



The Country Editor

Just good reading

September 5, 2014

Volume 2
Number 20

Delivered by the U.S. Post Office to over 26,000 homes in Herkimer County each week

Paddles, races and engineers

by Emily Enger

I sat in a boat that looked like a giant canoe, holding a single paddle in my hands. My husband, John, had just finished lecturing me on the difference between paddles and oars. Apparently, the common misuse was frustrating the entire nautical industry. Not that I would know.

I was racing with mostly strangers in something called a dragon boat race. It was a workplace challenge — John's workplace, not mine. Our team was made up of my husband, a few of his coworkers, their spouses, and any unlucky friend we could con into making our team big enough.

I had never heard of dragon boat races before, but apparently they're quite popular. Twenty or so people pile into elongated canoes and race across a lake. But did I mention they paddle at race speeds? What my husband

attempted to explain I soon learned firsthand: I am descended from oarsmen, not paddlers.

My ancestors are the infamous Vikings. When they decided to explore the world, they did so with the 'modern' technology of oars. By sticking their paddle into a hole or socket, and pulling said oar against its restraints, they created leverage, which propelled their giant ships. It was the basics of early engineering.

Dragon boat races are not related to Vikings. And they don't use oars. Paddling means the energy that propels the vessel is purely manpower. This is a race, so you are paddling as fast as you can — and splashing water at your teammates behind you in the process. And everyone has to do it at the same time and speed, otherwise the boat will not move. You also sway forward and back as you paddle,

in a heave, ho motion. The movement gives at least a smidgen of the leverage an oar would have and helps everyone keep tempo together.

Basically, it is an exhausting core workout that will give you great abs if you do it long enough. The day after our first practice, John and I — both fairly fit people — could hardly push ourselves out of bed and into sitting position. Suddenly the disclaimer we had to sign, claiming to be adults and promising not to sue upon bodily injury, made sense.

Adults, perhaps. But wise ones? It's been a long time since the Vikings. My people have had their feet on solid ground for a few centuries.

The things we do for love. And job security.

But I did it. I swayed and splashed as if it deeply mattered. Til my hands nearly lost grip on the paddle and my waist shrunk half a dress size.



John and me, awhile after our exhausting paddle. We weren't fit to take pictures immediately after.

And somehow, we crossed the finish line lengths ahead of our competitors.

We surprised ourselves by how well we did. The screams we let out defied our true exhaustion. It was the first time this group had won their division, the Media Cup, in their entire nine years of competing. We let out war whoops

and claps, jumping out to shore with laughter and hugs. You'd think it was the Olympics.

Eventually we realized no one was cheering with us, the crowd gathered along the hillside uninterested in celebrating our feat.

Paddles 3

Building an orchard with the Tree of 40 Fruit



Sam Van Aken wraps a chip graft with poly tape.

Photo by Al Dorantes

by Al Dorantes

In a 1,700-square foot orchard, hidden away in what used to be a junkyard for the sculpture department at Syracuse University, is the remarkable Tree of 40 Fruit. Initially, the

Tree of 40 Fruit sounds like something from a fairy tale. But it's not. It's real — and it's important.

The Tree of 40 Fruit is a tree that grows 40 different types of stone fruit, including peaches, plums, apricots,

nectarines, cherries and almonds. The tree was created via the grafting process. Each fruit is specifically chosen and grafted onto a

stock tree. In the spring, the Tree of 40 Fruit will blossom in varying shades of pink, crimson and white. In the summer, it will bear a multitude of fruit. The Tree of 40 Fruit is made up of a variety of native and antique stone fruit trees, making the Tree of 40 Fruit a vehicle for conversation, preserving fruit varieties that are not commercially produced or available.

Syracuse University art professor Sam Van Aken started working with grafting in 2008. Sam followed in the footsteps of his grandfather and was guided by Jay Freer and Ken Livermore, who passed on decades of orchard knowledge to Sam.



Artist rendering of the Tree of 40 Fruit at 10 years of age.
Image courtesy of Syracuse University

Tree of 40 Fruits 3

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The very best

by Jean Ronan

He appeared around the back of the barn one evening, checking us out as we sat on the back of the “old truck,” a 1960 Power Wagon, resting up from doing chores and milking cows. I have forgotten who first spotted him, sneaking around the silo, watching us. We tried to be quiet so as not to scare him, and he made his way haltingly toward us. He looked tired, skinny, a bit beat up, and none too confident. Though we wanted to adopt this yellow “mutt” on the spot, our parents were a bit more cautious of a strange dog and wouldn’t let us get down to investigate right away, so from the safety of the truck we encouraged him to come closer. He cautiously sniffed at all the boot-clad feet hanging off the flat bed. When it seemed safe, we all jumped down from the truck, trying to make friends, so it wasn’t long before a big decision had to be made, and in short order we had our answer. With a wag of the tail and a wet kiss or two, the answer was clearly yes — the stray dog would indeed adopt us!

In the next days we tried every name in the book to see if he would respond — we wanted to find his “real” name, and he finally looked up to “Butch,” answering to that for the rest of his life. We’ll never know if that was actually his given name or if he had simply gotten sick of the guessing games and answered to the very next name someone tried, which happened to be “Butch!”

He never left us either — voluntarily that is. One day he disappeared, along with our other dog, “Sputnik.” We searched...we called...we prayed...for days and days on end. Then we heard reports about other dogs that were stolen, reportedly to sell to laboratories. We waited impatiently, hoping against hope. Finally, Butch returned — it seemed like forever later and I don’t remember how long it actually was. Long enough that he was skinny, bedraggled, and with injuries that

looked like he’d been in a very bad fight; I confess we took some comfort picturing how the heartless dog-snatcher looked like after a fight with Butch! How many miles he traveled we’ll never know, but based on the looks of him, it was no short trek back home. Sadly, there was no sign of Sputnik, and we never saw our white boxer again.

Not surprisingly, Butch never wanted to be away from us again. We went on little camping vacations and at first we didn’t take him. Oh, we’d take him on short trips sometimes, but we were already bursting at the seams in a station wagon with the eight of us. When we got a camper for the pick-up truck though, he claimed it as his own and wouldn’t take “no” for an answer. At the first sign of packing the camper, he would take the huge leap needed to get inside and then simply refuse to leave. His persistence paid off and soon we took him everywhere — even across the country on a 3-week trip to New Mexico and back. When traveling, he would let us know when he needed to use the “facilities” and we would use the intercom that connected us to the cab to let them know. We still laugh about the day when they couldn’t pull off the road soon enough for poor Butch. Apparently not wanting to make a mess, he promptly and perfectly pooped in my sister’s sneaker that she had left on the floor of the camper. (MOST of us thought it was funny! My sister liked getting brand new sneakers!)

We all felt safer with Butch aboard, and knew that if some bandits tried to break open the camper door, they’d be met face-to-face with one unhappy ‘camper’ who had been to hell and back more than once and wasn’t about to allow any harm to come to his adopted family. If his skill as a woodchuck hunter was any clue, they would not leave unscathed! We didn’t need a dog psychologist to tell us that although he was one highly intelligent dog, he was just a teensy bit “posses-



Butch happily sits at my father's feet at my aunt's house in Albuquerque, NM, in 1969, the only one alert to the photographer (my mother). I'm at top right.

Photo courtesy of Jean Ronan

sive!” Knowing how well he protected his ‘property’ always made us feel quite secure, because Butch was always ‘on watch,’ and WE belonged to him!

When the next poor skinny lost dog wanders on by, with tail tucked, looking scared and friendless, give him a second look — it may just be your lucky day! Sometimes the very best dogs are mutts who just wander in and adopt you.

Paddles from Page 1

Eventually we realized no one was cheering with us, the crowd gathered along the hillside uninterested in celebrating our feat. And then, finally, we realized why. One of our competitors had an emergency — a man on their boat had a heart attack while competing. Did I mention this race was strenuous?

Emergency crews rushed in and stabilized him — in the end, he recovered and turned out to be okay. But it was a sobering lesson: a paddling race is, quite literally, not for the faint of heart.

This weekend I am going sailing. Like oars,

sails are another early engineering invention — the ability to harness the wind and let it work for you. And if the wind dies, there is my favorite invention yet — the engine, which reliably turns on with a key and tank of diesel. I will not be paddling anywhere, but will enjoy the water as it should be enjoyed: quietly relaxing with a cool drink and plenty of sunscreen.

When you come across an engineer this week, be sure and tell him ‘thank you.’ And while you’re at it, give him a hug from me. His kind have made life much, much better.

Obituaries reveal pieces of the past

by Kelly Gallagher

The Lahnum brothers of Waverly, NY were shocked to learn that their family doctor had been a spy in the United States military before settling down in a quiet town in the state’s Southern Tier and opening his medical practice. Donna Littlejohn of Troy, NY found out that her uncle Tom had been born on Leap Year Day — a quirky fact she never knew. Another Troy resident, Elizabeth Rosenmann, learned that her very own grandfather had played jazz for hosts of famous people, including Eleanor Roosevelt, and was a published world authority on Hungarian composer Bela Bartok.

What do all these discoveries have in common? They were all made thanks to an unlikely source — obituaries.

About six years ago, I worked as an obituary clerk for a newspaper up in New York’s North Country. While all of the obituaries followed a basic formula, some stood out to me as I glanced through them. One woman’s obituary told of her career as a professional acrobat in a traveling circus. Another detailed the trips one gentleman took around the globe with this wife. But something that may have seemed mundane to me as an outsider —

such as a person’s second career or place of birth — just might be an amazing discovery to those who thought they knew everything about the deceased.

When a friend passed away last year, I was surprised to read in her obituary that she had played soccer in high school. I had known Ashley as a quiet girl who loved animals and art. Never in a million years would I have pegged her as an athlete, not even a casual one.

“Oh, sure,” our mutual friend replied when I mentioned what I had read, “Ashley wasn’t just on the soccer team. She was the goalie. And she was fierce.”

The things you learn.

Although no bit of allotted print space can perfectly capture the entire essence of a human being’s experience on Earth, these write-ups often help readers see the deceased in an entirely new light. Even just the little tidbits — learning a person’s middle name, or finding out about their number of siblings or their military service — help bring new life to the memory of the person who has been lost.

An obituary is more than a death notice. It illuminates a part of our world that death has touched — but can never truly take.



Our team, the 2014 winners of the Media Cup. The race was held in a small Minnesota town, but our team was international. One family was from England; another from Germany.

Photos courtesy of Emily Enger



WHAT WOULD YOUR MOTHER SAY?

by S.D. Shapiro

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

With school right around the corner, parents and children will be scrambling to the nearest jumbo-box-super-department store for all the essentials. Pencils, pens, paper, notebooks, folders and binders are all listed with the exact quantities and sizes necessary for surviving the new school year. Most schools even have their class supply lists available online.

One list called for several packages of #2 pencils (sharpened, please). Right off the bat, this list item raises a couple red flags. First, why on the first day of school would any child need multiple packages of pencils? Second, what sort of pencil specialty store would you have to shop at to find pencils that are not #2? (And...what does the #2 stand for?) Third, of course the pencils should be sharpened. What good would multiple boxes of pencils be if they weren't sharpened?

Pens are another requisite item on school supply shopping lists. Schools will specify blue or black ink. You will likely buy a couple packages (to match the pencils) and off you will send little Johnny or Jenny with 40 pens. They will promptly lose the pens and will spend the remainder of the year borrowing pens from classmates or teachers.

Sometimes school shopping lists will include things like a dictionary or thesaurus. This should be a one-time purchase. Buy it once and use it throughout your school career. Why are we buying dictionaries and thesauruses? They're readily available online or as an app on a smartphone — which little Johnny or Jenny probably has already.

Some lists are very specific. They require parents to purchase four zippered pencil pouches with holes for binders. Not three and not five, but exactly four zippered pencil pouches. With holes for binders. And those binders are special too. You will need four 1.5-inch binders to hold your four zippered pencil pouches. The list also wants you to purchase seven glue sticks, a box of 24 crayons and a partridge in a pear tree.

Don't forget clothes. They are not on the list, per se, but little Johnny or Jenny will undoubtedly need new pants. They will also need socks, shoes and a new coat. Susie will need skirts, dresses and stockings. And shoes. And more shoes.

As years pass, the back-to-school lists have gotten longer and longer. Some people went to school with a pencil and a composition pad. As we get more and more technologically advanced, the lists should get smaller and smaller. But they're not. When it comes down to school supplies, it might seem like a conspiracy cooked up by the disposable pen companies and the teachers unions — but whatever little Johnny or Jenny needs is what they will get. They will tromp off to school laden down like pack mules. Stop and think, "What would my mother say?" She would say, "Have fun at school. Play nice with the other kids."

Would your mother have a different opinion? Do you have another moral dilemma you'd like to see featured? Email S. D. Shapiro at s.d.shap@gmail.com with "What would your mother say?" in the subject line.

Could the Jets win a Super Bowl?

by Daniel Baldwin

Many football analysts and reporters predicted that the New York Jets are going to have a low regular season record once the 2014 NFL season starts.

Bleacher Report journalist Ryan Riddles projected that the Jets will finish 5-11, three wins shy from their 2013 record (8-8).

"Failure to add enough weapons on offense and the inability to find a quality pass rusher on the edge are going to hurt the Jets in 2014," Riddles said last May. "They also lost talent and depth in the secondary this off-season."

But despite the reporters' heavy criticisms, Forbes reporter Jim Fields said in his article, published last August, that the team would finish a solid 10-6 record and make it into the Super Bowl.

Michael Vick, a former Philadelphia Eagles quarterback who was traded to the Jets back in March, may have said that the starting quarterback job belonged to Geno Smith. But he also added he could take the Jets to the Super Bowl if he gets the chance to become the team's starting quarterback.

Offense and highly ranked quarterbacks seem to be the key ingredients

towards making it to the Super Bowl, and the team did not display a powerful or high-ranking offense in 2013. Smith threw many interceptions, during his rookie year, and the team hardly had any good wide receivers.

But a powerful and hard-hitting defense could also have an affect towards winning a Super Bowl, and that is the one key ingredient that the Jets have. The 2012 Baltimore Ravens and 2013 Seattle Seahawks each had a tough defense during the regular season and playoffs, and their strong defense resulted in a Super Bowl victory over a highly ranked offensive team. It just goes to show that defense can win championships.

The Jets' defense averaged 41.0 sacks and made 13 interceptions during the 2013 regular season, according to ESPN.com. Jets' defensive players Muhammad Wilkerson and Sheldon Richardson really stood out. Wilkerson averaged 10.5 sacks, and Richardson was named the 2013 NFL Defensive Rookie of the Year. The team added another weapon to their defense by drafting Louisville defensive safety Calvin Pryor. They also made adjustments to their offense by getting former Denver Broncos receiver Eric Decker and former Tennessee Titans running

back Chris Johnson.

Penalties could also be a key component towards winning a Super Bowl. The team committed seven personal fouls and 12 penalties during their Saturday night preseason game against the Cincinnati Bengals, but they still won the game 25-17.

According to SB Nation, the Seahawks had 104 penalties last year, but they still managed to win the Lombardi Trophy.

Ryan underwent a lot of media pressure following a 6-10 finish in 2012 and an 8-8 finish in 2013. But he told the New York Daily News that he and his team are strongly confident that they could make it to the NFL playoffs.

Some football fans around Central New York believe that the Jets will never come close towards winning or being a part of the Super Bowl.

"I don't think they've got the personnel to be able to win a Super Bowl within the next five years," Utica resident Tony Paolozzi said.

Although others believe that the team is heading into a positive direction this season.

"I feel like with Geno Smith they could do something because he did all right his rookie year," Rochester resident Ricky Calcagno said. "With Rex Ryan leading the team they would be able to make the playoffs at least."

Tree of 40 Fruit from Page 1

Van Aken found a multitude of stone fruit, native, heirloom and antique varieties not commonly grown in commercial orchards in an orchard at the New York State Agriculture Experiment Station in Geneva, NY. This orchard contained, pretty much, the history of the past 150-200 years of stone fruit cultivation. It was due to be torn out due to lack of funding. Van Aken picked up the lease on the orchard and preserved it until he came up with the idea of the Tree of 40 Fruit.

Most modern stone fruit are grown for commercial purposes. That means fruit are often grown for their yield or color. A small green plum is relegated to the back corners of orchards while big, juicy, purple plums are grown by the bushels. If Sam Van Aken had not thought to preserve the stone fruit orchard, then plums like the Wangenheim plum may have fallen to the bulldozer. The Wangenheim plum was brought to America more than 200 years ago by German immigrants. If that plum was lost to "progress", not only would the fruit be lost, but also all the history behind it.

The process of creating a Tree of 40 Fruit starts with a stock tree. The unassuming tree looks like nothing more than a simple sapling. Van Aken will transform the stock tree into the Tree of 40 Fruit by chip grafting, a method in which one uses a small chip of the bud of the tree one wants to graft onto the stock tree. Van Aken takes a similar-sized chip out of the stock tree and places the chip bud into the stock tree. With chip budding, you want the size of the scion and the rootstock to be about the same size because it is easier to match up the

green layers when combining the two trees. Once the chip bud is in place it is time to wait. Next spring Van Aken will check the bud's growth. If the growth has leaves and appears healthy he will cut the branch close to the graft and the new growth should continue through the graft. Van Aken will do more than 2,000 grafts per year. Sam controls the blossoming of the Tree of 40 Fruit with the direction of grafts. Each tree is like a snowflake, with its own map of grafts.

The Tree of 40 Fruits is also an exercise in patience. Each tree is a 10-year project. It's a six-year process to get the tree grafted to have 20 varieties. Once a tree has 20 fruits on it, Van Aken will start to look for a home for the Tree of 40 Fruit. The cost for a Tree of 40 Fruit is \$28,000. That seems like a lot of money, but most of the expense is involved with return visits. Van Aken will make six additional visits to prune and graft the tree to its final shape.

Van Aken said, "One of the reasons I got into this is because the farming community where I grew up is now a housing development. In some way, this is my way of preserving. If I can get these trees into the public then that would be pretty awesome."

With over a dozen Trees of 40 Fruit already sited, Van Aken explained that a portion of the proceeds goes to starting an orchard of heirloom and native varieties in southern Maine, near Portland. The grove of four Trees of 40 Fruit will grow into an orchard that will be open to the public for fruit buds, stock and scion wood.

The Tree of 40 Fruit is an art project with its heart rooted in preservation.

The Country Editor

Just good reading

Published weekly on Friday by Lee Publications
6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President
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September 5, 2014

Hello Again,

Is this the height of stupidity or what would you call it?

Can you imagine this: to help pay for Obamacare (national health plan), our president obviously coerced the members of Congress to pass

a tax bill on medical devices. The tax is 2.3 percent on the sale of medical devices used chiefly by doctors and hospitals, such as pacemakers and CT scan machines.

In my country-boy way of looking at this tax, it is a means to help pay for President Obama's health program by costing the hospitals and doctors more money for necessary equipment. Who naturally will have to cover the cost of this tax? By passing it on to their patients – you and me.

Mr. Obama, why don't you admit the Obama health plan is not going to work?

Now a special question for you Hello Again readers who are employed by a company that pays for your health insurance. Your employer will have no choice but to cease giving you raises or other company benefits as the premium charge will go up as every piece of new equipment is purchased and taxed. Who is going to ultimately pay for this additional tax? You are, certainly not our president, or members of Congress,

or government employees as their health program is guaranteed and paid for by the government.

All of this nonsense takes on the appearance of a circus ferris wheel or merry-go-round on which the rider goes around and around and ends up where he started with less money in his pocket. Well before the rider falls off, the circus barker could blame Bush, or you could keep on raising the ticket price for the ride until no one can afford the price and the merry-go-round stops.

The president said he is willing to bypass Congress to do what he wants. This appears to be a bypass around sanity to accomplish an insane non-accomplishment.

What would I call it? Just one more attempt by our government, led by our president, to pay for a poorly thought out national health plan. In ad-

dition to this line of thinking, when your employer has to pay for this ever-growing tax, you ain't gonna see a raise in your paycheck. Eventually some will even lose their jobs. The employer can't spend the money two ways, can he?

If you are the CEO or president of a company and your job is to make money for your company, why not shut down your USA plants, lay off all your employees, have your product line manufactured in some other country – then you will not have to be concerned about health insurance costs or any additional taxes. It's a no-brainer. Mr. Obama and members of Congress, all the U.S. companies have to do to get away from these escalating taxes is to stop manufacturing here and have their products made abroad. Like your plans, all they have to do is quit their responsibility to their fellow countrymen



and quit the USA.

It has been reported that the IRS is not seriously attempting to collect this tax. Could that be interpreted that the IRS agents are smarter than our Washington friends who support the tax? I believe IRS agents have to pass a test to get their job – might not be a bad idea for all congressmen also.

We received this letter dated August 13, 2014 from a reader of Hello Again:

Dear Mr. Lee,

I read your column weekly in the Country Editor. In your August 2 column you mentioned a couple of friends who were talking about a Russian mansion near the monastery in Jordanville.

I grew up just a couple of miles from this mansion. It is located just down the road from the monastery on Robinson Road but it is not a Russian mansion. It was rumored at the time that one of the Roosevelt's (Teddy or Franklin) built it for his niece. It was designed after a mansion in England. It was said limestone and quarry rock was brought there by horse and oxen drawn wagons. At the beginning it was called Cruegar Mansion. The caretaker's house is on Robinson Road and to the right is a dirt road. The mansion is only a few miles back. From Robinson Pond you can see a little of the mansion when the leaves are gone from the trees.

As a teenager in the

Hello 7

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Hello from 5

1960's, my friends and I would sneak down there because the story was that "Aunt Harriett" ghosts (she was buried on the estate) would play the

organ on certain dates. Until we were older we didn't realize all we were hearing was wind in the pipes of the organ.

Through time the name and ownership changed. It was at one time called Robinson Mansion. It is now owned by Attorney George Aney of Herkimer and is called Gelston Castle. At one time, Mr. Aney restored the conservatory and a famous Russian composer by the

name of Rostaprovich stayed there. Thus maybe the rumor it was a Russian mansion.

At the present a militia is held on the grounds every year. But for the most part the mansion has fallen in disrepair. But I assure you at one time it was grand in all it's splendor.

It surely provided some teenagers with a few "fright nights."

Keep on writing. Enjoy your column.

Sincerely,

Linda (Bawolak) Rolmer

Hello Again received the following letter from up in Cherry Valley. In my mind the letter is actually more of a parable. While it shares memories, it conveys a message of love and displays both a Christian and an American attitude – a principle which made the collected states into the Great United States.

God bless you, Mr. & Mrs. Douglass.

Dear Fred –

Reading your page in the Pennysaver brought memories flooding back. I graduated from Cherry Valley School in 1955. Dr. Rosenthal was the school doctor, talked "funny" as I recall. One of my most vivid memories: riding home on the school bus; Doug VanDerwaker was the driver. We had a 7 yr old boy who lived further up Route 20 who was an asthmatic. He had forgotten his inhaler, had a bad attack and Doug thought he could get him home. He passed away in my arms, I will never forget it. I remember I called to Doug – "he's better, he's not gasping." He took one look, turned that bus around, got to Dr. Rosenthal's office and RAN, carrying him. I was a junior in high school, too inexperienced to realize he'd passed away.

I was an asthmatic, too, so it was a double shock. I never forgot it. The parents never blamed the school, the bus driver at all. They were just grateful he'd passed in the arms of someone who cared.

My husband, Clifford, and I both enjoy your weekly writings. Keep up the good work!

Elinor Douglass

I'm writing this in my office and can see a beautiful orange leafed tree. It's that time of year again. Be sure to take time to enjoy the autumn changing of colors. Look skyward for the Canada geese and realize that God, our Heavenly Father, created all of this beauty. It did not just happen.

Every day friends of Hello Again wave at the little red Spyder as it rumbles by. It's just our way of sharing a Hello Again between friends. For some reason or another, the words of a church hymn keeps coming to mind. "This is my Father's world." I'm sure he wants us to enjoy it and attend church with friends on Sunday.

Fred Lee and the Lee Family

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Monday, Aug. 25th sale - cull ave. \$.90, top cow \$1.15, Bulls/Steers \$.81 - \$1.40, bull calves top \$3.90, heifer calves top \$3.10, Feeder bulls \$1.26 - \$1.30, Feeder Steers \$1.18 - \$1.50. Dan Duprey Grade Dairy Dispersal Ave. \$1477, milking age ave. \$1665 top cow \$2350, bred heifers ave. \$1442, open heifers ave. \$700.

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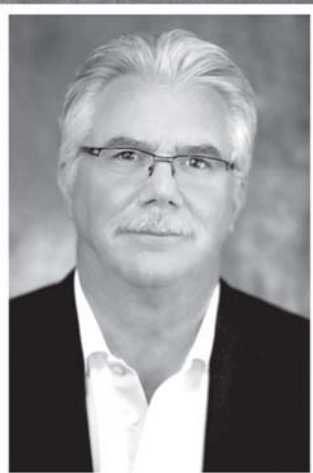
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Hot dog eating contest 4PetSake

by Al Dorantes

On Wednesday, July 30, there was a car cruise-in and hotdog eating contest in at the Mo-

hawk Antiques Mall in Mohawk, NY to benefit 4PetSake Food Pantry. Hot rods and hotdogs for a good cause.

4PetSake Food Pantry, Inc. is a pet food bank serving the Mohawk Valley established to assist low income pet owners in

feeding their animals. Their mission is to keep pets and their owners together, prevent them from being surrendered, or from being abandoned. They are dedicated to making a difference in the lives of pets and the people who love them by assisting with pet food, advocating spay/neuter, vaccination programs, and nutrition education to low income senior citi-



Crowds check out the cars at Mohawk Antique Mall's cruise-in.

Photos by Al Dorantes

zens, veterans, or anyone who has fallen on hard times. 4PetSake's office is located at the Mohawk Antiques Mall, 100 E. Main Street, Mohawk, NY. The pantry is open on Wednesdays from 11 a.m.-2 p.m.

Kris Wilson from 4PetSake explained that Peter

Hot dog 14

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Alexanderson, owner of the Mohawk Antiques Mall, hosted the cruise-in and sponsored the \$100 cash prize of the hotdog eating contest. The hotdog contest was simply who could eat the most hotdogs in 5 minutes. Four contestants bellied up to the table; Tony Evangelista, Roger Edward Pratt, Dan Hopsicker, and Thadeus Schook. Alexanderson said, "4PetSake is a great operation so it's natural for us to team up."

Kris Wilson added, "Proceeds from the hot-

dog sales goes towards our daily operations which includes their spay or neuter program as well as the purchase of food for the pet food pantry."

As the clock counted down to zero the winner was determined. In the end, 7 1/2 hotdogs were devoured by the winner, Tony Evangelista. Evangelista, from Holland Patent said, "I'm still on the amateur competitive circuit but it was great to help out 4PetSake."

Over 25 drivers brought their cars out to

support the pet food pantry as well. Awards were given out for crowd favorite, most original

(most like showroom condition), and best in show. A 1969 Dodge Super Bee owned by Jeremy VanHorne was voted crowd

favorite, Al Young's Cadillac took home the most original, and a 1934 yellow Ford hotrod took best in show.



Jeremy VanHorne and his family stand in front of his crowd favorite 1969 Dodge Super Bee.



Tony Evangelista wolfs down hot dog number three on the way to the winning number of 7 1/2.



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Senior news line

by Matilda Charles

Five-minute daily run?!

I wonder about some of these studies. A new one out claims that if we run five minutes a day, we'll live a longer life. The 55,000 participants in the study (which went on for many years) ranged in age from 18 to 100.

Runners had much lower risk of cardiovascular mortality, with a bonus three years tacked

on to their life span. Even runners who ran approximately 51 minutes a week had this same reduced mortality. Their conclusion: Running five to 10 minutes a day results in this reduced mortality.

Despite its conclusion, the research doesn't actually say "five minutes per day." The study also didn't say why it has to be running.

I wonder, too, about the people who participated. If they were healthy enough to run for a half hour, maybe they were already in a health category that would give them a longer life.

In terms of impact on the body, I don't understand why a five-minute run multiple times a week is as good as a half-hour run when it comes to cardiovascular strength.

This is one time I'm going to give a thumbs-down on research study suggestions, at least for us, and point to another

study (2011) that calls for 15 minutes a day or 90 minutes a week of moderate-intensity activity ... like walking.

A brisk 30-minute walk a few times a week has benefits. Or spending time on a treadmill or stationary bicycle, or swimming in a pool. Best bet: malls that open their doors early for morning walkers. That environment is warm/cool (depending on the season), has a level surface and is safer than being out on the streets.

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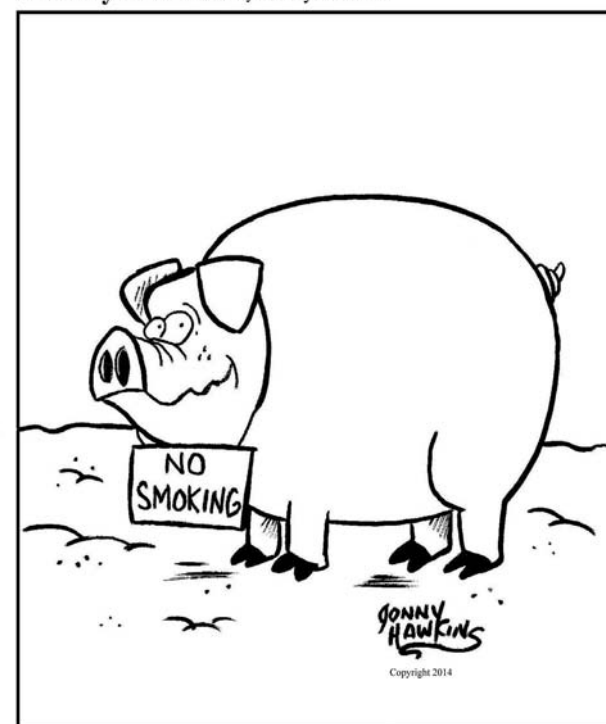
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WANTED: Land to lease for deer & turkey hunting within 30 minutes of W.Winfield. Fully insured with references. This does not interfere with any current agricultural operations or leases on your property. 315-822-4971 or email turkeyridge@windstream.net



Recreational Vehicles & Motor Homes

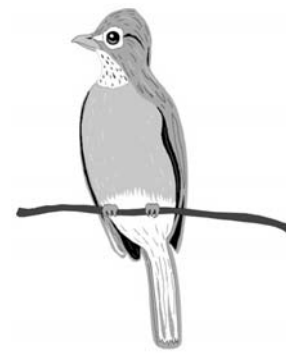
1991 34FT GULFSTREAM CLASS A motor home, 460 Ford just reduced \$7,600. Lots of storage space. 14,800mi. 315-868-7197.

Services Offered

HOUSE CLEANING: Available Friday, Saturday, Sunday. Little Falls, Herkimer area. Hourly rate \$12.00-\$15.00 518-319-0744

Services Offered

PHOTO CALENDARS now available right here at Lee Publications. 6113 State Hwy. 5, Palatine Bridge, NY 518-673-3237. Choose up to 24 photos. Only \$12.00 for digital photos and \$15.00 if we scan them.



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Calendar of Events

COUNTRY EDITOR

NOTE: Calendar entries must arrive at the Country Editor's office by Thursday a week before our Friday 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, or PO Box 121, Palatine Bridge, NY 13428 or e-mail to: kkelly@leepub.com.

AUG 22 - SEPT 26

"Oceans Apart" - The Drawings of Chris Cirillo
The Other Side Gallery, 2011 Genesee St., Utica, NY. Summer gallery hours are Fridays from 4-9 pm and Saturdays from 11 am - 3 pm. Reception and exhibit are free to the public.

SEP 6-7

Antique Show, Sale and Flea Market
Hungry Bear Cafe, 7304 State Hwy. 5, St. Johnsville, NY. Multiple antique dealers. Spaces still available. For information call Scott & Rose at 518-568-2700 or Tim at 58-332-5157.

SEP 6

Art Exhibit - The Works of Edward Christiana
Unitarian-Universalist Church of Utica, 10 Higby Rd. 5-7 pm. The show will remain up through the month of September.

Hand Painted Table or Floor Cloth
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-noon. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

Managing Our Difficult Selves
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-11 am. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

SEP 7

6th Annual HALO Hoedown
Silverado Inn, Marginal Rd., Herkimer, NY. For more information call 315-734-9245 ext. 3027 or e-mail dave@bugcountry.com

SEP 8

Auditions have been set for the Ilion Little Theatre production of "Noises Off"
The Stables, Ilion Little Theatre, 13 Remington Ave., behind the Remington Arms. 7 pm.

Mohawk Valley Choral Society Rehearsals
7 pm. Room 224, Johnson Hall, Herkimer College, Herkimer, NY. Inviting new members to join for it's 33rd season! For more information call 315-826-3092 or visit www.mvchoral.org

SEP 10

Fourth City: Essays from the Prison In America

The Other Side Gallery, 2011 Genesee St., Utica, NY. 7:30 pm. A talk by Doran Larson, Professor of English and Creative Writing at Hamilton College, launching his recently published book. For information contact Kim Domenico, 315 735-4825 or kodomenico@verizon.net

SEP 11

Buffet Dinner
Midville UMC. 4:30 pm. Adults \$6.50, child \$4.50. Contact Linda at r4lin@ntcnet.com for more info.

Rabies Clinic

Cedarville Fire Dept, 960 St. Rt. 51, Cedarville, NY. 6-7:30 pm. All cats, dogs & ferrets three months or older must be vaccinated, even if they stay indoors. Every dog & cat needs 2 rabies vaccinations one year apart, then 1 every 3 years. Bring proof of pets vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs must be on a leash, cats & ferrets in a carrier/pillowcase. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation/pet is suggested. Pre-register at www.herkimercounty.org

SEP 13

Crafts of Yesteryear
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-11 am. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

Effective, Efficient Exercise at Home

Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-11 am. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

SEP 18

Cooking Matters at the Store Tour
Tops Friendly Market, 217 Erie Blvd. E., Rome, NY. 13 pm. Advanced registration is required. For more information, contact Rome Women, Infants and Children (WIC) Program at 315-356-4755.

SEP 20

Elegant Basket of Bounty
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30 am - Noon. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

Machine Maintenance & Preservation
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-11 am. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

Zen Meditation

Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30 am - 1 pm. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

SEP 24, OCT 22, NOV 6 & DEC 24

Mohawk Valley Coin Club Meeting

American Legion Utica Post, 409 Herkimer Rd., Utica, NY. 6:30 pm. Includes a 50 lot auction by members. For more information call Terry West at 315-797-7875.

SEP 27

Insights from Dreams
Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30-11 am. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

Rush Seated Stool

Shawangunk Nature Preserve, 255 Shawangunk Road, Cold Brook, NY. 9:30 am - Noon. Call 315-826-7405, e-mail shawangunk@ntcnet.com or visit www.shawangunknaturepreserve.com for more information.

visit www.shawangunknaturepreserve.com for more information.

AARP Drivers Course

AARP will hold drivers course at St. Johnsville Community Center, 16 Washinton Street, St. Johnsville, NY. Starting at 8am-2:30pm. AARP members \$20, non AARP members \$25. For more info, please call Mike Weiner at 315-823-2423.

OCT 2

Rabies Clinic

Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls, NY. 6-7:30 pm. All cats, dogs & ferrets three months or older must be vaccinated, even if they stay indoors. Every dog & cat needs 2 rabies vaccinations one year apart, then 1 every 3 years. Bring proof of pets vaccination history to receive

a 3 year certificate. Ferrets must be vaccinated every year. Dogs must be on a leash, cats & ferrets in a carrier/pillowcase. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation/pet is suggested. Pre-register at www.herkimercounty.org

OCT 19

One Day Bus Trip to the Seneca Lake Wineries by H.A.L.O.

The bus will be departing from Herkimer at 9 am and Utica at 9:30 am. \$60/person. Reservations and money are needed by Sept.16 for the trip. To sign up or for more information call Debbie at 315-866-8608.

OCT 25

Rabies Clinic

East Herkimer Fire Dept., 193 Main Rd., East Herkimer, NY. 1-3 pm. All cats, dogs & ferrets three months or older must be vaccinated, even if they stay indoors. Every dog & cat needs 2 rabies vaccinations one year apart, then 1 every 3 years. Bring proof of pets vaccination history to receive a 3 year certificate. Ferrets must be vaccinated every year. Dogs must be on a leash, cats & ferrets in a carrier/pillowcase. No exams will be given. Owners are responsible to clean up after their animals. \$5 donation/pet is suggested. Pre-register at www.herkimercounty.org

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Treat yourself to a healthier car ride

(NAPSI) — Allergies are nothing to sneeze at. Fortunately, your car can protect you from the pollen, dust and pollutants that are drawn inside through air-conditioning and ventilation systems.

The cabin air filters clean the incoming air,

removing allergens. For your part, you should replace these regularly.

Expert advice

"A dirty or clogged cabin air filter can cause contaminants to become so concentrated in the cabin that passengers actually

breathe in more fumes and particles when riding in the car than when walking down the street," explains Rich White, executive director, Car Care Council — the source of information for the "Be Car Care Aware" cam-



Replacing your car's cabin air filter is a simple way to be sure you and your passengers can breathe easier while driving.

pany promoting the benefits of regular vehicle care, maintenance and repair.

A restricted cabin air filter can cause musty odors in the vehicle and impair airflow in the heating, ventilating and air-conditioning (HVAC) system, possibly causing interior heating and cooling problems. Over time, the heater and air conditioner may also become damaged by corrosion. In addition to trapping pollen, bacteria, dust and exhaust gases, the cabin air filter prevents leaves, bugs and other debris from entering the HVAC system.

Cabin air filters should not be cleaned and reinstalled. Instead, they should be replaced every 12,000 to 15,000 miles or per the owner's manual. Most filters are accessible through an access panel in the HVAC housing, which may be under the hood or in the interior of the car. An automotive service technician can help locate the cabin filter and replace it according to the vehicle's owner manual. Some filters require basic hand tools to remove and install the replacement filter while others just require your hands.

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- ♦ Gravity fed coal hopper - holds 60 lbs.
- ♦ Burn time 24 to 48 hours
- ♦ Exterior shaker handle - minimal ash dust
- ♦ Bimetal draft regulator
- ♦ Automatic secondary oxygen
- ♦ Adjust heat from stove with only one knob on hot air regulator



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High Efficiency Wood and Coal Furnace

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- ♦ Heat exchanger tubes through furnace that creates a convectional circulation



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