 20-inch jungle ball for the bears bought online for \$225 and five, 5-foot kiddie pools for alligators

from Wal-Mart for about \$74.

Feeding logs show Dewey and an American black bear named Boo Boo weren't light eaters.

Dewey's meals included chicken breast, nuts, cookies and bagels. Boo Boo, a female who weighed more than 200 pounds, enjoyed hot dogs, lettuce, corn and fish.

Both bears had poor diets before they arrived. Sixteen-year-old Dewey ate like a teenager, munching on pizza and drinking Mountain Dew.

The state initially got food for the bears through an agreement with the Columbus zoo, though Dewey turned up

his nose at the nutritious chow.

"In this particular case, we felt like it was more important to keep them on the food that they liked," said Erica Hawkins, a spokeswoman for Ohio's agriculture department.

State veterinarians

eventually worked more wholesome items into their diets, she said.

Both bears left this month for a sanctuary in Colorado. The department expects to see more

creatures after Jan. 1, when Ohio's law allows officials to take away dangerous wild animals if their owners don't meet state requirements to keep them.

www.leepub.com

August

by Joy Zientara

The skies are blue, the rain has stopped

Summer's really here at last.

Time for camping, fishing and pools
But I think we'll have to swim fast!

I see in the stores pencils and pads
School supplies, I fear.

A sale on leather jackets
for a different time of year.

I see the mention of country fairs
"Get your tickets in advance."

Won't somebody please turn the calendar back

And give summer a second chance?

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