



The Country Editor

August 28, 2013

Volume 1 Number 20

Just good reading



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Batter up

by Laura Rodley

The batter's up. Rather, the bat is up, permanently, outside Russell Richardson's home in Williamsburg, MA, all eight feet of it, inscribed with the Yankees' logo. When one of the Shagbark Hickory trees flanking the end of his driveway started failing at its crown, he envisioned saving the base of it to fashion an un-ended baseball bat with a ball on top. When he talked to state officials who would be removing the tree, since the edge of his property is under their jurisdiction, he requested that they leave eight feet of it standing. They agreed.

Now all he had to do was find someone to carve what he had envisioned for over a month. Enter his neighbor, Jeff Ovitt, a devoted Red Sox fan, who found chainsaw artist Susan O'Sullivan on the internet, whose recent itinerary includes carved eagles, storks, a pair of sleeping lions, and a wooden couch flanked by horse's heads and contacted her via her website and Facebook. A former jockey, she lived in nearby Royalston, and agreed to carve it, first carving the bat. The baseball, which weighs approximately 75 pounds was hoisted on top the bat by Ovitt and his handyman. The bat and ball together weigh about 600 pounds, as hickory wood is heavy.

Why did he choose a bat and baseball? "It's just automatic 'cos I love baseball," he said, holding a bat in his hands, wearing a Yankees' cap. He just celebrated his 81st birthday, and has been a Yankees' fan for 60 of them, almost as long as the tree was alive. When he counted its rings, there were 68.

As his property is set flush against busy Route 9, drivers first noticed the bat appearing, then the ball on top set in place with a half inch metal pin. Hordes of strangers have stopped by, and taken his picture. Pictures of him and his bat have been sent all over the country, he said.

"I sent a picture of it to the Yankee Stadium to the radio announcer, for him to put up," he said, but he hasn't had a reply.

Choosing the Yankees stemmed from winning a \$2 bet in 1949 with friend Leo Duval, now deceased, that the Red Sox would beat the Yankees. "I've been a fan ever since."

Right now, he's working on getting the bat insured. Some have suggested that he get a patent.

See Batter page 3



Russell Richardson with his baseball and bat

Tag Day



Zachary Petucci asks for donations.

by Al Dorantes

Tag Day is a grassroots fundraising technique that is used quite frequently in Upstate New York. You can tell it's tag day, especially in the Mohawk Valley, because two or three person teams of kids, accompanied by an adult or coach, are posted outside various retail stores. The children will politely (and usually quietly) ask, "Would you like to donate to our organization?"

Many people drop their pocket change into the cans, jars, or buckets that the kids eagerly hold out. Some even slide folded bills into the containers. They smile and offer good luck to the players. Sometimes, a person will say, "I'll catch you on the way out sport." And your faith in humanity is restored when the change from their purchase is dropped into the can. Some people don't donate. That's their prerogative.

But some people complain to the children. They say things like, "I pay enough taxes" They complain and say, "I pay enough school taxes." Most times these complaints are lost on players. Thankfully, kids don't know or care about taxes. Yet.

What is not generally known is how much work goes into planning a tag day. First, a request for permission is made to the city, village, or municipality you're going to solicit in. Second, you need to get approval from the businesses you plan on doing the tag day at. Third, and almost most important, you need to organize your volunteers. This includes scheduling the kids at each business as well as scheduling the organization's coaches and volunteers to pick up and count the tag day money.

See Tag page 4

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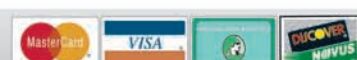
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Coon in the coop

by Terry Berkson

The other day I finished weeding the garden and walked out to the chicken coop to water and feed my birds and collect their eggs. Disappointment hit me when I opened the door and found a dead chicken sprawled out on the floor with a leg half chewed off. I had left the chute leading to the yard open overnight as I had been doing for the last several days. Obviously, some critter had taken advantage of my carelessness. It's been about three years since a weasel had decapitated one of my hens and made off with the head. I say weasel, not because I saw it, but because the crime fits that animal's M.O.

Anyway, I drew a chalk line around the murdered chicken, picked it up with a shovel and headed for one of several vacant woodchuck holes in the hedgerow in back of the barn. The holes are unoccupied due to the efforts of my neighbor who picked off seven unwelcome diggers last year. I was thinking of how to mount an investigation to find the

I was due to attend a birthday party on the other side of Canadarago Lake in less than an hour. There wasn't much I could do in that short amount of time other than blowing out the side of the coop with a shotgun, so I went back to the house to wash and change my clothes.

When I returned late in the afternoon I had a plan. I caught all the chickens and put them in the barn. Then I carefully replaced the wooden laying box door with a piece of plexiglass so that I could look inside at the intruder. I observed that his eyes were clear and he wasn't foaming at the mouth. My wife Alice had gone south for the week-end and had taken her camera so I called my neighbor, John, to come over and take a mug shot of the culprit.

Minutes later John was tooling up the driveway. He thought that the coon was cute. He said it looked like a pet he once had. I asked him if he wanted to take the animal over to his place but he declined. I reminded him that this coon was a killer, that if he weren't stopped, he'd be



| John's 'mug shot' of the culprit.

Photo courtesy of Terry Berkson

another of the vacant woodchuck holes. To my surprise a woodchuck whistled at me from what I thought was a

vacant hole. "You see," John said. "You can never be sure about anything." "I can be sure," I responded.

"Sure of what?" "This coon ain't gonna cast no shadow on Groundhog Day!"

I say weasel, not because I saw it, but because the crime fits that animal's M.O.

animal that had committed henicide.

Back in the coop, I lifted the outside door to the laying box and was about to reach in when I noticed that there was something in there, apparently sitting on the eggs. A chicken, I thought. I bent to look inside and came face to face with a raccoon. He had a matter-of-fact expression on his face as if he were asking, "What, I can't hang out here for a while?"

The first thing I thought was, 'Coon in the daytime, maybe he's rabid.' It was a good thing I hadn't reached in without looking. I let the door slide closed and went outside to shut the hatch leading to the yard. All the chickens were outside, so the coon was alone and locked in the coop.

back for another chicken. "He might even turn into a serial killer," I warned.

"What about a trial?" John said. "DNA? Paw prints?"

"His presence is proof enough for me," I returned.

Frustrated, John hesitatingly agreed to flush the animal out of the laying box with a stick while I waited outside the coop with a shotgun. "Be careful where you aim," my neighbor said, sticking his head out the door.

A minute later the killer lay face down in the dirt. I could hear my chickens cheering in the barn. John wanted to do an autopsy to see if part of the dead chicken's leg was in the coon's stomach but I warned him about rabies. I then picked up the carcass with a shovel and carried it to

Batter from 2

He wishes his father, Augustus Russell could see the interest that the baseball bat has generated. "My father didn't believe in baseball. When my cousins were throwing 'round the ball, he said, 'When you're hungry in the winter, go out and play baseball; that will fill you up.' I had to fix fences over April vacation. He believed in work. Ought to be around to see what they get for baseball," said Richardson.

But no matter what his father said, it couldn't stop him loving baseball. His all-time favorite player was the powerful hitter, iconic star, southpaw Mickey

Mantle, who died in 1995. Richardson saw him playing in Yankee stadium and another time, against the Red Sox in Boston. "He almost hit one out of the

"Yankee Fans Welcome. Others not allowed."

Yankee stadium," he said wistfully of the May 1963 game he didn't see.

Passersby have considered which players would want to use the oversized bat now standing by his driveway. "People have been saying that bat might

be a little heavy for Mantle," said Richardson.

Richardson is grateful for his neighbor's Ovitt's help in bringing his vision to life. Though they kid each other about supporting different teams, Ovitt bought him a sign that hangs in Richardson's porch, and reads, "Yankee Fans Welcome. Others not allowed."

Currently the other Shagbark Hickory is following its twin, becoming weak at the top. Sometime in the near future, it will probably need to be taken down too. And yes, he is considering a second bat. "I'll have the Red Sox donate and put a B on it, that way we'll be neutral," he said.

Preserving the harvest

by Robin Panagakos

Where to begin? I grew up in Newark, DE with grandparents who planted, harvested, and preserved every year. The annual ritual began in January as they studied seed catalogs and conferred on what to order. In April they took the garden rototiller and general tools out of storage to oil, sharpen and repair.

Towards the end of May, they ventured out to till about one quarter acre. That was a long and arduous job, cutting through grass, dodging the occasional flying stone. They worked together casting seeds and planting seedlings. All summer long they nursed the growing plants to maturity, loving every minute.

Canning season began with bringing the galvanized washtub up from the cellar. My grandfather picked tomatoes, beans and other vegeta-

bles. My grandmother, sister and I sat waiting around the water-filled washtub to wash and prepare them for canning. Meanwhile the Mason jars, lids and rings were boiling in a big pot. My grandmother skillfully packed the food into the jars. Packed is right. She managed to get more tomatoes into a jar than ever seemed possible. She worked quickly and carefully with the hot jars. She placed them into the huge pressure canner for processing, a noisy, scary and very mysterious process to me.

She always made Indian relish, a concoction of cucumbers, onions, green peppers, tomatoes and vinegar. We ate it at almost every meal.

We took home beautiful peaches from our annual pilgrimage to the nearby college farm. These we canned, using the same method as vegetables, except that we added sugar syrup to the already tightly packed jars. We also bought pears and spiced them for canning.

My grandmother applied the rings and lids. She securely tightened the lids to make sure the seal was safe. When everything was cooled, we took them to the dark, damp and cool root cellar where they set.



Tag from 2

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After all the cans have been collected and the dollar bills have been counted and all the change is rolled organizations usually have a whole season before them. They're just getting started. The average American parent will spend almost \$700 a year on sports for their children.

Jesse Bergevin, president of Herkimer Pop Warner said, "We've been avoiding raising the price for our participants because, it's more acceptable to do fundraisers like tag day or car washes. Keeping the prices under \$100 per child is important for our organization."

Often times the proceeds from tag day are a major portion of an organization's yearly budget. Little Leagues, Pop Warners, and other groups all have association dues, insurance fees, equipment costs, and more.

Approximately 45 million kids, age 6

to 16 will participate in youth sports in the USA this year. If we only get a tiny percentage of those children playing in our area it is an important percentage. Next time you hear one of those quiet little voices ask, "Would you please donate to our organization," remember that your spare change might be the few cents that keep an organization going. Your donation could buy that new helmet, jersey, or shoe. You could be the reason a kid is playing today.



Birdseed Tips

1. Freeze seed for a full 24 hours to kill bugs, moths and other creepy-crawly things and their eggs.
2. Use hulled sunflower hearts or chips to avoid messy hulls and sprouts under your feeders.
3. Don't stockpile. Seed that sits around for long periods of time can attract bugs, moths, even rats. Keep it fresh!

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Photo by Melody Reynolds

Cruise-in Classics on parade ~ Walter and Ruth Easton's National 1st place winning 1939 Ford DeLuxe Convertible Coupe

by Elizabeth A. Tomlin

Truly an antique beauty, with a luxurious exterior and interior, Walter and Ruth Easton's 1939 Ford DeLuxe Convertible Coupe is a sight to behold. From its whitewall tires and deluxe hub-caps to its rumble seat, the automobile has been totally restored to origi-

nal condition.

"We've owned it for 35 years and it's had a frame up restoration," said Ruth. "That means that every nut and bolt has been off of it."

The vehicle has a working radio and heaters.

Although Walter has did almost all of the work



Ruth & Walter Easton show their Classic '39 Ford Deluxe Convertible at Big Al's Cruise-in Carshow in Sharon Springs.

Photos by Elizabeth A. Tomlin

distinguishable by their vertical stainless steel grille, which was wider and lower, aiding the cooling of the L-head, 221-cid, V-8, 85-hp engine. Flush headlights with teardrop aerodynamic glass covers were moved to the peak of the front fenders and the 3-speed gear shifter was moved to the steering column from the floor. This was the last year Ford offered the rumble seat and the 4-door convertible sedan, ending an era.

The Eastons, true automobile enthusiasts, say they have always owned Classics and began their journey with a 1932 Ford Roadster, which is now in a private museum in Portland, OR.

"We also had a 1931 Ford Roadster Convertible Pickup," said Walter. "That one went to Key West Florida."

Eastons also own other Classics that have been "frame up" restored by Walt. This collection

himself, the dashboard was sent by air to Florida to be restored and the Easton's traveled by automobile to pick it up, as they didn't trust it to be shipped home.

The restored '39 Ford Deluxe was the National 1st place winner at Hershey, PA, in the 2003 Antique Auto Club of America premier show.

"A couple thousand automobiles are shown

at the Hershey show," Walter reported. "All different makes and models, even antique fire trucks are shown there."

The 1939 Fords marked a transition from

mechanical brakes to hydraulic brakes, which had already been used in Plymouth and Chevrolet automobiles for several years.

Deluxe models were



The dashboard of the vehicle was sent to Florida by air for restoration.

includes a 1940 Ford Deluxe Convertible, which was the 2010 National 1st place winner at Hershey, PA, at the Antique Auto Club of America show.

A 1932 Chevrolet Roadster and a 1961 Corvette are also part of the collection.

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Rack up some extra space on your vehicle

(NAPSI) — When you need to haul stuff for work or DIY projects around the yard, a pick-up truck is invaluable. The downfall of pickup trucks is the lack of secure storage and ability to carry longer items. Truck boxes and racks are a perfect solution for these challenges.

Truck rack facts

For the workman looking for tough, well-built storage and carrying solutions, there are many options on the market. Here are some features to look for when you are in the market:

- Because your truck will be exposed to the elements, look for items made of aluminum. Not only are aluminum products rust resistant, they are much lighter without compromising strength. Traditional steel truck racks can weigh up to 200 pounds, eating up a significant portion of the truck bed's weight capacity and decreasing gas mileage.

- For a higher-quality finish and more style, look for racks and boxes that have been powder coated. This will also provide longer life to these products.

- Because of their surface area, look for racks that are aerodynamic. This helps to slice through the wind and keep any wind noise to a

minimum.

- Some racks are equipped with dual T-

Loading tips
Once your truck is fully equipped, loading it

up can be easier if you heed six hints:

1. Load the heaviest



Your truck may work as hard as you but a simple addition can help it do even more.

slot channels in crossbars, enabling you to mount accessories on the top or bottom of the crossbar and store things below the rack.

- Only some of the many options you see on shelves and online are made in the U.S.A., which many people prefer.

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For further facts on truck racks and boxes, go to www.UWSTA.com and www.TracRac.com or call 800-432-4685.



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A letter from a reader:

Fred,

It seems what we need in our halls of congress is a few STATESMEN with a backbone to fight for what is right and just. It looks like we have some representatives who are afraid of the light and truth.

Your comments about the Palatine Corridor interest me very much. I think what is needed is a breakdown of the issues and challenges and set priorities on each of them. (YOU CAN ONLY PEEL ONE POTATO AT A TIME.) Attitudes are changing, it only takes one success and they will come on board.

Be Blessed, Bill Hisert

FOOD FOR THOUGHT

If you have a penny and I have a penny and we exchange pennies, you still have one cent and I still have one cent.

But if you have an idea and I have an idea and we exchange ideas, you now have two ideas and I now have two ideas.

If a member or leader of the United States government body

is unwilling to publicly reveal his personal beliefs and then stand firm on what he does believe to be true and right, does he deserve our – we the people's – support?

If a man or woman, while running for any government office, claims he or she stands on certain personal principles and when elected goes along nearly 100 percent of the time with his own political party, can that person be trusted with the office? If the choice is to usually go along with the political party when supporting or voting on issues is he not basically a liar, a hypocrite, or just plain dumb and dishonest?

The following words were publicly presented for the world to read and understand: "It is impossible to rightly govern a nation without God and the Bible." — George Washington

Do you think we have any voted into office governmental leader in Albany or Washington that would be willing to sign his or her name along with George Washington's and attend church or synagogue on a regular basis? And admit he's a believer?

When talking about success in the business world, it is often said you must control a successful niche. In other words, an idea or plan which almost guarantees success, especially if no one can actually steal or copy your plan which would ultimately hurt or destroy your business.

There must be a need for your proposed business, one which no other firm can come along side, stealing your idea and possibly destroying your business – in other words, you must have a niche.

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Remember this: Within 50 miles of our Palatine Corridor, we have a population base of over three and a half million, plus the New York Thomas E. Dewey thruway which has over 70,000 cars, trucks, buses, motor homes, campers, even three-wheeled motorcycles each and every day with several thruway exchanges.

Now I'm going to ask the million dollar question: will you agree to come to a meeting to explore our niche? If so, please drop a line to "The Palatine Corridor" P.O. Box 121, Palatine Bridge, NY 13428. Include your name, mailing or e-mail address, and phone number. At that meeting, there will be no financial obligation.

May I suggest you re-read Bill Hisert's letter to Fred in this issue and underline – it only takes one success and they will come on board.

The usual "Hello Again" is over 1,000 words with a little humor thrown in. I feel the message of this "Hello Again" is far too important to share with humor, but not with prayer. So think, plan, make notes, pray, write, and attend.

Hello 8



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Whatchamacallit

Powder horns were used to carry gunpowder and were generally created from cow, ox or buffalo horn. The wide mouth was used for refilling the horn, while the powder was dispensed to the gun from the horn's narrow point.

Not all versions of powder horns functioned the same, however. There are some where the point was sealed shut and a scoop was used to dispense the powder into



the gun. Other versions have both ends open and the horn is merely used as a funnel.

Powder horns were usually worn over the shoulder, held by a long strap.

These horns became obsolete as innovation continued to improve firearms. The development of self-contained cartridges were developed and marketed successfully by Oliver Winchester, after which

manufactured cartridges or bullets became standard.

~~~~~  
Have your own Whatchamacallit? Send picture and description to [leepub@leepub.com](mailto:leepub@leepub.com).

Visit our Facebook page each week to see if you can figure out what the upcoming Whatchamacallit is!

## Hello from 7

The date of the planned meeting will be announced in this publication.

Thank you and God be with you, your family, and friends.

Fred Lee and Family

P.S. Maybe one bit of blarney won't hurt.

So you think fish stories claim the right to be called the biggest whoppers? If you were at a local café this morning, you would have doubts. The dog stories that were told would make Moby Dick seem like a tiny goldfish.

One man said his big dog chases cars on Route 5. "So what?" his fellow coffee drinker said, "That's natural, isn't it?" "Yeah I guess so, but when he catches one he buries it in our backyard."

I don't want to reveal the name of the storyteller which is actually James – so I just call him Jim.

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## Garage organization 101

Garages are coveted by homeowners across the country, offering a space to park a car and protect it from the elements. But many people do not park a car in their garage, only to find the garage become

the level of disarray. Taking everything out of the garage and going through the sorting process may take the most time. When sorting, separate any broken items, which can immediately be put at the

missed it, there's a good chance that you can discard the item or donate it. Create separate piles for donations and trash.

Move the items that will be kept into a separate pile. After all of the trash and donations are removed from the premises, then you can look at what is remaining and begin planning out a more organized storage system.

There may be things in the "keep" pile that are simply out of place in the garage and may be better stored elsewhere. Think about which items can be moved to a basement or attic because of their infrequency of use, such as holiday decorations, suitcases, and collectibles. You may prefer to move lawn and garden items out of the garage and into a shed in the backyard.

After completing the sorting process, look at the garage as a blank space and measure out the room that you have. This will provide an empty canvas as a starting off point. To maximize the

amount of space you have as a work area or a place to park your car, invest in as many tools as possible to utilize vertical space. Shelving, hooks and cabinetry will take things off of the floor, while storage units with doors can hide items that lack aesthetic appeal. Rolling tool caddies and cabinets can keep all tools neat and in organized drawers so you're never hunting and pecking for a tool again. A cabinet that has a lock and key can be utilized for dangerous chemicals

that need to be kept out of the hands of children and away from pets. Think about how the garage will appear from the curb when the door is raised and create a design that will be functional and neat.

Take the opportunity while the garage is empty to give walls and floors a fresh coat of paint and improve the lighting in the garage. A brighter garage makes for a better work station.

For those who can use a little extra help, there are professional garage

organization companies that can come in and install custom cabinetry and work surfaces. This is an option if you desire a high-end garage.

When putting items back into the garage, label where everything is stored until you become accustomed to the new organization. This way you'll be able to find everything easily.

Organizing a garage can be tedious, but the reward is ultimately worth the effort.



Even a home that looks neat from the outside may be housing a disorganized mess behind the garage door.

a home to clutter.

Garages tend to become the official catch-all of a home. When an item cannot be crammed into a hiding space elsewhere, it often ends up dumped into the garage, where it joins the long list of other abandoned items. It can be easy to let garages become a wasteland because everything put inside a garage is behind a closed door. That mess can quickly build up, and reclaiming your garage requires energy, time, organization, and a plan.

Organizing a garage will take some time. An entire weekend or two consecutive days may be necessary depending on



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# Things to bring along on your next fishing trip

Fishing is a beloved pastime for many people. Fans of fishing are often passionate about the

sport, and that passion has inspired many novices to try their hand at becoming anglers.

Though there is no way to guarantee you will catch a fish the first time out, you are likely

to have some fun, especially if you head out to the nearest fishing hole with a fully stocked tackle box. While even first-timers know to bring a fishing pole and some bait along on their trips, there are some additional items to add to a tackle box that might not seem so practical until after your trip.

## The extras

When planning a fishing trip, it never hurts to bring along some extra supplies. Many a maiden fishing trip has been cut short when fishermen realize they did not pack enough line or hooks. Fishing line has a tendency to break, even if you aren't expecting to reel in many fish. Fishing line can break in the mouth of a fish or on items in the water, so you will almost certainly need some extra line. If your fishing hole is known for difficult conditions, pack some heavier and more durable line that's less

likely to snap. When conditions are more serene, a thin, less visible line should suffice.

You should also expect to lose a few hooks on your trip, so pack extra hooks of various sizes. Hooks come in many

sizes because fish come in many varieties. You'll want to have various hooks in your tackle box to handle whichever fish seem to be biting on the day of your trip. When

Things 11



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by Wilson Casey

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

2. From Ecclesiastes 4:9, how many are better than one because they have a good reward for

their labor? Two, Three, Five, Seven

3. In 1 Kings 5:13-14, how many thousand men comprised the labor force that King Solomon raised? 1, 5, 10, 30

4. From Exodus 20:9,

how many days shalt thou labor and do all thy work? Two, Four, Six, Seven

5. What son of Abda was in charge of the forced labor in David's kingdom? Baal,

Adoniram, Cyrenius, Phaneul

6. From Proverbs 14:23, "In all labor there is" what? Love, Hope, Light, Profit

**Answers:** 1) Neither; 2)

Two; 3) 30; 4) Six; 5) Adoniram; 6) Profit

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## Things from 10

buying your hooks, speak with a store representative and let them know which area you plan to visit. They're likely to know which fish you're likely to encounter, and they can help you choose the appropriate hooks. Just remember to bring extras to account for the ones you're likely to lose.

### Bobbers

Few things are as exciting when fishing as that first bite from a fish. That's especially the case for first-timers, many of whom are hooked the moment that first fish begins to tug on their lines. Bobbers are the items you attach to your fishing line that let you know when fish are taking a bite on

your line. Bobbers come in various shapes, but many people are familiar with the red and white round bobbers, which can be easily attached to your line. Round bobbers limit how deep you can cast your line. If you're looking to cast a line deep, slip bobbers allow you to do just that because they can be slid up and down your line. However, slip bobbers are more difficult to attach to your line than round bobbers, something first-timers might want to keep in mind.

### Fake worms

First-timers might be a little skittish using live bait, so some fake plastic worms might be the best

fit when embarking on a first fishing trip. Plastic worms come in various sizes and shapes, and after your initial trip you might decide you want to move on to live bait. But fake bait on the first time is nothing to be ashamed of, and many items mimic the look and even the movement patterns of live bait. If you catch a few fish, you might just swear by plastic bait for the rest of your fishing career.

### Lures

Lures come in many varieties, and these are intended to attract fish on those days when nothing seems to be biting. Lures may help first-timers get their feet wet and catch their first fish. That's es-

pecially true when using lures that look like minnows, a popular snack for many fish.

### Pliers

Unexpected issues often arise when fishing for the first time, and one such issue is what to do when you have caught your first fish. Many first-timers do not expect to catch a fish their first time out, but don't be so hard on yourself. Expect to catch a fish and bring along a pair of pliers in anticipation of that first catch. Pliers take the hook out of the fish once it's been caught, so bring along a pair and expect to use them.

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## Men's diet plans not so different from women's

Though many diet plans are geared to women, a fair share of men are interested in shedding pounds, too. Men may not discuss their weight gain woes around the water cooler at work, but that doesn't mean they aren't just as concerned about weight gain as women.

In recognition of the disparity between male and female weight loss efforts, weight loss experts have developed different programs to help men realize their weight loss goals. Instead of promoting salads and soups, these diets are advertising that meat and beer are acceptable while touting the benefit of lifting weights over pilates classes. But that doesn't mean these new plans are any more successful than more traditional diet and exercise regimens.

The foundation of any successful diet is cutting calories. Dieting is also successful when a person has the will power to stay on course. In addition, nutritionists often cite some tried and true methods to diet that men can follow as they attempt to lose weight.

- Consume lean proteins with every meal. Meat, egg whites, fish, legumes, and nuts are some of the lean proteins

men can rely on. Proteins help you to feel fuller longer, which can prevent you from overeating.

- Eat throughout the day. Aim to eat several small meals throughout the day to keep your body working and your metabolism high. Six to eight small meals per day will have you eating all day long, so you won't have to worry about being hungry. But choose lean proteins, vegetables and fruits over fatty snacks.

- Fill up on fruits and vegetables. When arranging your plate, devote half of the dish to fruits or vegetables and the remaining half to protein and a whole-grain. Using a smaller dish will trick the brain into thinking you ate more, which can prevent overeating and keep your portions in check.

- Drink only zero-calorie beverages. Many people fail to realize just how many calories their favorite beverages contain. Drinking too many high-calorie beverages can negate the benefit of smart eating. Water, diet soft drinks and unsweetened tea or coffee should be the beverages that you stick to on a regular basis. A study by the Atlanta-based Calorie Control Council, a group that represents makers

of low-calorie and reduced-fat food and beverages, found that 39 percent of men were regular buyers of diet

the side effects. Some pills can contribute to weight gain. Switching to another medication may help.



Men who need to lose weight should focus on a healthier diet full of lean protein, fruits and vegetables.

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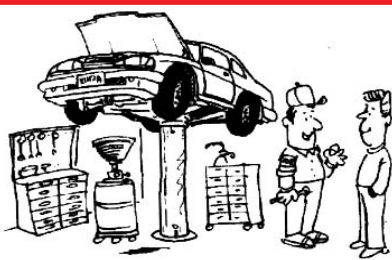
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# Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

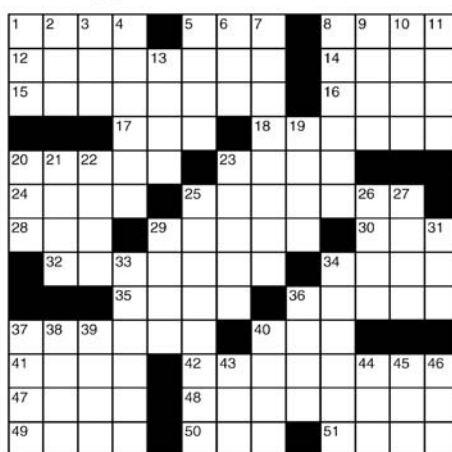
★ Moderate ★★ Challenging  
★★★ HOO BOY!

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## King Crossword

### ACROSS

1 — and aahs  
5 Stir-frying vessel  
8 Gets older  
12 Opening night  
14 Cat of "Iron Chef"  
15 Priesthood school  
16 Barrel  
17 Actor Chaney  
18 Slim and trim  
20 Extraterrestrial  
23 Put your foot down?



48 Makes like  
49 Act  
50 Used a shovel  
51 Halt

### DOWN

1 Photo — (PR events)  
2 Raw rock  
3 Height of fashion?  
4 John le Carré hero  
5 Remove gradually  
6 Hockey legend Bobby  
7 Pennsylvania, the — State  
8 Take  
9 Soccer score  
10 Formerly, formerly  
11 Rice wine  
13 Part of the loop  
19 White House turnaround  
20 Lawyers' org.  
21 "Arsenic and Old —"  
22 Mountain goat  
23 Drink noisily  
25 Made a vow  
26 Needle case  
27 Campus mil. grp.  
29 Spill the beans  
31 Trouble  
33 Beseeched  
34 Sports venues  
36 Collins or Donahue  
37 Prison division  
38 Lotion additive  
39 Pivot  
40 Too confident  
43 Ostrich's kin  
44 Mel of Coopers-town  
45 Virgo neighbor  
46 Kreskin's claim

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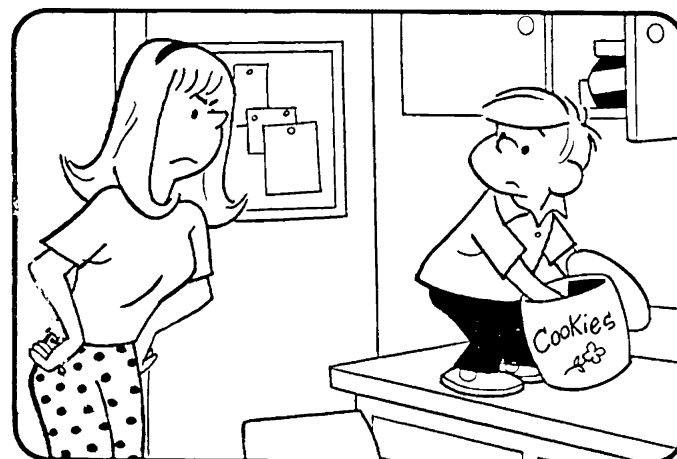
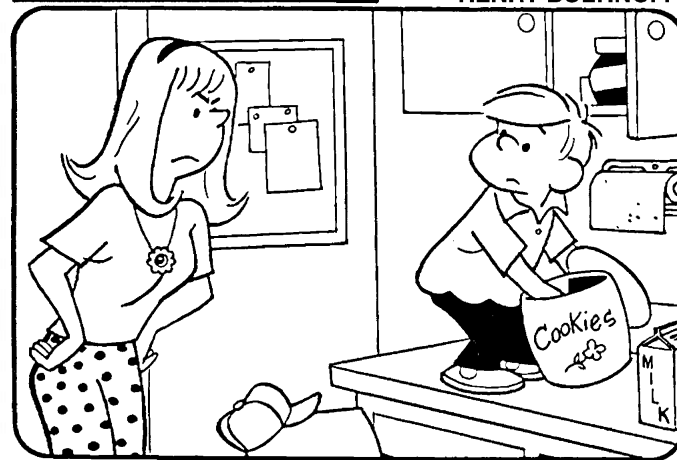
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| 3 | 2 | 5 | 8 | 1 | 4 | 7 | 6 | 9 |
| 1 | 6 | 7 | 5 | 9 | 2 | 4 | 8 | 3 |
| 2 | 5 | 8 | 1 | 4 | 6 | 9 | 7 | 3 |
| 7 | 4 | 3 | 2 | 5 | 9 | 6 | 8 | 1 |
| 9 | 1 | 6 | 7 | 5 | 8 | 3 | 2 | 4 |
| 6 | 7 | 4 | 3 | 2 | 5 | 9 | 6 | 8 |
| 4 | 3 | 1 | 7 | 6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

Answer

— Weekly SUDOKU —

## HOCUS - FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Pendant is missing. 2. Bullet board is smaller. 3. Cap is missing. 4. Shirt is different. 5. Towels are missing. 6. Milk is missing.

**Saturday, September 7th, 2013**

Chicken BBQ Noon-? \$10.00

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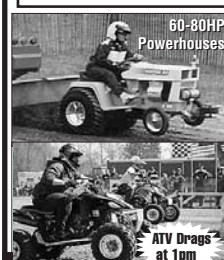
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## The Kitchen Diva

by **Angela Shelf Medearis**  
**The lunch bunch**

Students are heading back to school, and you probably went to great lengths to ensure your child has the right equipment — pencils, pens, notebooks, clothing — to make it through the day. Proper nutrition also is a key ingredient for back-to-school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating.

Follow these tips, and not only will you save money, but you will pack a nutritious lunch that your child will enjoy:

- A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

- Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

- Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip, or other cut vegetables with low-fat dip or hummus.

- Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium

and protein sources.

- For side items, rethink that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

- For dessert, think beyond the cookie. Try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

- Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.

- Choose an insulated bag and freezer packs to keep food at a safe temperature. Buy containers to fit your lunchbox needs. Invest washable and reusable containers in a variety of sizes. Avoid using plastic sandwich baggies.

- Buy in bulk. Avoid single-serve packaging. You save money when you buy in bulk and pack it yourself into single

servings. Buy a large container of yogurt or pudding and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.

- Make your own sandwich fillings. Look beyond lunch meat. Slice your own meat or grill chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, which are costly.

- Pack leftovers for lunch. Use meats, veggies and fruits in sandwiches and salads. Homemade soup is always a good option.

- Buy what's on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.

- Buy store brand and compare unit prices. Look high and low — bargains are usually on the top or bottom shelves, not at eye level.

- Plan ahead and have a list when you go to the store. The more time you

spend in a store, the more money you spend.

- Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they'd like to try. Let them help pack their lunch.

- Think beyond bread when making sandwiches. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.

- Vary the preparation. Try grilled or baked, chopped or grated, plain or with a dip.

- Pack a variety of options to keep a child's interest. Avoid packing the same lunch every day — this prevents kids from getting bored.

- Practice good nutrition yourself. Children

learn by association — you need to be a role model. Talk with them the benefits of healthy eating. Don't get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

- A nutritious lunch does not have to be boring or cost you a fortune. Making small changes can save you money. Try one or two tips each week, and soon you should see some relief in

your grocery bills. Remember that well-nourished children have a greater chance of success at school because they have the fuel and the energy they need to play and learn.

(Additional Information provided by Damaris Karanja, MA, Nutrition and Health Education Specialist, St. Louis County, University of Missouri Extension.)

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**Monday, Aug. 19th sale** - cull ave. .65 Top cow \$.86, bulls/steers \$.86 - \$.93, bull calves top \$1.10, heifer calves top \$1.10, Dairy feeders \$.30 - \$.84, Goats up to \$187.50, Lambs 60# - 100# \$.92 - \$1.55, cull sheep \$.20 - \$.83.

**Saturday, Aug. 31st** - 2PM - Empire State Farms - Total Fullblood Wagyu Dispersal. 170 Head sell, for full details contact James Danekas 916-837-1432, Mercedes Danekas 916-849-2725 or [www.jdaonline.com](http://www.jdaonline.com).

**Monday, Sept. 2nd** - Monthly Fat Cow & Feeder Sale. Labor Day Monday we will be open for the holiday.

**Monday, Sept. 9th** - Monthly Heifer Sale.

**Monday, Sept. 16th** - Monthly Sheep, Lamb, Goat & Pig Sale.

**Friday, Sept. 20th** - Groton, NY. 11:00AM Complete Certified Organic Dairy Dispersal for SHIPRAH Farm (Tom Brown). 220 Head - 115 milking age parlor milked, 48 heifers been with bull, 55 newborn to 12 months of age and 2 service bulls. Average 51#/day. RHA 15,315 3.5 542f. SCC 250,000

**Saturday, Oct. 19th** - sale held in Richfield Springs, OHM Holstein Club - Sale Chairman Jason Pullis 315-794-6737. Call with your consignments.

**Saturday, Nov. 9th** - Orange County, NY - sale on the farm. 11 AM Gold-Bar Holsteins Complete Milking Herd & Bred Heifer Dispersal. 100 Head of Registered Holsteins (20 R&W).

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# Picking up fruits and other September gardening tips

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

Cleaning up fallen fruits, sowing cover crops, and harvesting winter squash are some

of the gardening activities for this month.

To reduce problems with apple maggots, codling moths and plum curculios next season, pick up and destroy fallen apples. Gather

dropped peaches to help control plum curculios and brown rot on those trees next summer.

Begin your garden cleanup by pulling up by-gone bean and pea plantings, and other vines and plants that have finished producing crops and may be dying back already. Chop these plant parts into smaller pieces so they'll compost properly and easily. Then, layer any succulent green material with "brown" material such as dried leaves or straw in the compost

pile. The composting process may be speeded up by sprinkling a handful of nitrogen fertilizer every few layers.

As areas of the vegetable garden become empty, sow cover crops. Annual rye grows quickly and can be planted late into the season. It usually dies over the winter, but still provides some protection from soil erosion. Winter wheat and rye planted as late as October will also grow until the ground freezes. It survives the winter and is

tilled under in early spring.

Pick your winter squashes when they have fully developed the color for their particular variety, when the rind is hard enough that you can't dent it with a fingernail, and when the stem turns hard and begins to shrivel. Cut squashes from the vine, leaving 2 inches of stem.

Keep leaves raked from lawns so they don't smother the grass. Spread a thin topping of

two years. Leaf mold is a great soil amendment, helping to increase water retention, improve soil structure and provide habitat for beneficial soil organisms.

Early fall is a prime time for fertilizing the lawn. The grass is growing, but weeds aren't, so they won't compete for the nutrients. To minimize pollution of waterways, consider having a soil test done first. If it shows that levels of phosphorus (P) and/or potas-

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compost on the lawn after you rake up leaves, and rake again to settle the compost.

Leaf mold is made simply by piling fallen leaves inside a circle of wire fencing. Because fall leaves are low in nitrogen, decomposition will take place slowly over a period of six months to

sium (K) are adequate, choose a fertilizer that contains nitrogen (N), and little or no P or K. In some areas, using phosphorus is illegal unless a soil test calls for it. If you're using an organic fertilizer, it needs warm soil for microbial activity to release the nutrients, so apply it early in the month.

September begins apple picking in most areas, and is a great time to visit local orchards or farm stands. Whether you pick your own or buy apples, if storing, do so properly for longest life. A cool, humid place such as a root cellar or cool area in a basement is ideal. Cover fruit with a moist burlap cloth to keep up the humidity and prevent shrinkage. Don't store apples with other fruits or vegetables because apples give off ethylene gas — a ripening agent that causes other fruits to spoil.

Other activities for this month include replacing those spent annual flowers with fall mums or ornamental kale, and sowing late crops of Swiss chard, spinach, or lettuce.

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- 585 Guns
- 587 Hair Styling
- 589 Hardware
- 600 Health Care/Products
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- 610 Help Wanted
- 653 Hotel / Motel
- 683 Jewelers
- 700 Lawn & Garden
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- 805 Miscellaneous
- 810 Mobile Homes
- 811 Monuments
- 812 Multi Media
- 813 Music
- 815 Motorcycles
- 817 Nails
- 820 Nurseries
- 910 Plants
- 950 Real Estate For Sale
- 955 Real Estate Wanted
- 960 RVs & Motor Homes
- 975 Rentals
- 980 Restaurant Supplies
- 1040 Services Offered
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## Announcements

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**Refreshments to Follow**

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Chicken BBQ, Saturday Sept 7th, Kast Hill Farm, 126 Kast Hill Rd, Herkimer. \$10 dinner w/drink in conjunction with Herk County Power Sports Expo. Info 315-866-1188 Jesse

Herkimer Co Power Sports Expo, ATV drags, vintage snowmobile show, tractor show, truck show, garden tractor pulls, swap meet, chicken BBQ, Kast Hill Farm, 126 Kast Hill Rd, Herkimer. Admission: \$5, 12 & under free. Sept 7th. Info 315-264-1552

## Announcements

### PHOTO ENLARGEMENTS

8x10 - \$2.00 • 11x17 - \$5.00 • 12x18 or 13x19 - \$7.00. Come see us at Lee Publications, 6113 State Rt. 5, Palatine Bridge, NY 13428 518-673-3237

**SPRITE CLUB ANNUAL CLAM BAKE**, 363 Sprite Club Road, Dolgeville. Sunday, September 1st, Noon-? Raw & Steamed clams, chowder, salads, beans, slaws, sausage-peppers & onions, dessert. Harmony Rocks Band. Members \$35.00/person, non-members \$40.00/person, no clams tickets \$20.00/person. 518-568-7099

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

**VENDOR CRAFT FAIR:** Mohawk Fish & Game Club 2310 Rte. 28, Mohawk, NY. Saturday, September 21, 9-4. For more information email mohawkfishandgameclub@aol.com or check us out on facebook.

### Building Materials/Supplies

**INSULATION:** All Types. New/Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation 315-822-5238. www.upstatesprayfoam.com

### Cars, Trucks, Trailers

1982 GMC TOPKICK, 3208 CAT diesel. 2K LB lift-gate. 100K miles. \$5,000 OBO. 315-823-1608.

1995 CHRYSLER CONCORD, will make a great 1st year collage student car, brand new tires all around, new brakes, runs great. No rust holes, \$1,800/OBO. 315-219-1264

## Cars, Trucks, Trailers

2002 HONDA ACCORD LX, auto, 87,000 miles, nice condition, \$5,800 or best offer. 315-542-0734

## Collectibles

**CROSSETT'S COLLECTIBLES** located @ Parkers Farmers Market, 437 Otsego Street, Ilion, NY. Quality Items @ affordable prices. [www.crossettres.com](http://www.crossettres.com) scroll down to Crossett Collectibles. Open Saturdays 10am-5pm.

**RECORDS WANTED:** We'll buy your old records from 1930- 1970. 45's, 78's, Albums, Rock-N-Roll, Blues, R&B, Country, etc. Call Pete 518-673-2384.

**WANTED - CASH PAID:** For old jewelry, books. Dolls toys, even if broken, 1970s older. 1960s & older: Clothing. Old frames, Christmas, Halloween items. Interested in almost anything old. Shirley 315-894-9032.

## Construction Services

**ROOFING & MASONRY** Roof replacements, Tear-off's, Shingle Over, Flat Roofs. Brick & Stone Work. Masonry Repair, Repointing & Rebuilding. Chimney's, Fireplaces/Woodstoves. Free estimates. Insured. Licensed & Bonded. 315-542-5509

**STAURING** Plumbing Heating and Air Conditioning also hot water tanks. Over 30 Years Experience. Mark Stauring 315-894-9628

**TERO PAINT & PAPER.** Also wall repair, basement wall repair and light carpentry. Call Steve 315-866-1799, 315-219-1264.

## Crafts

Huge Swap Meet Sept 7th during the Herk Co Power Sports Expo. Swap spots only \$10.00. Kast Hill Farm, 126 Kast Hill Rd, Herkimer. Parts, tools, crafts, antiques, it doesn't matter, come sell it. Info 315-264-1552.

## Fall Heating

FOR SALE: Firewood \$50 face cord; Wood burning fireplace \$150; (4) P205-70R15 tires. 315-866-2861

**PELLET STOVE:** GreenFire by Regency Pellet Stove Model GF55. Heat Input 12,000-45,000 BTU. Heats 2,000 sq. ft. Comes with Hearth and pipes. Paid \$5,000 for stove, \$300 for hearth and \$200 pipes. Excellent Condition. \$1800. Call 518-378-2235

## Farm Market Items

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**SATURDAYS at Oneida County Public Markets in Union Station**

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**518-568-2643**

## For Rent or Lease

**NEWLY RENOVATED** Apartments For Rent, Little Falls, NY. Nice view, spacious 1-bedroom, security deposit. 315-823-1200

## For Sale

**ALL NEW IN BOXES:** Dining Table & 6 Chairs. Must Sell, \$475.00/firm. Call 315-225-6673

**BISSEL Vacuum Cleaner**, never used; misc. tools, radial saw, chain saw; 87records, 45records. 315-866-3734

**FOR SALE:** '94 Dodge Ram Van 190 Horizon High Top, 360 motor, runs great, very little rust. Also Beds, sink, toilet - trade for 4 wheeler. 518-853-3921

**FOR SALE:** Singer treadle sewing machine, showroom condition and fully functional, \$150. Call 315-732-0023

**HUTCH:** Solid oak, almost new, 3-chainsaws, tools, lawnmowers, much more. Moving, must sell. 315-894-2978

**NEED BUSINESS CARDS?** Full color glossy, heavy stock. 250 (\$45.00); 500 (\$60.00); 1,000 (\$75.00). Call Beth at Lee Publications 518-673-0101 or bsnyder@leepub.com

**POSTED SIGNS:** Made of durable corrugated plastic, 12x18 inches, \$2.50/ea. Or 10 for \$20. Call Lee Publications 518-673-3237 or stop by our office at 6113 State Hwy. 5, Palatine Bridge, NY 13428

## Fruits & Berries

**BEV's BEST BLUEBERRIES** Picking Now! Call 315-429-9425 for picking days and times.

**BLUEBERRIES - YOU PICK.** Monday- Wednesday- Friday 7 am-11:30 am. Thursday evenings 5:30 pm till dark. Other times/days by appointment. 239 Groff Road, Palatine Bridge, NY 518-673-2669

## Furniture

**AWESOME DEAL:** Queen Plush Mattress Set. New in plastic. Must sell, \$150.00. Call 315-225-6673

## Furniture

**CINNAMON CHERRY** bedroom set. New in boxes, \$290.00. Must sell. Call 315-225-6673

**SOLID MAHOGANY** 3/4 bed frame for sale. \$100/obo. Old oval picture frames, B.O. 315-429-8118

## Garage Sales

**BACKYARD SALE:** 305 Fifth Ave., Frankfort, Saturday, August 31st & Sunday, September 1st, 9:00am to 4:00pm. Furniture, household items, clothes, books, movies, much more.

**ESTATE SALE:** 549 Kingdom Rd., Jordanville. Fri., August 30th to Sun., September 1st, 8am-4pm. House full of furniture; garage full of tools. Thirty years of buying, everything must go! Featured items; Bosch table saw, fireplace inserts, flat-screen TV. Questions, directions 347-633-4990

**MULTI-FAMILY GARAGE SALE:** 37-39 S. Fifth Ave., Ilion from 8:30 am to 3:30 pm. Saturday, August 31st. Rain or Shine. "Something for Everyone"

## Goats

**REASONABLY PRICED** Boer goats. Sizes and ages vary. Pashley Farms, Schuyler, NY. Call Joe for prices. 315-542-3308.

## Lawn & Garden

**END OF SEASON SALE:** All new Cub Cadet lawn equipment in stock must go! Quantities limited. Randall Implement Co., Inc., Rt. 5S, Fultonville, NY 518-853-4500

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## Miscellaneous

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**STAG PARTY TICKETS** Call Beth at Lee Publications 518-673-0101. Questions bsnyder@leepub.com Free Shipping



# Country Editor

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## Mobile Homes

**LOOK**  
FOR SALE BY OWNER:  
**Trailer, in a park**  
Kitchen, two bedrooms, living room and one full bath. Has a pellet stove with lots of pellets. Two full tanks of kerosene. Has a brand new boiler, put in this year. Located at 110 Honey Hill Road, Lot 6, Fort Plain, NY 13339. Serious buyers only. \$17,500/Firm. Owner Charles Leon cell 518-774-3068

## Motorcycles

**2007 HARLEY DAVIDSON 1200 XL Custom** Vance & Hines Pipes, Vance & Hines Fuel Pak, Stage 1 EFI Kit, Black, 8,500 Miles, \$7,500. Excellent Condition! 518-378-3279

## Real Estate For Sale

5 Acre Building Lots: Herkimer Co. All building lots to be sold at greatly reduced prices from \$15,900, Special on-site financing. The Best Deal around! 35 exceptional homesites set on 235 acres, riding trails, ponds, views, snowmobile & ATV trails. Only (5) lots remaining. 315-891-3254

**HERKIMER: HOUSE FOR SALE.** 4 bedroom, completely redone, new furnace, central air. 315-866-7875

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## Recreational Vehicles & Motor Homes

1997 TOWLITE CAMPER 18', 2400 lbs., great condition, asking \$4,500. 315-717-4300

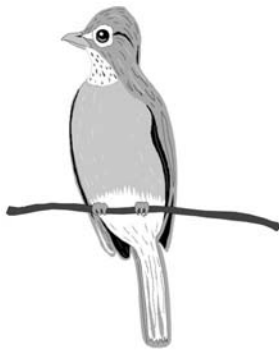
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**JACK'S HANDYMAN SERVICE:** Doing odd jobs of all kinds since 2004. Free estimates. 315-725-1133

## Services Offered

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**TED'S PAINTING and Home Repairs,** Residential and Commercial, Interior and Exterior. Summer Specials on all single family homes and decks. Call TED at 315-429-3253

**TRI-COUNTY CONSTRUCTION:** All phases of home repair and improvement. Serving the Mohawk Valley for over 25 years. Free estimates 315-749-3044

**WHEELER'S PAINTING (Exterior):** Free estimates, fully insured, senior discount. 315-219-1702.

## Tires & Tire Repair Service

**USED TIRE SALE:** Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555

## Tractors

**END OF SEASON SALE:** All new Cub Cadet lawn equipment in stock must go! Quantities limited. Randall Implement Co., Inc., Rt. 5S, Fultonville, NY 518-853-4500

**MASSEY FERGUSON 65 tractor/ backhoe** with front end loader and extra rims, \$4,000 or best offer. Dan 518-706-0249

## Services Offered

## 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 29 - SEP 2

**"Betsy" Concert Series**  
Lock 20 Canal Park, Rte. 49, Marcy, NY.  
• 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 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.

**New Hope Christian Fellowship Presents Free Event**  
Plowe Park, Dolgeville, NY. 2-4 pm. Music & message, food and fun for the whole family.

**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. Call or e-mail shawangunk@ntcnet.com. On net 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. Call e-mail shawangunk@ntcnet.com. On net at www.shawangunknaturepreserve.com

### SEP 4 & 11

**Community Evenings of Hope & Thanks**  
London Tower's Gazebo, 100 West Main St., Ilion, NY. The community is invited to enjoy an encouraging message of hope, music, sign a thank you for Ilion Fire & Police Depts and first responders, donate non perishable items for the Ilion/Frankfort Pantry and enjoy free food. Please bring a chair.  
• Sept. 4- 6-8 pm serving fruit smoothies

• Sept. 11- 6-8 pm serving cake and presenting thank you's to the departments. Donations of non-perishable items to benefit the local food pantry would be appreciated. Food is free until it's gone. On net at ilionchurch.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 net at www.herkimercounty.org

### SEP 7

**The Band Anastazja**  
Newport United Methodist Church, 7488 Main St., Newport, NY. 2 pm. Ranging in age from 3 to 16, the children of "The Band Anastazja" thrive on their love of music. As a family, they have put together a wholesome musical experience with beautiful harmony and instruments such as the banjo, mandolin, fiddle, guitar, uke and upright bass. Their show consists of bluegrass, folk and traditional American music. There is no admission charge - a love offering will be taken.

**The Friends of Herkimer Home Annual Colonial Dinner**  
It will start at 5 pm with wine and light hors d'oeuvres; dinner will be served at 6 pm. You may bring your own wine to enjoy with the wonderfully delicious menu. Entertainment will be present throughout the evening. The menu will consist of roasted loin of pork served with fresh roasted vegetables from the Herkimer Home kitchen garden, a fresh lettuce salad with peach vinaigrette, homemade applesauce, warm sweet and sour cabbage slaw, baked creamed pearl onions, fresh corn bake, and a variety of homemade pies for dessert. Coffee & hot tea will also be available. Raffles and door prizes will be done after the dinner. Make your reservations as soon as possible as seating is limited to 40 guests. For more information, please call Elizabeth Palmer at 315-823-1327 or grammar3ok@yahoo.com.

### SEP 7-8

**Fort Klock Craft Fair**  
Fort Klock, St. Johnsville, NY. 10 am - 5 pm. Close to 100 artisans and crafters from all over the Northeast will offer their unique arts, crafts and talents. Both the craft fair and parking are free. Folk art, jewelry, candles, pottery, knitted goods, carved and painted woodcrafts, furniture, plants, floral arrangements & wreaths, unique paintings on stone or slate and so much more. Plus a wide array of food products. On net at www.fortklockrestoration.com

### SEP 8 & OCT 6

**1805 Frisbie House**  
Salisbury Center. Open on Sundays from 1-3 pm. New exhibits and picture show. No admission.

### SEP 11

**12th Annual Patriots Day September 11th Remembrance Ceremony**  
Newport Volunteer Fire Station, 7370 Main S., Village of Newport, NY. Sponsored by the Newport Volunteer Fire Department and West Canada Valley American Legion Post #1524. Refreshments will be available for everyone after the ceremony. For more info contact Leslie Crossett at 360-2082, magoo33lfs@msn.com or Mark Farrell at 717-2262, markfarrell263@gmail.com.

### 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, or www.herkimercounty.org

### SEP 25

**Herkimer's Basloe Library Story Time**  
Basloe Library, 245 N. Main St., Herkimer, NY. Signup for the Preschool Story Time sessions has started for Herkimer's Basloe Library. Stop by or call to sign up for a weekly program of stories, movies, finger games, crafts and other delights. Come on Wednesdays at 10:30-11:30 or 1:30-2:30 starting September 25. A third session will be held on Thursdays 10:30-11:30 starting September 26. These programs are open to all children and

caregivers aged six and under. Herkimer residency is not required, all are welcome. For more information you can call the library at 315-866-7133.

### SEP 28

**Warren Arts & Crafts Show**  
Jordanville Federated Church. 9 am - 3 pm. Local artists, crafts, authors and vendors. For questions, contact Carilyn 315-858-0899.

### 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

### OCT 24

**Rabies Clinic**  
East Herkimer Fire Dept., 193 Main Rd., East Herkimer, 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

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## What are the advantages of being a first time homebuyer?

Buying your first home can be an intimidating experience. There are numerous things to take into consideration, from finding the right house to financing. But, being a first time homebuyer does come with some advantages.

First time homebuyers often have access to special loan programs that can assist them in getting into a home more quickly and less expensively than those who have purchased homes previously. These programs offer first time buyers benefits such as low down payments, subsidized interest, and a limit to the fees that a lender may charge them.

Lenders usually expect homebuyers to pay a down payment of as much as 20 percent. This can be prohibitive for those who are trying to purchase their first home. But first time homebuyer loans often offer a reduced down

payment of anywhere from nothing to 3 percent. A down payment that low makes buying a first home much more accessible.

First time homebuyer loans may also feature a limit on the fees that the lender may charge. Like the reduced down payments, this is made possible by government mortgage insurance available to new homeowners. For an annual premium, HUD insures your mortgage, reducing the risk to the lender. This results in the ability to charge lower fees and down payments while remaining profitable.

Low-income first time homebuyers may qualify for subsidized interest programs. This means that a third party pays the interest on your loan. These programs can make your mortgage payments more affordable and enable you to pay off the mortgage more quickly. While the

government is one of the most frequent subsidizers of loans, they can also be subsidized by charities, organizations, or even individuals.

First time homebuyer programs are generally available only to people who are going to live in the home they purchase as their primary residence. The home will

also have to be in good condition with no safety hazards present. And due to the fact that these programs are designed for those in need, there is a limit on the value of the homes you can purchase through these programs.

First time homebuyers can take advantage of numerous programs to

assist them in owning their first home. From lowered down payments to subsidized interest, first time homeownership has become much more affordable. There is no time like the present

to make your dream of owning your own home a reality.

**Source: Sir William Johnson Realty**

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**315-866-1841**



## Great getaway ideas for guys

Weekend getaways are a great opportunity to unwind and escape the daily grind of everyday life. That's especially true for men faced with the pressures of raising a family and maintaining a career. Such men need a break every so often, and a weekend getaway can make for the perfect respite from all of that responsibility.

Many men prefer to share their weekend getaways with male friends who also could use a break. Multiple men making the trip mandates

that it be planned in advance and not a last-minute affair. It also requires a little collaboration on the part of the participants, as a fun getaway for one man might seem like a chore to another. The following are a few getaway ideas men might want to consider when looking to get away from it all.

### Fishing trip

A fishing trip is an ideal getaway for men who love to fish and need to relieve a little stress. Fishing is not for everyone, so make sure every-

one is on board when planning a trip for your friends and yourself. The relaxing nature of spending some time on the water and catching some fish makes this the ideal getaway for men looking for a peaceful weekend to enjoy the great outdoors. Take along a grill so you can cook up the fruits of your fishing labors each night.

### Stadium tour

Few getaways may pique the interest of baseball fans more than a stadium tour. Pack up the car and plan a stadium tour with your friends. Many teams are located within driving distance of one another, so it's very possible men could cross a handful of stadiums off their lists in just a few days.

### Hit the links

Many men dream of spending a weekend on the golf course, and a golf getaway can make for the perfect weekend for men who love to share a few laughs on the links. Speak to a travel agent about planning a golf getaway weekend. Chances are you can save money by packaging your air-

fare, accommodations and even your greens fees into a golf getaway package. Then simply hit the links and enjoy all that

play 36 instead!

### Embrace your inner city slicker

If you want your getaway to be a little more

enjoy nightlife, great food and a few drinks. Spend the afternoon catching a ball game or soaking up some of the city's culture



A weekend spent fishing with friends makes for an ideal getaway for many men.

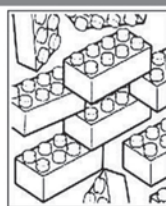
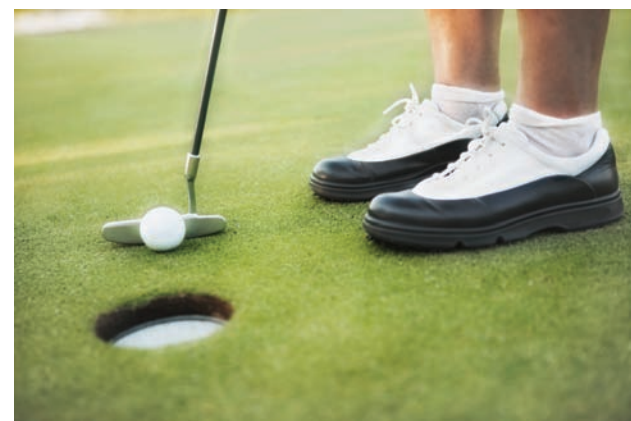
time relaxing in the sun. And instead of playing your typical 18 holes,

fast-paced, plan a weekend with friends in a favorite city where you can

before you and your friends engage in a little revelry after dark. If you and your friends will be flying in from different regions of the country, choose a centrally located city so no one has to fly too far or spend too much on airfare.

### Skiing

Men who prefer cold weather to warmer climates might enjoy a weekend on the slopes. Whether you like to ski or snowboard or prefer to relax in the ski lodge, a skiing trip is a great opportunity to get away and enjoy some time in the great outdoors during a time of year when your chances to get outside are few and far between.



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