

HERKIMER Country Editor

Serving the Valley for 53 Years

JULY 24, 2020

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Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Proverbs 3:5-6



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Virtual programs by Herkimer County Historical Society

The Herkimer County Historical Society will present its first virtual presentation on Thursday, July 30 at 6:30 p.m. Presented by Jeff Steele, one of the contributors of the Historical Society's book "Murder and Mayhem in Herkimer County," the program will be on the notable murder

case of 11-year-old John Bowman. One of the earliest cases in the county, in 1811, and by the youngest offender, Bowman was sentenced to death by hanging. In consideration of his age, the New York State Legislature passed a special act commuting his punishment to confinement in

state prison at hard labor for the rest of his natural life. There are many interesting connections made to political and historical figures of the day.

The online program will be hosted by Zoom and is free and open to the public. A link to join the presentation will be available

on the day of the program on the Historical Society's Facebook page and to those who contact the Society in advance and provide their email.

For more information, call 315.866.6413 or visit their Facebook page or website at www.herkimercountyhistory.org.



USDA Meals to You partnership delivers nearly 30 million meals

USDA Secretary Sonny Perdue lauded the achievement of its Meals to You partnership, which has now delivered more than 28.5 million meals to the doorsteps of low-income kids in rural communities across America during the COVID-19 health crisis. Perdue announced the milestone during a visit on July 16 to McLane Global, one of USDA's partners in the initiative, which has served kids across 41 states and two U.S. territories.

"Meals to You is a prime example of USDA's commitment to 'do right and feed everyone,' while leveraging private sector ingenuity with public sector funding. At the beginning of this public health emergency, President Trump made it clear we would only overcome these trying times if we came together as one America. These folks feeding kids in need here in Texas and across the country rose to the challenge," said Perdue. "We've heard from families across America who have told us that in these difficult times, the program has been a home run for feeding hungry kids. We're grateful to our partners for helping make that a reality."

"It has been humbling to see the impact that COVID-19 has had on all of our lives. We are grateful that we could take part in the USDA's Meals-To-You program and be part of the response to this crisis. This program would not have been possible without everyone involved in the partnership and our dedicated McLane Global employees, working tirelessly to feed so many children in need across the country. Thanks to the hard work

of so many, we have ensured children in rural areas have access to nutritious meals during this difficult time. This is what we can accomplish when government and private business come together in the fight against hunger," said Denton McLane, Chair of McLane Global.

Meals to You is an innovative public-private partnership between USDA, the Baylor University Collaborative on Hunger and Poverty, McLane Global, and PepsiCo. It began as a summer pilot project in 2019 but has been successfully leveraged as emergency Meals to You to address pandemic-related nutrition needs in rural areas.

Initially, Meals to You aimed to serve one million meals to children in rural areas. Due to unprecedented need, high requests to participate, and the commitment of USDA and its partners, the initiative rapidly expanded. As of July 11, 28,565,460 meals have been delivered to 268,277 children across the U.S.

Meals to You boxes are delivered directly to children's homes via the U.S.

Postal Service or another delivery service. Each box contains 20 nutritious, shelf-stable meals including 10 breakfasts and 10 lunches/suppers. In participating states, families with students who attend an eligible school or are eligible for free or reduced-price meals may opt-in to receive one box per child every two weeks.

Meals to You is just one of a broad range of actions USDA has taken to ensure children are fed during the COVID-19 health crisis. FNS has issued more than 35 na-

tionwide waivers in its child nutrition programs to make it as easy as possible for children to continue to receive meals during the pandemic. USDA also recently announced several nationwide waivers that extend throughout the entire 2020-21 school year to allow states and program operators to plan for autumn and beyond. To learn more about FNS's response to COVID-19, visit fns.usda.gov/coronavirus and follow us on Twitter at @USDANutrition.

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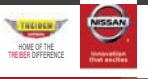


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Tips to spend less money on cooling your home this summer

(StatePoint) Keeping your home cool and comfortable on hot summer days doesn't need to cost a fortune. These tips can ensure your heating and cooling equipment lasts a long time and operates at maximum efficiency:

- **Clean and change filters:** Dirty air filters can cause a system to suffer from pressure drop, which can lead to reduced air flow or — blow-out — which can result in no air infiltration at all. When this occurs, your HVAC equipment is working harder, which means increased energy bills and ultimately, more wear and tear. To avoid costly repairs and replacements and enjoy lower utility bills, clean your air filters monthly.

As far as replacing air filters is concerned, one general guideline to follow is to change them every three months. However, the truth is that optimal frequency for this maintenance task depends on a variety of factors, including the type of filter in your HVAC unit, the size of your home, if anyone in your family has allergies and whether or not you have pets. No matter how often you change air filters, be sure they are properly-sized for your system.

The importance of cleaning and replacing air filters can't be overstated. Dirty air filters won't just cost you more money, they can compromise your home's indoor air quality and aggravate allergies and respiratory issues.

- **Get annual service:** Your HVAC or furnace technician should service your unit annually in order to check that all its various components are in working order. A

service check may actually detect a problem before you notice it, and catching it in time could extend your unit's life. Be sure to schedule this service before it's an emergency (i.e. don't wait until it's the hottest day of the year and your unit is in disrepair.)

- **Replace older units:** Consider whether it's time to replace your unit, factoring in its age and regularity of service. Newer units, especially those with ENERGY STAR labels, operate more efficiently. Indeed, a properly sized and installed ENERGY STAR air conditioner uses up to 20 percent less electricity than older models. So, even if your heating or cooling system is properly maintained, you may be spending more money than is necessary each month.

- **Do it right:** For ultimate savings, it's best to ensure your HVACR equipment is installed and serviced properly. The best way to ensure fast, efficient service done

right the first time is by hiring a technician certified by North American Technician Excellence (NATE) for all installations, repairs and maintenance. NATE-certified technicians have demonstrated their knowledge of today's increasingly sophisticated heating and cooling systems by passing a nationally recognized test developed and supported by all segments of the heating, ventilation and air-conditioning industry. To find a NATE-certified technician in your area, visit Nate.org.

If reducing cooling costs, increasing home comfort and helping protect the environment are all important to you, there's good news, with proper HVACR installation and maintenance, these don't need to be competing priorities.

Utica Zoo postpones annual 'Brewfest' fundraiser

The Utica Zoo recently announced via social media that they would be postponing the community favorite "Brewfest" fundraiser originally scheduled for Aug. 1. The postponement comes in response to concern for safety of all visitors and adhering to New York State social distancing and capacity guidelines.

The zoo released the following statement: "The Utica Zoo and its Brewfest Committee are looking forward to seeing everyone when we can all be socially responsible. With that being said, Brewfest 2020 has been postponed to a later date, which will be announced as soon as we have the green light to have a party!"

Stay tuned to the zoo's social media and UticaZoo.org for more information as it becomes available.

For more information about this, or anything Utica Zoo related, visit UticaZoo.org or follow on Facebook, Twitter and Instagram at [@uticazoo](https://www.instagram.com/uticazoo).

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Family Living — Learning at Home: Five tips for teaching children financial literacy



(StatePoint) If you have school-age children, you are probably one of the many parents facing the challenge of educating your kids at home. While there are countless learning options available — from virtual music classes to videos about zoo animals — financial literacy is one important subject that should not be overlooked.

Teaching your children financial literacy gives them the knowledge, skills and motivation to responsibly manage their money and achieve their future goals. Learning fundamental financial concepts is not always easy, so experts recommend that you start with the basics. Here are a few ideas to get you started:

- Explain that there are three things you can do with money: spend it, save it or give it away. To illustrate the point and introduce them to budgeting, have your child divide up money they receive from gifts or an allowance. Have them pay themselves first by putting a certain amount into savings. Then teach them

the importance of giving by having them donate a portion of their funds to a charity of their choosing. Allow them to spend the rest.

- Help them distinguish between needs and wants. With older children, you can do this by giving them shopping practice. You could give them a list of things they need, like new clothes, and a budget to shop for these items online. They will have to decide how best to use their limited resources. Should they buy the designer jeans they really want or a lower-priced option that lets them get everything on their list? With younger children, you might instead have them compare the costs of preparing meals at home (food being a need) to ordering from a restaurant (a want).

- Give them firsthand experience with saving money. Many banks let you open savings accounts online. Set one up in your child's name and have them monitor it. By the time they become teenagers, the benefit of saving regularly will be apparent because they will have some money to spend on clothes, food and experiences with friends — and still save for college.

- Involve them in creating a financial mission statement for your family. Ask them what they think is important: Is it planning for a future vacation, saving for college or other goals? Having an open conversation with your children encourages them to think about the meaning of money, the challenge of earning it and the importance of saving for what they truly value.

- Underscore the importance of giving. Explaining to children that other people have less than they do and teaching them to give and volunteer helps develop financial discipline as well as empathy toward others. This will help them stay focused on what is truly important, which can have a profound impact on their finances and every other aspect of their lives.

For more tips like these, visit letsmakeaplan.org. Your Certified Financial Planner professional can also suggest educational resources for teaching your children financial literacy.

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 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 27-31

From Home through History VBS. Herkimer Vacation Bible School

from home. For materials and meals, register at www.HerkVBS.weebly.com.

July 29

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

Virtual programs by Herkimer County Historical Society 6:30 p.m. Presented by Jeff Steele, one of the contributors of the Historical Society's book "Murder and Mayhem in Herkimer County," the program will be on the notable murder case of 11 year old John Bowman in the year 1811. Online program hosted by Zoom. Link to join the presentation will be available on the day of the program on the Historical Society's Facebook page and to those who contact the Society in advance and provide their email. For more information, call 315.866.6413 or visit their Facebook page or website at www.herkimercountyhistory.org.

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.



"Yes, I'd love to talk. ... Let me turn my hearing aid off."

Weekly SUDOKU

by Linda Thistle

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

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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King Crossword

ACROSS

- 1 Give a darn
- 5 IOU, e.g.
- 9 Trip to Mecca (Var.)
- 12 Like 28-Across
- 13 Top-notch
- 14 Chicken-king link
- 15 The Swedish Nightingale
- 16 Hold sway
- 17 Cartoonist Chast
- 18 Creche trio
- 19 Auto grille cover
- 20 "For cryin' out loud!"
- 21 Id counterpart
- 23 Personal question
- 25 Beckon
- 28 Vast sandy expanse
- 32 Leafy shelter
- 33 Release a deadbolt
- 34 Trolley sounds
- 36 Present from birth
- 37 Common Mkt.
- 38 Pigpen
- 39 Pre-swan
- 42 Puncturing device
- 44 It gets in the whey

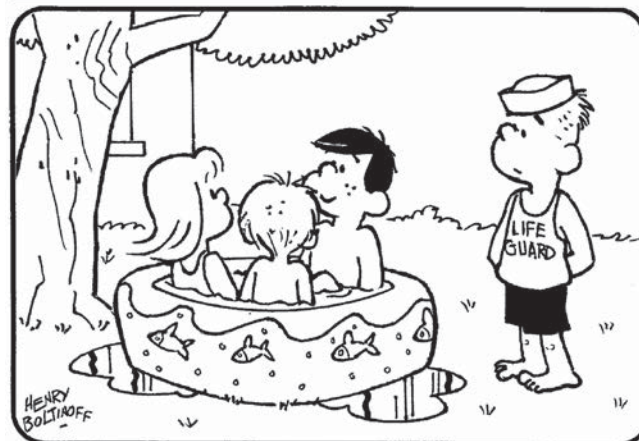
1	2	3	4	5	6	7	8	9	10	11	
12					13				14		
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25	26	27				28			29	30	31
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			37			38					
39	40	41			42	43		44	45	46	47
48				49				50			
51					52			53			
54					55					56	

- 48 Seek restitution
- 49 Neighborhood
- 50 Quite eager
- 51 Historic time
- 52 Read bar codes
- 53 — good example
- 54 Press for payment
- 55 Cattle group
- 56 A bit unclear
- 4 "Two Tickets to Paradise" singer
- 5 Diamonds, essentially
- 6 Session with a shrink
- 7 Extended family
- 8 Shirt shape
- 9 Tortoise's opponent
- 10 Lotion additive
- 11 Satchmo's genre
- 20 "I Walk the Line" singer
- 22 Canyon
- 24 Obsess
- 25 Pouch
- 26 Surfer's destination
- 27 Biz deg.
- 29 Lawyers' org.
- 30 Snitch
- 31 Exist
- 35 Hard to find home
- 36 Gilligan's home
- 39 Secondhand
- 40 Mentor
- 41 Slender
- 43 Sport
- 45 Eye layer
- 46 "Puttin' on the —"
- 47 Crucial time
- 49 Blond shade

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is gone. 2. Girl's swimsuit is different. 3. Ball has been added. 4. Fish have changed direction. 5. Life guard's shirt is different. 6. Flowers have been added.

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TURN-AROUND RIDDLES

- Turn around a drink and get an insect.
- Turn around clothes and get boasting.
- Turn around charts and get luncheon meat.
- Turn around openings and get exercised.
- Turn around water grass and get an animal.



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Junior Whirl

by Charles Barry Townsend

1.	A					H
2.		A				H
3.			A		H	
4.				A	H	
5.			H			A
6.		H				A
7.	H					A

Illustrated by David Coulson

AH, HA! IT'S TIME TO FIND THE BIG WORDS!

Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

- | DEFINITIONS | ANAGRAMS |
|---------------------------------|---------------|
| 1. An artist's tool. | (rubs + hair) |
| 2. Turn of century light. | (gash + gilt) |
| 3. Also called checkers. | (shut + drag) |
| 4. North American weapon. | (mako + thaw) |
| 5. Hard to find in restaurants. | (hats + rays) |
| 6. A light dimmer. | (tear + shot) |
| 7. Fits of laughter, crying. | (yeah + stir) |

Answers: 1. Airbrush. 2. Gaslight. 3. Draughts. 4. Tomahawk. 5. Ashtrays. 6. Rheostat. 7. Hysteria.

TO SOLVE, turn around the letters in the first word to get the second. Example: Rail-liar.

Answers: 1. Tang-gnat. 2. Garb-brag. 3. Maps-spam. 4. Maws-swam. 5. Reed-deer.

AN INTERESTING REBUS!

All right, students, you have two minutes to solve this puzzle.

STAND TAKE MINE TAKING.
I U 2 MY



Answer: The professor is saying, "I understand you undertake to undermine my understanding."

LET'S TAKE A WORD DRIVE! Find the four five-letter words in the word square that match the definitions below.

- A trip (DRIVE, in place).
- Ran against others
- A sweet decoration.
- Where something takes place.
- Dividing lines, or borders.

Answers: 1. Drive. 2. Raced. 3. Icing. 4. Venue. 5. Edges.

1	D	R	I	V	E
2	R				
3	I				
4	V				
5	E				

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 Pastor Pat Andreoli
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 Sunday Worship 10:30 AM
 Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
 Pastor Len Byerly
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 Morning Worship 11-12:30 PM
 Lunch 12:30-2 PM
 Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
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 Church Phone 429-7381
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 Oppenheim @ 9:30 AM
 Dolgeville @ 11 AM

DOLGEVILLE CHRISTIAN FELLOWSHIP
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 Mid-week Service Tuesday 7 PM

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PRESBYTERIAN PARISH
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 Worship 11 AM

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 Father Brian Slezak, Sacramental Minister
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 Christianassemblyofschuyler.com

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 Deacon: Micheal Carbone
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 Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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 Sunday Divine Liturgy 9:30 AM Sundays
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 6 PM Fridays

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 Sunday Mass 8 & 10:30 AM

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 Wednesday Worship 6:30 PM

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 10:30 AM Service with Music
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 www.thesalvationarmy.org
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 Morning Worship 11 AM

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 Shepherd's Table Dinner:
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 Sunday Mass 10:30 AM

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 Nursery & Sunday School 9:45 AM
 (Sept.-May)
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 Choir Rehearsal 11:30 AM
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 Confessions by appointment

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 Thursday Bible Study 6:30 PM

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 Sunday School 9:15 AM
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 www.presbylif.org
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 Sunday School 10 AM

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 or 315-520-4723
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Herkimer BOCES board elects new president, vice-president

Herkimer-Fulton-Hamilton-Otsego BOCES Board of Education member Thomas Shypski was recently re-elected as board president and board member Daniel Voce was re-elected vice president.

Herkimer BOCES board members elected Shypski and Voce to their one-year leadership terms during the board's annual reorganization meeting on July 2.

Shypski, who also serves on the Richfield Springs Board of Education, was elected to the Herkimer BOCES Board of Education in 2009 and served six years as board vice-president. Shypski has a business management/economics degree from Albany State, worked most of his career in agribusiness on the family's Cullen Pumpkin Farm just outside of Richfield and is now retired from his position as water superintendent for the village of Richfield Springs.

Voce has been serving on the Herkimer BOCES Board of Education since 2010 and previously served on the Herkimer Board of Education. He is a packaging manager at the F.X. Matt Brewing Co. in Utica.

Deborah Kessler, who was also recently elected to the board, filled a vacant seat and began her term on May 20 after virtually taking the oath. Kessler is a graduate of Poland Central School District, Mohawk Valley Community College and Utica College. She is the president of Kessler Promotions, an event management and consultant company.

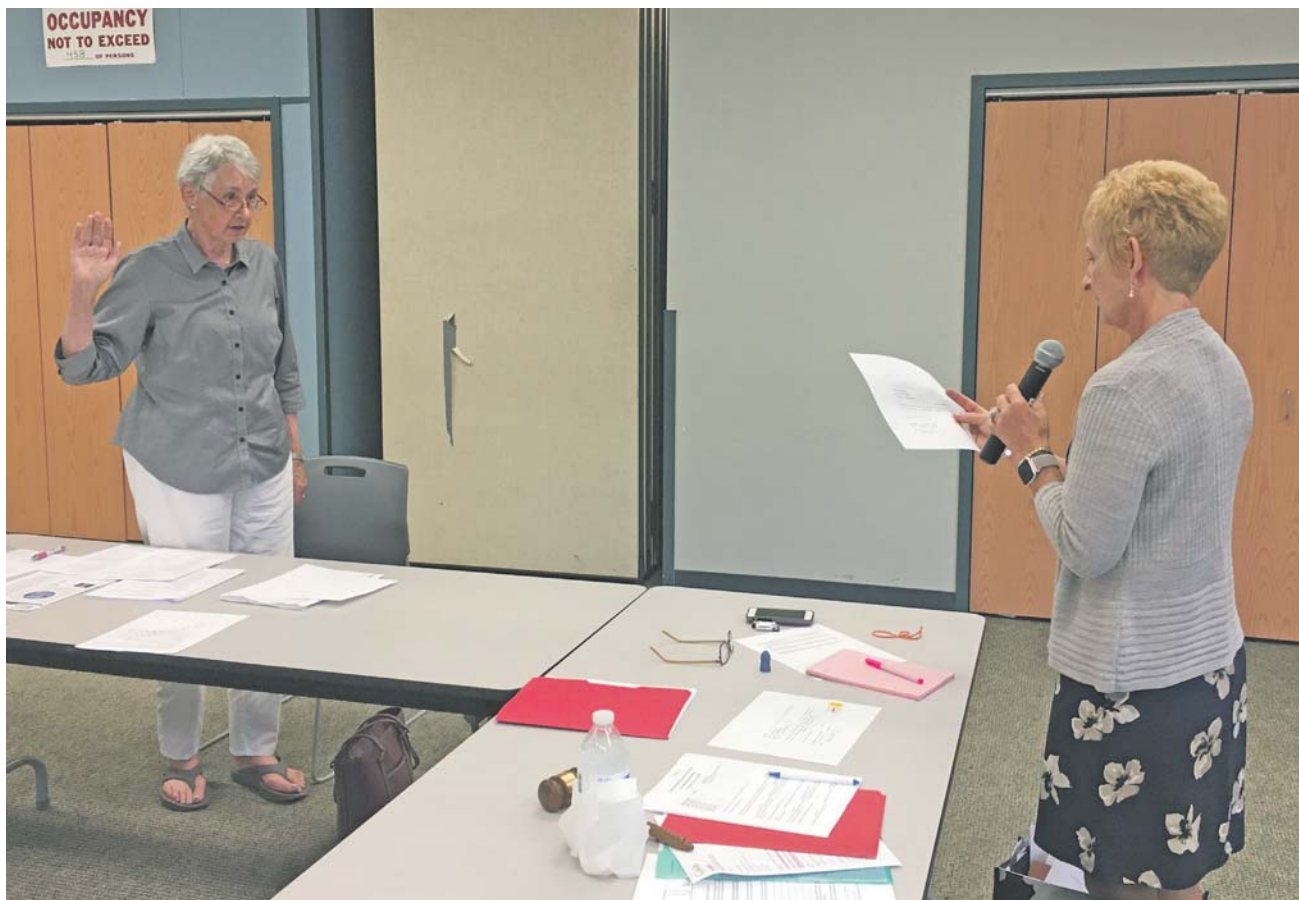
During the July 2 reorganization meeting, re-elected board members Linda Tharp (of

Linda Tharp, of Owen D. Young, is sworn in during the Herkimer BOCES reorganizational meeting on July 2. Photo courtesy of Herkimer BOCES

Owen D. Young) and Ronald Loiacono (of Mount Markham) were sworn in. James (Bob) Schmid (of Dolgeville) was sworn in on July 1. A complete list of the 2020-21 Herkimer BOCES Board of Education and their terms can be found at tinyurl.com/yc4ldov7.

The board members were voted on by Herkimer BOCES component district school boards in April, and were elected to three-year terms from July 1, 2020 - June 30, 2023.

During its reorganizational meeting, the board also scheduled its meetings for the 2020-21 school year. Board of Education meetings typically take place on the second Thursday of each month at 5:30 p.m., unless noted otherwise: Aug. 13, Sept. 3, Oct. 8, Nov. 5, Dec. 10, Jan. 14, Feb. 11, March 11, April 22, May 20 and June 10.



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Herkimer County HealthNet Supports RIDE Program

Herkimer HealthNet Executive Director Elyse Enea presented a \$4,000 check to the RIDE Program of Herkimer County Catholic Charities in support of health-care transportation in rural communities. Enea stated, "Herkimer HealthNet is pleased to donate \$4,000 to the Catholic Charities RIDE Program. One of the primary barriers in access to healthcare in rural communities is transportation. The RIDE program is a critical service for older individuals who may not have other alternatives for transportation. RIDE supports transportation for seniors to their medical appointments. The financial support provided by Herkimer County HealthNet will assist in maintaining this important service to the community." The RIDE program of Catholic Charities of Herkimer County provides medical transportation both in and out of the county to Herkimer County residents aged 55-plus.

Rae Raffle-Maxson stated, "The program is essential in helping our seniors maintain and improve their overall health. We are very grateful for the support from Herkimer HealthNet for our program." The RIDE program is operated by RSVP volunteers that serve as dispatchers and drivers. Last year, volunteer drivers transported seniors for over 60,000 miles. The donation from Herkimer HealthNet will assist the RIDE Program in reimbursing volunteer drivers so that seniors can continue to age in place. Currently, the RIDE program is in desperate need of volunteer drivers. If anyone is interested, contact Rae Raffle-Maxson at Catholic Charities of Herkimer County at 315.894.9917.



Elyse Enea and Rae Raffle-Maxson.

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Mexican corn family-style

by Donna Erickson

How about a quick word game with your kids? Start with “corn.” There’s corn on the cob, corn mazes, cornflakes, corndogs, corny jokes. Keep going. You might even hear someone exclaim, “can of corn!” referring to an easy catch at the baseball field.

This summer, I’ve been thinking “Mexican street corn” (elotes), a lightly grilled and slightly charred corn on the cob typically slathered with mayo, rolled in crumbles of tasty cotija (pronounced ko-TEE-hah) cheese and chopped cilantro, then drizzled with fresh lime juice. A dusting of chili powder raises the heat, if you dare. The mix of flavors is dynamic and will be memorable at your next barbecue.

Many street corn recipes call for mixing the add-ons before spreading onto the corn, but

I prefer a buffet-style toppings bar to let each guest customize with his or her favorite textures and flavors.

Rather than cooking the husked corn on the outdoor grill, which takes time, skill and space, I opt for boiling it in a big pot on my stove while the main course cooks on the grill. Just before we eat, I set the boiled corn on the empty hot grill until lightly charred on all sides.

Mexican corn family style

- 1/4 cup mayonnaise
- 3/4 cup cotija cheese, crumbled (substitute with crumbled feta or Parmesan)
- 1/4 cup cilantro, chopped
- 1 jalapeno chili, seeded and finely chopped (optional)
- Chili powder (optional)

2 limes, cut in wedges
6 ears of fresh sweet corn, shucked

1. Set up the toppings bar next to a stack of dinner plates. Place mayonnaise, cheese, cilantro and chopped chili in bowls. Arrange in a row on a serving table with a shaker of chili powder and plate of cut limes at the end. Set a brush by the mayo.

2. Boil or steam corn until tender.
3. Remove corn from cooking pot, pat dry and set on hot grill. Rotate with tongs for a few minutes.

4. Arrange on a large platter and set by toppings. Invite family and

guests to take a dinner plate and begin by brushing the corn with mayonnaise. Press cheese and cilantro into the mayo. Add chilies or sprinkle with chili powder if desired, then drizzle all over with squeezed lime juice. Serve hot. Serves 6

TIP: For those who prefer eating corn removed from the cob: Secure the end of an ear of corn in the hole of an angel food cake pan. Slice down with a sharp knife to remove the kernels -- they will fall directly in the pan.

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White's Farm Supply welcomes Joe Clark



White's Farm Supply Inc. is excited to welcome Joe Clark. Clark grew up on a dairy farm in Peterboro and currently raises Hereford and Angus cattle. He resides in Peterboro and enjoys fishing, camping and off-roading. He is looking forward to serving our current and new customers as our in-store sales person at our Waterville location.

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Eight quick tips for saving money

(StatePoint) Saving money is a top priority for many Americans, but it becomes even more important during times of economic turmoil. Luckily, there are many simple steps you can take to eliminate wasteful spending in your daily life.

Here are eight easy strategies to start saving more money now:

1. Track your personal expenses in a notebook or spreadsheet for 30 days. Doing this is as easy as writing down what, where, when and how much you spend on every transaction. It is only after you know what you are spending your money on that you can wisely choose where to reduce or cut.

2. Ask for discounts and use coupons when shopping for essentials. When possible, select non-branded products, which are often found at a lower price than name brand goods. But be savvy and check for a trial price or return/refund guarantee.

3. Make major purchases using credit cards that offer product assurance guarantees and make filing disputes easy. If a product is defective or damaged, you may be able to get it repaired or replaced for free.

4. Check your bank and credit card statements or online account information for any automatic charges you are paying for services that you no longer use. A \$5 charge per month for a service that you don't need is equivalent to throwing away \$60 every year.

5. Contact service providers to confirm there are no other contract options that offer lower monthly service charges. Many companies offer varying service levels and contracts at different prices, but they won't tell you about them unless you ask. For instance, you could avoid a \$190 cable bill by paying only for the channels you most frequently watch.

6. Learn to say "no," at least sometimes, to your kids and



(c) David-Prado / iStock via Getty Images Plus

grandkids. Spending money, mobile phone plans, car insurance, gas money and car payments are a few things you may be supplementing for a child or grandchild that you might consider cutting out or at least reducing.

7. Set up different checking accounts for your non-discretionary and discretionary spend-

ing. Arrange for monthly bills to be paid from the first account by a bill-pay service or electronic fund transfer. Conversely, use a debit card for personal spending. With two separate accounts, you can better manage and monitor your discretionary spending.

8. Consider creating a separate savings account at a different financial institution from where you have your checking account(s) so it is harder to transfer money. You

can set up a direct deposit or auto-draft from your paycheck to do this each month without any effort on your end.

A Certified Financial Planner professional can also help you audit and discover expenses that can be reduced or eliminated. To find a CFP professional near you, visit letsmakeaplan.org.

These simple steps may seem small, but they can add up to big savings for you and your family.

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Loving Cup

by Terry and Kim Kovel

In past centuries before the invention of the camera, heroes and celebrities were remembered with figurines, prints and plates, and mugs of glass or ceramics. Coronations, royal weddings, major exhibitions and historic events were commemorated by sou-

venirs with depictions of the people or the event. The Royal Doulton Co. made many figurines of attractive imaginary people and animals. The company started making several sizes of small character jugs honoring fictional as well as real people in 1930, and it still makes a few new ones each

year. Most sell today for under \$100.

Thirty limited edition loving cups and jugs (pitchers) about 10 inches high were made from 1930 to 1938, and two that honor Queen Elizabeth, one at her coronation in 1953, the other at her Silver Jubilee in 1977. The pieces designed by Charles Noke, molded with raised figures and decorated in bright colors, are rare. Each has a special mark on the bottom explaining the history of the hero and events pictured. The standard Royal Doulton Co. mark, a lion and crown, also is used. These limited editions were selling for more than \$1,000 each until about 10 years ago, when all Doulton prices fell.

A commemorative Admiral Lord Nelson loving cup auctioned at Skinner Auctions in Boston in 2015 for \$800. Lord Nelson was a naval hero who fought in many naval battles and seemed unstoppable. He lost an arm in one battle, an eye in another, and he was finally killed at the Battle of Trafalgar Bay in 1805. On one side of the loving cup is a picture of the one-armed admiral in

his ship; a sinking ship and lifeboat with sailors is on the other side.

Q: I have a silver spoon marked with a small hallmark: the letter "S" in the middle of wings. I'd like to know the maker and when it was made.

A: This mark was used by George W. Shiebler, who started his company in Baltimore in 1876. He moved to Brooklyn and the company name became George W. Shiebler & Co. in 1891. It went out of business in 1910. The company made flatware, hollowware, souvenir spoons and specialty items. A sterling teaspoon is worth about \$25 to \$50. A plated teaspoon sells for only \$10 to \$15.

Current prices:

- Ballot box, wooden, turned handle, 2 compartments, lift lids, scroll metal latches, sloped front, 3 1/2 x 9 x 5 inches, \$150.

- Photograph, United States Marine Corps, infantry men battle for Okinawa, black and white, 1945, 3 1/2 x 4 inches, \$480.

- Book, "The Tale of Mrs. Tiggy-Winkle," Beatrix Potter, 1st edition, hardcover, F. Warne, 26 color illustrations, c. 1905, 5 1/2 inches, \$1,300.

- Doll, Shirley Temple, composition, blonde mohair ringlets, leather cowgirl outfit, hat, smiling, dimples, 1930s, 27 inches, \$2,495.

Tip: If you store fabrics in paper, be sure it is acid-free. An acidic paper can discolor a fabric in a year, damage it within three years.

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Lord Nelson is honored on this Royal Doulton limited-edition loving cup made in 1935. Only 600 were made. This one sold for \$800. It was accompanied by the original signed certificate which adds value.

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The Kitchen Diva

by Angela Shelf Medearis

Strawberries are the perfect fruit

Strawberries have been considered a tasty and nutritious treat for hundreds of years. Nutritional experts believe that strawberries are as close as you can get to a perfect fruit. They're low in calories (just 27 per 100 grams) and fat-free, but packed with nutrients, including vitamins and antioxidants that bring numerous health benefits. Eating just five strawberries gives you more vitamin C than an orange. The vitamin content in strawberries drops quickly, so you need to eat them as soon as you can after they've been picked.

The strawberry got its name from the common practice of growing berries under straw to protect them from winter cold and late spring frosts. A member of the rose family, the strawberry sometimes gives off a rose-like aroma. Many speculate about how the luscious fruit was discovered. It is known that the strawberry goes as far back as the Romans, and perhaps even the Greeks.

The strawberry plant was originally grown in Northern Europe, but wild species also are found in Russia, Chile and North America. At one time, wild strawberries grew everywhere from Canada to the Carolinas and westward beyond the Appalachian Mountains.

Before modern refrigeration, a day of "strawberring" meant a long day of picking, followed by gorging on delicious strawberry treats — pies, tarts, shortcake and all the ripe strawberries the family could consume. Berries that were not eaten were preserved as jam, jelly, sauce, strawberry vinegar and strawberry tonic — a medicinal drink. The remaining berries were dried on flat rocks for several days. These dried berries would be used throughout the fall and winter in breads, cakes,

puddings and porridge.

The first American species of strawberry was cultivated in about 1835. Today, the strawberry is the leading small fruit crop in the U.S. It is farmed from Florida to Alaska, with the largest strawberry growing centers located in California and Florida.

When picking or buying packages of strawberries, look for ripe, shiny and brilliantly colored berries without any soft or brown patches. Never buy strawberries that are green or hard, or that look dry, dull or wrinkled. When buying berries packed in a basket, check the bottom to see if there is a juice stain. This means that the strawberries at the bottom are crushed.

Always dispose of any berries that have signs of mildew or are rotten, as they'll contaminate the rest. Refrigerating strawberries ruins the flavor, and the strawberry aroma is easily picked up by other foods in the refrigerator. Store the berries in a cool place. Strawberries should be lightly rinsed, not washed, before serving, and eaten as soon as possible.

This recipe for Strawberry Flower Cups is an easy way to serve fresh berries as a dessert or to use as a beautiful decoration. The strawberries are cut to resemble flower petals then stuffed with sweetened cream cheese. It's a cool, delicious way to showcase these beautiful berries!

Strawberry flower cups

- 32 fresh, whole strawberries, large
- 12 ounces cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/4 teaspoon almond extract
- 2 tablespoons semisweet or milk chocolate, grated

1. Lightly rinse the strawberries and gently place them in a colander to drain. Cut a thin slice from the stem end of each strawberry to create a base so that the berries will stand upright on the flattened end. Place the berries, cut side down, on



Photo courtesy of Depositphotos

a cutting board. Carefully cut each berry into 4 wedges, but do not cut through the bottom. Use your finger to gently press down in the center of the berry so that the wedges fan out just slightly, taking care not to break the berries apart. Set the berries aside.

2. Using a small mixing bowl, beat together the cream cheese, confectioners' sugar and almond extract until light and fluffy. Gently fold-in half of the grated

chocolate. Use a teaspoon, a plastic sandwich bag with a small hole cut into the end or a decorating bag with decorative tip to fill the berries with the cream-cheese mixture.

3. Sprinkle the remaining grated chocolate over each berry. Cover and chill until ready to serve. Makes about 32 filled strawberries.

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Swimmer fears repeat of Legionnaire's Disease

by Keith Roach, M.D.

Dear Dr. Roach — I'm 73, male and have been swimming a mile in inside pools every day for 10 years. Two months ago, I caught Legionella pneumonia and was in the hospital for three weeks. They said I was critical. I'm afraid to go back to swimming for fear that I'll die if I get that disease again. What are my chances of getting it again if I return to daily swimming? -- D.F.

Answer — Legionnaire's disease is caused by Legionella pneumophila, a bacteria species that lives in water, especially warm water. Legionella is a dangerous infection. It most commonly affects those over 50 or those with other risk factors, including smoking, alcohol use and a suppressed immune system from a medication or medical condition.

Pools are an occasional cause for Legionella infection; hot tubs are more

common. Air conditioning systems and cooling towers are responsible for most large outbreaks. Infection occurs when the aerosolized water droplets contaminated with the bacteria are inhaled deep in the lungs where they can cause infection. I don't know if an investigation was done in your case, but large outbreaks are a significant concern, and often trigger a response by public health officials. The swimming pool is a possibility.

A properly cleaned and treated pool poses little risk. You should discuss your diagnosis with the operator of the pools where you swam in the week or two prior to getting sick, so the water can be tested. I would point them to tinyurl.com/CDC-legionella-pool for information appropriate to aquatics professionals.

Swimming is a great form of exercise and you should feel safe and comfortable in your pool.

Dear Dr. Roach — Does a person with Eustachian tube dysfunction have to be careful when washing her or his hair? I am concerned that the water that gets into the ear can be felt going down the throat. Or is that another problem? -- K.C.H.

ANSWER: The ear has three compartments: external, middle and inner. The external ear is all of the part you can touch, all the way to the tympanic membrane (eardrum). It is watertight (unless there is a perforation or a doctor has placed a tube in the eardrum). The middle ear is the location of three bones that connect the eardrum to the cochlea, the organ of hearing. The cochlea and the organ of Corti, from which you derive your sense of balance, comprise the inner ear.

The Eustachian tube runs from the middle of the ear into the back of the

throat, and it allows the pressure in the ear to equalize with the pressure in the atmosphere. Eustachian tube dysfunction is when the tube fails to open, causing pressure changes in the ear. This often comes with reduced hearing and a sensation of ear pressure, and sometimes with ear pain, itching or tinnitus, the sensation of ringing in the ears or other noise. Eustachian tube dysfunction is a complicated issue I can't explain fully here.

However, showering with Eustachian tube dysfunction is not a problem. A sensation of water going down the throat during showering could possibly be from a wide-open hole in the eardrum, but it is more likely a referred sensation, meaning the body is misinterpreting the data from its own nerves.

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Family Living — Etch A Sketch turns 60 this year: How to celebrate

(StatePoint) If you are like many parents these days, you are on a quest to find new ways to entertain the kids at home. This may be a good time to turn to a classic source of fun that requires no charging, batteries or Wi-Fi, making it screen time parents don't have to limit.

This year, Etch A Sketch is celebrating 60 years of unplugged creativity and pencil-free drawing. Here is a brief look at the history and major milestones of this iconic red-framed drawing toy:

- 1955: French electrician André Cassagnes (Cassagnes came up with the idea to create a drawing toy when he made pencil marks on a decal and noticed that the image transferred to the opposite face.

- 1959: Paul Chaze, owner of a smaller plastic injection molding company, agreed to invest in the product and produce the official tooling. The product was originally called "Telecran" based on the recent availability of TV sets in France.

- 1960: Cassagnes collaborated with Jerry Burger of the Ohio Art Co. to perfect the system still incorporated into the Etch A Sketch today. They shipped more than 600,000 units in the spring, and it was the number one Christmas toy that year.

- 1998: Etch A Sketch was added to The Strong's National Toy Hall of Fame.

- 2011: Time Magazine named the Etch A Sketch in its "All-Time 100 Greatest Toys" list.

- 2016: Spin Master, a global children's entertainment company, acquired the Etch A Sketch brand from the Ohio Art Co. That same year, Spin Master achieved a Guinness World Record title

for the most amount of people drawing on an Etch A Sketch globally at the same time.

- 2020: To-date, 175 million Etch A Sketches have been sold in multiple variations, styles and colors. To shake things up, Etch A Sketch joined forces earlier this year with other iconic brands and names for a series of limited edition variations of the toy, including MONOPOLY, NASA-in-

spired, Rubik's and Stan Lee editions. To mark the milestone anniversary, Spin Master has made these shake-to-erase collectors items available at Walmart and Walmart.

com, while supplies last.

To purchase, learn more and get inspired to make your own masterpieces in honor of the anniversary, visit etchas-ketch.com.

Sparking the imagination and fostering creativity, this classic toy has been a great way for people of all ages to have fun at home for 60 years and counting.

CryptoQuip answer

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Answer

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

Just Like Cats & Dogs

by Dave T. Phipps



This Week's Holidays

- July 25 – National Day of the Cowboy
- July 26 – Aunt & Uncle Day
- July 27 – Take Your Houseplants For A Walk Day
- July 28 – National Milk Chocolate Day
- July 29 – National Chicken Wing Day
- July 30 – Father-in-Law Day
- July 31 – Mutts Day

Three home exterior projects that combine beauty and performance

(StatePoint) Will you be completing outdoor home renovation projects this season? To maximize your investment, consider these project ideas, which combine beauty and long-lasting performance:

Smart landscaping

Landscaping is a fundamental aspect of curb appeal. A beautiful design has the power to boost your home's resale value. What's more, certain landscape choices may last longer and can even potentially protect the structure of your home.

Make the smart and environmentally-conscious choice of sticking with native species, which are more likely to thrive and grow a strong root foundation, helping protect your property in the event of flooding. Select fire-resistant plants that can also act as buffers during high winds.

A complete roofing system

You don't have to wait for leaks to appear before you consider a new roof. Missing, damaged or curling shingles are not only an eyesore, they can also

be signs of leaks to come. The age of your roof itself can be a guide as to when it's time to consider an upgrade - homeowner's insurance companies generally assume an asphalt shingle roof will last about 20 years.

When it comes to beauty and performance, a new roof can be one of the best investments you make for your home, that is if you select durable products that will protect your family for years to come. Homeowners should know that they don't have to sacrifice style for strength and durability. For example, new Timberline HDZ shingles from GAF, North America's largest roofing and waterproofing manufacturer, combine the style, class and design of America's best-selling shingles (Timberline HD with even better protection thanks to a new innovation called LayerLock technology. The technology offers contractors a faster, more precise installation and ultimately, better strength and performance of the roofing shingles.



This season, make smart home upgrades that offer you both greater curb appeal and greater peace of mind.

For greater peace of mind, homeowners should also consider complete roofing systems (shingles and accessories) with a strong warranty. Just be sure to check the fine print, especially if you

live in an area with high winds. While many roofing products do come with wind warranties, there are often caveats with regard to wind speed limitations. Timberline HDZ shingles come with an available

GAF WindProven limited wind warranty, the first wind warranty for roofing shingles with no maximum wind speed limit. The brand's shingles that feature LayerLock technology, such as HDZ, qualify for this warranty when installed with four qualifying GAF accessories.

Durable windows

Today's high-perfor-

mance window options can dramatically improve your home's energy efficiency, provide better sound-proofing and weather resistance, and offer tilt-in capabilities for easier cleaning and maintenance. Some manufacturers offer customization options with regards to grille patterns, window shape, interior and exterior frame colors and glass types, making it easy to find options that complement your home's style while providing performance features you value.

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 - 45 Antiques
 - 55 Appraisal Services
 - 75 ATV
 - 80 Auctions
 - 82 Auto Body
 - 110 Bedding Plants
 - 120 Bees-Beekeeping
 - 130 Bird Control
 - 140 Books
 - 155 Building Materials/Supplies
 - 157 Building Repair
 - 160 Buildings For Sale
 - 161 Bulk Foods / Spices
 - 165 Business Opportunities
 - 170 Butchering Supplies
 - 173 Carpentry
 - 175 Cars, Trucks, Trailers
 - 180 Catalogs
 - 182 Catering
 - 190 Chain Saws
 - 195 Cheesemaking Supplies
 - 205 Christmas
 - 214 Clocks & Repair
 - 215 Collectibles
 - 216 Clothing
 - 235 Computers
 - 253 Consignment
 - 265 Construction Equipment For Rent
 - 275 Construction Machinery Wanted
 - 277 Construction Services
 - 280 Construction Supplies
 - 312 Crafts
 - 325 Custom Butchering
 - 330 Custom Services
 - 360 Deer-Butchering & Hides
 - 370 Dogs
 - 410 Electrical
 - 415 Employment Wanted
 - 440 Farm Machinery For Sale
 - 445 Farm Machinery Wanted
 - 447 Farm Market Items
 - 460 Fencing
 - 470 Financial Services
 - 480 Fish
 - 483 Flooring
 - 494 For Lease
 - 495 For Rent
 - 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
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 - 815 Motorcycles
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 - 955 Real Estate Wanted
 - 960 RVs & Motor Homes
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Strange But True

by Lucie Winborne

• Sir Cecil Chubb, a wealthy and highly respected barrister, really raised the bar for birthday gifts when he purchased Stonehenge (yes, you read that right) for his wife after World War I. But was she suitably impressed? Apparently not — what she actually wanted that year was curtains!

• Caffeine doesn't just help you stay awake. It also serves the function of a pesticide in the coffee plant.

• Due to the humid and moist conditions that a sloth lives in, moss and other similar plants will sometimes grow in its hair. Sloths also have very poor eyesight. Those two factors can sometimes culminate in a

sloth grabbing its own arm, thinking it's a branch, and falling to its death.

• During the Elizabethan era, coal tar was used as mascara, eyebrow pencil and eyeliner ... despite the fact it's flammable, has a bad smell and caused blindness.

• Until 1925, the NCAA required college football players to study during halftime.

• A reporter, commenting to Gene Roddenberry on the casting of Patrick Stewart in "Star Trek: The Next Generation," said, "Surely by the 24th century, they would have found a cure for male pattern baldness." Replied Roddenberry: "No, by the 24th century, no one will care."

• High-frequency sounds enhance the sweetness in

food, while low frequencies bring out the bitterness.

• Only one McDonald's in the world has turquoise arches. Government officials in Sedona, AZ, thought the yellow would look bad with the natural red rock of the city.

• In 1910, Virginia Woolf and her friends donned costumes and fake beards in order to convince the Royal Navy they were a group of Abyssinian princes, pulling off what became known as the "Dreadnought Hoax" and earning a 40-minute guided tour of the ship.

Thought for the Day: "If opportunity doesn't knock, build a door." — Milton Berle

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Grilled peach melba

Try this easy dessert recipe with other grilled fruits such as nectarines or apricots, then top with frozen yogurt and strawberry or blackberry sauce.

2 large ripe peaches, each cut in half and pits discarded
 1/2 pint raspberries

1 tablespoon sugar
 1 1/2 cups vanilla ice cream

1. Prepare outdoor grill for direct grilling on medium.
2. Place peach halves on hot grill grate and cook 5 to 6 minutes or until lightly charred and tender, turning over once.

3. Meanwhile, prepare sauce: In bowl, with fork, mash half the raspberries with sugar. Stir in remaining raspberries.
4. To serve, place a peach half in each of 4 dessert bowls; top with ice cream and raspberry sauce.

• Each serving: About 160 calories, 8g total fat (5g saturated), 26mg cholesterol, 25mg sodium, 22g total carbohydrate, 3g dietary fiber, 2g protein.

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Flashback

By Mick Harper

1. Name the band that originally called itself Salty Peppers.
2. Which group released an album titled "Rumours"?
3. Who released "Some Time in New York City"?
4. What is the stage name of Stuart Leslie Goddard?

5. Name the song that contains this lyric: "There goes my old girlfriend, there's another diamond ring. All those late night promises, I guess they don't mean a thing."

Answers

1. Earth, Wind & Fire. The name came from astrological

elements earth, wind and fire, leaving out water. The group was inducted into the Rock and Roll Hall of Fame, has a Hollywood Walk of Fame star and has won six Grammys.

2. Fleetwood Mac, in 1977. The album, their 11th, included the hits "Go Your Own Way" and

"Don't Stop." It took the Album of the Year award at the 20th Grammys in 1978.

3. Plastic Ono Elephant's Memory, in 1972. It was a collaboration between John Lennon, Yoko Ono and Elephant's Memory and Invisible Strings.
4. Adam Ant, originally of

Adam and the Ants.

5. "What It Takes," by Aerosmith in 1989. The song appeared on their album "Pump." Have the alternative album? There's a hidden six-minute instrumental track after "What It Takes."

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Improve soil quality for a better lawn

A lush, green lawn can vastly improve a home's curb appeal. Thick, healthy grass indicates that homeowners care enough about their properties to invest the time, effort and money to make them beautiful.

According to the landscaping tool company Troy-Bilt, soil fertility is the foundation of healthy lawns. In fact, the quality of the soil is essential whether one is growing acres of grass, potted plants or vegetable garden beds. No matter which type of soil a homeowner is working with, there are various ways to make it better.

Remove thatch

Thatch is a tightly knotted layer of leaves, grass roots, stems, and other debris that accumulates between the grass blades and the soil. Too much thatch can hinder the movement of water, air and nutrients into the soil. According to organic fertilizer company Organo-Lawn, thatch often occurs if the production of dead organic material in the lawn exceeds the ability of the microorganisms in the soil to break down that organic matter. A half-inch of thatch is normal. If thatch gets too thick, it will need to be removed. The home improvement resource DIY Network says dethatching can take place in the summer, fall and winter using a thatching rake.

Aerate

A lawn aerator will create holes in the soil. This can improve drainage and encourage worms and helpful microorganisms that require oxygen to thrive in the soil. The Briggs & Stratton Company says the best time to aerate a lawn is during the growing season when the grass can heal and fill in any holes, such as spring and fall. Aeration can help develop deeper grass roots for a healthier lawn.

Test and amend soil

A great lawn has loamy soil, which



has a key ratio of clay, silt and sand. Silt is a granular material of a size between sand and clay that originates from quartz and feldspar. It is the most fertile of the three types of soil components. Sand does not retain water, but it helps to create spaces in the soil that permit air

to circulate. Clay particles are small and bind together tightly, but clay is naturally nutrient-rich. The home improvement site BobVila.com says loamy soil should have equal parts sand and silt and half as much clay.

If the lawn is not yet established, loamy soil can be created and then the grass seeds planted. For established soil, after removing thatch and aerating, top-dressing the lawn can help. This involves adding a thin layer of soil over the lawn. It can improve the soil without killing the existing turf. Ideally, it should be done in early fall or spring, as this gives the grass time to grow through three to four more mowings before severe heat or cold sets in.

Healthy soil is vital to a lush lawn. It takes a little work, but improving soil can create vibrant, healthy, green grass.

Paw's Corner

by Sam Mazzotta

Cat raids trash can for kitchen scraps

Dear Paw's Corner — My cat "Blaze" has figured out how to lift the lid on the kitchen trashcan. He'll hop in there at any opportunity to get at the food scraps. I don't want him eating those, and I'm worried he'll get sick from raw or spoiled food. How can I stop this behavior? — C.J. in Santa Monica, CA

Dear C.J. — I know that's annoying. Cats are opportunists, escape artists and seemingly expert lockpickers that will take every chance to explore something that smells interesting. A trashcan filled with food scraps is often irresistible.

Once a cat has figured out where all the good table scraps are, it's going to be very hard to train them

out of that particular behavior. You can still try some deterrents. When you're in the kitchen and see Blaze creeping toward the trash can, hiss loudly and say "Nyah!" or "Leave it!" Or, keep a shaker can filled with pennies within reach and shake it at him when he approaches the trashcan.

When you're not in the kitchen, Blaze may still keep trying to get into the

trashcan. For now, bungee or tape down the lid so that he can't pry it upward with his paws. Then, look for a trashcan that has a locking lid, which will be much harder for your cat to lift up. This will be a huge help at night, when you can't rush into the kitchen to try and stop Blaze from his nighttime raids.

Best of luck, and remember to be patient and

consistent with deterrent training methods.

Send your tips, questions or comments to ask@pawscorner.com.

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Great ways to take the fun to the backyard



(StatePoint) If you've been spending a lot of time indoors lately, you may be ready to get outside for some fresh air. Here's how to make your backyard the center of family fun.

- Set up an outdoor theater: There's no need to spend the day indoors,

even if your family wants to binge watch favorite shows. Whether you're viewing a movie, video chatting with friends or looking at a slideshow of old family photos, a portable projector can quickly transform the backyard into a home theater.

- Be sure to get comfy:

Your home theater will get more use if it offers the same amenities as the living room. Luckily, these days, it's easy to find weather-resistant furniture as comfortable as your favorite sofa.

- Make music: Host a socially distanced block party with your neigh-

bors and offer to provide the music. All you need is a portable keyboard to set the tone. Not only do many keyboards have the ability to hook up to a laptop or tablet so you can play any song from your library, if you put the keyboard on Dance Music Mode, you can add

beats, sounds or filters to anything you want.

- Get ready, get set, go: Keep everyone busy and active with a decathlon. Feature all-age friendly events like a potato sack race, Frisbee toss, long jump and more. Whether you keep score or play just for the fun of the

game, you can make a day of it — and add a little gravitas — by including opening and closing ceremonies.

With the right tools and ideas, the backyard can become your go-to destination for relaxation, entertainment, competition and fun.



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