

HERKIMER  
**Country Editor**

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Forbearing one another, and forgiving one another, if any man have a quarrel against any:  
even as Christ forgave you, so also do ye. Colossians 3:13



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## Mamrosh remembers brother's military service

Mary Shaw Mamrosh, 99 years old and a resident of Valley Health Services in Herkimer, recalled memories of her brother, Roger A. Shaw, as the nation recognized the 76th anniversary of the D-Day invasion, otherwise known as the invasion of Normandy Beach, which happened June 6, 1944. Shaw, an Army sergeant, served at Normandy Beach, and she talked about his military service and view of D-Day on what was the largest subaqueous invasion in military history.

Shaw was 17 months younger than his sister. Both went to Frankfort Central High School. Roger graduated in 1938 at age 15. Shortly afterward, he was anxious to serve in the military. He started volunteering his time with the Air Force, Marines and the Navy. However, these branches of the service would not enlist him because he was color-blind. The Army did not impose this restriction, and so he enlisted at age 19. He went from cadet to Private First Class and then to the rank of Sergeant during his time served.

When the U.S. was entering World War II, just after the pre-emptive strike on Pearl Harbor, Shaw was ready to be involved and serve his country. Mary said Roger spoke despondently about the day his landing barge arrived on the beach in Normandy. It was devastating for him to see so much death of his "brothers in arms." Mary said this affected him greatly, and for years he did not want to speak about this tragic experience.

The U.S. military used the term "D-Day" to reflect the launch of a mission that combined the forces of 156,115 U.S., British and Canadian troops, 6,939 ships and landing vessels, 2,395 aircraft and 867 gliders with airborne troops. This invasion stretched out

over five sections of beachfront. Shaw left the Army in 1945 on an honorable discharge. He passed away in 1983 from throat cancer. Mary's brother-in-law, Robert Dodge, a Lieutenant in the Air Force, was also overseas in 1944. His plane was shot down over Germany.

Mary said her brother was a talented man. He played the accordion and the trumpet in his band, Roger and the Legionnaires. His wife, Virginia McCoy Shaw, was also in the band and played the drums. They often played at a small place on Route 8 in New York State. Roger also appeared in the musical "H.M.S. Pinafore," performing at the Town Hall in Frankfort. Roger and Virginia had three children together: Cheryl, Roger and Jeffrey. He also worked at Mele Manufacturing, had an electrician background and traveled, often overseas, for work, to such places as Paris, France.

Mary said her brother's experience affected her greatly because it distressed her mother immensely. Mary was very close with her mother. During the time of this invasion, Mary was fighting her own healthcare issues at St. Elizabeth Hospital in Utica. She spent the next eight months suffering from rheumatic bacterial endocarditis, a bacterial infection of the inner lining of the heart muscle. The inner lining also covers the valves of the heart. She indicated between her brother being involved with World War II and herself being hospitalized, her mother literally turned gray overnight. Mary said the Sisters of St. Elizabeth called her a miracle to be able to survive this illness.

Mary Shaw Mamrosh



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## Father's Day sale in gift shop

The Herkimer County Historical Society is hosting a Father's Day Sale in its gift shop until Friday, June 19, offering a 10% discount on all regular priced merchandise (and featured items at a further discount). The gift shop only is open Monday - Friday, 10 a.m. - 3 p.m. Visitors are asked to wear a mask and practice social distancing. You can also order online from [www.herkimercountyhistory.org](http://www.herkimercountyhistory.org) and check out their books on local history, the Adirondacks and by local authors.

For more information, call the Historical Society at 315.866.6413.

## Little Falls Hospital employee earns Master of Science in nursing

Tracey Federico, MSN RN-BC, graduated from Southern New Hampshire University on June 1 with a Master of Science in nursing. Federico has been with Little Falls Hospital for six years. She was first hired in the Inpatient Unit and transferred to the Emergency Department in 2018.

While studying for her master's, Federico completed clinical hours by participating in a Quality Improvement Project with Little Falls Hospital's Vice President of Patient Care and Chief Operating Nurse Heidi Camardello. The project studied caring for delirium in the "Hospitalized Elderly at Little Falls

Hospital" in-patient unit. Delirium is common in older patients and may be a symptom of a medical emergency, such as hypoxia or hypoglycemia. It is characterized by an acute change in cognition and attention.

Mike Ogden, president of Little Falls Hospital, stated, "Here at Little Falls Hospital, we are fully supportive of our staff that wish to further their education to better the quality of care for our patients. We are proud of Tracey's achievements."

Federico plans to continue her work as a nurse at Little Falls Hospital following her graduation.

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## Eight garden tools for beginners

The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden.

Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. **Gloves:** Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects and dirt. Look for water-resistant gloves that are also breathable.

2. **Hand pruners:** Hand pruners are essential for cutting branches, cleaning up shrubs, dead-heading flowers and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. **Wheelbarrow:** A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. **Loppers:** Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. **Hand trowel:** A hand trowel is a handy tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. **Hose/watering can:** Keeping gardens hydrated is part of ensuring their health. That makes a hose and



a watering can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and

containers.

7. **Garden kneeler:** Gardeners often bend and kneel while working in the soil. That puts pressure on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. **Garden hoe:** Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix.

## Central Valley CSD Foundation announces 3rd, 4th quarter Students and Employees of the Month

The Central Valley Central School District Foundation has announced the district's students and employees of the third and fourth quarter.

"We are so pleased to honor students who are well-rounded in academics and good character," said JoAnn Duga, foundation president. "We are also happy to publicly acknowledge some of the many employees who make a positive impact on our students and school community, especially with the challenges our communities have been facing in recent months."

The program recognizes up to four students and employees each quarter with the hope that there will be recipients from each school building: Fisher and Barringer Elementary Schools, Jarvis Middle School and CVA High School, as well as the CVCSD bus garage.

Third quarter student recipients include Joslyn Orendorf from Barringer Road, Tyler Izzo from Jarvis and CVA students Rhannon Corsette and Reilly Rich. No nominations for Fisher Elementary students were received.

Third quarter employee recipients were Kimberly Obreza, Barringer Road teacher; Michelle Pilla, Fisher principal; William Holland, Jarvis teacher; Joanna Jenkins, CVA teacher; and Krista Couchman, CVCSD bus garage secretary.

Fourth quarter student

recipients were Shelby Dewan from Barringer Road and CVA student Morgan Perry. No nominations for Fisher or Jarvis students were received.

Fourth quarter employee recipients include

Chris Durant, Barringer Road senior custodian; Jessica Bowman, Jarvis assistant principal; Diana Pett, CVA teacher; and Don Martin, CVA custodian.

For more information about the foundation,

contact JoAnn Duga at 315.894.3116 or joann-dugaCVAFoundation@yahoo.com.

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# Area Church Services

<b>COLD BROOK</b> <b>COLD BROOK</b> <b>UNITED METHODIST CHURCH</b> 467 Main St. Sunday Worship 10:30 AM	<b>HERKIMER</b> <b>TEMPLE BETH JOSEPH</b> 327 N. Prospect St. Phone 866-4270 Friday 7 PM	<b>HERKIMER</b> <b>CHURCH OF JESUS CHRIST</b> <b>OF LATTER-DAY SAINTS (MORMONS)</b> Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189	<b>ILION</b> <b>ANNUNCIATION CHURCH</b> 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 PM; Sunday 11:00 AM; Monday & Wednesday 9:00 AM	<b>LITTLE FALLS</b> <b>INGHAMS MILLS BAPTIST CHURCH</b> Rev. Gary L. Busch, Pastor Sunday Worship Service 10 AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936	<b>MOHAWK</b> <b>THE WORD CHRISTIAN CENTER</b> Pastor Gene Kipper 27 E. Main St. • Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM
<b>DOLGEVILLE</b> <b>NEW HOPE CHRISTIAN FELLOWSHIP</b> Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM	<b>ST. FRANCIS de SALES CHURCH</b> Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM	<b>HERKIMER REFORMED CHURCH</b> 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM	<b>LITTLE FALLS</b> <b>FIRST BAPTIST CHURCH</b> 555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 AM Sunday School Classes 9:00 AM (nursery through adult) * *Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay.	<b>MIDDLEVILLE</b> <b>MIDDLEVILLE UNITED METHODIST</b> Pastor Wayne Getman 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM	<b>NEWPORT</b> <b>FIRST BAPTIST CHURCH OF NEWPORT</b> 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45 AM
<b>GRACE BAPTIST CHURCH OF DOLGEVILLE</b> Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM	<b>CHURCH OF SAINTS</b> <b>ANTHONY and JOSEPH</b> 229 S. Main St. Phone 866-6373 Sunday Mass 9 AM	<b>CHRIST EPISCOPAL CHURCH</b> 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street	<b>ST. PAUL'S UNITARIAN</b> <b>UNIVERSALIST CHURCH</b> Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM	<b>MOHAWK</b> <b>GRACE EPISCOPAL CHURCH</b> Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM	<b>UNITED METHODIST</b> Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM
<b>DOLGEVILLE UNITED</b> <b>METHODIST CHURCH</b> Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM	<b>REDEEMER CHURCH</b> Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM	<b>SAINT AUGUSTINE'S</b> <b>EPISCOPAL CHURCH</b> Bishop - Dan Herzog 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM	<b>HOLY FAMILY PARISH OF THE ROMAN</b> <b>CATHOLIC COMMUNITY OF LITTLE FALLS</b> Father Brian Slezak, Pastor 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM	<b>DENNISON CORNERS</b> <b>COMMUNITY CHURCH</b> Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM	<b>KUYAHOORA COMMUNITY CHURCH</b> Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM
<b>DOLGEVILLE CHRISTIAN FELLOWSHIP</b> Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM	<b>OAK RIDGE FREE METHODIST CHURCH</b> Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575	<b>ILION</b> <b>ILION COMMUNITY CHURCH</b> Pastor Dean Mabry 44 Central Plaza Sunday Worship 10 AM Child Care/Kids Church Available ilionchurch.com	<b>EMMANUEL EPISCOPAL CHURCH</b> 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment	<b>MOHAWK REFORMED CHURCH</b> Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July - Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June	<b>ST. JOHN THE BAPTIST CATHOLIC CHURCH</b> St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Saturday Mass 4 PM Sunday Mass 10:45 AM
<b>UNITED LUTHERAN</b> <b>PRESBYTERIAN PARISH</b> 26 E. Faville Ave. Worship 11 AM	<b>UKRAINIAN ORTHODOX CHURCH OF</b> <b>ST. MARY'S PROTECTRESS</b> 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336	<b>FIRST PRESBYTERIAN CHURCH</b> 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30 AM Church Service 10:30 AM 315-894-2070	<b>HOLY TRINITY LUTHERAN CHURCH</b> 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM	<b>EMMANUEL BIBLE CHURCH</b> Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM	<b>PAINES HOLLOW</b> <b>PAINES HOLLOW UNITED METHODIST</b> Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM
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## To Your Good Health

by Keith Roach, M.D.

### Morning stiffness is sign of osteoarthritis

**Dear Dr. Roach:** I'm a 67-year-old black female who's been diagnosed with "a little arthritis" in my right hip. Now retired from a desk job, I unfortunately still am not getting enough exercise. My issue is that after sitting for a length of time, I'm in excruciating pain and can't stand up at all. Once I straighten up and get moving, the pain subsides. I've been told "you're getting old," but I'm not old! I'm about 30 pounds overweight. Also, when I stand for any length of time, my

lower back aches.

Would taking a morning walk and a yoga class alleviate this problem? I'm so embarrassed when I get out of my car or get up from the dinner table. – S.H.

**Answer:** There are many types of arthritis, and the answer to your question varies a bit depending on type. I think you probably have the most common form, osteoarthritis, so I'm going to answer you assuming that's the case.

Stiffness in the morning, quickly relieved by exercise, is a hallmark of osteoarthritis. It's common, treatable and not something to be embarrassed

about.

Exercise is an effective treatment for osteoarthritis. It can be difficult to get started, but the more people exercise, the more they are able to do. Walking and yoga both are excellent ideas, but the best exercise is the one you will want to keep doing.

Osteoarthritis affects a fair number of 67-year-olds, but it's important to remember that it's not your age that is causing the pain: It's the arthritis. Although we know of no treatments that can reverse the course of osteoarthritis, medications (including a few supplements), exercise and physical therapy all can ease symptoms and improve function. Losing weight takes stress off the joints and is recommended, but is not easy.

Finally, severe arthritis can be treated surgically, with a joint replacement. That's not a procedure to take lightly or have done too early.

**Dear Dr. Roach:** I'm 85 years old. I have numbness in my hands – sometimes the right, sometimes the left; sometimes both hands or not at all. It lasts only a while. My doctor feels that it's a pinched nerve in my neck. Can

you give me any advice? – J.B.

**Answer:** A pinched nerve in the neck becomes more prevalent as people age. The nerve can be compressed by bony structures in people with osteoarthritis in the neck (this is spinal stenosis), or by disk material in someone with a herniated disk. Having symptoms on both sides is less common than having symptoms consistently on one side only. A careful physical exam can give clues that this is the case, but an MRI or other imaging study is the best way to be sure of the diagnosis.

Hand numbness also may be caused by the nerve being "pinched" in other locations: in the carpal tunnel in the wrist or in the cubital tunnel in the elbow. An EMG test can help sort out where this is coming from. It's certainly possible to have carpal tunnel syndrome on both sides.

My best advice is not to rush into surgery at any age, but especially not at age 85. Physical therapy can prevent many people from needing surgery. However, if numbness progresses to weakness, it's time to reconsider.

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**Saturday September 19th**

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**Sunday September 20th**

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If eaten in moderation, peanut butter is a good choice. We just can't put our spoons in the jar and eat with complete abandon!

12 (2½-inch) chocolate

graham cracker squares  
2 (4-serving) packages  
sugar-free instant chocolate pudding mix

1 1/3 cups nonfat dry milk powder

2¼ cups water

¼ cup reduced-fat peanut butter

½ cup reduced-calorie whipped topping

¼ cup chopped dry roasted peanuts

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine 1 package dry pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Blend in peanut butter. Spread mixture evenly over graham crackers. Refrigerate while preparing topping.

2. In the same bowl, combine remaining package dry pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well using wire whisk. Blend in whipped topping. Spread topping mixture evenly over chocolate filling. Finely crush remaining 3 graham crackers. Evenly sprinkle crumbs and peanuts over top. Cover and refrigerate for at least 2 hours. Cut into 8 pieces.

• Each serving equals: About 173 calories, 5g fat, 8g protein, 24g carb., 470mg sodium, 1g fiber; Diabetic Exchanges: 1 Fat, 1 Starch, ½ Fat-Free Milk.

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## Band or DJ? How about both?

Few elements can make or break a couple's wedding day more than entertainment. While factors like the weather are beyond couples' control, ensuring guests have an opportunity to dance or sing along to some good music is something couples can emphasize as they plan their weddings.

When it comes to music, the two main options for weddings are a live band or a DJ. Each has its share of advantages and disadvantages.

A live band may be more expensive, but it can get the crowd excited. A good bandleader also acts as a master of ceremonies and can pay attention to the vibe of the room, tailoring a playlist around that overall mood. Plus, bands offer live performances, which adds an extra special element to the occasion that can't be replicated at home.

A DJ is a popular choice, and today's DJs are often artists in their own right. They know just how to select and seamlessly mix music to create

the mood and really keep the party going. Couples who prefer to hear original versions of particular songs – especially for their first dance song – often prefer DJs. The popular wedding planning resource The Knot also says that it is often no problem for a DJ to find and play a song from an extensive digital library, while

bands may not be able to learn and perform a song in time.

Couples who can be flexible with their entertainment budgets may be able to enjoy the best of both worlds. There is nothing that says a wedding cannot feature both a live band and a DJ. Such a wedding may just take a little more

planning. Consider the scenario of bringing in a band for the cocktail hour and perhaps an hour or more during the dinner service of the reception when live music can accompany the meal. After that, a DJ can take over and drive the festivities up another notch with a late-night dance party.

Some music vendors

also do a combination of live and prerecorded music. They may have live singers who accompany recorded tracks, or digital instruments like keyboards and drum pads that can enhance recorded songs. These also are

options when selecting wedding music.

There is no right or wrong answer when it comes to setting the soundtrack for a wedding. A band, DJ or combination thereof can make the occasion even more memorable.



*There is no right or wrong answer when it comes to setting the soundtrack for a wedding.*

## Calendar of events

**NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to [cfeditor@leepub.com](mailto:cfeditor@leepub.com) CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### June 23 and 30

**Immunization Clinics cancelled.** There will be no walk-in Immunization Clinics at the Herkimer County Public Health office on: Tuesdays, June 23 and 30. For more information, please call Herkimer County Public Health at 315.867.1176.

### July 4

**Strawberry Fest at Fort Klock.** 12-4 p.m. Come enjoy some strawberry shortcake while listening to the reading of the Declaration of Independence. Free parking Free admission. Tours and refreshments available for a nominal fee. Visit us at [www.facebook.com/fortklockhistoricrestoration](http://www.facebook.com/fortklockhistoricrestoration) or [www.fortklockrestoration.org](http://www.fortklockrestoration.org) call 518-568-7779 or email [fortklock@gmail.com](mailto:fortklock@gmail.com) for more information.

### July 9

**Rabies Vaccination Day.** 5:30 - 7 p.m. Danube Town Garage, 438 Creek Rd., Little Falls 13365. Pre-register by calling 315.867.1176.

### July 27-31

**From Home through History VBS.** Herkimer Vacation Bible School from home. For materials and meals, register at [www.HerkVBS.weebly.com](http://www.HerkVBS.weebly.com).

### August 26

**Rabies Vaccination Day** 5:30 - 7 p.m., Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center 13454. Pre-register by calling 315.867.1176.

### September 12

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. at Arc Herkimer's main building, 350 South Washington St., Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

### September 17

**Rabies Vaccination Day** 5:30 - 7

p.m., Cedarville Fire Department, 960 St. Rt. 51, Cedarville 13357. Pre-register by calling 315.867.1176.

### October 1

**Rabies Vaccination Day** 5:30 - 7 p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

### November 7

**Rabies Vaccination Day** 1:30 - 3:30 p.m., East Herkimer Fire Department, 193 Main Rd., East Herkimer 13350. Pre-register by calling 315.867.1176.

### November 14

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

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**Payment & Pickup Terms of Auction:** Payment In Full Before Pickup Or Onsite @ Pickup On June 22nd & June 23rd; Credit / Debit Card Or By Cash Or Check; 18% Buyers Premium w/ 3% Waived For Payment By Cash Or Good Check; **Pickup/Removal:** June 22nd From 12PM-5PM & June 23rd From 9AM-5PM; Shipping, Take-Down & Removal Of All Items Is Responsibility Of The Buyers, NO Shipping Will Be Done By Auction Co.;

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**Mon. June 8th** – Sold 288 head Cull ave. \$.58 top cow \$.75, Bulls/Steers \$.82 - \$.96, Feeder bulls \$.78 - \$.116, Feeder heifers \$.84 - \$.121, Bull calves top \$1.92 beef calf top \$2.12, heifer calves top \$.40 top beef calf \$1.21. Dairy Milking age top \$1375, bred heifers top \$1500, Open heifers top \$710, young calves \$200.

**Mon. Jun 22nd** - Normal Monday sale & Monthly Organic Day

**Sat. Jun. 27th** – 11AM. Trumansburg, NY. Retirement Machinery Dispersal for Woodwind Farm. 6 Ford Tractors, one NH Skidsteer plus more machinery. Full listing and pictures on website. Please No Early Inspections- Inspection will be Friday, June 26th 8:00AM until 4:00pm. GPS address: 4490 County Road #6, Trumansburg, NY 14886. Owner: Joe Dell.

**Mon. Jun 29th** - Normal Monday Sale

**Sat. Oct. 31st** - Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle -

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## Too much sleep can be harmful

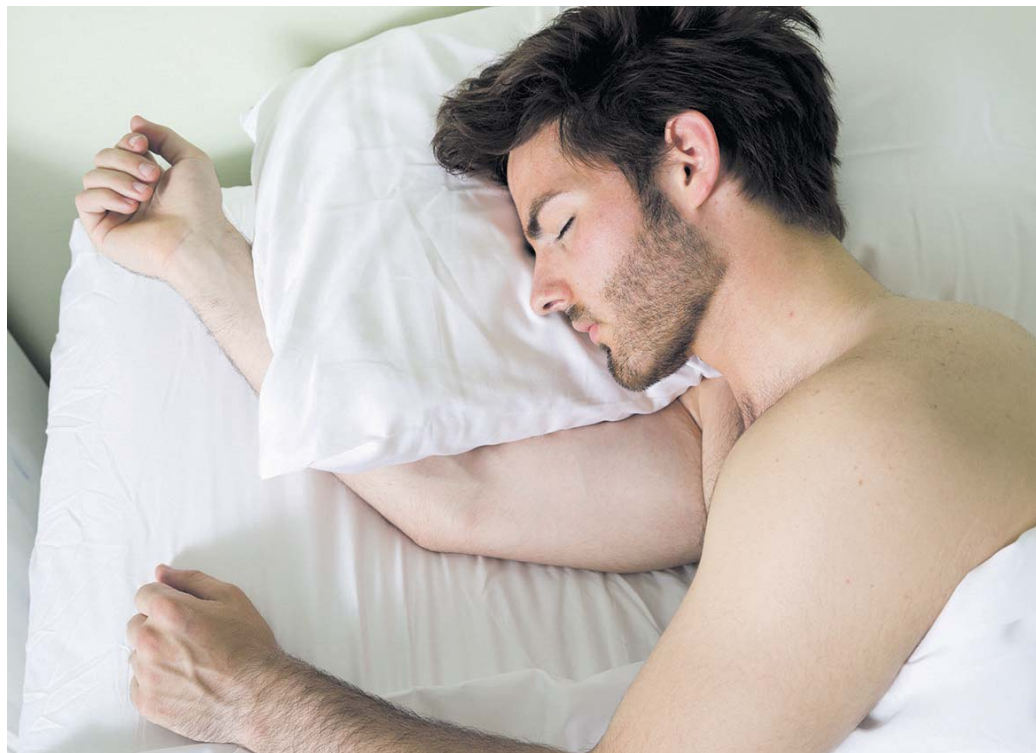
Lack of sufficient sleep is a problem for millions of people across the globe. But what about too much sleep? Though busy men and women might think it's impossible to get too much sleep, excessive sleep is nothing to joke about.

According to the National Sleep Foundation, most adults need between seven and nine hours of sleep per night (the NSF notes that a small percentage of people may need 10 hours of sleep per night). People who routinely sleep more than seven to nine hours may have an underlying health concern. For example, the NSF notes that a recent study found that routinely sleeping more than 10 hours per night can be linked to metabolic syndrome. The Mayo Clinic says metabolic syndrome refers to a cluster of conditions that occur together and increase a person's risk for serious health issues, including heart disease, stroke and type 2 diabetes.

Obesity, headache and back pain are some additional potential side effects of excessive sleep.

The Division of Sleep Medicine at Harvard Medical School notes that genetics and age are significant factors in determining the amount of sleep healthy individuals need. However, young adults should resist the notion that they need less than seven hours of sleep per night because they're young, while older adults should similarly avoid thinking that they need more sleep simply because they're aging. As the NSF guidelines suggest, the sweet spot for healthy adults is typically between seven and nine hours of sleep per night.

A good night's rest is an essential component of a healthy lifestyle. But adults must recognize that excessive amounts of sleep can be just as detrimental as inadequate sleep. Individuals can speak with their physicians to determine their specific sleep needs.



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## Senior News Line

by Matilda Charles

### Finding fresh food

Many of us haven't been eating right lately. Sometimes the stores are out of what we want; sometimes we can't get an available pickup time. But there are a few other safe options for getting what we need.

• **Community Supported Agriculture:** Farmers near you like to know in advance if their crops will have a market once it's time to harvest, and they sell "subscriptions" that allow you, as a

shareholder, to pick up fresh food once a week. Do an internet search for "community supported agriculture" in your area. Look for ones that sell more than just vegetables. Some also have eggs, butter, bread, jams, flowers and meat.

• **Farm Stands:** You'll see these along the road – a small farmer or gardener who sells his produce at the end of the driveway out of a small stand. Stop and take a look, and ask questions. Most of them will have a limited variety, but it

will all be fresh, probably picked just that morning. You might have to point to the items you want so they don't have people touching the food. That's a safety point you'll appreciate. Ask about other foods that will be available, and make it a point to stop by.

• **Farmers Markets:** These could be a dozen or more farmers who congregate in specified town locations on certain days, each with a stall or table. They will likely have a specialty, with carrots

and plants here, and honey and potatoes there. Many will have homemade goods such as breads and jams, and some will have meat in coolers. Chances are you'll be asked to use a credit, EFT or EBT card to keep from handling cash. Some vendors will have their items pre-wrapped so they're untouched.

And remember, no matter where you go, look for marks on the ground for places to stand six feet apart.

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## Did you know?

When planning spring landscapes, homeowners should always group plants with similar water needs together. According to the U.S. Department of Energy, grouping plants with

similar water needs together helps to conserve water, which can be an especially useful strategy if or when drought restrictions go into effect in summer. Homeowners also can em-

brace additional strategies to landscape with water conservation in mind.

For example, aerating soil helps to improve water flow to plants' roots and reduces water

runoff, helping to ensure that plants get all of the water they need while reducing the likelihood that homeowners will have to use excessive amounts of water to keep plants healthy.

In addition, using low-water-using types of grass can help homeowners who live in areas prone to drought conserve water while still maintaining lush, green lawns.

## Strange But True

by Lucie Winborne

• In the 1st century AD, Roman men as well as women used cosmetics: lightening their skin with powder, applying red pigment to their cheeks and painting their nails, though you'd hardly want to use their form of nail polish today – a nasty mixture of pig fat and blood. They also painted their heads to camouflage bald spots!

• Princess Leia's "Star Wars" hairdo, which she referred to as "hairy ear-phones" and a "hair don't," was inspired not by bagels but women of the Mexican Revolution.

• Pound cake got its name from its original ingredients: a pound of butter, a pound of eggs, a pound of flour and a pound of sugar.

• Beat author William S. Burroughs' novel "Naked Lunch" was supposed to be called "Naked Lust." He decided to change the title after fellow Beat writer Jack Kerouac mispronounced the original one.

• In 2009, 59-year-old Italian neurosurgeon Claudio Vitalae had a heart attack in the middle of performing a brain surgery. He powered through it when he realized his patient would never recover if he stopped, despite the urging of his staff and his chest pains worsening. Half an hour after finishing the surgery, Vitale had an angioplasty, later telling the press, "I'm not a hero, I only did my duty."

• The first documented use of toilet pa-

per dates to 6th century AD China.

• No U.S. president has ever died in the month of May.

• Alcatraz was the only prison to offer its inmates hot showers, but don't make the mistake of thinking that had anything to do with showing kindness to the prisoners. Rather, the assumption was that if they were used to hot shower water, they'd be unable to cope with the frigid waters of the San Francisco Bay and deterred from an escape attempt.

*Thought for the Day:* "I cannot teach anybody anything. I can only make them think." – Socrates

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## Paw's Corner

by Sam Mazzotta

### When a loose dog approaches

**Dear Paw's Corner:** This weekend while hiking with my daughter on a public trail, a big dog ran straight up to us and started barking fiercely. We were frightened and didn't know what to do, so we stood still until the dog ran off. What should we have done instead? – Paul in Lynn, Massachusetts

**Dear Paul:** You and your daughter did the right thing by standing still when the dog approached. Running away or waving your arms may further excite a dog and incite an attack.

Preventive Vet has an excellent post detailing what to do when approached

by a strange dog, including common body language that can help you interpret whether the dog is relaxed, alert or feeling threatened (go to [www.preventivetvet.com](http://www.preventivetvet.com) and search for "off-leash dog").

Here are additional steps to take when approached:

1. Stay calm and observe the dog's body language and behavior as it approaches.
2. Place your walking stick in front of you, between you and the dog.
3. If it comes close, put out a hand and say "Go home!" or "Sit!"
4. Startle a dog that doesn't leave: Bang your stick against the ground (don't wave or swing it) and yell "Go

home!"

Another recommendation is to carry dog treats on walks. If a loose dog approaches and won't leave, toss a treat away from you (but in their line of sight) and when they go to eat it, calmly depart the area.

Some owners will take issue with the idea of strangers tossing treats at their dog. But letting their dogs run off leash and out of view is risky to the dog and to other people, and just plain irresponsible. Ideally, dogs should be trained to stay within sight of their owners and well socialized to other humans; otherwise, they need to be on a leash.

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Folk Art

Folk art, by definition, is a homemade or handmade piece by an untrained artist. It can be as large as a huge sculpture of found pieces of metal or as small as a peach pit carved and made into a pendant. A realistic duck decoy, a quilt with original designs or a carved wooden bust of a president can also be folk art.

Women often made needlework pieces to use that are collected today as vintage folk art. A 33-by-55-inch crocheted flag was sold at a Garth's auction in Ohio recently. It was made of crepe paper and signed by Meta Schmitt of Omaha about 1936. The 48-star flag was probably made to display at a patriotic gathering, like a Fourth of July or a "Welcome Home Soldier" party. After the event, she must have carefully stored it in a dry, dark place away from newspaper ink or loose colored crepe paper that might bleed. With the flag was a 90-inch-long pole painted silver to look like a metal pole. It must have been stored with the flag.

Collectors learn the hard way that parts of a set or a combination of parts often get misplaced when moved around in storage areas. Boxes or wrapping must be marked or labeled on the outside. If there is a special history or story, such as who made it and when it was

used, write it down and put it in the box or tape it to the wrapping. Family photos of the party with the flag also will add to a selling price. Meta's paper flag sold for \$344. She probably would have been pleasantly surprised.

**Q:** My felt Batman pennant is marked "National Periodical Publications Inc." from 1966. It pictures Batman and Robin swinging into action and is in good condition. I'm wondering how much it is worth.

**A:** Batman and Robin are characters created by Bob Kane. Batman first appeared as "Bat-Man" in a 1939 issue of "Detective Comics." The first Batman comic book was published in 1940. National Periodical Publications published several "Batman" comic books beginning in 1966, and the characters also became part of a television series that year. The pennants sell for about \$50 if in excellent condition.

### Current prices

- Buffalo Pottery Chamberstick, white flowers, green leaves, turquoise band, Emerald Deldare, 6¾ in., \$625.
- Cigar store figure, holding cigars, headdress, green tunic, yellow leggings, 23 x 5¾ in., \$1,320.
- Console table, Dunbar, midcentury modern, 3 file drawers, 2 doors, shelves, 29 x 136½ in., \$1,970.

• Steamer trunk, monogram canvas, leather & wood bound, fitted interior, four compartments, lock, Louis Vuitton, 22 x 43½ inches, \$7,380.

**Tip:** Display groups of at least three

of your collectibles to get decorating impact.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com).

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Would you have kept a crocheted crepe paper flag for more than 80 years? An Oklahoma woman, probably a collector, made the flag, and her family saved it until last year when they realized it might be valuable. They sold it at auction for \$344. Unique vintage pieces are often of interest and will sell for a good price.

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Five outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact.

Curb appeal goes a long way toward attracting potential buyers. According to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions.

• **Lawn care program:** Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent home owner is an attractive feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.

• **Low-maintenance lifestyle:** When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance patio materials, composite decking, vinyl fencing, and inorganic mulched beds.



• **Fire pit:** A fire pit can be used for much of the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Professionals says that most can recoup about \$4,000 of their \$6,000 average price tag.

• **Softscaping:** Hardscaping refers to structures like outdoor kitchens or decks. Softscaping involves the living elements of the landscape. Hiring a landscape designer to install trees, shrubs, natural edging, and rock elements can do wonders toward improving the look and value of a home.

• **Pool or water feature:** In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actually lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

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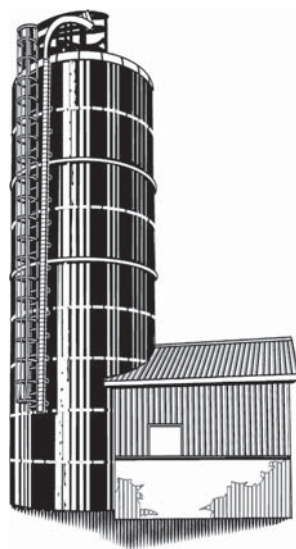
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## Moments In Time The History Channel

• On June 27, 1939, one of the most famous scenes in movie history is filmed – Rhett Butler and Scarlett O'Hara parting in "Gone with the Wind." Director Victor Fleming also shot the scene using the alternate line "Frankly, my dear, I just don't care," in case the film censors objected to the word "damn." The censors approved the movie

but fined producer David O. Selznick \$5,000 for including the curse.  
• On June 22, 1944, President Franklin Roosevelt signs the G.I. Bill, giving returning World War II veterans a range of benefits, including money for college tuition, living expenses and books.  
• On June 26, 1959, the St. Lawrence Seaway is officially opened,

creating a navigational channel from the Atlantic Ocean to Duluth, Minnesota. The system of canals, locks and dredged waterways extends for nearly 2,500 miles.  
• On June 28, 1969, a police raid of the Stonewall Inn, a popular gay club in New York's Greenwich Village, turns violent as patrons and local sympathizers begin riot-

ing against the police and throwing bottles. It's now remembered as one of history's first major protests for LGBT rights.  
• On June 23, 1972, Title IX of the education amendments of 1972 is enacted into law. Title IX prohibits federally funded educational institutions from discriminating against students or employees based on sex in

all areas, including athletics.  
• On June 24, 1993, Yale professor David Gelernter is seriously injured when an envelope explodes in his hands. That bombing, along with 14 others since 1978 that killed three people and injured 23 others, was eventually linked to Theodore Kaczynski, the Unabomber.

• On June 25, 2009, Michael Jackson, one of the most successful entertainers in history, dies at age 50 at his home in California. Jackson suffered cardiac arrest caused by a fatal combination of prescription drugs given to him by his personal doctor.  
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## Good Housekeeping

**Stuffed pork chops**  
The aroma of this dish will remind you of childhood trips to your grandparents for Sunday supper. If you don't have rye bread for the stuffing, use whole wheat.  
4 teaspoons vegetable oil  
1 small onion, chopped  
1 Golden Delicious apple, peeled, cored and chopped  
1/2 teaspoon caraway seeds  
1 pinch dried thyme  
2 slices rye bread, toasted and cut into 1/4-inch pieces

2 tablespoons chicken broth  
1/2 cup chicken broth  
1 tablespoon spicy brown mustard  
4 (8 ounces each) pork loin chops, 1 inch thick  
1/4 teaspoon salt  
• In 10-inch skillet, heat 2 teaspoons oil over medium heat. Add onion and cook until tender, about 5 minutes. Add apple, caraway seeds and thyme and cook 3 minutes longer. Transfer apple mixture to medium bowl. Wipe skillet clean.  
• Stir bread pieces, 2 tablespoons

broth and mustard into apple mixture. Pat pork dry with paper towels. Holding knife parallel to surface, cut a horizontal pocket in each chop. Stuff apple mixture into pocket of each chop and secure with toothpicks. Sprinkle with salt.  
• In 12-inch skillet, heat remaining 2 teaspoons oil over medium heat until hot. Cook chops until they just lose their pink color throughout, about 7 minutes per side. Transfer chops to warm platter.  
• Increase heat to high. Add remain-

ing 1/2 cup broth to skillet and heat to boiling, stirring to loosen brown bits from bottom of pan. Boil broth until reduced to 1/4 cup, 3 to 5 minutes. Pour sauce over chops. Makes 4 main-dish servings.  
• Each serving: About 367 calories, 15g total fat (4g saturated), 102mg cholesterol, 540mg sodium, 15g total carbohydrate, 39g protein.  
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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Earring is missing. 2. Man's expression is different. 3. Tree is gone. 4. Shadow is cast on bush. 5. Blade handles are different. 6. Leaves are different.

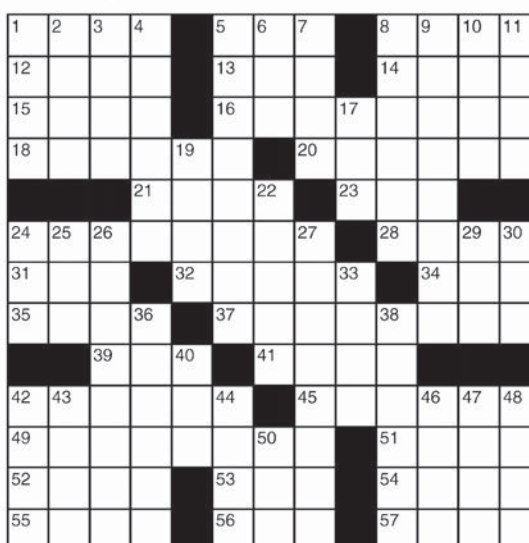
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## King Crossword

## ACROSS

- 1 Impale  
5 Father  
8 Waller or Domino  
12 Operatic solo  
13 Playwright Levin  
14 "Step —!" ("Hurry!")  
15 Kindly bloke  
16 Make a mock-up of  
18 I before E except —  
20 Draw forth  
21 Doesn't feel good  
23 Overly  
24 Kiss  
28 Winter forecast

- 31 Debt notice  
32 Detroit team  
34 Payable  
35 Calm before the storm  
37 Vary a tone  
39 Winning hand's winnings  
41 Cupola  
42 Notlikethis  
45 Random drawing?  
49 Count  
51 Require  
52 Right angles  
53 Knight's title



- 54 On the rocks  
55 Encounter  
56 Skirt terminus  
57 "Finding Nemo" character  
7 Knighted woman  
8 Page numbers  
9 Big snake  
10 South American monkey  
11 Undo a dele  
17 Last (Abbr.)  
19 Small stream  
22 Remained upright  
24 Lubricant boat  
25 Old French coin  
26 Guilty  
27 Germ layer  
29 Result of three strikes  
30 Tiny  
33 Wrestling style  
36 Noisy swarmer  
38 Nikita's successor  
40 — Aviv  
42 Branch  
43 Wan  
44 Morse morsel  
46 Retro art style  
47 Lecherous look  
48 Vortex  
50 Dead heat

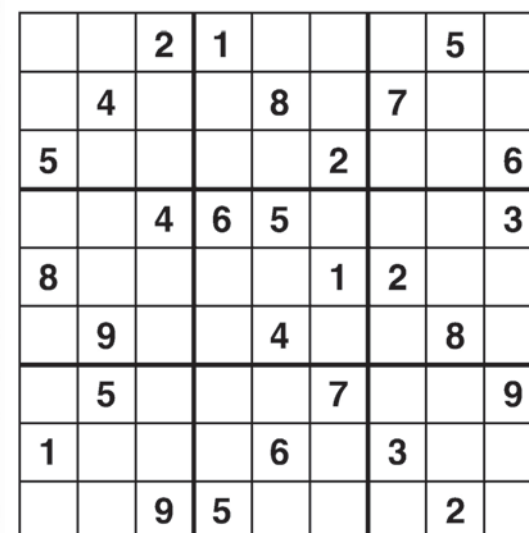
## DOWN

- 1 Long story  
2 Not kosher  
3 "It — Necessarily So"  
4 Flat-bottomed boat  
5 Deny  
6 "Exodus" hero

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## Weekly SUDOKU

by Linda Thistle

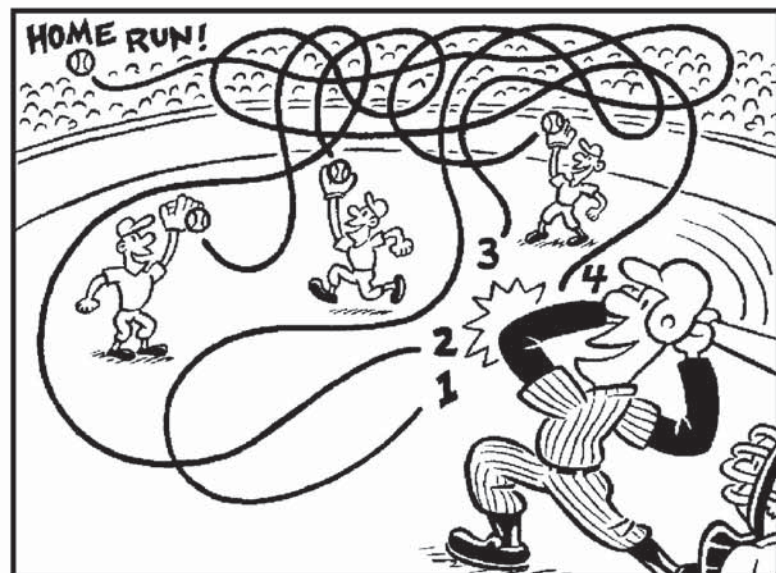


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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ONE-FOR-FOUR! Can you guess which ball Casey hit out of the park?

Answers: Ball three.

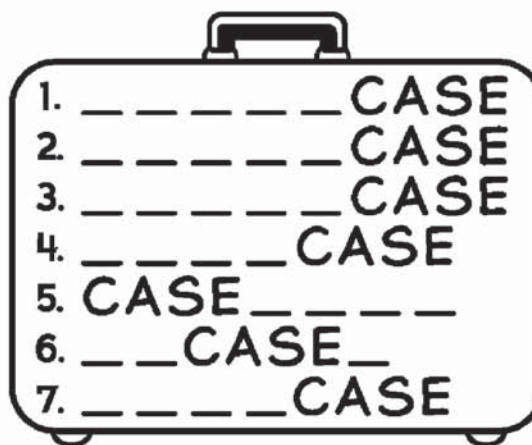


by Charles Barry Townsend

## A CASELOAD OF CASES!

Don't strike out like "Casey at the Bat" on this one! To the left is a list of seven "case" words. Using the following hints, see if you can figure out what these words are:

1. Has ups and downs.  
2. A short trial.  
3. An engine part.  
4. A book box.  
5. A type of window.  
6. Completely covered.  
7. Found in stores.



Illustrated by David Coulson

## IT'S "SHORE TIME" AGAIN!

At left is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

1. Welcome green spots.  
2. Very pale.  
3. Coastline (SHORE, in place).  
4. Frightening place.  
5. Scornful expression.

Answers: 1. Oases. 2. Ashen. 3. Shore. 4. Eerie. 5. Sneer.

Answers: 1. Staircase.  
2. Briefcase (pun). 3. Crankcase.  
4. Slipcase. 5. Casement.  
6. Encased. 7. Showcase.

IT'S MAGIC! You can make a quarter pass through a hole the size of a dime. Here's how: Fold the paper in half, place the quarter inside, and fold corners "A" and "B" toward one another. The coin will fall through the hole without ripping the paper.





Avoid furniture tip-over hazards at home

A home is supposed to be a safe haven for its residents. But dangers lurk in nearly every room of a home. Parents may be quick to safeguard against burn risks, electrical outlet exposure and even common household items that can prove poisonous if ingested, but it's easy to overlook the potential hazards posed by furniture.

The Centers for Disease Control and Prevention warns that hundreds of fatalities occur each year in the United States due to falling furniture, electronics and appliances. According to a recent report from the Consumer Product Safety Commission, an estimated

12,500 children per year were injured and treated at emergency rooms due to tip-over accidents between 2016 and 2018. Roughly once every 12 days someone is killed by a falling TV, piece of furniture or appliance.

AnchorIt.gov, a division of the CPSC that focuses on tip-over education, says dressers, bookshelves, televisions, and TV stands can tip over easily. These measures may prevent death and injury from falling appliances and furniture.

- All TVs should be mounted to a wall or piece of furniture. Wall-mounting kits are available for most TVs, including older mod-

els. Screws also can secure a TV to a piece of furniture. New televisions typically have anchor spots on their frames.

- Buy anti-tip kits. The CPSC says anti-tip devices, also known as anchoring kits or anti-tip strap, are available and affordable. These kits can take as little as five minutes to install and provide invaluable safety.
- Target dressers, bookcases, mirrors, and other heavy furniture pieces. If an anchoring kit is unavailable, furniture can be screwed directly to studs in a wall using drywall screws and brackets.
- Keep certain electronics out of sight. Many children climb furniture in an attempt to get at iPads, remote controls, toys, and other things parents believe are out of reach. Climbing increases tip-over risk. Instead, hide items elsewhere so that children are not tempted to try to retrieve



Children may try to climb furniture to get at coveted items. Precautions need to be taken, including anchoring heavy appliances, furniture and TVs.

them by climbing furniture.

- Install drawer stops. Stops can be placed on drawers to keep them from being pulled all the way out and serving as makeshift ladder rungs for kids to climb. Also, multiple open drawers can cause weight to shift precariously in a dresser or other item, resulting in a tip-over.

Tip-over injuries are a very real concern but also very easily prevented.

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Why weeds can be found everywhere

The ubiquitous nature of weeds can make them seem like they can grow anywhere, and that's because they can. Weeds can grow anywhere there's room for them to sprout, including gardens, sidewalks, driveways, and parking lots.

One of the things that helps weeds spread so much is how productive they can be at producing seeds. An actively growing weed plant will produce thousands of seeds and disperse those seeds throughout the season.

One of the more recognizable weeds is the dandelion. During its growing season, a dandelion can effectively spread its seeds thanks in large part to the wind, which can blow seeds all over, thereby allowing a single dandelion to spread its seeds far and wide.

Penn State Extension notes that successful weed plants share many characteristics, including an ability to reproduce both sexually and asexually. Successful weed plants also are clever in terms of getting around, as their seeds can attach to people and animals and even float on water. Weeds also put up a fight when they're confronted by humans. Humans who try to pull weeds may instead break them. The broken weeds can then resprout, ultimately spreading their seeds again. The resiliency of weeds also is evident in their ability to stay dormant for long periods of time. For example, weeds can stay in the soil for years before germinating, proving that these unwelcome guests aren't just pesky, but also patient.

— King Crossword —

Answers

Weekly SUDOKU

Answer

Solution time: 21 mins.

S	T	A	B		D	A	D		F	A	T	S	
A	R	I	A		I	R	A		O	N	I	T	
G	E	N	T		S	I	M	U	L	A	T	E	
A	F	T	E	R	C		E	L	I	C	I	T	
				A	I	L	S		T	O			
O	S	C	U	L	A	T	E		S	N	O	W	
I	O	U			L	I	O	N	S		D	U	E
L	U	L			M	O	D	U	L	A	T	E	
			P	O	T		D	O	M	E			
S	P	A	C	E	D		D	O	O	D	L	E	
T	A	B	U	L	A	T	E		N	E	E	D	
E	L	L	S		S	I	R		I	C	E	D	
M	E	E	T		H	E	M		D	O	R	Y	

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# Migraines differ from other types of headaches

Migraine sufferers are adept at recognizing when migraines begin to form. Many people only find relief after spending several hours lying down in pitch-black rooms.

Calling a migraine a headache is somewhat misleading, as migraines produce an assortment of symptoms and may not feature pain at all.

The Mayo Clinic says sinus headaches, which occur with sinus infections or symptoms like congestion and facial pressure, sometimes are mistaken for migraines. But migraines often are much more menacing than sinus headaches. Migraines stand alone because they are often intense and severe and have other symptoms in addition to head pain, states Healthline. Symptoms associated with migraines include:

- pain behind one eye or ear
- temple pain
- seeing spots or flashing lights
- nausea
- sensitivity to light and/or sound

- temporary vision loss
  - vomiting
- Changes in brain activity can affect blood flow in the brain and surrounding tissues that contribute to migraine symptoms. That's what makes migraines more than just severe head pain.
- Penn Medicine states that migraines occur in four different phases.

1. Prodrome phase: This pre-headache phase includes painless symptoms that can occur days or hours before the migraine. Mood swings, stiffness in the neck and food cravings are some of these symptoms.

2. Aura phase: Auras are sensory disturbances that occur before or during a migraine. Auras can affect vision, hearing, touch, or speech.

3. Headache phase: If pain appears, sufferers are in the headache phase. Pain may range from mild to debilitating. It's important to note people can have a migraine without head pain. The American Migraine Foundation notes that silent or acephalgic migraine is a

type of migraine that can be very alarming. During these types of migraines, one experiences dizzying aura and other visual disturbances and nausea, but no head pain.

4. Postdromal phase: This is when the migraine pain has subsided. People may feel tired and unwell during this phase.

Migraines generally have triggers. Finding the

cause can help sufferers avoid these triggers and tame the severity or frequency of migraines. Allergies, hormonal changes, family history, changes in weather, cer-

tain aromas, and lack of sleep can contribute to migraines. Learn more about migraines at [americanmigrainefoundation.org](http://americanmigrainefoundation.org).



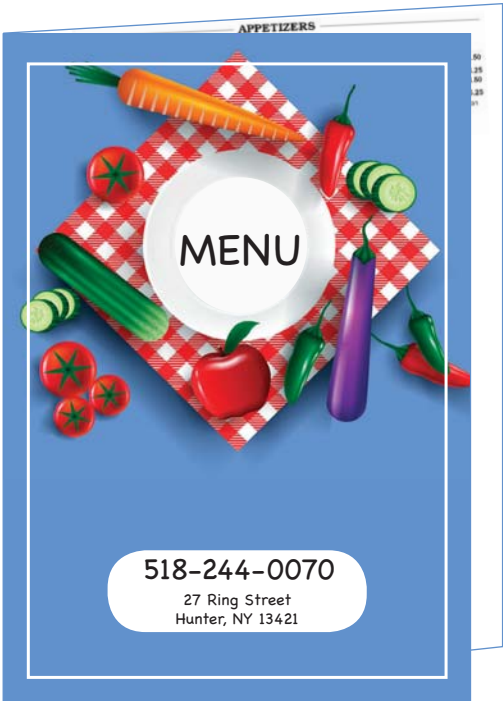
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## How to be safe in the sun

A relaxing day outdoors soaking up some of the sun's rays is how many people prefer to

spend their free time when the weather allows. While the very vision of a warm summer after-

noon spent outdoors can invoke positive feelings, it's important that people take protective measures

before going outside and continue to do so while they're out there.

According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight. UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin. Overexposure to these rays can lead to skin cancer.

### Protection from UV rays

The ACS notes that there are no safe UV rays, so it's imperative that people take UV protection seriously. The following are some of the many ways to protect yourself while still enjoying sunny days outdoors.

- Go out at the right times of day. The ACS notes that UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and

4 p.m., so staying inside during these hours can protect your skin. This is especially important in the spring and summer, as the ACS says UV rays are stronger during these seasons than other times of year.

- Employ the shadow test when going outside. It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment. According to the ACS, if your shadow is shorter than you, that means the sun's rays are at their strongest. This simple test can help people immediately determine how strong the sun's rays are, compelling them to be extra cautious if necessary.

- Apply sunscreen early and reapply often. The ACS recommends using sunscreens with broad spectrum protection that protect the skin from both UVA and UVB rays, and applying them before leaving the house and reapplying often while outdoors. When choosing a

sunscreen, choose one with a minimum sun protection factor, or SPF, of 30. Understanding SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB ray exposure for each 30 minutes he or she spends in the sun. So one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

- Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp. Choose a hat with a dark, non-reflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.

Sun protection is important year-round, and especially so during spring and summer.



*Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp. Choose a hat with a dark, non-reflective underside, as such a hat can lower the amount of UV rays that reach the face from reflective surfaces such as water.*

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- Gift Certificates
- Greeting Cards
- Hats
- Holiday Cards
- Invoices

- Labels
  - Magnetic Truck Signs
  - Mugs
  - Pencils
  - Pens
  - Photo Prints
  - Postcards
  - Posters
  - Rack Cards
  - Self-Inking Stamps
  - Signs
  - T-Shirts
- And so much more!**

## TRADE SHOWS & EVENTS

### LET US HELP YOU DESIGN YOUR BOOTH



### FEATHER BANNERS

Full Color Incl.

Feather Banner (Only):

8'x2': \$65 ea. • 10'x2.5': \$100 ea. • 12'x2.5': \$125 ea.

Poles are not included with the banner

Ground Stake w/Pole: Outdoor

8'x2': \$190 ea. • 10'x2.5': \$230 ea. • 12'x2.5': \$263 ea.

Cross Stand w/Pole: Indoor/Outdoor

8'x2': \$90.75 ea. • 10'x2.5': \$94.50 ea.

12'x2.5': \$102.75 ea.

Replacement Parts:

Ground Stake w/Pole or  
Cross Stand w/Pole:

8': \$139.50 ea.

10': \$145.50 ea.

12': \$153.50 ea.



Free carrying case included with pole.

### VINYL BANNERS

Single Side: \$4.25 per ft<sup>2</sup> (\$4.75 < 10ft<sup>2</sup>)

Double Side: \$8.50 per ft<sup>2</sup>

2x3: SS \$30 ea. DS \$60 ea.

2x6: SS \$51 ea. DS \$102 ea.

3x6: SS \$76 ea. DS \$152 ea.

4x6: SS \$102 ea. DS \$204 ea.

4x8: SS \$136 ea. DS \$272 ea.

Options:

Grommets Included

Additional Cost:

Wind Slits

Pole Pockets

Also available:

HD Polyethylene, Canvas, Fabric & Mesh

## LET EVERYONE KNOW YOU ARE OPEN



If you would like a custom banner give us a call and we will build one for you.

Many Custom Sizes Available

Also Available Cash-N-Carry Signs \$15.00 per sign (stake & tax included)

**Free Delivery**

Within 10 miles of the Palatine Bridge office



### FOLDING PLASTIC A-FRAME SIDEWALK SIGN (2-4mm Coroplast signs included)

24"Wx36"H

Single-Side: \$146.15

Double-Side: \$152.31

18"Wx24"H

Single-Side: \$90.77

Double-Side: \$96.92

24"Wx18"H

Single-Side: \$75.38

Double-Side: \$83.08

SHIPPING: \$20.00

SETUP: \$15.00

**2'x4' Single Sided  
Full Color Banner**  
**\$36.72 Tax Included**

### COROPLAST ROADSIDE SIGNS

Full Color Incl.

4 Mil

Single Side: \$77 per pkg.

Double Side: \$93 per pkg.

10 Mil

Single Side: \$110 per pkg.

Double Side: \$142 per pkg.

\$1.50 /stake

Stakes are not included in price of the sign,  
must be ordered upon sign request

Packages Available:

11x11 (32)

12x16 (24)

12x24 (16)

12x34 (10)

12x12 (32)

12x18 (20)

18x24 (10)

10.5x29 (12)

WILL FIT SIDEWALK  
SIGN ABOVE

CUSTOM SIZES  
AVAILABLE -  
CALL FOR QUOTE