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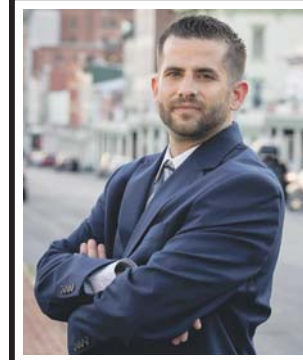
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Bass Tournament canceled

The Richfield Springs Community Center's 18th Annual Bass Tournament, which was scheduled for Saturday, July 18, at the Canadarago Lake Boat Launch, Richfield Springs, has been canceled and will not be rescheduled for this year.

Due to the COVID-19 pandemic, New York State is not issuing building use forms pertaining to state parks of which the Boat Launch is a part of. Therefore, without a building use form permit it is illegal to have an official public gathering of this type at this time.

Sunset Sips at the Utica Zoo on Fridays

Spend your Friday evenings at the Utica Zoo and enjoy the summer for a bit longer!

The Utica Zoo is a perfect place for families, a perfect place for a date or the perfect location to leave the hustle and bustle of your everyday life behind. Sunset Sips is the newest way to enjoy the Utica Zoo after regular hours. Enjoy a light dinner from Polly's by O'Connors, crack an ice-cold adult beverage, drift away on the waves of live music and see our more than 200 exotic and domestic animals in a different, more orange light.

Sunsets Sips will continue every Friday through Aug. 28. The Utica Zoo will be open every Friday night until 8 p.m. Sunset Sips is a family friendly opportunity to explore the zoo after regular hours, or a great way to unwind with

friends after the workweek. Masks are not required while seated inside the Rotary Pavilion, but are required elsewhere while on the Utica Zoo grounds. The zoo's concession stand, Polly's by O'Connors, will be open and serving a wide selection of sandwiches, wraps, hot dogs, burgers, salads and more. Select dates will feature live music from local musicians, while all dates will allow visitors to view the zoo's collection of exotic and domestic animals.

No tickets or special reservations are required. Admission rates are \$8 for adults, \$5 for kids aged 3 - 12 and \$6.75 for seniors 62+ and students with ID. For more information visit UticaZoo.org/sunset-sips or call 315.738.0472.

For more on this or anything else Utica Zoo related, visit UticaZoo.org or follow on Facebook, Instagram and Twitter.

SUNY Cobleskill announces plan for Fall 2020 semester

SUNY Cobleskill President Marion A. Terenzio announced the college will be welcoming students back to campus this autumn on a modified academic schedule and delivery format. Classes will begin on Aug. 17 with the semester ending on Dec. 4. Students will remain on campus until Thanksgiving break and will complete the semester remotely.

In her letter to the community, Dr. Terenzio stated, "We are pleased to announce that our Fall 2020 plan has been approved by SUNY and complies with the higher education guidelines set forth by the Governor's Office." Dr.

Terenzio advised that all plans, policies and procedures are subject to change as circumstances associated with COVID-19 evolve. She emphasized that a successful restart is dependent on the full cooperation of all campus community members to follow the social distancing protocols, screening requirements and monitoring processes noted in the plan.

Students and their families will receive updates and instructions via the website, emails and virtual forums throughout the next few weeks.

Further details on the re-start plan are posted on the college's website.



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To your good health

by Keith Roach, M.D.

Fructose intolerance is rarely diagnosed

Dear Dr. Roach: What can you tell me about fructose intolerance and/or malabsorption? Is there a genetic predisposition to this? Can it develop later in life? What are the symptoms, and how is it diagnosed? What type of doctor can best make a diagnosis? I've read conflicting reports online regarding the breath analysis test. Can it be treated, or must one eliminate foods containing fructose completely from one's diet?

My father was diagnosed with some sort of fructose problem years ago. I have no other information about his condition as he has passed away. I have developed some intestinal issues over the past year and have noticed I frequently experience stomach cramps after eating grapes and green apples specifically. I am a vegetarian, and my diet consists of lots of fruits and vegetables. I'm wondering if I may have an issue with fructose. I hope not. What are your thoughts? - D.K.

Answer: Fructose intolerance is common, but it is seldom diagnosed. One cause - hereditary fructose intolerance - is a genetic disorder that can cause serious symptoms in infants and children, but it is usually mild in adults. The symptoms of fructose intolerance are very similar to another sugar intolerance - lactose, the sugar in milk. Many people cannot tolerate lactose and if they eat too much of it will have cramping and diarrhea. Unlike lactose intolerance, which has a simple diagnostic breath test, there is no commonly available test for fructose intolerance.

Fructose is a simple sugar, called a monosaccharide, and is found in many fruits, especially apples, pears, cherries and dates. Fructose is also found in honey and is part of the disaccharide sucrose (table sugar), where it is combined with glucose. What is fascinating yet poorly understood is that when fructose is consumed with glucose, it is absorbed better by people with fructose intolerance. Therefore, the goal in someone with

inability to absorb fructose is to reduce or avoid fructose by itself. That means reducing foods and beverages sweetened with high-fructose corn syrup, which is present in many products; eating high-fructose fruits only with meals; and reducing honey intake.

Sorbitol, a sugar alcohol used as a sweetener in "diet" or "sugarless" foods, tends to worsen fructose intolerance and should be avoided.

A vegetarian diet is very healthy for most people, and you shouldn't have to give up your fruits. Just following some simple rules should reduce or eliminate your symptoms.

Dr. Roach writes: A recent column on burning mouth syndrome generated a lot of letters, including several from physicians and dentists.

The advice I heard over and over is that some dental products seem to worsen the symptoms, and changing toothpaste or dental rinse can help with symptoms. However, the culprit was not consistent. Some writers told me it was mint, others said cinnamon, while others thought it was the sodium lauryl sulfate that is in many toothpastes. Baking soda (or toothpastes based on them) seemed to be well tolerated for many.

Other irritants that made symptoms worse included spicy foods, carbonated beverages, caffeine and acidic foods (like citrus or tomato).

Other advice I heard was soaking the tongue in a solution of Splenda and water; others recommended biotin supplements.

The sheer number of letters leads me to suspect that this is a more common problem than I would have thought. Very few of my own patients have ever asked me about this in my practice.

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Kuyahoora Valley Food Pantry

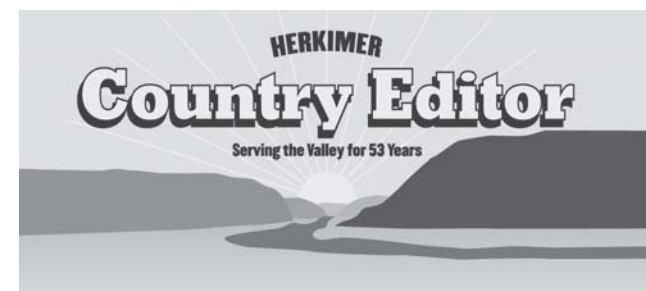
The Kuyahoora Valley Food Pantry is located on State Route 28 between the villages of Poland and Newport.

The pantry is open on Mondays and Wednesdays from 1 - 4:15 p.m. It is also open on Wednesday evenings from 6 - 7 p.m. Quality food, sufficient for one week, is given out monthly by our volunteers. Volunteers place

the food in your car trunk to avoid COVID-19 contamination. All who live within Poland and West Canada school districts

and qualify are welcome to use pantry services if the need arises.

P.S.: More volunteers are always needed.



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The Kitchen Diva

by **Angela Shelf Medearis**
**These foods help skin
 fight sun damage**

As the temperature continues to climb and the sun shines hotter, brighter and longer, it's important to consider all of the ways that you can protect your skin. No matter what race you may be, if exposed for a long enough period of time, your skin is susceptible to sun damage. It's important to wear protective clothing and apply the right sunscreen for your skin type with broad-spectrum ingredients and multi-spectrum protection for both UVB and UVA rays. There's also a way to protect your skin from the inside by eating fish, vegetables, fruits and nuts that provide protection for your skin.

The late Dr. Paul Talalay, noted professor of pharmacology and molecular sciences at Johns Hopkins, wrote that eating your vegetables "isn't a substitute for sunscreen, but the protection you get won't wash off in the pool."

Sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Eating an anti-inflammatory diet is one way to protect your skin from the inside. An anti-inflammatory diet

also means avoiding certain foods, like processed foods and sugar.

While chronic UV exposure is the most predictive factor for skin diseases, studies have found that inflammation, oxidative stress and DNA damage all play an important role in determining how extensive the damage from the sun can be.

Here are some foods that will help your skin fight sun damage and improve your health year-around:

Olive oil: High in vitamin E and polyphenols, a daily dose of unheated, cold-pressed olive oil can help protect your skin.

Basil: This herb contains the antioxidant zeaxanthin that helps filter UV light from the retina, protecting your eyes.

Tomatoes: Tomatoes contain the antioxidant lycopene and are at their flavorful best in the summer. Studies have shown that lycopene decreases the risk of skin cancer and can increase your

skin's protection from the sun by 33%.

Broccoli and apples: This vegetable and fruit have the highest concentration of polyphenols. Broccoli also helps fight inflammation and contains a sulphorane, a compound that helps to protect skin against UV light. An apple a day is a delicious way to protect your skin.

Spinach: This power-packed green vegetable is loaded with vitamin E, anti-inflammatory

compounds, omega-3 fatty acids, including alpha-linolenic acid, and also is high in B-vitamins.

Salmon and walnuts: Both are high in omega-3 fatty acids, which have anti-inflammatory properties that help to protect your heart and your skin. These anti-inflammatory properties help fight off free radicals in the body, which can occur as a result of overexposure to UV rays. A diet rich in omega-3 could help cut your melanoma risk in half.

Carrots and sweet potatoes: Orange-colored vegetables contain carotenoids, nutrients that build up on the skin and help protect it from sun damage.

Tea and coffee: Both contain polyphenol, plant-based compounds that help regulate inflammation, oxidative stress and the immune system. Research shows that drinking at least one cup of white, black or green tea per day can lower the risk of certain types of skin cancer by 30%.

Dark chocolate: Eating dark chocolate with at least 60% - 70% cocoa can make the skin 25% less sensitive to the sun.

This recipe for Summer Spinach, Tomato & Carrot Salad With Basil Olive Oil Dressing is packed with the anti-inflammatory, skin-protecting ingredients you need to safeguard your skin from the *inside* out.

Summer Spinach, Tomato & Carrot Salad:

1 cup walnut halves
 1 bunch of spinach (1 lb.)
 15 - 20 cherry tomatoes (about 1 lb.)

1 large carrot, sliced into coins
 1 large cucumber, diced

1 large apple, cored and diced
 1 tsp salt

1 tsp ground black pepper

• Heat a large frying pan over medium-high heat. Add the walnuts to the hot, dry pan, only toasting as many walnuts as fit in the pan in a single layer. Cook, watching constantly and stirring frequently until the walnuts start to brown and they smell toasted, about 5 minutes.

• Transfer the walnuts to a plate or baking sheet where they can stay in a single layer to help them cool evenly (and finish toasting from their residual heat) and get nice and crunchy.

• Toss the walnuts and all the salad ingredients together in a large bowl. Drizzle the Basil Olive Oil Dressing over the salad, toss to combine and serve immediately. Serves 6.

Dressing:

½ cup basil leaves, packed
 1 clove garlic, smashed
 2 tbsp fresh lemon juice

1 tsp salt
 1 tsp ground black pepper

¼ tsp sugar or honey
 1/3 cup olive oil

• Put all ingredients except the olive oil in a blender or food processor and blend on high until the ingredients are well combined. With the motor running, add the oil in a thin stream, until the mixture thickens. Drizzle over salad. Makes about 1 1/3 cups dressing.

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ILION COMMUNITY CHURCH**
Pastor Dean Mabry
44 Central Plaza
Sunday Worship 10 AM
Child Care/Kids Church Available
ilionchurch.com

**SAINT AUGUSTINE'S
EPISCOPAL CHURCH**
Bishop - Dan Herzog
78 2nd Street
Phone: (315) 894-3775
Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggle
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

FIRST BAPTIST CHURCH
8 Second Street
Reverend John Partise
Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

**MORNING STAR UNITED
METHODIST CHURCH**
36 Second Street
Reverend Bob Wallaber
Sunday Worship 10 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

**ILION
ANNUNCIATION CHURCH**
109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 PM; Sunday
11:00 AM; Monday & Wednesday 9:00 AM

**LITTLE FALLS
FIRST BAPTIST CHURCH**
555 Albany St.
315-823-3392
Morning Worship 10:15 AM
Rev. Chris J. Wintermute, Lead Pastor
Rev William Whalen, Associate Pastor
Nursery (infants through age 4)
Meet and Greet Sunday at 8:30 AM
Sunday School Classes 9:00 AM (nursery
through adult)
**Our Service is aired on 100.3 FM,
91.1 FM & 88.7 FM on Sundays from 11-12
with a 1 week delay.

**ST. PAUL'S UNITARIAN
UNIVERSALIST CHURCH**
Minister Jeffrey J. Frank
Mark Bunce, Organist
565 Albany St.
Phone 823-2284
Sunday Service & Religious Education 10 AM

**HOLY FAMILY PARISH OF THE ROMAN
CATHOLIC COMMUNITY OF LITTLE FALLS**
Father Brian Slezak, Pastor
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

**LITTLE FALLS
FIRST ASSEMBLY OF GOD**
Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firsttagl@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

HOLY TRINITY LUTHERAN CHURCH
512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email Ifirstpres@gmail.com
www.presbylif.org
Sunday Worship 10 AM
Sunday School 10 AM

**LITTLE FALLS
INGHAMS MILLS BAPTIST CHURCH**
Rev. Gary L. Busch, Pastor
Sunday Worship Service 10 AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

**MIDDLEVILLE
MIDDLEVILLE UNITED METHODIST**
Pastor Wayne Getman
24 Rte. 29
Phone 845-8730
Sunday School 9:30 AM
Worship Service 9:30 AM

**MOHAWK
GRACE EPISCOPAL CHURCH**
Rev. Sally Heiligman
7 E. Main St.
Phone 315-866-4782
or 315-520-4723
Holy Eucharist 10 AM

**DENNISON CORNERS
COMMUNITY CHURCH**
Pastor Donald King
219 Robinson Rd. • Phone 866-5215
Sunday:
Sunday School 9:45 AM
Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

MOHAWK REFORMED CHURCH
Rev. Brian Engel, Pastor
20 S. Otsego St.
Phone 866-4292
Email mohawkpastor@verizon.net
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10:30 AM Sept. - June • 9:30 AM July - Aug.
Youth Sunday School (Pre-K - Sr. High) 9 AM
Adult Sunday School (Men, Women
& Couples) 9:30 AM
September - June

EMMANUEL BIBLE CHURCH
Pastor Gary Wilcox
54 W. Main St. • Phone 717-3011
Sunday School 9:45 AM
Morning Worship 11 AM
Fellowship Lunch 12:30 PM
Afternoon Bible Study 1:30 PM
Wednesday Prayer & Bible Study 6 PM

**MOHAWK
CHURCH OF THE BLESSED SACRAMENT**
Sr. Mary Jo Tallman, CSJ,
Parish Life Director
Rev. Mark Cunningham,
Sacramental Minister
71 E. Main St.
Phone 866-1752
Saturday Vigil Mass 5:30 PM
Sunday Mass 9:30 AM

CHRISTIAN BIBLE CHURCH
H. Ed Reed, Pastor/Teacher
167 Ward Rd. • Phone 858-1282
www.christianbiblechurch.us
Sunday School 9 AM
Sunday Worship 10 AM
Wednesday Bible Study
& Prayer Meeting 7 PM

**MOHAWK
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Pastor Gene Kipper
27 E. Main St. • Phone 868-1790
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Thursday of the Month at 6 PM

**NEWPORT
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7497 Main Street
Pastor's Phone 315-790-1877
Sunday Worship at 9:45 AM

UNITED METHODIST
Pastor Wayne Getman • Phone 845-8730
Sunday School 11 AM
Morning Service 11 AM

KUYAHOORA COMMUNITY CHURCH
Pastor Dwayne Durand
West Canada Valley
High School Auditorium
5447 St. Rt. 28
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Middleville, NY 13406
Phone 315-292-1303
www.kuyahoracc.org
Weekly Service Sunday 10:08 AM

ST. JOHN THE BAPTIST CATHOLIC CHURCH
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Sunday Mass 10:45 AM

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2545 State Route 29
Pastor Mark Hediger • 315-429-9085
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Sunday Worship: 10:30 AM
Weekly Bible Studies

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Faith

Driven to last: Car care tips for 2020 and beyond

(BPT) – Did you know that one in four Americans keep their cars for an average of seven years or more? Nearly another third (29%) say they typically own their car for three to four years. With Americans keeping their vehicles on the road for the better part of a decade, it's important to implement consistent maintenance habits to ensure a smooth ride.

Hankook Tire, whose latest Gauge Index survey examined how long drivers keep their cars, rounds up tips for drivers looking to keep their cars cruising well into the 2020s:

1. Keep it on the calendar – Whether consistency comes

based on a mileage amount or a specific date on the calendar, setting and keeping regular tune-up appointments is a simple way to keep your car healthy. Regular maintenance inspections can be a great time to evaluate other parts of your car, not just what's beneath the hood. For example, most drivers (78%) also use their maintenance routine as a chance to check their tires. And, be sure to examine your windshield wipers and headlights to see if they need to be replaced.

2. Adjust for the seasons – Hankook also found that over two-thirds of Americans (69%) say all-season tires are inter-

changeable with winter tires. In some cases, that might be true, but if you live in a climate with drastic weather swings as the seasons change, that can be like saying your favorite T-shirt is suitable for a frigid winter storm. Winterizing your vehicle when the temperatures drop can help it last not only through the colder months, but also avoid potentially bigger problems down the road. Consider swapping the all-seasons for a set of winter wheels.

3. Repair and replace (when needed) – Sometimes, a routine oil change will shed light on a maintenance issue that requires more attention. In

that event, consider your repair vs. replace decisions carefully – is the option you're choosing a temporary bandage, or will it help lengthen the life of your vehicle in the long run? For many, this depends on what needs replacing, and whether that part is considered "essential." For example, only 30% of drivers will replace their tire pressure monitoring system sensors if they were to break. However, these sensors can offer vital information about the pressure in your tires, which has a lasting impact on your entire driving experience.

4. Clean it up – Keeping your car clean is about more

than just appearances. It can also help keep it running smoothly for much longer because dirt and grime can cause corrosion to the paint and even more, especially if it gets into the mechanics of the car. For those driving over salted winter roads, regular car washes become an even more significant step to extending your vehicle's lifespan, as winter road salt can be particularly corrosive.

No matter if your vehicle is brand new, or you're looking to hold on to an old-timer a little longer, these tips from Hankook tire can keep you steering straight into the next year, decade and perhaps even beyond.

Music in Arc Park

Join us for Music in Arc Park this summer. The concert series is free, open to the public and will take place in Arc Park at 420 E. German St. in Herkimer.

There will be adult beverages available for sale by Stoney's Tavern, a concession stand, accessible bathrooms, the park for the kiddos to play in and plenty of parking.

Wednesdays from 7 - 9 p.m.

- July 22: One Sweet Ride
- July 29: Gridley Paige
- Aug. 5: Fritz's Polka Band
- Aug. 12: 3 Inch Fury
- Aug. 19: Last Left

by Matilda Charles

Our Routines Are Out of Sync

The new ways we shop for groceries is only the tip of the iceberg this year. Thanks to the coronavirus, there are a number of other things we will likely end up doing in a different way.

Many of us have put aside one item on our an-

nual to-do list: filing our taxes. The tax due date was pushed back to July 15, and that date is coming up quickly.

If you'll owe taxes and generally send in a cashier's check with your return, you'll need to get that in advance if you don't want to stand in line in your bank. Many banks are providing services through the drive-up window. Call to ask if you can arrange for a cashier's check to be waiting for you at the drive-up. Then, to keep from standing in line at

the post office to send it certified mail, check with your UPS store. Many of them can do the full array of post office services, and they're likely to be less busy.

Something else to consider: When it's time to vote this year, consider whether you'd rather vote by absentee ballot than stand in line. Call your town office and find out how early you need to send in your request for a ballot, as well as return the ballot itself. Ask, too, whether you should return your ballot by mail

or if it must be hand delivered to election officials. A number of election offices have secured drop boxes (they look like mail boxes) outside the building. Many states also have in-person early voting during a designated pre-election day period.

If you typically shop the Amazon Prime Day in July, internet rumors say that it likely won't take place until August or September. Keep an eye on Amazon for news about this.

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Senior News Line



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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Advertising Art

Advertising art is very popular today and prices keep rising. Collectors want old examples with good graphics, recognized products and great condition. A small amount of restoration is OK. Anything that mentions a product for sale is considered "advertising," even labels on bottles and cans. Most companies keep the look of their ads the same for many years. Hires Root Beer used a small child in a bib and a distinctive type-style for the word Hires. In 1915, they used the googly-eyed man called Josh Slinger, the soda jerk. He was indeed googly-eyed. But most of Hires ads had few pictures, just descriptions of its health values or the good shape.

This tin sign, probably made in the 1920s, features an attractive flapper girl. She is enjoying a glass of Hires Root Beer. If you look closely, you can read the tiny word "good" before the slogan, "and it's always pure. Hires in bottles." Hires was developed by pharmacist Charles Hires in 1876, but root beer was already a known drink. He improved the taste of a health drink that was made with many herbs including sassafras oil, a plant root extract. In 1960, sassafras was banned because it contained a carcinogen. Later, they found a way to remove the harmful chemical and still preserve the flavor, so it was still used.

Hires Root Beer was a leading drink, but the company has been bought and sold so often, the drink is now almost

out of production. Old Hires advertising is hard to find today, but beware of the pottery mug with a baby wearing a bib. Reproductions are easy to find.

Q: I sold Avon during the 1960s and '70s, and I have a large collection. I'm downsizing and wonder if anyone would be interested before I throw them out.

A: Avon started as the California Perfume Company, founded by David H. McConnell in 1886. The name Avon was used beginning in 1929. Collecting Avon bottles became popular in the 1960s, and at one time there were more than 60 Avon collector clubs in the United States. Interest has waned and most of the clubs are gone, but you can still find people selling vintage Avon bottles that held beauty products. Some are crossover collectibles, especially figural bottles, so you might find someone interested in your collection by contacting online sellers. Most Avon collectibles sell for under \$10. A few that are shaped like cars are about \$25.

Current prices

Sandwich press, rectangular, square side handles and front top handle, flat



This Hires tin sign, 21 x 15 inches, was originally made without a frame. It sold recently at a Morphy auction for \$960.

plates, footed, 1930s, \$10.

Garden table, rectangular glass top, scrolling concrete bases, iron mounts, 80 x 46 inches, \$120.

Vase, Celadon, bottle shape, lobed, cranes, 10 x 4 inches, \$300.

Apache, basket, coiled,

stepped geometric pattern, checkerboard pattern, central circle, 15 inches, \$640.

Tip: Don't wear jewelry when gardening, playing sports or working with tools. You may damage a

stone or lose it. Even diamonds can chip or crack. (c) 2020 King Features Synd., Inc.

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Herkimer County Fair canceled

The Herkimer County Fair Board has decided to cancel our 2020 Herkimer County Fair due to the coronavirus. We are looking forward to our 2021 fair taking place Aug. 17 - 22, 2021. The criteria to hold a fair under the COVID-19 guidelines would deter the enjoyment of a county fair's

objective to promote agriculture education and provide wholesome entertainment in a safe environment.

The Fair Board would like to thank our exhibitors, vendors, Gillette shows, entertainers, sponsors and the public for their patience in the decision.



Technology has changed many things about the way people live their lives, including how they buy their cars. Whereas trips to the dealership were once inevitable for drivers in the market for new vehicles, the internet is now littered with websites enabling users to buy new cars with the click of a mouse. But buying cars online, and often sight unseen, can be a risky proposition, and there are many reasons why buying new cars in person can benefit buyers.

- **More than meets the eye:** One of the more widely promoted websites that "sells" cars is TrueCar.com. Television ads for TrueCar are ubiquitous, but viewers might not realize that TrueCar.com is essentially a network of auto dealerships in which member dealerships pay to obtain buyers' contact information. That's important information to know for buyers who want to buy a car online so they can cut out the "middleman" (i.e., dealerships).

- **No surprises:** Some online auto dealers promise delivery of the car. That can seem especially convenient, but it's always in buyers' best interest to test drive cars before buying them. That's not always possible when buying vehicles online. While buyers may be able to return cars purchased online after they have been delivered, that can be inconvenient, negating what many feel is the single biggest benefit to buying

a car online. When buying cars they have already driven in person, buyers won't be surprised when getting behind the wheel.

- **Savings:** Online dealerships may market themselves as more buyer-friendly than traditional dealerships, but such claims should be taken with a grain of salt. Many can only afford to purchase new vehicles if they get a good deal on an existing trade-in. By visiting dealerships in person, buyers can negotiate a higher trade-in value than they might be able to get online. In addition, when shopping for new cars, many buyers return to the same dealership where they purchased previous automobiles. An existing relationship with a dealer might make buyers eligible for discounts they're unlikely to earn when buying cars online.

- **Convenience:** Online auto dealerships often cite convenience as one of the biggest feathers in their caps. But it can be more convenient, and considerably less time-consuming, for buyers to simply walk into a dealership and ask to test drive various vehicles. Buyers who visit dealerships can test drive various vehicles in a single morning or afternoon, while those who stick to buying online may have to drive far and wide to drive more than one car in a single day.

The tradition of buying cars in person can still pay dividends for buyers accustomed to buying things online.

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

July 12-19

Cycle the Erie Canal — 2020 Virtual Tour. Sadly, Cycle the Erie Canal was canceled this year due to COVID concerns. Parks & Trails New York couldn't let the tour pass unnoted and uncelebrated. Support Cycle the Erie Canal. Donations may be made at <https://tinyurl.com/y86xgacc>

July 17, 24, 31, August 7, 14, 21 and 28

Sunset Sips at the Utica Zoo. Zoo will be open every Friday night until 8 p.m. For more information visit UticaZoo.org/sunset-sips or call 315.738.0472.

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.

18th Annual Zone Run and Walk. The Richfield Springs Community Center is currently accepting registrations. Event sanctioned by the Route 20 Road Challenge. Categories include a 5K, 10K, and 2-mile walk. Complete race information and pre-registration are available at www.richfieldspringscommunitycenter.org or www.runsignup.com/RSCC. Participants may also register race day from 7-8 a.m. at the Vet's Club, 13 Lake Street, Richfield Springs or contact Bill Kosina at 315.749.3286 or bill@richfieldzone.org.

July 22

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

July 29

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

July 30

Our Lady of Hope Church Ice Cream Social 6:30 - 8:30 p.m. in Haslett Park, Fort Plain. Held in conjunction with the Fort Plain Summer Concert series. Music by "Electric Sea of Horns" band. Proceeds support OLH Holiday Bazaar in November.

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.archerkimer.org.

August 12

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

August 19

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

August 26

Rabies Vaccination Day 5:30 - 7 p.m., Salisbury Fire Department, 2549 St. Rt. 29, Salisbury Center. 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. Arc Herkimer's main building at 350 South Washington Street, Herkimer. \$38 per person. Call Kelly Bunce at 315.574.7982 to register and make payment.



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Our Lady of Hope Church to hold Social

Our Lady of Hope Catholic Community is pleased to announce an Ice Cream Social in conjunction with the "City of Horns". Stop in and purchase tickets for our Gift Basket Raffle. Proceeds from the social will be used to support OLH upcoming Holiday Bazaar in November.

for the evening will be supplied by a new "City of Horns". Stop in and purchase tickets for our Gift Basket Raffle. Proceeds from the social will be used to support OLH upcoming Holiday Bazaar in November.



Five ways to upgrade your home with new tech

(StatePoint) Upgrading your lifestyle doesn't have to mean undergoing a major home renovation. By simply introducing a few technologies around the home, you can boost the style, efficiency and comfort of your living spaces. Consider these five ideas for five areas of your home:

- **The Hallway:** Why display just one photo when you can rotate several images that include all your favorite people and moments? A digital picture frame allows you to do just that, with many models connecting to apps that allow you to directly share photos to the wall-mounted device, which means you don't actually have to be at home to do some light redecorating.

- **The Home Theater:** Still rocking a mercury bulb projector in your home theater? Unfortunately, the cooling fans, filters and toxic mercury bulbs associated with them are inefficient and high-maintenance. While a laser-only light source sounds good on paper, these models tend to be large and costly. Instead, consider upgrading to a laser and LED hybrid light source, such as Casio's LampFree Projector XJ-A257, which is

high-efficiency and structurally smaller, without compromising on brightness. Offering a lifespan of approximately 20,000 hours, the power-saving design of this particular model cuts energy consumption by as much as 40-50 percent, making this an addition to your home theater you can feel good about.

- **The Kitchen:** Slow cookers have always offered a convenient way to create an amazing meal without too much hands-on attention, but some of today's options are taking this concept a step further by connecting to smart technology. Now you can monitor and adjust cooking settings from afar, so that if something unexpected occurs and you get home later than planned, dinner doesn't suffer for it.

- **The Family Room:** Whether you're an aspiring musician or an accomplished pianist, your home can benefit from a digital piano that evokes the luxury of an acoustic grand. One such model is the PX-S3000, which features a sleek, glossy top panel and unibody case that fits any room, decor or mood. Its bright backlit LCD display and touch sensor controls are revealed only when

the power button is pressed, leaving only a sleek, clean top panel when powered off. Thanks to integrated Bluetooth audio that lets you connect your device wirelessly; you can play your music through its powerful stereo amplifica-

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- **The Bathroom:** Make stepping out of the shower a luxurious experience with a towel warming drawer, which keeps linens the perfect temperature for maximum comfort.



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The Kitchen Diva

by **Angela Shelf Medearis**
A cool salad for hot summer days

Dear Readers: I'll be taking a break from writing my column to focus on helping those in need during the coronavirus crisis. Meantime, I'd like to share with you some of my favorite summertime recipes from years past. Hopefully, they'll inspire you to cook up something "Diva-licious."

Calypso is probably best known as a type of Caribbean folk song. It's inspired by a combination of musical styles and languages common to Trinidad. Calypso music is rhythmically smooth, and the words are often colorful and sharply critical in a witty way.

This recipe for Calypso Black Bean and Corn Salad draws inspiration from the Caribbean, the easy spirit of the islands

and the music heard there. The salad takes only a few minutes to assemble, and it can be served either cold or at room temperature. Best of all, most of the ingredients can be found in the pantry or the freezer.

This festive salad instantly became one of my all-time favorites when I was challenged by chef Bobby Flay on his Food Network show "Throwdown With Bobby Flay." I decided to serve the Calypso Black Bean and Corn Salad as a side dish with my fiery Jerk Chicken.

The wonderful thing about this combination of black beans, corn and spices is that it perfectly complements the smokiness of barbecued meats. It's unique and colorful, and it tastes better the longer it sits in the pepper-infused citrus marinade. The judges loved my dishes, and I was declared the

winner of the challenge.

While it was wonderful to claim a culinary victory over chef Flay, the real winners were the guests at the barbecue. They got to eat some of the best dishes in Texas! Try this delicious salad, and you'll feel like a winner too!

Calypso Black Bean & Corn Salad

- 1 (10-oz) package frozen corn kernels, thawed
- 2 (15-oz) cans black beans, drained and rinsed
- 1 large red bell pepper, seeded and diced
- 1 small fresh jalapeño chili, seeded and minced
- ½ cup firmly packed chopped fresh cilantro
- ¼ cup freshly squeezed lime juice
- 2 tbsp vegetable oil
- 1 tsp sugar

1 tsp salt
 1 tsp freshly ground black pepper

Combine the corn, beans, bell pepper, jalapeno, cilantro, lime juice, oil, sugar, salt and pepper in a large bowl. Taste

and adjust seasonings. Cover and chill one hour or overnight to combine flavors. Serves 4 to 6.

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Being a compassionate caregiver to someone living with dementia

(StatePoint) – Dementia can be devastating for the people who live with it and their family members, and it's a diagnosis more Americans will face as the U.S. population ages.

In the next 20 years, the total number of those living with Alzheimer's disease or other types of dementia in the U.S. is expected to approximately double from 7.2 million to nearly 13 million, according to the Milken Institute.

"As the life a person always knew becomes increasingly unfamiliar, caregivers can play an important role in helping ease anxiety," said Jennifer Sheets, president and CEO of Interim HealthCare Inc., an in-home healthcare and assistance provider that takes a positive approach to caring for those with dementia. "With the right knowledge, a caregiver can help their loved one cope with the changes they are experiencing."

Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.

To approach caregiving with greater compassion, Interim HealthCare recommends three

practical tips:

- Use the hand-under-hand technique: Hand-under-hand is a technique that caregivers can use to reduce anxiety and calm a person with dementia.

The base or heel of the hand is a highly sensitive area. Put slight pressure on that area by clasping your loved one's dominant hand. This technique works best if you put your

hand underneath theirs. That gives them a feeling of control as well as calms them.

- Acknowledge evolving tastes: A person living with dementia experiences a range of sensory and cognitive changes that can affect their appetite and food preferences. Indeed, your loved one's favorite foods may now have a negative smell or taste to them. While maintaining good nutrition is essential, don't force these foods or argue over them. Instead, offer a variety of balanced foods: vegetables, fruits, whole grains, low-fat dairy products and lean proteins, in small servings at first until you understand new preferences. Realize these preferences may change again.

- Carve out time for art and music: Once a person is diagnosed with dementia, their ability to act independently greatly diminishes. However, artwork and music allow for freedom of expression, which over time can be quite impactful in relieving anxiety. Remember, it's about the creative process, not your loved one's abilities. Set aside 30 - 45 minutes weekly for art or music and consider participating alongside them.

Committed to helping care-

givers find the strength and stamina needed to provide compassionate support, Interim HealthCare has based its care approach on the methodology of Teepa Snow, an international leader in the Positive Approach to Care (PAC) philosophy. To that end, many caregivers and clinicians in the Interim HealthCare network participate in PAC training rooted in learning care techniques that can ease anxiety, as well as in understanding what a person living with dementia can still do – even as the journey continues to become more difficult for them over time.

Interim HealthCare has created a free downloadable guide with more tips and guidance intended to provide the most supportive environment possible.

To download the free guide visit interimhealthcare.com/dementia-caregiver-guide.aspx.

Caring for a person with dementia is a difficult journey. However, a greater understanding of the condition can help caregivers better cope and manage their role with compassion.



Dementia is caused by physical changes in the brain and while there are many kinds of dementia, Alzheimer's is the most common.



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Reading (and understanding) a window sticker



Consumers shopping for new cars are no doubt familiar with the stickers plastered on the side windows of vehicles at dealerships. These stickers are loaded with information and are designed to describe the vehicle and its various options. Learning to read the window sticker in depth can help guide vehicle purchases and give consumers a good understanding of the vehicles they're considering

The window sticker, known to auto industry professionals as the Monroney label, is required by law to be the same across all manufacturers in regard to the information it includes. However, the automotive resource Edmunds notes that the layout of the sticker can vary depending on the automaker. The following is some of the information shoppers will find on the window sticker,

as well as a rundown of what that information means.

- **Model information:** The top of the sticker will contain the model information, which includes the model, year and style of the vehicle. Also included are the engine size and the type of transmission. Exterior and interior colors also will be included.

- **MSRP:** One of the prominent components of the window sticker will be the manufacturer's suggested retail price. This does not necessarily represent the amount a buyer will spend on the car, nor is it what the dealer paid for the vehicle, which is the invoice price, says Cars.com. Many buyers try to negotiate a price lower than the MSRP.

- **Standard equipment:** This section of the window sticker lists all of the features and items

included in the vehicle. Categories will include exterior, interior, safety/security, comfort/convenience and mechanical/performance. This section can be used to compare vehicles of the same trim level.

- **Warranty information:** The warranty information is usually found next to the standard equipment information, offers YourMechanic. This will include the comprehensive warranty and those specific to certain elements of the vehicle. This warranty information is what is included in the base price, although customers can purchase more extensive warranties if they choose to do so.

- **VIN:** The vehicle identification number will be located on the sticker as well. The VIN on the sticker should match the one on the dashboard to ensure it is the right vehicle.

- **Optional equipment:** This is a list of the factory-installed options, which may be bundled into packages, states Edmunds.

- **Mileage and safety:** The window sticker also will showcase the fuel economy and environmental impact of the vehicle. Safety information may include ratings from the National Highway Traffic Safety Administration or the Insurance Institute for Highway Safety. If the car was released before being rated, the sticker will indicate it has not yet been rated.

Vehicle consumers can consult the window sticker and make a list of the key features they desire in their new car or truck, and then compare them against similar features in other makes and models.

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Donna's Day: Creative family fun

by Donna Erickson

Hats off to summer fun

You can do more with a newspaper than just read and recycle it. Use it to make a hat – and wear

it at your child's birthday party, a picnic at the park or just for fun! All you need are recycled newspapers, a roll of masking tape or a large rubber band and basic art supplies

or picks from your garden, if you want to decorate it.

DIY basics: Open a large newspaper sheet and place it on your head. Set a second same size sheet over the first, going in the opposite direction. Place your hand on the top of your paper-covered head while another person wraps masking tape in a circle on the newspaper, starting at your forehead and creating a band of tape around your head. Wrap tape around twice. If using a large rubber band instead of tape, another person places it on the newspaper covering your head just above your ears.

Roll up all edges of newspaper tightly toward you to create a brim, or ask your helper to do it for you. Finished!

Now it's time to decorate. Pick a theme such as one of the following:

Gardening hat: Glue pieces of seed packets above the brim to create an eye-catching band. In between the packets, glue miniature toy fruits and vegetables, and a rubber worm.

Tea party hat: Glue silk flowers or tie fresh flowers and leaves around the hat. Attach streamers of ribbons to the back. You might want to add two lengths of ribbon attached to the sides to tie under your chin.

Wacky hat: Paint designs in bright colors. Let dry. Wrap several pipe cleaners around your finger to form spirals. Poke through the paper and twist and tape securely on underside. Place the spirals randomly around the hat so they spring out. Attach charms, flowers or beads to the ends.

Safari hat: Paint with leopard spots, zebra stripes or camouflage designs. Glue plastic spiders,

dried moss and leaves around the brim.

Flag hat: Decorate your hat to represent the flag of your state or country of origin. For an all-American red, white and blue hat, paint the bowl of the hat blue, the brim red and white stripes. Let dry. Squeeze household glue in star shapes over the blue portion and sprinkle with silver glitter.

Show it off! Whatever your gathering, wear your "finery" in an impromptu parade or photo op.

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Ava McLean, 7, rolls up two sheets of the daily newspaper into a whimsical hat for her mom.

Good Housekeeping

Turkey-melon wraps

A no-sweat dinner in just 10 minutes.

- ¼ small cantaloupe
- 1 lavash (half a 14-oz package of soft Armenian flatbread)
- ¼ cup bottled horseradish sauce
- 6 large green- or red-leaf lettuce leaves
- 12 oz thinly sliced, deli smoked turkey breast
- 1. Cut rind from cantaloupe; cut flesh crosswise into 1/4-inch-thick slices (you should have about 1 cup).
- 2. Unfold lavash. Evenly spread lavash with horseradish sauce; top with lettuce and turkey, overlapping to fit if necessary. On a short end, arrange cantaloupe in single layer to cover half of lavash.
- 3. Starting from end with cantaloupe, tightly roll lavash, jelly-roll fashion. Trim ends if you like. With serrated knife, cut roll into 4 pieces.

Tip: If lavash seems dry before filling, place between dampened paper towels; let stand 10 to 15 minutes to soften.

• Each serving: About 285 calories, 4g total fat (2g saturated), 43g cholesterol, 1,100mg sodium, 39g total carbohydrate, 22g protein.

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Now Here's a Tip

by JoAnn Derson

Consumer advocacy experts say that it's best to communicate your service issues with a company by email. This way, there is a ready paper trail that you can refer to. If you have to call a customer service line, ask for an email address that

you can correspond with. If your scallions are growing like crazy, you should know that you can freeze them to use later. Snip into smaller portions and freeze in a single layer for a couple of hours. Transfer to a container and store in freezer. When a recipe

calls for scallions, just take what you need and use immediately.

- Save energy and heat by using an electric kettle to make hot water for tea. It uses less energy than a stovetop kettle, and it won't heat up your kitchen.

- Stuff a musty cooler

with crumpled up newspaper and seal. Remove and replace daily until the musty smell goes away.

- When making cookie dough, make extra and freeze it in balls or slices. You'll have an easy source of ready-to-bake fresh cookies!

- "You can use dishwasher detergent to clean your bathtub. I moved into a place with a very stained and dirty bathtub. I filled the tub with very hot water, put a cup of detergent into the water (the kind you put in a dishwasher, not soap) and stirred it to dissolve

the powder. After letting it sit until it was just warm, I used a scrub brush to lightly lift away the soapy grime. It lifted stains out too." – G.G. in South Carolina

Comfort Foods Made Fast and Healthy

by Healthy Exchanges

Summer Fiesta Corn Salad

Savor this tasty creation as you join me in a chorus of "Iowa, Iowa, that's where the tall corn grows."

- 1 (16-oz) can whole kernel corn, rinsed and drained
- 1 cup chopped fresh tomato
- 1 cup chopped cucumber

- ½ cup diced celery
- ¼ cup diced red or green bell pepper
- ¼ cup sliced green onion
- ½ cup fat-free Catalina dressing
- 1 tsp chili seasoning
- 1 tsp dried parsley flakes

1. In a large bowl, combine corn, tomato, cucumber, celery, bell pepper and onion. Add Catalina dressing,

chili powder and parsley flakes. Mix well to combine. 2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (1/2 cup) servings.

- Each serving equals: 80 calories, 0g fat, 2g protein, 18g carb., 280mg sodium, 1g fiber; Diabetic Exchanges: 1 Vegetable, ½ Starch.

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Good Housekeeping

Grilled Lemon Chicken & Asparagus

This easy recipe is delicious and totally good for you – and because it comes together in only 20 minutes, it's a healthy meal you can put on the table any night of the week.

- 1 tsp olive oil
- Kosher salt
- Pepper
- 4 boneless, skinless chicken breasts
- 1 lemon
- Steamed asparagus

1. Heat grill to medium-high. Brush the

chicken with the oil and season with 1/2 teaspoon each salt and pepper. Grill the chicken until cooked through, 5 to 6 minutes per side, adding the lemon wedges to the grill for the last 3 minutes. Serve the chicken and lemon with asparagus, if desired. Serves 4.

For thousands of triple-tested recipes, visit www.goodhousekeeping.com/food-recipes.

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King Crossword

ACROSS

1 Actor Carrey
 4 Weapon of mouse destruction
 8 Zits
 12 Man-mouse link
 13 Midwestern state
 14 Addition sign
 15 The national pastime
 17 Node
 18 — pro quo
 19 British patrolman
 20 First lady before Michelle
 22 Old MacDonald's place
 24 Twistable cookie
 25 Fort Dix, for one
 29 Sea (Fr.)
 30 Gray matter
 31 Snapshot
 32 You might run on one to get home
 34 "The lady — protest too much"
 35 Drench
 36 Cow catcher
 37 Underground chamber
 40 Close
 41 Villainous look

DOWN

1 Task
 2 401(k) alternative
 3 Costume party guests (Var.)
 4 Leg bone

5 Street
 6 Piercing tool
 7 Crony
 8 Poise
 9 Organization
 10 Unfeeling
 11 Catch sight of
 16 Continental coin
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 22 Candid
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 44 Seek damages
 45 Em halves

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Weekly SUDOKU

by Linda Thistle

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

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.

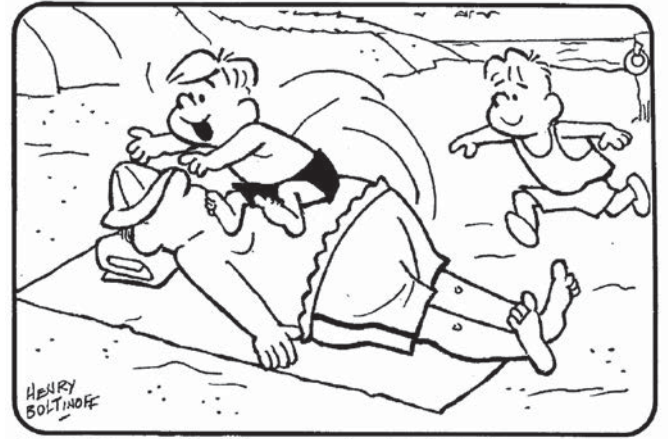
DIFFICULTY THIS WEEK: ♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

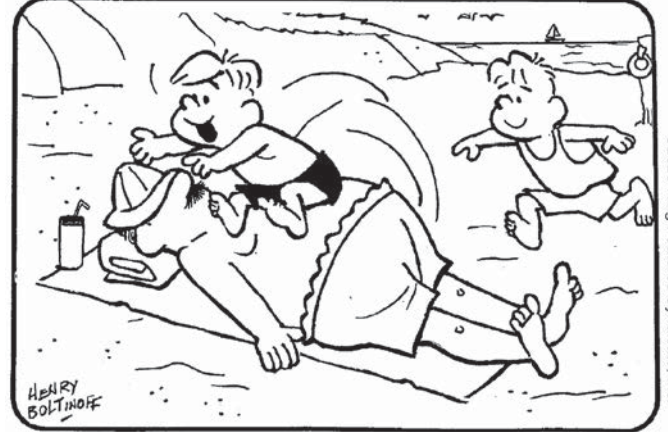
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HOCUS-FOCUS

BY HENRY BOLTINOFF



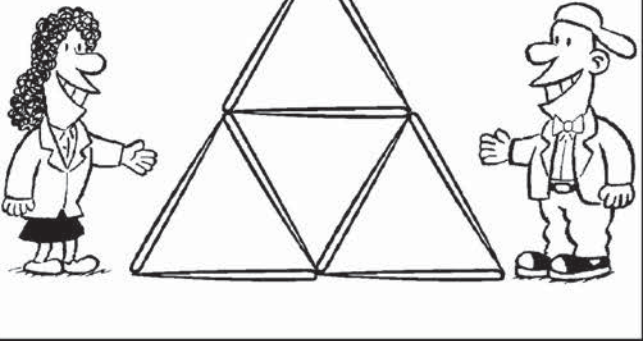
Find at least six differences in details between panels.



Differences: 1. Boy is barefoot. 2. Blanket is narrower. 3. Man has mustache. 4. Water bottle has been added. 5. Swim trunks have no stripe. 6. Boat is on horizon.

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PUZZLE CARD



TOOTHPICK PUZZLE! Place 9 toothpicks on the table and challenge your friends to arrange them in the form of 5 equilateral triangles. The solution shown here has 4 small triangles and 1 large triangle

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Junior Whirl

by Charles Barry Townsend

1.		I	N	K			
2.			I	N	K		
3.					I	N	K
4.				I	N	K	
5.			I	N	K		
6.	I	N	K				
7.				I	N	K	

A QUILLER-DILLER QUIZ!

It's time for another dictionary quiz! To the left is a list of seven words, each of which contains the word "ink." Using the following hints, see if you can "ink in" the correct answers:

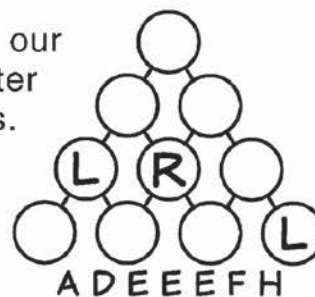
1. An animal noise.
2. A sour musical note.
3. An edible marine snail.
4. A type of wrap.
5. A stair descender.
6. A testing pattern.
7. Playful, noisy activities.

HERE, THERE, EVERYWHERE! If you look "everywhere" in the word EVERYWHERE, you'll find 10 smaller words. The letters, in each case, are in the same order, next to one another



Answer: Eve, ever, every, very, where, he, her, here, ere, re,

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Answers: Top to bottom, left to right: Half, hale, hare, hard, here, herd, heed, heel.

Answers: 1. Oink. 2. Clinker (slang). 3. Periwinkle. 4. Shrink-wrap. 5. Slinky (toy). 6. Inkblot. 7. Hilarious.

Illustrated by David Coulson

Reopening of the Herkimer County DMV

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

The Herkimer County DMV is 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.

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
 • 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 (please 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 a website, www.picktime.com/HerkimerCountyClerksOffice, to set up an ap-

pointment. The site will ask for certain information, the date and time and what type of transaction.

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 set up especially for appointments at DMV@HerkimerCounty.org.

If you need additional information you can go on the state DMV website at DMV.NY.gov.

Make every effort to be on time for your appointment and wear your 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 recognize when you can stop mowing

Each weekend in spring, summer and fall, millions of homeowners fire up their mowers and cut the grass in their yards. A few hours spent mowing the lawn can be a great time to get some sun and some exercise in the great outdoors.

As fall gradually transitions to winter, homeowners may wonder when to stop mowing their lawns. Each lawn is different, and when to stop mowing may depend on a host of factors, including local climate and the type of turf. In addition to climate and turf, homeowners can keep an eye on these conditions to determine when the time is right to put their mowers away for the winter.

• Frost: Warm-season grasses typically go dormant after a couple of significant frosts. Homeowners can jot down each frost during fall. Frosts are most noticeable in the early morning hours, so be sure to check lawn con-

ditions each morning as the weather begins to grow cold. Frost may be noticeable without even going outside, but homeowners may need to go outside to check on chilly mornings or on days when the previous night was especially cold. If you must go outside, stay off the grass to protect it. Two or three frosts might be enough to make warm-season grasses go dormant for the winter. Cool-season grasses may keep growing and require mowing even after a few frosts, so it's imperative that homeowners determine which type of grass is in their yards.

• Soil temperature: If it's hard to determine if frosts have occurred, homeowners can try checking the temperature of their soil to decide if they need to keep mowing. The lawn care experts at Pennington recommend homeowners continue mowing warm-season grasses so long as they keep growing.

Lawns may not grow as quickly in fall as they do in spring or summer, and growth may not be as visible to the naked eye during this time of year as it is in other times. Homeowners can routinely check soil temperature to determine if their grasses have stopped growing. Warm-season grasses tend to stop growing once the soil temperature is consistently at 55 F or below, while cool-season grasses tend to stop when temperatures are 45 F or lower.

Falling leaves have long been a barometer used by homeowners to determine if they need to keep mowing their lawns. That's not necessarily a reliable metric, as grass can still keep growing even if leaves have been falling for weeks. In addition, using a mulching mower when leaves begin falling is a great way to provide the lawn with nutrients it can use throughout the winter. Some trees shed their leaves more

quickly than others, but it's a good rule of thumb that lawns will need to keep being mowed if trees are still retaining more than half their leaves.

A host of factors can help homeowners determine when it's safe to put their mowers away for the winter.



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 - 483 Flooring
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 - 500 For Sale
 - 510 Fresh Produce, Nursery
 - 525 Fruits & Berries
 - 527 Furniture
 - 529 Garage Sales
 - 530 Garden Supplies
 - 535 Generators
 - 537 Gifts
 - 575 Greenhouse Supplies
 - 585 Guns
 - 587 Hair Styling
 - 589 Hardware
 - 600 Health Care/Products
 - 605 Heating
 - 610 Help Wanted
 - 653 Hotel / Motel
 - 683 Jewelers
 - 700 Lawn & Garden
 - 711 Lessons
 - 760 Lumber & Wood Products
 - 790 Maple Syrup Supplies
 - 805 Miscellaneous
 - 810 Mobile Homes
 - 811 Monuments
 - 812 Multi Media
 - 813 Music
 - 815 Motorcycles
 - 817 Nails
 - 820 Nurseries
 - 910 Plants
 - 950 Real Estate For Sale
 - 955 Real Estate Wanted
 - 960 RVs & Motor Homes
 - 975 Rentals
 - 980 Restaurant Supplies
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 - 1096 Sports
 - 1109 Thrift
 - 1140 Trailers
 - 1147 Trains
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 - 1165 Trees
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 - 1180 Trucks
 - 1187 Vacuum
 - 1190 Vegetable
 - 1200 Veterinary
 - 1205 Wanted

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 For as little as \$4.00 - place a classified ad in
The Country Editor
 Call Peg at **1-800-836-2888**
 or **518-673-0111**
 or email classified@leepub.com

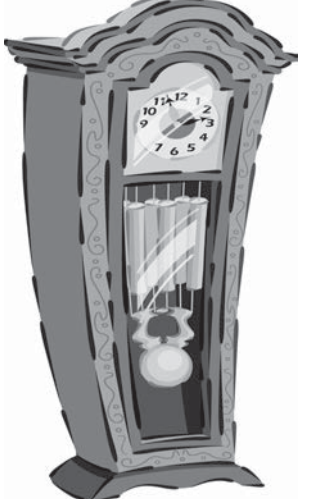
Announcements

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

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Announcements

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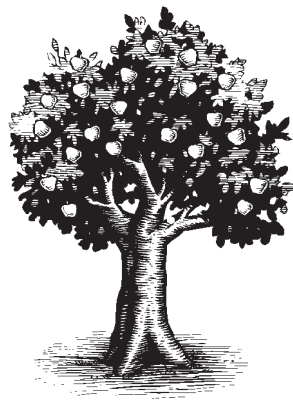
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28 words - \$5.40	29th word - \$5.50	30 words - \$5.60	31 words - \$5.70	32 words - \$5.80	33 words - \$5.90	34th word - \$6.00

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How risky is dining out during the COVID-19 pandemic?

by **The Associated Press**

How risky is dining out during the COVID-19 pandemic?

There is some risk, but health officials say there are precautions you can take to minimize the chances you'll be exposed to the virus.

Ordering takeout or delivery is still the safest option for getting restaurant food, according to the U.S. Centers for Disease Control and Prevention.

If you decide to eat at a restaurant, it's best to opt for outdoor seating where tables are at least 6 feet apart, the agency says. Dining inside a restaurant that hasn't reduced its capacity or safely distanced tables

poses the most risk, it says.

The coronavirus spreads through droplets that are emitted when people talk, laugh, sing, cough or sneeze. Indoor spaces are more risky than outdoor spaces because it might be harder to keep people apart and there's less ventilation, the CDC says.

Diners should assess what other safety steps the restaurant is taking.

For example, servers should be wearing masks and the restaurant should have a process to ensure people are not congregating too closely while waiting for a table, says Dr. Susan Casey Bleasdale, an infectious disease expert at the University of Illinois at Chicago.

Digital or disposable menus and throwaway utensils are also preferable, according to the CDC. The agency says touchless payment options, like those available on your mobile device, are optimal. Otherwise, restaurants should have procedures for avoiding hand-to-hand contact with cash and credit cards.

If you are gathering at a restaurant with a group, Bleasdale suggests only dining with people you know, and checking if they have been feeling sick or experiencing any symptoms.

People more vulnerable to severe illness from the virus, such as the elderly, might want to avoid eating out at restaurants altogether.

Veterans Post

by **Freddy Groves**

**No Summer Vacation?
Time to Get Creative**

With the coronavirus still raging, it looks like none of us are going away on a summer vacation this year. If we go anywhere, it will be local day trips, somewhere that doesn't involve crossing state lines or getting on an airplane or cruise ship. Still, we've got to do something to break up the monotony.

Before you do anything, check your state's department of health for the current movement status. Are you still on

home quarantine? If you're basically free to roam around your state, do that. Think: be active, be outside.

Prowl your town looking for lawns to volunteer to mow. Head for the town's senior garden plots and offer to pull weeds.

Are you near any isolated, crowd-free water (river, beach, lake)? Take a folding chair and a book (or a fishing pole), plus a cooler of ice, water and sandwiches, and spend the day outside. Stay away from others.

Scour the internet for drive-in movies

in your area. Many of them have opened up.

Walk around your town with a camera and a map.

If there's a drive-up food bank near you, volunteer to hand out bags and boxes.

Look up all the veterans memorials in your area. Visit each one. Leave a small flag. Take a photo.

If you're tempted to travel to another state, remember that many states have blocked visitors from coming in unless they agree to a two-week quarantine.

Some states require returning residents to quarantine if they've been out of state for 24 hours.

And, if we're feeling sorry for ourselves, consider: If active duty personnel had their travel slammed shut, sometimes in the middle of a duty station move, with the family already sent on ahead and their belongings in a van, you know that our concerns are much smaller.

No matter where you go, take a mask, hand sanitizer and gloves. Be safe.

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Get ahead of chimney repair this season

Woodburning fireplaces or fuel stoves can add warmth and ambiance to a home. These appliances are particularly coveted in the cooler months when people spend more time indoors. Maintenance is necessary in order for fireplaces and stoves to function safely, and that upkeep must include paying close attention to the functionality of the chimney.

Chimneys are designed to last for decades. Cracks and spalling in brick chimneys are common concerns that can cause significant damage if left unchecked.

Chimney maintenance involves more than cleaning the flue. Rather than running the risk of costly repairs, which can cost several thousand dollars, homeowners can take some simple steps to keep their chimneys in tip-top shape. Certain components of chimney maintenance are do-it-yourself tasks, while others may be better left to the professionals.

• Start from the inside and ensure that dampers are working properly. When using fireplaces and other appliances, dampers need to be open to allow smoke to vent outside; otherwise, smoke will be trapped in the home and could lead to carbon monoxide build-up. Dampers need to be fixed or replaced if they are not operational. Replacement fireplace dampers should be snug and not have any gaps, states Vertical Chimney Care.

• Conduct a visual inspection of the chimney to check for any cracks or

spalling. Spalling is the wearing away of masonry due to water, weather and time. If enough of the material erodes, that erosion can adversely affect the structural integrity of the chimney. Some repairs can be made by patching up cracks or replacing missing bricks. Chimney tuckpointing is the process of repairing mortar.

• Think about waterproofing the chimney to prevent damage. A water sealant applied to the outside of the chimney can prevent moisture from breaking down the masonry.

• Inspect and replace the chimney cap if it is worn out. A chimney cap is a contraption that sits atop the chimney to allow the smoke to vent while also preventing critters and water from going inside the flue, helping to extend the flue life. The chimney cap attaches to the flue liner, so outside dimensions should be taken to ensure the cap is the right size for the chimney.

• Have the chimney swept. Sweeping helps remove the soot and debris that clings to the inside of the flue, known as creosote. The amount of time the fireplace is used will determine how often the chimney must be cleaned. Generally speaking, the chimney liner needs to be cleaned if it has 1/8-inch or more of soot.

Regular inspection and maintenance can help keep a chimney working safely for decades. For those who do not like working at such an elevation, leave exterior chimney repair to a certified professional.




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When buying a leased vehicle makes sense



Consumers in the market for new vehicles must make a number of decisions before getting behind the wheel of a new car. Some may debate whether or not to buy a new or pre-owned vehicle, while others may wonder if buying or leasing is best for them. People who decide to lease will likely have another decision to make when their leases reach maturity: should I return my car or buy it?

Drivers who have never leased a vehicle may not even know that lessees have the option to buy their cars at the end of their lease agreements. The idea of leasing suggests drivers would always be better off turning their vehicles in, but there are situations in which keeping the car can benefit buyers.

- The buyout figure is less than the market value of the vehicle: Lessees who don't drive much might find that their vehicles are worth more at the end of the lease than the buyout figure indicated on the agreement. That means lessees can buy the vehicle for less than its market value. They can then flip the vehicle and reap a profit or simply keep driving the vehicle.

- The excess mileage penalties are steep: Drivers also may be better off buying if they significantly exceeded their mileage restrictions. Lease agreements typically include per-mile penalty fees for every mile drivers go past the mileage limits indicated in their agreements. These fees can quickly



add up, but drivers won't have to pay them if they choose to buy their vehicles at the end of their leases rather than returning them.

- The condition of the vehicle: Drivers who took care of their leased vehicles and even those who did not may benefit from keeping their cars when their leases reach maturity. Keeping a leased vehicle that's been well maintained can save drivers money over the cost of buying new vehicles, as the buyout value on their lease is likely a lot less expensive than the cost of a new car or truck. But keeping vehicles that have enduring considerable wear and tear also may be wise, as leasing companies may charge hefty wear-and-tear penalties.

Buying a vehicle at the end of a lease may seem unusual. But there are various instances when buying makes more sense than turning the vehicle in.



Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 27 mins.

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

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- ### This Week's Holidays
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 - July 19 – National Daiquiri Day
 - July 20 – Ugly Truck Day
 - July 21 – National Junk Food Day
 - July 22 – Hammock Day
 - July 23 – Vanilla Ice Cream Day
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Did you know?

The outbreak of the novel coronavirus COVID-19 left no aspect of life untouched, and education was no exception. The short-term effects of stay-at-home measures were felt immediately by millions of students across the globe. But there will be long-term effects, too, and one of the first such long-term dominoes to fall was the relaxation of SAT requirements for aspiring college students. As stay-at-home measures

lasted longer than many people initially anticipated, high school students learned that SAT and SAT subject tests were being canceled. The Princeton Review® noted in late May that the College Board added a new test date for September after the June tests were canceled. However, many schools have dropped the SAT and ACT requirement for fall 2021 admissions. The University of California, which includes nine differ-

ent schools in its system, suspended the requirement for students applying for fall 2021 in early April, and many schools followed suit in the ensuing months. As prospective high school seniors prepare for their final year of high school and begin thinking about where they want to apply for college, they should work with their guidance counselors to determine just what is required of them during the admissions process.

Understanding R-Values

Insulation recommendations are based on certain factors that coordinate with regional climate zones to increase energy efficiency. These factors are known as R-values. The R in R-value stands for "resistance," and refers to how certain products resist the flow of heat through walls, floors and ceilings. Products should reduce heat escape so heat is kept on the right side of the wall. In summer this means outdoors, in winter it means indoors. R-values relate not only to insulation, but also to walls, windows and other barriers. R-values also coordinate to the type, thickness

and density of the material being used. The higher the R-value, the more resistant to heat the product is. The U.S. Department of Energy coordinates R-value to climate zones 1 through 7 (1: Tip of Florida; 7: Canadian border). A higher R-value is needed in Zone 7 and a lower R-value is necessary in Zone 1. Those embarking on home improvement projects that involve choosing between R-values are urged to speak with a professional or to visit the Department of Energy website (www.energy.gov) to determine which R-Value is ideal for their homes.



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Daisies bring a sunny look to the garden

by Lee Reich, Associated Press

Give a child a box of crayons and a piece of paper, and ask for a flower, and you very likely will get a picture of a daisy.

Daisies also hold attraction for poets. Geoffrey Chaucer, English poet of the 14th century, wrote "...of all the floures in the mede, Thanne love I most these floures white and rede, Swiche as men callen dayes in our toune."

Daisies are my favorite, too. For me, a daisy is the essence of "floweriness."

What makes a flower a daisy? The child's daisy is a circle surrounded by strap-like petals, their bases attached to the circle. To the botanist and gardener, the meaning of "daisy" is not so simple. The botanist explains that the daisy is a composite flower made up of many small, individual florets. Those florets that make up the eye of the daisy have inconspicuous petals.

A different type of floret, the so-called ray florets, skirt the daisy's eye,

and each has one large, outward-pointing petal. The petals you actually see on a daisy flower are those from the ray florets.

What is a daisy?

Botanically, all daisies are in the Compositae, or daisy, family. But that family also includes many other plants not commonly called daisies. Lettuce and zinnias, for example.

The daisy family has two subdivisions, one of which is exemplified by the child's flower drawing, sunflowers, coneflowers and other daisies with "eyes." For examples of the other subdivision, look closely at a dandelion or chicory flower; in these flowers, all the florets are ray florets, each with a single, large, strap-like petal. There is no eye to these flowers.

The original "daisy" of poetry and literature is the English daisy, *Bellis perennis*. These squat, cheerful flowers, with yellow discs surrounded by petals in shades from deep-rose to white, originated in the grassy fields of England. Now they are

widespread in America, too. Cultivated forms have been bred to have so many rows of petals that their yellow eyes often are hidden. These plants self-sow readily to give seedlings that revert to the "wild" form with a single row of petals, in which case they sometimes are considered weeds as they invade lawns and gardens.

So many flowers with 'daisy' in their names

Nowadays, we gardeners use the word "daisy" to represent many different flowers in the daisy family. In the chrysanthemum genus, for example, there's the ox-eye daisy (*C. leucanthemum*), its white petals encircling a clear yellow disc. It's a familiar roadside plant. This plant, like the English daisy, was a native of Europe, but has firmly established itself in America (many consider it a weed).

Other perennial chrysanthemum daisies include the Nippon daisy (*C. nipponicum*), also with white petals, and the

painted daisy (*C. coccineum*), whose red, pink or white flowers begin their show in early summer. The high, or giant daisy (*C. uliginosum*) is aptly named, because its white flowers tower 4 to 7 feet above the ground. The crown, or garland daisy (*C. coronarium*) is an annual species, with yellow or white flowers atop 3-foot stalks.

The *Erigeron* genus and the *aster* genus also have some "daisies"; the former sometimes are called fleabanes, for their alleged ability to drive away fleas, and the latter sometimes are called Michaelmas daisies. Whereas the fleabanes generally bloom in spring and early summer, the asters bloom from late summer into fall. Two representatives of *Erigeron* that are good garden daisies are the orange daisy (*E. aurantiacus*) and the seaside, or double-orange daisy (*E. glaucus*).

The list goes on, including the perennial globe daisy (*Globularia trichosantha*), a low-growing native of Asia producing a globular, blue flower; the Swan River daisy (*Brachycome iberidifolia*), a graceful little annual with blue, rose or white flowers; and the blue daisy (*Agatheae coelestris*), a plant best suited for greenhouse-growing, with sky-blue petals surrounding a yellow eye.

Next spring, I will plant a sweep of pastel landscape with African daisies (*Arctotis grandis*), whose



petals, white skyward over lavender undersides, surround steel-blue centers.

In contrast, individual attention is demanded from each flower of Transvaal daisies (*Gerbera jamesonii*), which blossom in shades of salmon, pink and apricot in clay pots on my terrace.

A green thumb isn't required to enjoy daisies. Most are hardy plants, free from pests, and able

to tolerate poor, dry soils.

If daisies have captured your fancy, sow seeds of perennial forms now. Sow seeds of annual daisies next spring.

Daisies are adaptable plants that can bring their sunny disposition to the formal garden, cottage garden, meadow or abandoned lot. After all, the name daisy comes from a reference to the sun, "day's eye."

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