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**Country Editor**  
Serving the Valley for 53 Years

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But Jesus knew their thoughts, and said to them: "Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand." Matthew 12:25


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## Poland 2020-21 school budget approved via absentee ballots

POLAND – Poland Central School District residents voted 227-118 to approve the district's proposed \$16.05 million budget for the 2020-21 school year.

Voting was conducted exclusively via absentee ballots in this year's de-

layed budget vote, and the ballots were counted and opened after 5 p.m. on Tuesday, June 16, as directed by executive orders from Gov. Andrew Cuomo.

"We want to thank everyone for mailing in and dropping off their ballots for this unprecedented

school budget vote and for showing strong support for the budget," Poland Superintendent Laura Dutton said. "Among all the challenges of this school year, we have discovered with certainty that whether we are all in school or separated at

our homes, the Poland school community is always together."

The 2020-21 budget is an 8.97% increase over the current school year's spending plan. The budget includes a 2.99% tax levy increase, which is well below the 11.6% cal-

culated tax levy limit for the district. For the owner of a home fully valued at \$100,000 who receives the Basic STAR exemption, the proposed tax levy increase will have a tax impact of \$27.30 per year.

One Board of Education seat was also up for elec-

tion along with the school budget vote. Board President Robert Batson ran for re-election and was the only candidate to file a petition to run for the seat. Batson received 271 votes and was elected to a five-year term from July 1, 2020 - June 30, 2025.

## Button batteries are a big risk

Batteries power our world. They make children's toys spring to life, ensure that we can change channels on the television, make it possible for hearing aids to amplify sound, and maintain effective working order in smoke and carbon monoxide alarms. Many families keep various types of batteries on hand, but batteries in the wrong hands can cause serious injury.

The American Academy of Pediatrics warns that more than 2,500 button batteries are ingested each year in the United States. As frequently as every three

hours a child enters an emergency room with a battery-related emergency. Button batteries and lithium coin batteries are found in watches, toys, cards, key fobs, calculators, and numerous other objects. Button batteries may appear harmless, but they can be anything but.

The United Kingdom-based organization First Aid for Life says button and coin batteries can easily burn through tissues and other blood vessels. The electric current in a button battery rapidly increases the pH of the tissue adjacent to the battery, potentially causing significant tissue injury. The AAP says button batteries can cause burns in as little as two hours and create lifelong injuries.

Burns and tissue damage are not the only injury risks associated with these types of batteries. While many button batteries that are ingested can and do pass through the digestive system, others become lodged in various parts of the body, causing obstructions and perforations. Batteries also do not need to be swallowed to be dangerous. Children can suffer severe injury to their nasal cavities when button batteries become lodged in the nostrils. Batteries that are

lodged in the nasal cavity can cause nasal mucosal injury, periorbital cellulitis, the formation of scar tissue, and nasal septal perforation. Other injuries, including hearing loss, tympanic membrane perforation and facial nerve paralysis, can occur when these miniscule batteries are pushed into the ear canal.

Parents and other guardians need to exercise extreme caution at home. Always check that battery compartments are securely fastened, advises the National Safety Council, and keep toys belonging to older children that might contain button batteries out of reach of younger children.

Place devices that contain button batteries out of sight and beyond the reach of youngsters. When purchasing replacement batteries, look for child-resistant safety packaging. Don't allow children to play with batteries or with battery-powered products that have easily accessible batteries.

If you suspect a button battery has been ingested or someone has sustained another battery-related injury, call the National Battery Ingestion Hotline at 800.498.8666 or take the person to the hospital immediately.

## VHS celebrates National Certified Nursing Assistants Day

Thursday, June 18 marked the beginning of National Nursing Assistants Week and Valley Health Services in Herkimer commemorated the invaluable service their CNAs provide in the care of residents day in and day out. CNAs provide a vital role in the treatment and care of residents, creating a culture of safety and compassion for those who need them most.

Lisa M. Betrus, VHS's president, stated, "The fundamental role our CNAs serve in the lives of our residents is phenomenal. They are the best part of care as they bring sunshine and smiles, reassuring, encouraging, supporting and caring for our residents on a daily basis."

VHS provides a community of caring which starts with the CNAs who not only deliver daily living activities to the resi-

dents, but work in tandem with nursing staff, administration, dietary and many other departments.

If you want to put your caring gene to work in a career that is rewarding, VHS will begin its Certified Nursing Assistant (CNA) class on July 10. For more information on the CNA training class, contact Human Resources at 315.866.3330 or lhocking@valleyhealth-services.org.

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## VHS receives Mohawk Valley COVID-19 funding grant

Valley Health Services in Herkimer has received a charitable grant of \$40,000 for COVID-19 emergency response funding from the Mohawk Valley COVID-19 Response Fund, a partnership of the Community Foundation of Herkimer and Oneida Counties and the United Way of the Valley and Greater Utica Area.

Lisa M. Betrus, Valley Health Services president, stated, "We are extremely grateful to the Mohawk Valley COVID-19 Response Fund agencies for their support of the work of Valley Health Services. This funding has allowed us to purchase the required personal protective equipment and create the negative air pressure unit and isolation room in

which to care for residents diagnosed with COVID-19."

Residents, their families and VHS staff feel a sense of security and safety having the specialized unit and isolation room available to further reduce the chance for viral spread of COVID-19.

On behalf of everyone at VHS, thank you to the Community Foundation of

Herkimer and Oneida Counties and the United Way of the Valley and Greater Utica Area partnership for this generous gift to help care for COVID-19-diagnosed residents.

Betrus stated, "It is critical that we protect and care for those who need us most, and our residents, patients and their families are our top priority."

## How to support a loved one with cancer

Support networks are vital for cancer patients. The experts at Weill Cornell Medicine note that the support of family friends, both in the immediate aftermath of a diagnosis and throughout treatment, can help patients regain a sense of normalcy and maintain their emotional stability, each of which improves their chances at ensuring a positive clinical outcome.

The role of cancer caregiver is often unlike any other people have played or will play. In recognition of that, the American Society of Clinical Oncology offers the following tips to cancer caregivers as they transition into their new roles.

- Prepare yourself. Caregivers may be so busy looking into what they can do to help a loved one diagnosed with cancer that they overlook or forget the need to prepare themselves. The ASCO recommends that caregivers process their own feelings about a loved one's diagnosis before they begin caring for that person. This can ensure their focus is where it

needs to be when their loved needs help. In addition, caregivers can do everything to learn about their loved one's disease ahead of time. Many patients are not forthcoming about their disease, and even those that are may find it physically and emotionally exhausting to repeatedly share the details of their disease with friends and family. Learning the basics on your own can save the patients from these feelings of exhaustion.

- Let your loved one know it's alright to say, "No." Caregivers may want to give their loved one advice, but it's important that they recognize recommendations, however well-intentioned they may be, may not always be welcome. That can create unnecessary tension between caregiver and patient. Let your loved one know they can decline suggestions, and always ask permission before giving advice.

- Don't forget to have fun. A cancer diagnosis is serious business, but caregivers and patients must make room

for levity throughout the treatment process. The ASCO recommends caregivers make time for light conversation and humorous stories. This can be beneficial to both patients and caregivers, providing a routine respite from discussions about how patients are feeling. Discussions about topics other than cancer, such as sports, movies or hobbies, also can be a respite from the rigors of treatment and caregiving.

- Treat your loved one just as you ordinarily do. The ASCO notes the importance of treating a loved one during treatment just as you normally would. While that may not always be possible, it can help patients feel like they're still a friend or family member first and a cancer patient second.

- Pay attention to your loved one's feelings. Some doctors encourage cancer patients to keep a journal or blog during their treatments. If possible, read their journal or blog entries. Many people are more comfortable sharing feelings in

this way than directly with their caregivers, so the entries can provide valuable insight into how loved ones are coping.

Cancer caregiver is a role unlike any other and presents some unique challenges. Caregivers can employ various strategies and even speak with their loved one's physicians in an effort to overcome those challenges.



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## How to plan for changing weather

The allure of the great outdoors compels many people to hike, kayak, fish and engage in myriad other activities in the fresh air. The call of nature can be difficult to ignore, but inclement weather can quickly turn a fun day under the sun into a race to escape the elements.

Regardless of which activity is beckoning you to answer the call of the wild, a few simple safety measures should be taken to ensure your day is not derailed by sudden changes in the weather.

- Do your homework prior to traveling. The Department of Homeland Security advises travelers and outdoor recreation enthusiasts to learn about potentially severe weather in areas they plan to visit prior to beginning their trip. For example, if an area is vulnerable to tornadoes, learn about what to do in the wake of a tornado. The National Weather Service notes that emergency response protocols differ depending on the type of storm or severe weather. For example,

what to do in the wake of a tornado differs from what to do when confronted by a flash flood. Familiarizing yourself with these response protocols can help you make it through unforeseen weather changes safely.

- Take along an extra set of keys. The NWS advises taking along an extra set of keys should your keys get lost due to inclement weather. The spare keys to a vehicle, for example, can help you

escape inclement weather if your vehicle is still accessible and the roads are safe enough for travel. Without a backup set of keys, outdoor enthusiasts may find themselves stranded even if their vehicles can still run.

- Create a communication plan with your family prior to leaving. A predetermined communication plan can help family members keep in touch should the weather suddenly take a turn

for the worse. Before embarking on a getaway, let loved ones who won't be joining you know exactly where you will be staying and how to reach you. This can make it easier for them to get you help should you need it.

- Monitor local forecasts. Changes in the weather can be sudden, so anyone planning to spend significant time outdoors should monitor local forecasts before and during their trips.

This is especially important for travelers who will be visiting areas during certain times of year when inclement weather is normal. For example, travelers should be ready to postpone their plans if they will be visiting areas vulnerable to hurricanes during hurricane season.

- Purchase travel insurance. Insuring a trip with travel insurance can serve as a financial safety

net if a trip is not possible due to inclement weather. With such a policy in hand, vacationers may not feel compelled to travel if the forecast is less than ideal.

Inclement weather can threaten outdoor excursions. But outdoor enthusiasts can take various measures to protect themselves in the face of sudden or unforeseen changes in the weather.



## 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 CORONA-VIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.**

### June 30

**Immunization Clinic cancelled.** There will be no walk-in Immunization Clinic at the Herkimer County Public Health office on: Tuesday, June 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/fortklockhistoric-restoration](http://www.facebook.com/fortklockhistoric-restoration) 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 19

**Sundae Run & Ice Cream Social Cancelled.** Due to current health concerns for the safety of participants and the community at large gatherings, the Millers Mills Grange has decided to cancel its annual Sundae Run and Ice Cream Social. The group is looking forward to returning in July 2021.

### 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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## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.

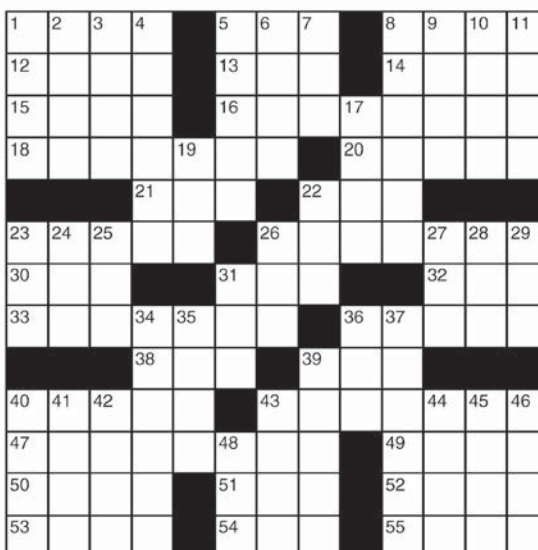


Differences: 1. Blinds are longer. 2. Picture is missing from table. 3. Boy's shoes are different. 4. Cap is turned. 5. Pillow is smaller. 6. Boy's shirt has long sleeves. 7. Boy's shoes are different. 8. Cap is turned. 9. Pillow is smaller. 10. Boy's shirt has long sleeves.

## ACROSS

- 1 St. Louis landmark  
5 Hostel  
8 Grime  
12 Silver salmon  
13 Kan. neighbor  
14 Sandwich cookie  
15 Destruction  
16 Thrilling  
18 Passage  
20 Idles  
21 Still  
22 "You've got mail" co.  
23 Really fun time  
26 Leave out  
30 Thither  
31 Beer cousin  
32 Queue  
33 Shout out  
36 Co-star with Ball, Arnaz and Frawley  
38 Branch  
39 Dine  
40 Larynx output  
43 Surpasses  
47 "My bad"  
49 By word of mouth  
50 Night light?  
51 Atmosphere  
52 Loosen  
53 Paquin or Quindlen  
54 Final (Abbr.)

## King Crossword



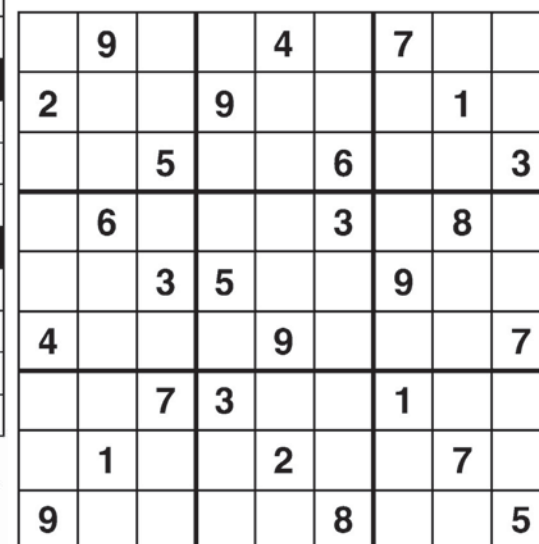
## DOWN

- 1 Land measure  
2 Sauce thickener  
3 Stylish  
4 Sweethearts  
5 Klutzy  
6 Adjoining  
7 Leno's net-work  
8 "Is that so?"  
9 Eye part  
10 Landlord's due  
11 Garb  
17 Sporty Camaro  
19 Emeritus (Abbr.)  
22 Chopper  
23 "See ya"  
24 Bagel topping  
25 Anti-apartheid org.  
26 Shade source  
27 Samovar  
28 "What's up, —?"  
29 Ram's mate  
31 Intent  
34 Gap  
35 War god  
36 Carpet cleaner, for short  
37 Went to a restaurant  
39 Put forth, as energy  
40 — cava  
41 The yoke's on them  
42 PC picture  
43 Painter Nolde  
44 Sea eagle  
45 June honorees  
46 Coin aperture  
48 Water (Fr.)

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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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HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around clockwise. The trick is finding the right first let-

Answer: Starting with the "A" in the bottom rail: "A barking dog never bites."

## ONE WORD!

"One word in our JUNIOR WHIRL feature has been deliberately misspelled. You have one minute to find it."

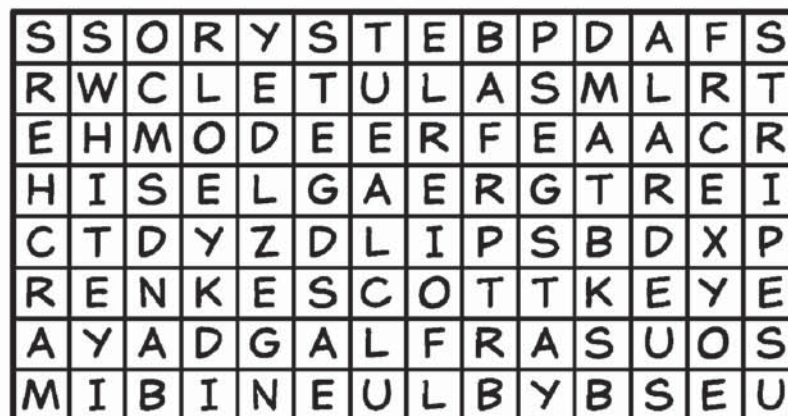
Answer: The word "misspelled" is misspelled. I hope that you didn't find any others.



by Charles Barry Townsend



Illustrated by David Coulson



## TOMORROW'S FLAG DAY!

Hidden in the diagram above are 18 words or names associated with our flag. They can be read up or down, forward or backward, or even diagonally. The items to look for are:

- AMERICAN BANDS BETSY ROSS BLUE EAGLE FLAG DAY FLAG POLE FREEDOM MARCHERS  
OLD GLORY PARADE RED SALUTE (FRANCIS) SCOTT KEY (JOHN PHILIP) SOUSA STARS STRIPES WHITE

SNOW CONE SEASON IS HERE AGAIN! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

1. Type of barge.  
2. Single units.  
3. Illuminating gas.  
4. Start again.



GRID A



GRID B

1. Biggest are whales  
2. Opposite of yeas.  
3. Not any.  
4. To grow smaller.

Answers: 1. Snow-cows. 2. Ones-noes. 3. Neon-none. 4. Anew-wane.



## Enjoy safe bike rides

Riding a bicycle is not only a great way to help the planet by reducing vehicle emissions, but it's also an ideal physical activity. According to Harvard University, biking at a moderate speed of 12 to 13.9 miles per hour will cause a 155-pound person to burn 298 calories in 30 minutes. At a faster rate of 14 to 15.9 miles per hour, a person of the same weight will burn 372 calories.

People can ride bikes at any time of year, but cycling is most popular when temperatures are moderate and precipitation is low. Bike riding has always been in fashion, but it experienced a boost in popularity when people were asked to remain socially distant for COVID-19. Walks and bike rides at a safe distance from others became popular and accessible ways to get fresh air and exercise.

Anyone who rides a bike needs to take certain precautions. Cyclists often share the roads with large and powerful cars and trucks. The National Highway Traffic Safety Administration warns there were 857 cyclists killed in traffic crashes in the United States in 2018. Safety is a two-way street, requiring diligence by drivers and bike riders.

• Bike riders should be dressed in bright clothing so they can be seen. A well-fitting bicycle helmet is a must, and

should be worn every time a bike is ridden.

• Equip your bike with a horn, bell and bright headlight.

• Cyclists should ride in the same direction as traffic on the far right-hand side.

• Ride a bike that fits you well. If the bike is too big, it can be difficult to control.

• Carry items in a backpack or strapped to the back of the bike so belongings do not become obstacles.

• Drivers should remain alert of cyclists sharing the road and give wide clearance when possible.

• Vehicle drivers should look in their side mirrors and around them before opening car doors so they do not accidentally knock a cyclist passing by off the bike.

• Safe Kids suggest using hand signals to alert others to your plans. Cyclists can extend the left arm out for a left turn; make a 90-degree angle with the left arm to indicate a right turn. Putting the left arm down with the palm facing backward indicates stopping or slowing.

Cycling safety is important as temperatures rise and more cyclists are on the road.



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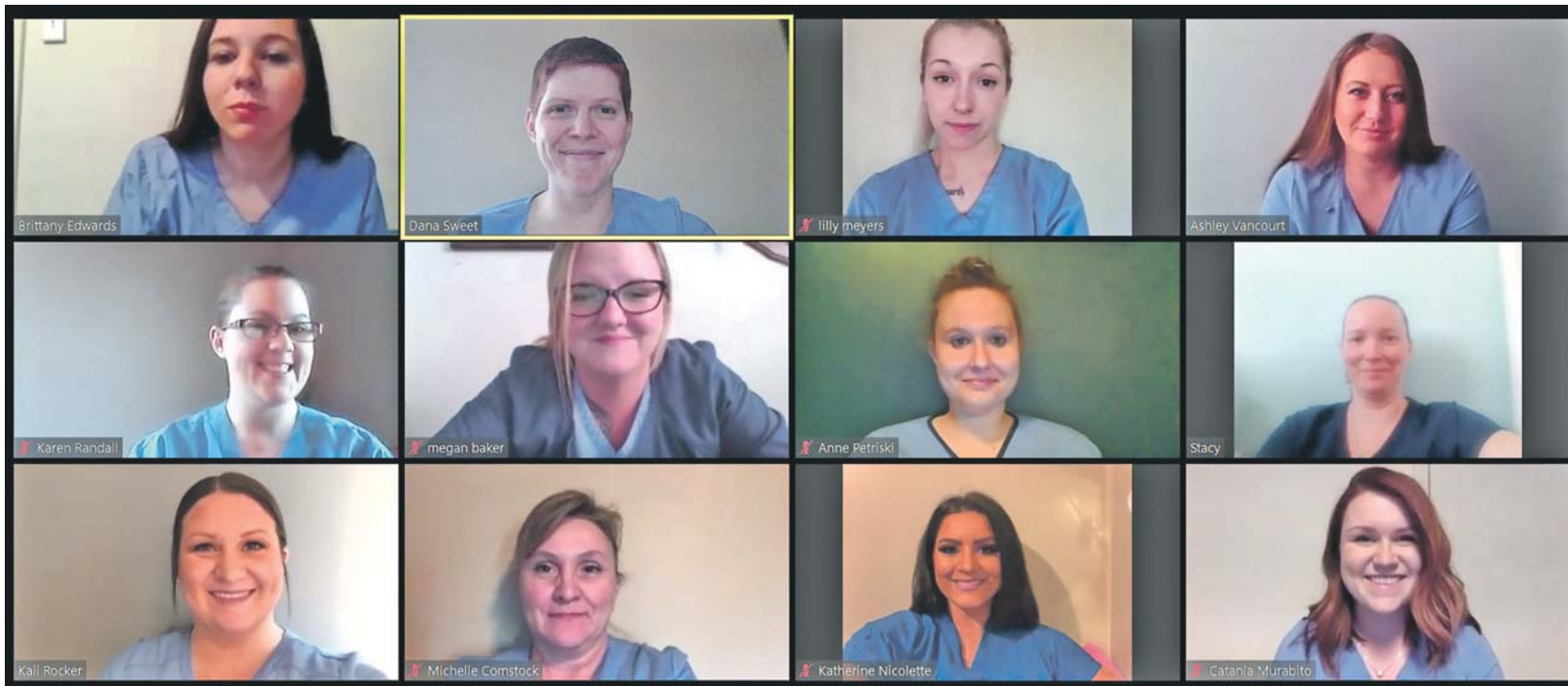


## Herkimer BOCES adult nursing students graduate after completing program virtually *LPN program still recruiting for part-time classes*

Thirty-three local adults are graduating from the Herkimer-Fulton-Hamilton-Otsego BOCES Adult Practical Nursing Program thanks to the program continuing virtually following school closures in response to the coronavirus public health crisis.

The nursing program, which gives graduates the opportunity to become employed as licensed practical nurses and/or further their education, was back up and running 24 hours after the school closures by setting up Zoom conference calls for instruction and clinical experiences.

"We were able to teach and complete our classes using a distance-learning format," Herkimer BOCES Adult Practical



BOCES Adult Practical Nursing Program part-time day students participate in a Zoom call.

Nursing Program Coordinator Sara Nicolette said. "Everybody that was scheduled to graduate has graduated or will be graduating this week, and our first-year part-time students were able to complete their curriculum as well."

Herkimer BOCES offers three adult LPN programs: a full-time program that takes 12 months to complete and part-time day and part-time evening

programs that take 20 months to complete.

Students in the part-time evening course were able to complete their requirements early during the distance learning and graduated early – some on April 15 and some on May 15. The full-time students and part-time day students graduated on June 17.

Nicolette is looking into having an in-person, outdoor ceremony for all grad-

uates sometime in July.

In addition to conducting classes and clinical experiences virtually, the Herkimer BOCES LPN program has been recruiting by using virtual open houses.

The virtual open houses for upcoming classes will continue at 7 p.m. every Wednesday through Aug. 12, and anyone interested can email Nicolette at [snicolette@herkimer-boces.org](mailto:snicolette@herkimer-boces.org) for an invite to a virtual open house. More information can also be found

at [www.herkimer-boces.org/LPN](http://www.herkimer-boces.org/LPN), [facebook.com/HerkimerBOCESLPN](https://facebook.com/HerkimerBOCESLPN) or on Instagram @LPNHerkimerBOCES.

The next full-time program that starts on Monday, June 29, is full.

"Many people have taken advantage of this time to further their nursing education," Nicolette said.

Herkimer BOCES continues to actively recruit for the part-time day and part-time evening programs, which start in

Herkimer 8

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## Herkimer from 7

September, Nicolette said.

"Those are two-year programs – they run two secondary-school calendar years – and they allow you to meet your financial obligations, your family obligations, and I have to say, the bulk and majority of our students go through part-time," Nicolette said. "We have a good reputation with those part-time programs. We've been doing part-time days for 20-plus years, and we've been over 10 years doing our evening program, and it's a true evening program – classes run three nights a week from 5:30 - 9:30, and then clinicals are open on Saturdays."

The following is a list of the 2020 Adult Practical Nursing Program graduates:

**Full-time graduates:** Sara Annutto, Little Falls; Emilia Cabibbo, Port Chester; Emily Champagne, Utica; Kayla Clifford, Utica; Emily Edwards, Herkimer; Katherin Frye, Little Falls; Alysha Henrickson, Herkimer; Jennifer Delnero, Ilion; Ashley Hunt, Utica; Tyler McLean, Little Falls; and Danielle

Spencer, Ilion

**Part-time day graduates:** Jazmine Blue, Cassville; Rachel Brooks, Richfield Springs; Christina Colón-Retamar, Utica; Danica Estey, Little Falls; Christina Gurley, Richfield Springs; Rebecca Munoz, Port Leyden; David Nesbitt, Mohawk; Tyae Roland, Utica; Marie Stephens, Fort Plain; and Jaylan Witherspoon, Herkimer

**Part-time evening graduates:** Megan Baker,

Ilion; Michelle Comstock, Dolgeville; Brittany Edwards, Ilion; Stacy Koblner, West Winfield; Lillion Meyers,

Barneveld; Catania Murabito, Marcy; Katherine Nicolette, Ilion; Anne Petriski, Richfield Springs; Karen

Randall, Little Falls; Kali Rocker, Frankfort; Dana Sweet, Syracuse; and Ashley VanCourt, Mohawk



BOCES Adult Practical Nursing Program part-time day students participate in a Zoom call.

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## Sundae Run & Ice Cream Social Cancelled

Due to current health concerns for the safety of participants and the community at large gath-

erings, the Millers Mills Grange has decided to cancel its annual Sundae Run and Ice Cream Social

scheduled Sunday, July 19. The group is looking forward to returning in July 2021.

## Maximize time spent in the pool

One of the advantages of having a pool right in the backyard is the convenience of being able to take a dip anytime you so desire. Spending time in the pool is a great way to kick off summer vacations — especially if that vacation is a staycation. The pool also is a fun gathering place for casual barbecues or hangouts with friends.

The Association of Pool & Spa Professionals says there are 10.4 million residential swimming pools in the United States. The Pool & Spa Marketing group has found that the number of pool permits issued in 2018 in Canada (the most recent year for data) was the third highest in the last 14 years, indicating a booming pool market that continues to show promise, especial-

ly considering that the data does not reflect many of the rural areas that do not require building permits for pool construction.

With hazy summer days on the horizon, it's time to dive into ways to maximize pooltime fun.

- Carefully consider pool location. Those who are installing a new pool should spend time in their yards looking at the landscape, how the sun travels overhead and any obstructions that can get in the way of the pool. Then the pool can be properly located for ideal results.

- Select upgrades. Certain upgrades can be added when pools are being built; otherwise, aftermarket additions can enhance the pool experience. Zero entry effects can reduce the number of steps or ladders needed, while a water shelf, also known as a Baja bench, enables swimmers to play or cool off without being completely immersed in water. Diving boards or water slides can complete the package and provide some extra thrills.

- Stock up on toys. Anything from aqua volleyball nets to climbing walls to floating golf games and even inflatable hamster balls that float on water can amp up the fun factor.

- Lather up the SPF. Pool time can be cut short if people are not diligent when applying sunscreen. Follow package directions regarding application, being sure to reapply regularly. Even waterproof products will need to be reapplied frequently.

- Offer a shady escape. Like a sunburn, heat exhaustion can compromise a fun day in the pool. Provide a shady respite, particularly one stocked with refreshing drinks like water or lemonade.

Time spent in the pool can be enhanced with various additions and smart safety guidelines.



With hazy summer days on the horizon, it's time to dive into ways to maximize pooltime fun.

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## Prevent injuries with ladder safety

The moderate temperatures of spring and summer make these great times of the year to tackle jobs around the house. When cleaning or remodeling goals involve reaching heights, ladders are often put to use.

The American Ladder Institute reminds do-it-yourselfers and professionals that ladders are tools, and it is the responsibility of people to follow safety precautions when using ladders just as they would any other tool.

### Choose the right size

The right ladder makes a job safer, as it prevents the user from having to stand on the top rung or step, which can throw off DIYers' balance. Ladders come in various sizes and types, from step to straight to combination. Do not exceed the maximum load rating of a ladder. When calculating, include the weight of the person or persons who will use the ladder and any tools and equipment he or she may carry on the ladder during a job.

### Keep it steady

The Occupational Safety and Health Administration advises against shifting or moving a ladder while a person or equipment is on the ladder. Use the ladder only on a stable and level surface, unless it has been secured to prevent displacement. The proper angle for setting up a ladder can help keep it steady. The base

of the ladder should be at one-quarter of the working length of the ladder from the wall or other vertical surface, says OSHA.

### Climb carefully

Never use a ladder if you are feeling dizzy, tired or impaired, as such feelings can cause accidents. Be sure to place a ladder where the climb will not be impeded by electrical wires, obstacles or even wind and other weather conditions. The National Safety Council recommends wearing slip-resistant shoes with clean soles for maximum traction. Always grip the rungs and climb the ladder while facing it, all the while maintaining three points of contact with the ladder (two hands and one foot or two feet and one hand). Hang tools from a tool belt while climbing or have them handed up to you after you've safely reached your height.

### Be smart

Do not overreach while on a ladder. Go slowly when ascending or descending, being deliberate where hands and feet are placed. Avoid distractions while working on ladders to further reduce the risk of balanced-related accidents.

Ladders are an important tool around the house. Safety is key when climbing to new heights.



The American Ladder Institute reminds do-it-yourselfers and professionals that ladders are tools, and it is the responsibility of people to follow safety precautions when using ladders just as they would any other tool.

## Now Here's A Tip

by JoAnn Derson

• Window frames can be tricky to clean. And they are a magnet for dust and dirt or worse – condensation that can lead to mold. To get into the crevices, employ a toothbrush sprayed with a tiny spritz of furniture polish. It works!

• “Firing up the grill? Don't get hasty. Preheat. Cooking times are based on an even cooking temperature, and you'll get that good sear on your steaks or chicken. Use a grill thermometer and you'll know when just the right time is to put dinner on the grill!” – T.E. in South Carolina

• Ever wonder how long your peanut butter will last? On the pantry shelf, you can expect it to hold for 7-12 months if stored in a cool dark place. After opening, it will last 3-4 months in the fridge.

• Smudged mascara? Remove it on the fly with a little bit of lip balm. Simply run your finger over the lip balm, then carefully remove the smudge. You also can put a bit of the lip balm on a tissue and use that instead.

• “I dropped a glass in the kitchen, and there were a ton of small pieces. After I swept up, I wiped the area with a piece of bread, which picked up all the small shards.” – W.C. in Kentucky

• Stick-down carpet tiles are great for making a path from where you park your car in the garage to the door. It makes

a nice nonslip surface.” – R.T. in Florida

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# Improve comfort when dining outdoors

Warm weather entices people to enjoy long hours outside basking in the sun or relaxing on balmy evenings. Many of the activities people once reserved for indoors when temperatures were chilly, including dining, are moved outside as the weather warms.

Even though outdoor dining can be quite enjoyable, certain factors need to be considered to ensure that each experience is as pleasurable as possible. This means focusing on comfort whenever meals are taken out-of-doors.

**Address insects**

Insects are equal opportunity invaders. Once they smell sweet or savory food items, they quickly descend for an easy bite. This means extra steps are necessary to dissuade insects from coming by. Invest in citronella candles, which can be placed around the patio to repel flying bugs. Clean up crumbs and spills promptly. Bees and wasps can be lured away with sweet traps placed around the perimeter of the property.

**Offer shade**

Too much sun can make outdoor meals less enjoyable. A patio umbrella, pergola or canopy can cut down on glare and make the dining area more comfortable. Check to see that the shade source can be adjusted to guard against the sun as it moves across the sky.

**Dress up seating**

Just because furniture is made for outside doesn't mean it has to be uncomfortable. Many companies now produce very durable and attractive outdoor furniture. Weather-resistant fabrics mean rain or sunlight will not age items too quickly.

**Reusable place settings**

If you frequently dine outdoors, you may want to dine in style. Instead of disposable paper or plastic place settings, invest in colorful, durable, reusable plastic dishes, glasses and flatware, which will not

break if dropped and can hold up to a dishwasher when it is time to clean up.

**Create the right ambiance**

Invest in outdoor lighting, candles and hidden speakers to pipe in music and create ambiance. Install

privacy screens and foliage to establish a nice nook for outdoor dining.

Outdoor dining areas can be improved with some easy modifications to existing spaces.



*If you frequently dine outdoors, you may want to dine in style. Instead of disposable paper or plastic place settings, invest in colorful, durable, reusable plastic dishes, glasses and flatware, which will not break if dropped and can hold up to a dishwasher when it is time to clean up.*

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July 3, 4, 5

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Farm/Company Name: \_\_\_\_\_  
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Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
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## Five big health threats for men

Many men do not feel the need to visit a doctor unless there is something that is causing problems that can no longer be ignored. The Centers for Disease Control and Prevention says men are 33 percent less likely than women to have visited a doctor within the past year. By the time men see a physician, the window of opportunity to screen for early health problems may already have passed, and now it becomes essential to treat complications of a disease.

Men are at a higher risk for certain health conditions than others. Among the 15 top causes of death, men lead women in all of them, except for Alzheimer's disease, according to WebMD.

1. Cardiovascular disease: The American Heart Association says more than one in three adult men have a form of cardiovascular disease. High blood pressure is a major concern and stroke affects more than three million men. Changing one's diet, exercising and getting routine health examinations can go a long way toward preventing the onset of heart disease.

2. Liver disease: High levels of alcohol and tobacco use among men can put them at a risk for diseases of the liver, such as cirrhosis and alcoholic liver disease. Globally, cirrhosis caused more than 1.3 million deaths in 2017, two-thirds of which were men. And experts at the Institute for Health Metrics and Evaluation at the University of Washington School of Medicine say hepatitis B and excessive use of alcohol are notoriously high in men, contributing to liver issues. In addition, nonalcoholic fatty liver disease, which is especially prevalent among obese individuals, can contribute to cirrhosis.

3. Respiratory diseases: COPD and other respiratory conditions can lead to life-threatening conditions. The American Lung Association says more men are now being diagnosed with lung cancer than in years past. Smoking remains the leading cause of lung cancer.

4. Depression: Men can experience depression and suicidal thoughts. Researchers at The National Institute of Mental Health estimate that at least six million men in the United States suffer from depressive disorders, including suicidal thoughts, each year. Men may exhibit different symptoms of depression, such as fatigue and irritability, than women. Although more women are likely to attempt suicide, men are more likely to die by suicide. Anyone who needs help is urged to call the National Suicide Prevention Lifeline at 800.273.8255.

5. Unintentional injuries: Risky behaviors, such as driving recklessly, can lead to injuries and accidents. In 2016, unintentional injuries were the third most common cause of death in men above the age of 20, according to the CDC.

Men need to assess their risks for various medical conditions and take charge of their personal well-being.



STICKELERS

by Terry Stickels

There are five Leeps in a Grat, seven Grats in a Bliz and three Blizzes in a Zank.

What is the number of Leeps in a Zank divided by the number of Grats in a Zank?

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July is  
National  
Blueberry  
Month!



Americanisms

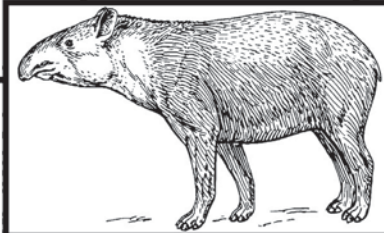


“By the time a man realizes that maybe his father was right, he has a son who thinks he’s wrong.”  
— Charles Wadsworth

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Mega Maze

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- This Week’s Holidays
- June 27 – National Onion Day

June 28 – International Body Piercing Day

June 29 – Waffle Iron Day

June 30 – Meteor Day

July 1 – International Joke Day

July 2 – World UFO Day

July 3 – Stay Out Of The Sun Day

July is National Picnic Month



Why the water matters to novice kayakers

Kayaking is a fun way to spend an afternoon, particularly in summer-time. If smiles on the faces of kayakers aren't enough to convince you just how much fun this sport can be, perhaps statistics can convince you how enjoyable it is to paddle away in a kayak.

According to the Physical Activity Council, which each year conducts the largest single-source research study of sports, recreation and leisure activity participation in the U.S., recreational kayaking is the most popular paddlesport in the country, attracting more than 11 million participants each year.

People who have never been in a kayak may be intrigued by those statistics and tempted to follow the example set by millions of kayakers who take to the water every day when the weather permits. Safety should be a top priority for all kayakers, and especially for novices. A kayaking course can be a great way for novices to familiarize themselves with the basics of kayaking, including the best practices in regard to staying safe on the water. Local watersports retailers and recreational organizations that take watersports enthu-

siasts out on the water may offer safety courses, and these courses can be great resources while also helping people get their feet wet before paddling away.

When kayaking for the first time, it's important that novices choose the right type of water for their experience level. Rough, choppy waters can prove challenging to even the most skilled kayakers, and these same waters can be deadly for novices. The following are some characteristics novice kayakers should look for in a body of water before pushing themselves and their kayakers into

the current.

- **Size:** Novices should avoid vast bodies of water, such as oceans, rivers or large lakes, until they gain more experience. Large ponds and small lakes can be great places to gain some experience and familiarize oneself with the nuances of paddling.
- **Demeanor:** Demeanor might not be a trait one normally associates with water, but looking at a body of water in this way can be a great way to determine if it's the right place for a novice. If a body of water is raging, with choppy waters and rapid waves, then steer clear. If the water is calm, then it's likely a safe spot for novices.
- **Traffic:** Novices may be intimidated by crowds, but other kayakers can serve as something of a safety net for novices.

Kayaking is a fun group activity and novice paddlers should never go it alone.

- **Variety:** Novices should steer clear of waters that allow power boats. Such vessels can alter paddling conditions quickly and put novices in potentially precarious positions. Stick to waters that allow only canoes or other boats that won't affect water conditions.

- **Access:** Until they get more comfortable in their kayaks, novice kayakers should stay close to shorelines so they have quick and simple access to land should they struggle to acclimate to the water and being in a kayak.

Kayaking is a popular activity that even novices can enjoy, especially when they take certain measures to ensure their safety.



King Crossword

Answers

Weekly SUDOKU

Answer

Solution time: 21 mins.

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

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

Mega Maze

Solution

Just Like Cats & Dogs by Dave T. Phipps

UH, THE RECIPE SAYS I'M SUPPOSE TO KEEP THE LID ON AND ALLOW TO SIMMER. BY THE LOOKS OF THIS I THINK IT'S TO KEEP IT FROM ESCAPING.

Stickelers Answer

The answer is 5.

105 Leaps in a Zank = 5.

21 Grats in a Zank

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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

Mon. Jul 6th - Normal Monday Sale & Monthly Fat cow & Feeder Sale

Mon. Jul 13th - Normal Monday Sale & Monthly Heifer sale

Mon. Jul 20th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale

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sea salt.

Crust: Non-GMO unbleached and unbromated flour,  
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