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JULY 3, 2020

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Herkimer BOCES honors Pathways Academy, Special Programs seniors with parades

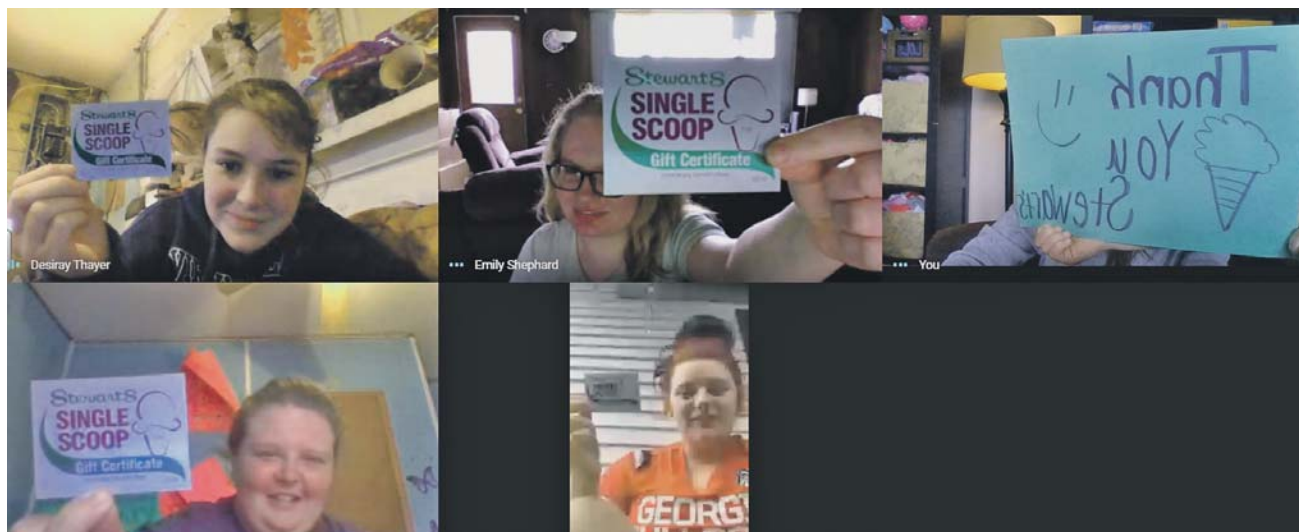
Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington seniors and Special Programs seniors were recognized this year with parades of staff to each graduate's home.

Graduates were presented with their diplomas, some gifts from the staff and dinners for the students and their families.

"It really was a joyous occasion," Herkimer BOCES Director of Special Education and Alternative Education Roberta Matthews said. "I am so proud of our administrators and staff for creating such a personalized experience for each of our graduates. Every graduate from these programs left their BOCES experience feeling important, valued and loved."

Because schools have been closed since mid-March, the usual recognition ceremonies for seniors in the Pathways Academy and Special Programs had to be replaced with a creative approach.

They replaced the Senior Recognition Award Ceremony with a new plan: "Go mobile," Pathways Academy Principal Patrick Corrigan said. The Senior Recognition Caravan



Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington students hold up Stewart's Shops ice cream certificates during a virtual meeting. They were mailed the certificates for being engaged in learning from home.



Storm Baker poses with Pathways Academy Principal Patrick Corrigan during Senior Recognition Caravan.

was invented and took place on Tuesday, June 16, and Wednesday, June 17.

"I think the Senior Recognition Caravan was the best possible way for us to end the year," Corrigan said. "It was amazing to see the expression on our students' faces when we arrived at their homes. Our staff puts so much positive energy into everything they do, and this event was no exception. It was clear that everyone involved appreciated the opportunity to be together one more time. I know I will treasure this memory for years to come."

The following are this year's graduates from Pathways Academy or Special Programs: Mathew Baldwin, Storm Baker, Jacob Braunlich, Dylan Coleman, Caitlyn Donohue, Hunter Farr, Dylan Flike, Johnna Geweye, Cheyenne Goodsill,



Tim Johnston (left), supervisor of special education, presents a diploma to senior Charles Speis during Senior Recognition Caravan.

Herkimer 3

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Herkimer from 2

Maria Hernandez, Julissa House, Michael Kimball, Anna Loori, Katelyn Price, Thadius Schook, Charles Speis, Amber Stevens and John Wood.

"Shout Outs"

During the school closures, the Herkimer BOCES Pathways Academy received some support from Stewart's Shops in the form of ice cream scoop coupons that helped motivate students learning from home.



Tim Johnston, supervisor of special education at the Herkimer-Fulton-Hamilton-Otsego BOCES, presents a diploma to senior Anna Loori.



Johnna Geweye has dinner for her family, a diploma and other items delivered to her as part of Senior Recognition Caravan.



Principal Patrick Corrigan places a crown atop the head of Pathways Academy senior Julissa House during Senior Recognition Caravan.

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Hunter Farr poses with signs and items delivered to him as part of Senior Recognition Caravan. Pathways Principal Patrick Corrigan stands behind him. View more photos at facebook.com/herkimerboces. Photos courtesy of Herkimer BOCES



Thadius Schook holds up his diploma that was delivered to him as part of Senior Recognition Caravan. Patrick Corrigan next to him.

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Students who were actively engaged in Google Classroom alongside physical copies of their work received "Shout Outs" each week in videos posted by Assistant Principal of Alternative Education Dave Itzo and had a Stewart's ice cream coupon mailed to their homes.

Word quickly spread among students about the "Shout Outs," Corrigan said, and Pathways Academy saw a significant increase in the number of students becoming engaged in virtual learning.

Virtual session days produce mix of good, bad and ugly

A legislative column by Assemblyman Robert Smullen (R, C, Ref-Meco)

After a two-month hiatus, the Assembly finally reconvened for two session days in May and June. As expected, the legislative agenda reflected the current public issues of COVID-19 and law enforcement reforms.

COVID-19 legislation was the overarching topic of discussion in May and law enforcement reforms were the focus in June. While the atmosphere and logistics around "virtual" session were obviously different, the resulting mix of good, bad and ugly legislation was similar to what we might see at the end of a typical session.

In the good category, a whistleblower bill was passed to protect healthcare employees with complaints of employer violations of regulations from being penalized. Another bill requires residential healthcare facilities to prepare annual pandemic emergency plans. As the governor's policy directives and procedures for nursing home residents during the pandemic were clearly misguided, passage of these bills will minimize the need for emergency intervention in the future.

Other positive legislation related to the pandemic gave local governments the ability to defer property tax payments, extend the expiration date of building permits by 120 days and extend renewals for public bond anticipation notes. In addition, a state disaster emergency loan program to be administered by local Industrial Development Agencies (IDAs) was established. This provides IDAs with the flexibility to support small businesses and non-profits during public health emergencies.

In June, I supported several sensible law enforcement reforms, including legislation to protect New York State Police by wearing body cameras at all times, and another

bill affirming the right of New Yorkers to record the actions of law enforcement officers with certain exceptions.

In the bad column, the Democrats in charge of the Assembly blocked several amendments offered by my colleagues in the Republican Conference. Chief among them was an attempt to restore legislative checks and balances for emergency declarations exceeding 45 days and to ensure judicial due process in the event constitutional rights are affected. As a co-equal branch of government, the Legislature should place reasonable bounds on any extraordinary emergency powers granted to the governor.

The Democrats also blocked an amendment to require the Department of Health to study the impact of COVID-19 on residents and staff at nursing homes. An amendment to provide a tax credit to property owners for lost rental income due to the pandemic suffered the same fate.

I would characterize the frenzied rush to produce and pass certain bills as the ugly part of the virtual session days in May and June. Many of the bills were necessary to address immediate concerns surrounding the pandemic and law enforcement reform, but others would have benefited from public hearings where stakeholders can provide public testimony. Like bail reform last year, I expect there will be unintended consequences and a need to revisit some issues.

While the virtual sessions were necessary in the face of this health crisis, they are not an effective or efficient way to conduct legislative business. They should definitely not become part of the "new normal," and should be used only in the most extraordinary circumstances.

Because this year's legislative session was severely lim-

ited by the pandemic, I expect we will return to Albany at some point during the summer to deal with unfinished budget issues. As we continue to recover from the pandemic and the resulting shutdown, I hope policies to promote economic growth, reduce regulatory red tape and ease some of the financial burdens now facing many of our citizens and businesses will find their way on to the priority list.

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.

The importance of updating operating systems

Anyone who owns a smartphone, tablet, computer or another smart device is no doubt familiar with system updates. Users are often alerted to system updates on their devices via notifications, which can be easily forgotten if unintentionally ignored. But users who ignore system update notifications may be doing so at their own peril.

According to the Get-SafeOnline.org, a United Kingdom-based initiative that aims to offer practical advice on online safety, there are many reasons why users should install operating system updates as soon as they're notified that the updates are available. Regardless of whether users have Microsoft Windows, Apple or Android devices, installing system updates

when they're available can make users and their data less vulnerable to online criminals. In fact, system updates are sometimes issued in response to malware and other security flaws that online criminals found and exploited in previous versions.

System updates are not always issued with security in mind. Updates also can enhance device functionality, making for a more user-friendly and less frustrating experience. Devices that routinely crash or freeze or those that generally suffer from poor performance may benefit from system updates. In such instances, users can save hundreds of dollars, if not more, on replacement devices by first updating their systems. Devices that respond well to system updates likely don't need to

be replaced.

Failing to install system updates can compromise device performance, even when devices haven't yet started to exhibit symptoms like freezing or crashing. In addition, without the latest security updates, devices continue to be vulnerable

to cybercrime attacks like hacking and/or viruses, spyware and malware.

System update notifications can be easily forgotten or ignored. But such updates can improve device performance and protect users from online criminals.

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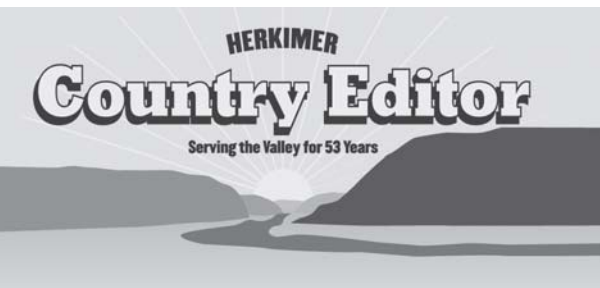
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Reopening of the Herkimer County DMV

Herkimer County Clerk Sylvia M. Rowan is pleased to announce the reopening of the Herkimer County Department of Motor Vehicles. The office will open to the public by appointment.

Starting June 24, the Herkimer County DMV will start taking calls on its dedicated appointment phone line at 315.867.1136. Appointment hours are between 8:30 a.m. - 3:30 p.m., Monday - Friday. Do not call the appointment line to ask DMV questions; use 315.867.1130.

- There are certain requirements to follow in opening. **Transactions that will be processed:**
- Transactions for eye exams and a new picture will be allowed
 - License renewals
 - Enhanced license
 - Real ID license
 - CDL license and renewals
 - Non-driver IDs

- Motorcycle license
 - Class D (new drivers) permit license
 - Processing of testing: Motorcycle testing, CDL testing and Class D (new drivers) permit testing
- The DMV will continue to use the two drop boxes and mail for all other transactions.**

- Here is a list of those transactions:
- Replace a title
 - Replace a lost registration documentation
 - Replace a lost registration renewal
 - Registering a vehicle, trailer or boat
 - Plate surrender (include a \$1)
 - Address change to license or registration
 - Pay civil penalties
 - Pay suspension termination fees
 - Pay driver responsibility assessment
 - Request a driver's abstract

The County Clerk has set up a website, www.pick-time.com/HerkimerCountyClerksOffice, to set up an

appointment. The site will ask for the date, time and what type of transaction.

Note: If you do not have access to a computer or have questions regarding how to do a transaction, call 315.867.1130. A staff member will assist you. Note that we are experiencing a large volume of calls.

Also, an email has been setup especially for appointments at DMV@HerkimerCounty.org.

If you need additional information you can go on the state's DMV website at DMV.ny.gov.

Make every effort to be on time for your appointment and wear a mask. Safety measures to protect the health and safety of the customers and employees need to be followed.

The Old Forge office will remain closed until further notice. Customers are encouraged to continue using the drop box at the office in Old Forge.

If you have any questions, do not hesitate to call 315.867.1129 or 315.867.1002.

How to inspect and maintain vehicle belts

Responsible vehicle ownership involves taking inventory of the automobile and ensuring it is working at peak capacity. Hundreds of parts work together to keep vehicles on the road, but quite often drivers do not look under the hood until something is amiss.

Routine maintenance is widely acknowledged as a critical component of responsible vehicle ownership, but many motorists may not know how to care for their cars. Belts are one example of components that are integral to efficient, well-running vehicles. The automotive resource iDriveSafely.com indicates that belts are some of the most crucial moving parts in the engine. Belts transmit power between shafts, and all belts, from serpentine belts to V-belts to timing belts, all serve important functions.



cause as much of an issue as if a serpentine belt were to falter.

- **Timing belt:** Advance Auto Parts says that most cars have interference engines in which the clearance between moving parts is so small that they can end up bumping into each other if they're not running on the same timing as one another. That is where the timing belt comes into play. It connects the crankshaft to the camshaft, helping them stay in sync. Failing to pay attention to a timing belt can result in an expensive engine repair.

Belts have finite service lives, and heat and wear and tear are usually their nemeses. It is important to look for fraying or cracking of belts. Even belts that look new may have worn out grooves that lose their grips on matching pulley grooves. Mechanics often use special gauges to check belts.

Belts also may need to be replaced due to oil or grease contamination that can damage the rubber or synthetic rubber. It is important to check the owner's manual and seek advice from a qualified mechanic about when belts should be serviced.

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Home Country

by Slim Randles

"Ain't the same, is it?" asked Windy. He sipped some more coffee.

"Know what you mean," said Doc. "Doesn't seem right, somehow."

"Guess we got to, how-somever."

"Afraid so." Doc sipped some coffee too. "But you know, there isn't a Fourth of July parade that's worth your life."

To be honest, the elder folks in our community prolonged the Fourth of July plans until the last minute. I think it's a sign of our great trust in science, scientists, and our doctors that made us wait so long before shelving the parade this year.

But if you look at it from another angle, it actually brings some more depth to our celebration of our nation's birthday. At least, that's Doc's thinking on it.

This virus, he thought



to himself, changed the way all of us live ... at least for now. We've had to add words and phrases to our

vocabulary. Like "social distancing." That phrase is almost a joke, as there isn't much social going on if you're distancing.

"Whaddya think, Doc?" Windy said. "Will it still be the Fourth of July?"

"Sure thing, Windy," Doc said. "After all, this stupid virus has put everyone in the country ...

maybe even in the world ... in the same boat. It's like each of us has an oar and needs to help get us down the river. And before very long you and I won't have to have this conversation over the phone."

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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 models. 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 dry-wall 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 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.

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 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.

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/fortklockhistoricrostoration or www.fortklock-restoration.org call 518.568.7779 or email fortklock@gmail.com for more information.

July 8

Music in Arc Park: Last Left at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

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 15

Piggy Thrown Down Pulled Pork Dinner 4-6 p.m. or sold out at First Baptist Church, 8 Second St., Ilion. Kansas City style VS North Carolina style. Try them both and vote for your favorite. \$10 per dinner. For more info contract the church office at 315.894.9041.

Music in Arc Park: Max Scialdone Band at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

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 22

Music in Arc Park: One Sweet Ride at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

July 29

Music in Arc Park: Gridley Paige at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

July 27-31

From Home through History VBS. Herkimer Vacation Bible School from home. For materials and meals, register at www.HerkVBS.weebly.com.

August 5

Music in Arc Park: Fritz's Polka Band at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

August 12

Music in Arc Park: 3 Inch Fury at Arc Park, 420 E. German Street, Herkimer. Visit www.archer-kimer.org.

August 26

Rabies Vaccination Day 5:30 - 7 p.m., Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Cen-

ter 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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HEAP VENDOR

Six ways to prevent falls around the house



Despite all of the potential hazards around a house — from electrical issues to fire hazards to carbon monoxide — the National Home Security Alliance says that falls are the leading cause of death due to home accidents. Falls are responsible for one-third of all home-related fatalities. Although seniors are the group most affected by falls, these types of accidents can affect anyone.

A broken bone may be a minor inconvenience for young people, but fractures are more serious for the elderly. As a result, seniors must take measures to protect themselves against falls. These steps can minimize risk at home.

1. Remove tripping hazards. Examine rooms and hallways for potential hazards, such as slippery throw rugs, floorboards that stick up, loose carpeting, or furniture that blocks walking paths. Remedy these hazards as soon as possible. Address loose

floorboards and/or place nonslip materials beneath rugs.

2. Install grab bars or railings. Install grab bars in certain locations for extra stability or where someone may need leverage getting up from a seated position. They are particularly helpful near toilets and bathtubs and in stairways and hallways.

3. Stick to sensible shoes. Sensible shoes fit properly and have sturdy, nonskid soles. Avoid walking around in slippers or even in stocking feet, which are much more slippery.

4. Store items within reach. Store items that are used frequently, such as dishes, in easily accessible cabinets and other locations. This prevents having to climb or reach for them.

5. Install more lighting. Poor visibility can contribute to falls. Lighting in hallways, stairways, bathrooms, and bedrooms — even if it is a small nightlight — can be enough to light the way.

6. Reinforce your home's exterior. Falls do not only occur inside. Inspect the perimeter of a property for uneven turf, holes or cracked or uneven patches of walkways. Make sure lighting is working at entryways, and check that exterior handrails are secure.

Falls can cause serious injury or death, particularly for aging men and women. Simple fixes around the house can make things more secure and reduce the risk for falls.



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Make the most of your staycation with these activities

Staycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for relaxing respites in the comfort of home is a wildly popular trend.

While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their staycations.

- **Spa experience:** Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.

- **A day on the links:** The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be

found when staying at home. Do a little homework to find the most challenging course within driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18 holes are up.

- **The wonders of nature:** Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or mountain bike or renting a boat or kayak and taking to the water.

- **City life:** Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum and cap it off with a visit to a restaurant serving your favorite ethnic cuisine.

- **"Go" camping:** Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores.

Then set up the tents and sleep under the stars for a memorable night in the "wild."

- **Rainy day:** If the weather is not cooperating during your staycation, create a backup plan to add a little life to rainy

days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you have plenty of popcorn on hand and order in a few pizzas so everyone can fo-

cus on the films.

Families planning staycations can make these relaxing respites at home more enjoyable by incorporating a few unusual activities throughout the week.



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Tickle from allergies or a cold? Discover ways to find relief

It starts as something fairly innocuous, a small tingle or tickle in the back of the throat that occurs once in a while. After a few days, you may find yourself coughing and hacking when that tickle hits you at

an inopportune moment. Soon that tickle is keeping you up at night with coughing attacks.

The common cold and allergies may be to blame for throat tickle. Gastroesophageal reflux disease,

or GERD, also may be linked to chronic cough. The online medical resource Healthline.com defines a throat tickle as an irritation of the mucous membranes of the throat, which includes the trachea

and esophagus. Some describe it as a feeling of an itch you can't scratch or a tingling sensation. Coughing does not always remove whatever is causing the tickle, which can be uncomfortable and persistent. Medical News Today says that coughs are the most common symptom reported to primary care doctors.

Although rare, a tickle may be indicative of throat cancer. Oftentimes tickles and chronic coughs are harmless, but a doctor should be consulted if one or both symptoms last for a while. Otherwise, these strategies may help with the tickle by aiming to resolve one of the underlying causes.

- Address post-nasal drip: Postnasal drip occurs when extra mucus in the nose travels down into your throat. Normally, people do not notice the mucus that they swallow because it mixes with saliva. But when the body makes more mucus than usual, or if it's thicker than normal, it can be noticeable and irritating. Decongestants, antihistamines or expectorants may help.

- Identify allergies: If an allergy is causing the tickle, antihistamines may help. Avoiding substances that trigger allergies also is

advised.

- Treat sinusitis: Infected sinuses are another common cause of a tickle in the throat. Bacterial infections may be treated with antibiotics.

- Clear the air: Environmental irritants like air pollution, cigarette smoke, dust and other particles can cause a tickle. Quitting smoking and limiting exposure to irritants can help.

- Add moisture: Dehydration or dry air may be contributing to that tickle. Moisturizing the air with a humidifier and increasing production of saliva through warm beverages or citrusy foods and drinks might be beneficial.

Tickles in the throat can be annoying, but oftentimes they can be addressed and treated effectively.





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Herkimer County Clerk's Office is open

Herkimer County Clerk Sylvia M. Rowan is pleased to announce the Herkimer County Clerk's Recording and Filing Department opened for appointments on Wednesday, June 24.

Call the office at 315.867.1134 for further information and to set up an appointment, or go to www.picktime.com/HerkimerCountyClerksOffice to set an appointment.

The County Clerk serves as the Records Management Officer for Herkimer County and the Records Management office will be open as well.

Caffeine content in popular coffees

Many people insist they cannot make it through a morning without their favorite cup of coffee. For some, the taste of the coffee might be a secondary consideration. In such instances, caffeine and the jolt it provides on sleepy, early mornings is the true allure of that morning cup of joe.

Consuming caffeine in moderation should not have an adverse effect on many people's overall health. However, it's important to learn just how much caffeine is in your morning coffee. That's because the side effects of consuming too much caffeine can be severe. According to the U.S. National Library of Medicine, consuming more than 400 milligrams of coffee can be harmful. The potential side effects of overconsumption of caffeine include:

- restlessness and shakiness
- insomnia

- headaches
 - dizziness
 - rapid or abnormal heart rhythm
 - dehydration
 - anxiety
 - dependency
- Many working professionals pick up a cup of coffee on their way into work each morning, which can make it difficult to monitor their caffeine intake. Thankfully, the Center for Science in Public Interest has shared this breakdown of popular commercial coffees and their caffeine content to help consumers learn just how much caffeine they're consuming each day.
- Dunkin' Donuts Coffee with espresso shot: 20 oz., 398 mg
 - Starbucks Coffee, Blonde Roast: 16 oz., 360 mg
 - Dunkin' Donuts Iced Coffee, bottle — original: 12

- oz., 327 mg
 - Starbucks Coffee, Pike Place Roast: 16 oz., 310 mg
 - Panera Coffee, Light Roast: 16 oz., 307 mg
 - Starbucks Nitro Cold Brew: 16 oz., 280 mg
 - Starbucks Plus 2X Caffeine Keurig K-Cup: 1 K-Cup, 260 mg
 - Dunkin' Donuts Cappuccino: 20 oz., 252 mg
 - Starbucks Caffè Americano: 16 oz., 225 mg
 - Dunkin' Donuts Coffee: 14 oz., 210 mg
 - Starbucks Caffè Mocha: 16 oz., 175 mg
 - Starbucks — Caffè Latte or Cappuccino: 16 oz., 150 mg
 - Starbucks Salted Caramel Mocha, bottle: 14 oz., 150 mg
 - Keurig K-Cup, most varieties: 1 K-Cup, 75-150 mg
- For a more complete list of popular coffees and their respective caffeine counts, visit www.cspinet.org.

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Heat and health

Warm weather beckons people outdoors to enjoy days at the beach, bike rides in the park or hours in the pool. However, when the weather gets too hot, prolonged time outdoors can adversely affect overall health. Heat exhaustion and heat stroke pose significant threats to anyone who spends ample time outdoors in hot weather. The Mayo Clinic says symptoms of heat exhaustion include heavy sweating, rapid pulse, dizziness, fatigue, moist skin with goose bumps, muscle cramps, nausea, and headache. When someone suffering any of these symptoms

does not immediately move into a cool location, they may develop heatstroke. Heatstroke arises when one's body temperature climbs to 104 degrees, according to Penn Medicine. A body at this temperature may experience damage to the muscles, heart, kidneys, and brain. Flushed skin, altered mental state and rapid breathing may occur when suffering from heatstroke. A notable symptom of heatstroke is that perspiration stops completely. Rehydration, cooling the body and loosening tight clothes can help prevent serious consequences.





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Paw's Corner

by Sam Mazzotta

Are high rehoming fees legitimate?

DEAR PAW'S CORNER: In a private Facebook group I belong to, someone is offering a pet for adoption, saying it belonged to their recently deceased mother-in-law. They want a \$650 fee for "rehoming" the pet, because they say it has AKC registration. Is this a legitimate fee? It seems awfully steep. — James in Burlington, VT

DEAR JAMES: Rehoming fees are a fact of life for private pet placements, but \$650 to simply adopt a pet is unreasonably steep.

That isn't to say that rehoming fees are a bad thing. A reasonable rehoming fee can prevent a pet from being adopted by people with bad intentions, who can't financially care for a pet, or who are impulsively adopting a cute little dog that they might abandon

at the first hiccup in behavior.

The flip side is someone abusing the rehoming fee for personal profit. That person may claim that the fee offsets their costs of caring for the pet, but when the rehoming fee far outstrips the cost of adopting from a shelter, it's time to proceed with caution.

Find out what the local shelter charges to adopt a pet and ask online what average rehoming fees are for your area. If you're interested in the dog, contact the offerer and find out as many details as possible about its breed, temperament, health and the environment it lives in. Do not send any money beforehand. You need to meet both them and the dog in person, and no money should change hands until both sides agree (in writing, ideally) to the rehoming.

Further, if they are truly concerned for the dog's welfare, they will have questions for you — maybe even an application — to make sure you are genuinely adopting the dog and will be a good owner.

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Tips to prepare for your next big home project

(MS) — The planning process is one of the most exciting parts of a home renovation project, and with social distancing keeping us indoors, now is the time to dream big and get ready.

Whether it's a basement makeover, a pool addition or even building a new house from scratch, here are some tips to get started:

1. Factor in your lifestyle. Think about your priorities and lifestyle – do you work from home without a proper home office? Do you enjoy cooking and entertaining? Is your backyard living up to its potential as an extension of your home? Asking these kinds of questions can help you determine the most beneficial focus for your next project.
2. Educate yourself. Take advantage of this extra time you have to learn about materials, processes and new innovations. You can make smarter purchasing decisions by finding out the answers to key questions, such as: Is this material mold-resistant? How long will it last? Is this a passing fad or will it stand the test of time?
3. Consider sustainability. Products and materials that reduce your carbon footprint don't just help the planet — they're often better for your wallet, too. When

doing your research, look for energy-efficient appliances, windows, walls and more to build a greener home that will last longer and save you money in the long run.

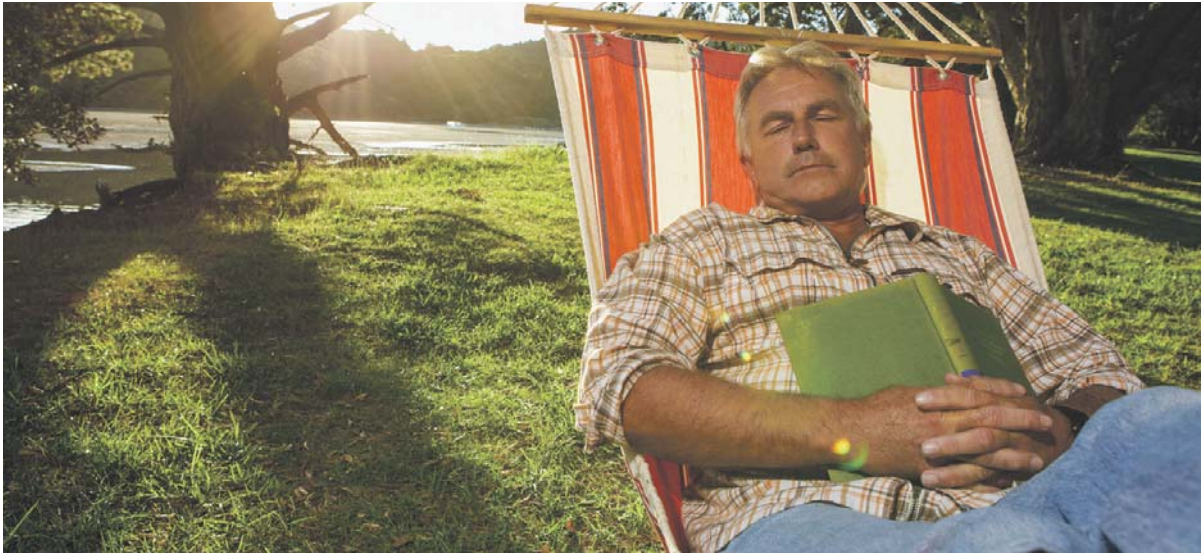
4. Disaster-proof your design. The pandemic has taught us that sometimes the worst can happen. From natural disasters to fires and flooding, we need our homes to offer as much protection as possible. Whether you're planning an extension to your home, pools and spas for your backyard or a custom-built home, insulated concrete forms from Nudura are a smart investment. An eco-friendly alternative to traditional materials like wood, ICFs are disaster resilient, designed to withstand wind, fire, tornados, and more.
5. Budget for smart splurges and savings. Budgeting is one of the most important parts of the planning process because you want to spend your hard-earned money wisely. You'll want to splurge on items that will boost your property value, like energy-efficient features, creating more living space and a solid foundation. Upcycling and repurposing furniture, DIY-ing simpler projects like painting, and spending more on nicer hardware but less on cabinets are clever ways to save.

Find more information at nudura.com.

Did you know?

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation: John F. Kennedy, Winston Churchill, Napoleon and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, favoring instead dividing their days between sleep and wakefulness.

However, there are some benefits to catching a midday snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess.



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Weekly SUDOKU

Answer


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

July Celebrations

National Anti-Boredom Month
National Cell Phone Courtesy Month
National Hot Dog Month

This Week's Holidays

July 4 – National Country Music Day
July 5 – Build A Scarecrow Day
National Bikini Day
July 6 – National Fried Chicken Day
July 7 – National Strawberry Sundae Day
July 8 – Video Games Day
Body Painting Day
July 9 – National Sugar Cookie Day
July 10 – Teddy Bear Picnic Day



"Keeping me in the waiting room for 45 minutes was a dirty trick, Mrs. Figby!"

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820 Nurseries
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1075 Snowblowers
1080 Snowmobiles
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Health: What to expect when your dentist's office reopens

(StatePoint) The COVID-19 pandemic has changed a lot of aspects of daily life, including regular visits to the dentist.

Now that some states are reopening, many dental practices are beginning to see patients for non-emergency appointments. To help protect patients and staff alike, the American Dental Association (ADA) has developed science-based guidance for dentists on extra steps they can take, in addition to the infection control procedures they've always followed. With this guidance in mind, here's what you can expect at your next appointment.

Before your appointment

To help make sure that patients arriving for their appointments are healthy, your dental office may call you before your appointment and ask you some questions about your current health. They may also repeat these questions when you arrive to make sure nothing has changed.

Your dentist's office staff may also ask that you limit the number of people you bring to the appointment. That could mean leaving your children at home or allowing older children to go into the office alone while parents wait outside during their appointment.

At your appointment

If your state or city is requiring people to wear masks in public, be sure to wear one to your appointment. When you arrive at the dental office, you may be asked to wait outside until they're

ready for you. This is to reduce the number of people in the office and reduce the amount of time you're close to others. When you enter the office, you may have your temperature taken.

Inside the office, you may notice that items people often touch in the waiting room — like toys or magazines — have been removed. The office may have hand sanitizer available for you to use and staff may wipe down items you touch, such as pens, clipboards or furniture.

When you're in the dental chair, you may notice some things look different from the last time you were there. The dentist may have covered the computer keyboard with a disposable cover so it can be easily cleaned between patients, for example. Your dentist may also be using different protective equipment than used at previous appointments. This could include different masks, face shields, gowns and goggles. These additional precautions help protect both you and the dentist.

After your appointment

After your appointment, the staff will prepare for the next patient by thoroughly cleaning the areas where you've been with disinfectants effective against the virus that causes COVID-19. This helps reduce the risk of illness being passed to others.

If you start feeling ill with the symptoms of COVID-19 within 14 days of your appointment, call the dental office.

You may have already been carrying the virus at the time of your appointment, so anyone who came into contact with you could be at risk for getting sick too. Visit [mouthhealthy.org](https://www.mouthhealthy.org) for up-to-date information around dental visits and COVID-19.

Remember, regular dental visits are an essential part of your oral hygiene routine and are important for your overall health. Be sure to reschedule your dental checkups once your local authorities allow dental practices to reopen. Your ADA dentist will make sure your visit is as safe as possible for everyone involved.



The Kitchen Diva

by Angela Shelf Medearis

Easy summer suppers

We're all starting to slowly ease back into our former home, work and social routines guided by new health and safety restrictions. Many of us also are dealing with new challenges to our family budget and loss of income. If your pantry and freezer are stocked with canned or frozen goods, you can add seasonal fresh produce to create new, budget-friendly variations on your favorite family recipes.

Here are some ways to "shop" in your pantry or freezer to cook up simple meals with a seasonal twist that everyone will enjoy.

Choose new, interesting or favorite vegetables to add to your recipes. Vegetables have lots of nutrients and fiber to help you feel full. Have vegetables washed, cut and ready in the refrigerator to add to meals or eat as snacks.

Select from a variety of healthy foods so that you don't get bored with the same meals. Try sandwich wraps with meat and fresh veggies and a combination of fresh and canned fruits for sweetness and nutrition.

Enjoy the foods of summer — blueberries, strawberries, peaches, watermelons and fresh garden veggies are always a treat. If you eat produce while it's in season, it typically costs less and it tastes better, so your family will be more likely to eat it and enjoy it.

This flavorful dinner recipe for Creamy Veggie Tortellini and Fruit Salad With Spiced Syrup for dessert is an easy way to combine fresh produce with groceries that you may have stocked up on due to the COVID-19 crisis.

Creamy veggie Tortellini

This recipe features a delicious cream sauce packed with spices that complement the tortellini and fresh or frozen

vegetables. If you don't have half and half on hand, you can substitute 1/2 cup canned evaporated milk or regular milk. Just be sure to stir in 4 1/2 teaspoons of butter after all the other ingredients have been incorporated to add richness to the sauce that the half and half would have provided.

1 tablespoon olive oil
1/2 yellow onion, chopped
2 cloves garlic minced
2 tablespoons Italian or poultry seasoning

1 teaspoon salt
1 teaspoon ground black pepper
1/4 teaspoon nutmeg or cloves
1/8 teaspoon cayenne pepper or dash of hot sauce

2 (14 ounce) cans fire-roasted diced tomatoes with juice

1/2 cup half-and-half
3 cups baby spinach, chopped; or Swiss chard, stems removed and chopped; or 1 (10 ounce) package of frozen spinach, thawed and drained

1 (10 ounce) package tortellini, fresh or frozen

1/2 cup shredded Parmesan or Romano cheese, optional

1. In a large skillet over medium heat, warm the olive oil, then add the onion and saute for 2 minutes. Add the garlic, Italian or poultry seasoning, salt, pepper, nutmeg or cloves and cayenne pepper or hot sauce, and cook about 1 minute.

2. Add the tomatoes and half-and-half, stir and bring mixture to a simmer, about 3 to 5 minutes, stirring occasionally.

3. Add the fresh spinach or Swiss chard in handfuls, stirring until it wilts down before adding more. If using frozen and thawed spinach or greens, add to the sauce and stir to combine.

4. Stir in the tortellini. Cover and

cook for 10 to 15 minutes, gently stirring once or twice, until the tortellini are tender, plump and cooked through. Sprinkle with cheese, if desired. Serves 4.

Fruit salad with spiced syrup

This syrup-and-spice blend adds a punch of flavor to a fruit salad whether you're using fresh or frozen fruits or a combination of both.

• 3/4 cup water
• 1/2 cup honey, agave nectar or sugar

• 1/2 teaspoon ground cinnamon
• 1/4 teaspoon ground nutmeg
• 1 strip fresh lemon peel
• 2 tablespoons fresh lemon juice
• 6 cups fresh fruit (a mixture of

sliced nectarines, plums, strawberries, blueberries and raspberries and/or frozen fruit, thawed)

1. Using a small saucepan, combine the water, honey, agave or sugar, cinnamon, nutmeg and lemon peel. Heat to boiling over medium-high heat, stirring frequently. Reduce heat to medium-low; simmer 3 to 5 minutes to slightly thicken, stirring occasionally.


2. Remove saucepan from heat; stir in lemon juice. Cool syrup to room temperature.

3. In a large bowl, combine fruits and syrup. Cover and refrigerate 2 hours. Stir before serving. Serves 6.

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Maintenance tips for a more reliable ride

Your vehicle is a vital piece of transportation for getting you from point A to point B, making it important to keep it in good shape for when you're ready to ride the roads. While the average American spends plenty of time behind the wheel, there can be periods of time where cars sit in the garage or on the driveway.

Not only can weather impact a vehicle's performance, but so can its usage. A battery not in use will eventually lose its charge. If a car hasn't gained a lot of mileage over a period of three weeks or longer, the likelihood of a dead battery increases by roughly 50%, according to a study by Interstate Batteries, making it a leading cause of car trouble.

In fact, nearly 1 in 4 car batteries will need to be replaced on the road this year, but more than half of consumers do not test their batteries every year or don't know if their batteries have been tested, according to the study.

Maintain your battery and your vehicle overall with these tips for safer driving:

- At regular intervals, have your car battery tested at a professional service or repair shop. From phone chargers to built-in security systems, your car battery may power more than you think, and it can place a strain on your alternator. If the alternator can't keep up, your vehicle relies on the battery to make up the difference, which can cause further strain. Having an external battery charger on-hand can help maintain your car's power during its off time.

- Regularly check fluid levels, including your coolant and oil, replace air filters and ensure your tires are properly inflated.

- Check to make sure you have your owner's manual with you either in the glovebox or bookmarked on your smartphone's browser.

- Replace your jumper cables with a road trip kit containing more



practical items, such as a jump box, LED flashlights, first aid kit and duct tape. Jumper cables require another car to power your dead battery and the right positioning to make the cables reach, so a jump box containing a battery and permanently attached jumper cables can be an easier alternative for getting your car back up and running.

Especially when you use your vehicle irreg-

ularly, it's important to practice proper and routine car maintenance so your vehicle is ready when you hit the road again. Find more advice for keeping your car in top condition at InterstateBatteries.com.

What to do if your car won't start

- Turn everything off. From electronics and climate control to any other accessories that can be powered down, make sure to turn all of

them off. This can make it easier for another car to start yours and can prevent potential damage from voltage surges when power is restored.

- Call for help. Roadside assistance is available through some auto insurance policies as well as numerous club memberships. Alternatively, try contacting friends and family, or if you're parked at an apartment building or in an office complex, its maintenance or security team may be able to help.

- Raise the hood and leave it open. This is a universal sign for help

that doesn't use your battery. If you don't already know, consult your owner's manual to find where your battery is located. If you find corrosion around the negative terminal, carefully brush it off or knock it loose with a wrench or tire iron. Do not blow on it, as this can result in debris entering your eyes.

- Jump-start your car. If possible, use a jump box, which is a compact, rechargeable battery that can jump-start your car. They're safer and easier than jumper cables and provide a gentler jump-start for your engine.

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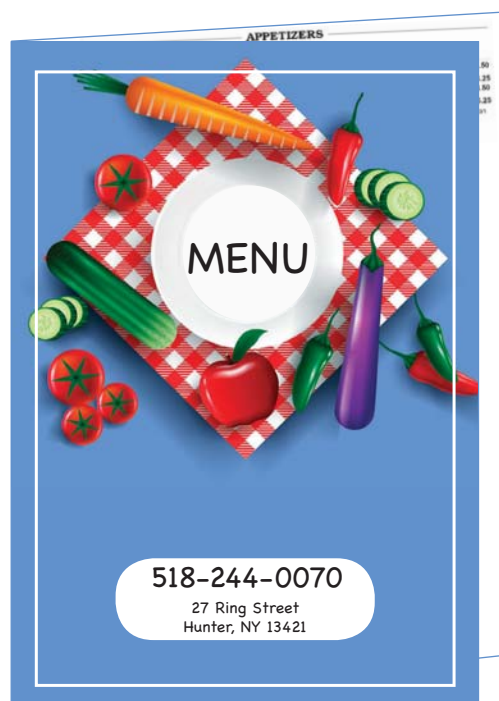
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