

**JULY 31. 2020** 

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Volume 10 Number 7

Behold, how good and how pleasant it is for brethren to dwell together in unity! Psalm 133:1



**John Healey Agency** 

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# **Opening reception:**

# 2020 Adirondacks National Exhibition of American Watercolors, Jan Palmer's Solo Exhibition, CNY Watercolor Society Signature Show

View, the Center for Arts and Culture in Old Forge, announces the opening reception for multiple exhibitions on Friday, Aug. 7 from 4 - 7 p.m. at View. Join us in celebrating the opening of the 2020 Adirondacks National Exhibition of American Watercolors, Jan Palmer: A Retrospective and the Central New York Watercolor Society Signature Show. Also on display through Aug. 29 is A Select Rustic Show.

Due to COVID-19 safety guidelines, this event will be different from previous receptions. To participate, attendees must pre-register for a time by visiting View's website or calling View. In accordance with New York State guidelines, we can allow a maximum of 20 guests in the gallery at a time. Guests will each have 30 minutes to view the galleries. After visiting the galleries, guests will have the opportunity to watch a video by Juror of Selection Marnie Becker, AWS, and Ju-

ror of Awards Robert O'Brien, AWS, NWS, taking place in Gould Hall. Food and refreshments will follow in the courtvard.

A virtual reception will open online on Wednesday, Aug. 12 at 5 p.m. The online opening will include a video by Becker and O'Brien and a slideshow of this year's award winners along with a gallery view of all the exhibited work.

Adirondacks National Exhibition of American Watercolors will be on display from Aug. 8 - Sept. 27.

Each year, View holds the Adirondacks National Exhibition of American Watercolors, which is open to all artists working with water-based media. This includes transparent and opaque watercolors, acrylics, casein, egg tempera, gouache and ink.

Jan Palmer: A Retrospective will show from Aug. 8 - Sept. 13.

After retiring, Palmer returned to her love of painting landscapes and portraits as she began to enter juried shows. She has received numerous awards, including Gold and Silver medals, as well as four others from the Adirondack National Exhibition of Watercolors.

Central New York Watercolor Society Signature Show will be on display from through Sept. 20.

From Albany to Buffalo and beyond, these members encourage the study of watercolors and foster awareness through exhibitions and education. The works of this exhibit represent the society's Signature Members, members who have demonstrated a level of excellence as juried by the organization's Board of Directors.

View is located at 3273 State Route 28 in Old Forge. To learn more about View programming and to pre-register for upcoming exhibitions, visit ViewArts. org or call 315.369.6411.

# Little Falls community blood drive

A community blood drive will take place Monday, Aug. 3 from noon -5 p.m. at the Little Falls

Elks Lodge. Each donation can help save up to three lives. To schedule an appointment download the free Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED CROSS

(1.800.733.2767). Donors can save time by using RapidPass to complete their pre-donation reading and health history questionnaire online on the day of their donation from a computer or laptop. Visit redcross-blood.org/RapidPass to get started.















# Herkimer County College Foundation announces new scholarship for veterans

The Herkimer County College Foundation has established the Raymond J. Lenarcic and Gary W. Ruff Veterans Scholarship to be awarded annually in the amount of \$500 to a veteran of the U.S. military, enrolled in the Liberal Arts and Sciences: Social Science program at Herkimer College and active in college and community activities.

Lenarcic, an emeritus professor of history, and Ruff, emeritus professor of sociology, were integral to the establishment and progression of Herkimer County Community College. Each served more than three decades as faculty, both specializing in the past and present struggles faced by minorities in the U.S.

Lenarcic and Ruff have a legacy of serving as community activists with a special interest in supporting Vietnam combat veterans in their struggle for better treatment at VA hospitals. They formed Save-A-Vet and the Veterans Rights Coalition in a successful effort to involve their students as advocates for veterans' rights. Ruff passed away March 26, 2020, and Lenarcic continues to serve the community through a

variety of organizations and initiatives.

"This scholarship recognizes Professor Lenarcic's and Professor Ruff's lifelong dedication to veterans' rights and causes. Monuments honoring Vietnam veterans located in Herkimer, Little Falls and Frankfort, along with Veterans Memorial Park on the Herkimer College campus, remain testaments to their belief that our veterans' sacrifices must never be forgotten," said Rob Palmieri, a friend and former colleague of Lenarcic and Ruff, who was instrumental in establishing the scholarship.

For those interested in donating to the Raymond J. Lenarcic and Gary W. Ruff Veterans Scholarship, make checks out to the HCC Foundation and mail to the HCC Foundation, 100 Reservoir Rd., Herkimer, NY 13350. Indicate "Lenarcic/Ruff" on your check. Donations can also be made online at Herkimer.edu/give and select "Scholarships" and specify "Lenarcic/Ruff."

For more information, contact the HCC Foundation via email at fuhrerjm@her-kimer.edu.

# Herkimer College appoints new Advisement Center specialist

Herkimer County Community College has appointed Jessicca J. Bacher, of Woodland Park, NJ, as an advisement center specialist. She will be relocating to New Hartford for the position.

Bacher graduated from Montclair State University (MSU) in 2017 with a B.A. in communication studies and then continued on to receive her M.A. in educational leadership and administration in 2020.

Bacher previously worked as a program associate in MSU's Academic Success Center. In this role, she managed department customer service interactions; coordinated, developed and delivered academic support workshops; and assisted with tutorial services, academic support, testing and assessment.



Jessicca J. Bacher

As an advisement center specialist, Bacher will provide academic advisement to Herkimer College students. She will assist new and continuing students in planning their program of study, including counseling them on requests to change majors, helping them understand graduation requirements, assisting with scheduling and more.























# Chow Line: Meat thermometer is best option to ensure food safety when grilling meat

Why should I use a meat thermometer while barbecuing steak on the grill? Can't you just look at the steak to determine if it's done by the color of the meat?

Although many people use color as an indicator of doneness when grilling meats, to lessen your chance of developing a foodborne illness, it's best to use a meat thermometer to ensure your meat is cooked to the correct internal temperature.

According to research by the USDA and the Food and Drug Administration, only 34% of the public uses a food thermometer when cooking hamburgers.

But, in order to avoid foodborne illness, the USDA advises consumers to use a food thermometer to accurately measure if meat is cooked to a high enough internal temperature to destroy any harmful bacteria such as salmonella and E. coli that might be present.

The safe minimum cooking temperature for ground meats, including beef, pork, veal and lamb, is 160° F. Turkey and chicken should be cooked to an internal temperature of 165°, according to the USDA. Steak and pork can be safely cooked to 145°.

To gauge the most accurate temperature, place the meat thermometer in the thickest part of the food.

In addition, the USDA says you should allow a three-minute rest time after removing the meat from the heat source. During this rest time, the temperature of the meat remains constant or continues to rise, thereby helping to destroy any pathogens that might be present.

The problem with using color as an indicator of doneness for ground beef, for instance, is if raw ground beef is somewhat brown already, it might look fully cooked before it reaches a safe temperature. Different levels of oxygenation at different locations inside and on the surface of the meat can cause the meat to look red on the outside and brown on the inside.

So, if the meat is already brown, it won't



The USDA advises consumers to use a food thermometer to accurately measure if meat is cooked to a high enough internal temperature to destroy any harmful bacteria. To gauge the most accurate temperature, place the meat thermometer in the thickest part of the food.

away from your home,

deck railings and out

from under eaves and

change color during cooking, the USDA says.

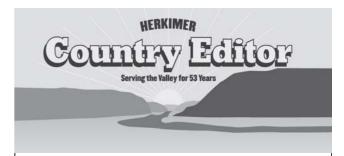
Here are some other tips for safe grilling from the USDA and the National Fire Protection Association:

- When marinating meat or poultry, do so in a tightly sealed container kept in the refrigerator at 40° or colder, or place the meat in an iced cooler if you are transporting the food. It's important to keep the meat chilled because bacteria that can cause foodborne illness grow rapidly at room temperature.
- Use propane and charcoal grills outdoors only.
  - my. • Place your grill well

overhanging branches.Keep your grill clear

- Keep your grill clean by removing grease and fat buildup from the grills and trays below the grills.
- Never leave your grill unattended.
- For charcoal grills, use only lighter fluid designed for grilling. Never use gasoline or other flammable liquids, and never add more lighter fluid once the fire has started.
- Don't cover or store your grill until it has cooled. Soak coals with water before throwing them away.

Keeping these safety tips in mind can help you have enjoyable barbecues without the worry of getting sick from eating undercooked meats. Chow Line is a service of the Ohio State University College of Food, Agricultural and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line author Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201 or turner.490@ osu.edu.



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# **Blueberries Under the** Blue Sky set for Aug. 8

Fairfield Restorations Association will host their annual blueberry breakfast on Saturday, Aug. 8 at the Fairfield Community Hall. This event will be held according to state guidelines. Breakfast will be served as takeout only. There will be seating outside under the pavilion if so desired. Masks and social distancing will be required. There will be no entrance or service inside the Hall.

Price is \$10 for adults, \$5 under 12, and free under 5. Serving starts at 8 a.m. If you have any questions, contact Lynn Swartz at 315.891.3999 or lfswartz1@gmail.com.

# Rabid bat, rabid bobcat found in the Herkimer County towns

Herkimer County Public Health received word on July 21 from Wadsworth Labs that a bat that was sent in to be tested for rabies on July 20 from the Town of Russia has tested positive for rabies. A domestic dog was in contact with the bat and was given a booster shot; the bat was killed and sent to Wadsworth lab for

The Public Health department also received word on July 17 from the same labs that a bobcat sent in to be tested for rabies on July 16, from the Town of Little Falls, has also tested positive for rabies. The bobcat was showing neurological signs and unusual aggression before being killed and sent for testing.

The public can protect themselves or their family pets from rabies by practicing the following:

- 1. Vaccinate your pets against rabies.
- 2. Spay or neuter all animals to reduce the number of strays.
- 3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild or domestic). If a bat is found in a house, and there is a possibility it had contact with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with a vet as soon as possible to have them vaccinated against rabies.

Call Public Health at 315.867.1176 if you have any questions or concerns. Visit our website at www.herkimercounty.org.

# Calendar of events

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

### July 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 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: CANCELLED

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 1

Aug. 1 is the deadline to make a \$50 deposit for a trip to Sight and Sound Theater and several other attractions. The dates are Nov. 12-14 at a cost of \$450 double and \$550 single. 2 shows, 2 dinners, 2 nights lodging, 2 breakfasts, tour of Amish farm country and transportation are included. Call Margaret at 315.894.9581 or Barbara at Center. Pre-register by calling 315.894.4520 for more information and to make reservations. Seating is limited.

### August 3

Community Blood Drive noon to 5 p.m. at the Little Falls Elks Lodge. To schedule an appointment download the frees Red Cross Blood Donor App, visit redcrossblood.org or call 1.800.RED CROSS  $(1.800.7\overline{3}3.2767).$ 

# August 5, 12 and 19

Music in Arc Park: CANCELLED

# August 8

Blueberries under the Blue Sky. Fairfield Restorations Association Annual Blueberry Breakfast at the Fairfield Community Hall. According to state guidelines. Breakfast will be served as takeout only. Seating under the pavilion available. \$10 for adults. \$5 under 12. Free under 5. Serving starts at 8 a.m. Questions? Contact Lynn Swartz at 315.891.3999 or lfswartz1@gmail.

## August 20

Roast Pork Dinner 4-7 p.m. Take out only. Emmanuel Episcopal Church, 594 E. Albany St., Little Falls NY. Curb side drive up, walk up or call ahead. Free Delivery (Little Falls only). \$10 includes meal and dessert. Call ahead 315.717.9462 or 315.823.1323. Leave message if no answer.

# August 26

Rabies Vaccination Day 5:30 - 7 p.m., Salisbury Fire Department, 2549 St. Rt. 29, Salisbury 315.867.1176.

### September 12

Arc Herkimer Transportation 2020 NTSI Traffic Survival Work**shop** 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 Work**shop** 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.

# **Good Housekeeping**

### Salmon and summer squash in parchment

This salmon and squash dish is baked in parchment paper, which seals in the flavors and makes cleanup easy.

- 1 lemon
- 2 medium (8 ounces each) yellow summer squash, cut into halfmoons
- 1 small shallot, minced 1 tablespoon chopped fresh oregano leaves
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 6 pieces (15-by-12inches each) parchment paper
- 2 medium (8 ounces each) zucchini, thinly sliced lengthwise
- 6 pieces (6 ounces each) skinless salmon fil-
- 1. Heat oven to 400 F. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.
- 2. In medium bowl, combine lemon juice, yellow squash, shallot, oregano, oil, 1/2 teaspoon salt and 1/4 teaspoon coarsely ground black pepper.
- 3. Place parchment rectangles on work surface with a short side of parchment closest to you. On half of each parchment rectangle, arrange one-sixth of zucchini slices lengthwise, overlapping slightly, 2 inches from edge closest to you. Place salmon on zucchi-

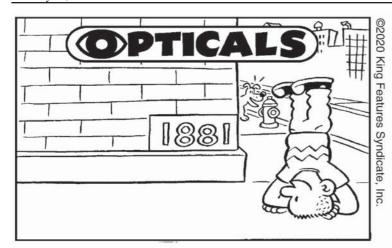
- ni; sprinkle with lemon peel and 1/2 teaspoon salt, then top with yellow-squash mixture. Fold other half of parchment over ingredients. To seal packets, begin at 1 corner and tightly fold edges of paper over about 1/2 inch all around, overlapping the folds.
- 4. Place packets on large cookie sheet. Bake 17 minutes or until salmon turns opaque throughout (to check for doneness, open 1 packet first, being careful to avoid escaping steam). To serve, carefully cut all packets open, and with spatula, gently transfer salmon and vegetables to 6 dinner plates. Spoon any liquid remaining in parchment over salmon and vegetables. Serves 6.

Tip: Baking fish in wrapped special grease- and moisture-resistant paper ("en papillote" in French) allows it to steam in its own juices, locking in aroma and flavor. For even cooking, choose fillets of uniform thickness.

• Each serving: About 270 calories, 13g total fat (2g saturated), 93mg cholesterol, 465mg sodium, 6g total carbohydrate, 2g dietary fiber, 35g protein.

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

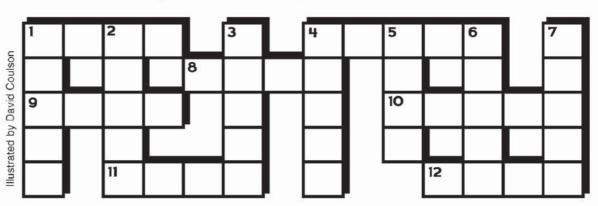
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IF YOU TURNED the cornerstone on the above building upside down, the date would read the same. What's the nearest previous year that would read the same upside down?

.1691 :19w2nA





LET'S DO A LITTLE GARDENING! Below are words pertaining to backyard gardening that you will need to complete the puzzle grid

BEHIND THE EIGHT BALL? That's where you'll end up if you fail to solve this poser. Your problem is to arrange eight 8's so that they will add up to 1,000. It's time to rack 'n' roll!

Answer: 8 + 8 + 8 + 8 + 888 = 1,000.

BY

THE "L" PYRAMID! As you move down the word pyramid shown, each word contains the same letters as the word above it, plus a new letter. We give you all the L's. Here are some hints from the top down: 1. Roman numeral 50 (given).

- 2. Musical tone
- 3. A friend.
- 4. An earnest request.
- 5. A fold in cloth.
- 6. Coated with metal.
- 7. With great skill.

Answers: The words are I, Ia, pal, plea, pleat, plated, adeptly.

provided. Use the trial-and error method. Start planting your words!

4-letter words 5-letter words CART BASIL **CROPS** IRIS KALE PATIO RIPE **POLES** ROPE RAKES SOIL STEMS STRAW WATER

Stems. 5. Rope. 6. Water. 7. Crops. (Down) 1. Rakes. 2. Poles. 3. Basil. 4. Cart. 9. Kale. 10. Patio. 11. Soil. 12. Iris. Answers: (Across) 1. Ripe. 4. Straw. 8.

# Weekly **SUDOKU**

by Linda Thistle

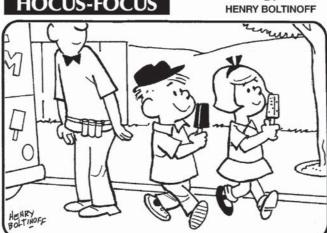
	6				8		2	
4			6					8
		7		5		9		
6	2			7	4		1	
		1	9			3		
	3			2				6
1				6				5
	8		2			1		
		9			7		8	

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.

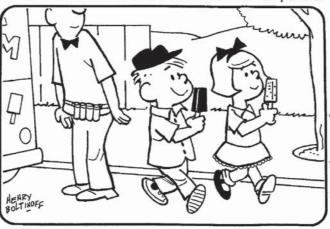
# DIFFICULTY THIS WEEK: lacktriangle

♦ Moderate ♦ ♦ Challenging ♦♦♦ HOO BOY!

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Find at least six differences in details between panels.



5. Boy's shirt has buttons. 6. Girl's skirt is decorated. 3. Fence is longer 4. Girl's bow is different. Differences: 1. Tree is fuller. 2. Change belt is different.

### **ACROSS** Fleet from faraway?

- Impossible" 8 Get a look at 12 Strict discipli-
- narian
- 14 Small grimace 15 Geometric
- curve 16 Former European
- capital
- 17 Can metal
- 18 "Gracias
- 20 Orbital point 23 Affair of
- honor 24 Coalition
- 25 New Jersey
- borough 28 Coquettish
- 29 Parking lot
- structure 30 Bigwig, for
- short 32 "Semper -(Coast Guard DOWN
- motto)
- 34 Toy block

- 35 Thing 36 Angle
- 37 Destroyer 40 Pod occu-
- pant 41 Chimney
- grime 42 Irrational fear

# **King** Crossword



- 48 Fluidless barometers 10 Play a prank
- 49 Act
- 50 Siesta 11 Longings 51 Feed the hogs 13 Sacred wad-
- 19 Listen to
- 1 Ref 2 Sky safety
- 3 Bobby of
- 22 Sauce source hockey 4 Radio interfer- 23 Piece of inforence
- 5 A party to

maybe

- 6 Aviv lead-in Heights
- 25 Jif rival 26 Eve laver 27 Portent 29 Partner

31 Cauldron

mation

on (SL)

ing bird

work

21 Fall into a

43 Literary collection 44 Lubricate

peace

34 Argentine

what

39 Venetian

short

20 Kimmel's net- 38 Protuberance

beanbag chair 40 Get ready, for

grasslands 36 Burn some-

37 Secondhand

magistrate

- 45 Weddina utterance
- 46 Venomous viper
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# hurch Services

COLD BROOK
COLD BROOK
UNITED METHODIST CHURCH

467 Main St Sunday Worship 10:30 AM

**DOLGEVILLE** NEW HOPE CHRISTIAN FELLOWSHIP

Pastor Pat Andreol 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM

### GRACE BAPTIST CHURCH OF DOLGEVILLE

Pastor Len Byerly 12 Van Buren St. Morning Worship 11-12:30 PM Lunch 12:30-2 PM rnoon Worship 2-3 PM

> DOLGEVILLE UNITED METHODIST CHURCH

Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM

### DOLGEVILLE CHRISTIAN FELLOWSHIP

Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM

> UNITED LUTHERAN PRESBYTERIAN PARISH

26 E. Faville Ave. Worship 11 AM

# ST. JOSEPH'S ROMAN

CATHOLIC CHURCH

Deacon Jim Bower, Administrator

Father Brian Slezak, Sacramental Minister 31 N. Helmer Ave. Phone 315-823-3410 Mass 9 AM Sunday

# EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby

3659 Route 5. East Schuyle Sunday Worship 10:30 AM Wednesday Night 6:30 PM Phone 315-895-0926 Christianassemblyofschuyler.com

FRANKFORT OUR LADY QUEEN OF APOSTLES

414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 PM: Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

# HERKIMER SS PETER and PAUL ORTHODOX CHURCH

Fr Timothy Holowatch & Fr Dn Demetrios Richards 305 Main Rd., Herkimer Phone (315) 725-5382 Saturday Vespers 5 PM Sunday Divine Liturgy 9:30 AM Sundays Great Lent Presanctified Liturgies 6 PM Fridays

HERKIMER TEMPLE BETH JOSEPH 327 N. Prospect St.

Phone 866-4270 Friday 7 PM

ST. FRANCIS de SALES CHURCH

Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM

# CHURCH OF SAINTS

ANTHONY and JOSEPH 229 S. Main St. Phone 866-6373 Sunday Mass 7:30 AM & 11 AM No Saturday Vigil

### REDEEMER CHURCH

Pastor Michael Servello 931 Herkimer Rd Utica, NY 13503 Phone 792-4748
Saturday 6 PM • Sunday 9 & 11 AM

### OAK RIDGE FREE METHODIST CHURCH

Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30 AM & 10:30 AM with Ridgekids for the children (0-5th grade) Phone 866-0575

# UKRAINIAN ORTHODOX CHURCH OF

ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336

### **NEW LIFE CHURCH**

Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM

# TRINITY EVANGELICAL

LUTHERAN CHURCH of West German & Henry Streets Phone (315) 866-6474 Sunday Worship Services
9 AM Spoken Service
9 AM Faith Formation Sunday School
10:30 AM Service with Music Bible Studies on Thursday Mornings at 10 AM

### THE SALVATION ARMY

Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM

### FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS

Pastor Joelle Faulks Prospect St & Park Ave Sunday Worship 8:00 & 9:30 AM Sunday School 9:30 AM during school year

# HERKIMER CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS)

Branch President Blake Francisco Gros, Blyd. East Herkimer Phone 315-866-8095
Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment: please leave a message at 315-866-7189

### HERKIMER REFORMED CHURCH

102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner First & Third Tuesday 6 PM

### CHRIST EPISCOPAL CHURCH

300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@mail.com www.christchurchherkimer.org Sunday Services: 10:30 AM
Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street

# ILION

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

### 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

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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

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# 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

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Pastor Wavne Getma 24 Rte 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM

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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

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8 • July 31, 2020 HERKIMER COUNTRY EDITOR

# Rethinking screen time for kids

(StatePoint) As families try to establish a new normal, balancing screen time for kids has become not only especially challenging, but more important than ever.

"It's only natural that children will be spending more time on digital devices than usual these days in order complete school work, attend remote classes and communicate with friends and loved ones." savs Michele Havner, director of marketing at Eturi Corp., a company with a mission to empower parents to guide their children through a balanced use of technology. "Restrictions about screen may need to be rethought

in many cases, but they should not be completely eliminated."

Here are a few insights and tips that can help parents create sensible, effective screen use guidelines for their children during this time:

• Rethink leisure time: According to ReelGood. com data, the month of March saw a whopping 70% jump in weekday streaming of kids' movies and television shows. While there may be more time on kids hands and fewer options of what to do with it, it's important to emphasize alternative ways to relax and have fun so that kids are not spending all their waking

hours looking at screens. Leisure time will ideally include a mix of physical activity, creative projects, board games, reading and more. All that extra down time around the house may also present some good opportunities to teach kids some practical life skills, like cooking, cleaning and budgeting.

• Prioritize online safety: Unfettered access to the internet and social media sites can put children at risk for a number of online threats. Parents should continue to ensure kids practice safe online habits, even as they begin to use their digital devices for more tasks throughout the day.

Many parents are struggling to balance their own work with homeschooling and online safety. Luckily, there are tools that can offer assistance, such as OurPact, a screen time monitoring and scheduling app for parents. Among the app's many capabilities is the ability for parents to monitor and manage what kids are doing online, create daily

Striking the balance:

at certain times of day. • Check in: During your own free hours, spend some time checking in with your kids to see how they are coping with

the current situation, how they are spending their free time and whether they are facing any struggles with remote learning.

Life has changed rapidly and significantly for

families. And while this new normal includes a greater reliance on digital devices, parents can take steps to continue to ensure kids are striking a healthy balance.











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HERKIMER COUNTRY EDITOR

# DIY projects that can conserve energy around the house

Home renovation projects can pay numerous dividends. Renovations can have a positive effect on resale value, make homes more livable for residents and, in some ways, make homes more affordable.

Renovation projects that aim to conserve energy can save homeowners substantial amounts of money. Such projects don't often require considerable effort or even sizable financial investments, which can make homeowners skeptical as to just how much they can save after completing the project. But the scale of a project may have little to do with how much homeowners will save. For example, the U.S. Department of Energy notes that a relatively effortless task like turning back a thermostat between 7° and 10° F for eight hours per day can save homeowners

as much as \$83 per year. A more labor-intensive task like planting shade trees saves homeowners an average of between \$35 and \$119 per year.

When looking for ways to conserve energy around the house and save money, homeowners need not necessarily commit to expensive projects. The DOE notes that the following are some energy-saving projects and details what homeowners can expect to save after completing them. While each individual project may not result in jaw-dropping savings, homeowners who follow many of these recommendations may end up saving more than \$1,000 per year.

### Project: Install exterior low-e storm windows.

What is it? Low-e windows reflect infrared heat back into a home. Such windows are coated with an ultra-thin layer of metal that improves the window's insulation ability.

How much can I save? Homeowners who install low-e windows can save between 12 and 33 percent on their annual heating and cooling costs.

### Project: Seal uncontrolled air leaks.

What is it? Air leaks let cool air in during winter and warm air in during summer. Caulking, sealing and weather stripping all cracks and large openings can cut back on air leaks that are costing you money. The DOE recommends hiring a contractor to seal any leaks on heating and cooling ducts.

How much can I save? Homeowners who seal uncontrolled air leaks can save between 10 and 20 percent on their annual heating and cooling bills.

# Project: Plant shade

What is it? If you plant a deciduous tree between six and eight feel tall near

your home, it will begin to shade your windows within a year of being planted. Depending on the species of the tree and the home, the shade tree will begin shading the roof within five to 10 years. The DOE notes that shading is the most cost-effective way to reduce air conditioning costs.

How much can I save? Properly planted shade trees can reduce air conditioning costs by anywhere from 15 to 50 percent.

### Project: Insulate the water heater tank

What is it? New water tanks are likely already insulated. But homeowners with older hot water tanks can insulate their tanks with a water heater insulating blanket kit.

How much can I save? Insulating a water heater tank can save homeowners as much as 16 percent on their annual water heating bills.

Even the smallest DIY

projects can produce big savings. More information about energy-saving home

improvement projects can be found at www.energy. gov.











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# To your good health

by Keith Roach, M.D.

Blood in the urine
won't just go away

Dear Dr. Roach: I'm a 92-year-old man in better-than-average health. I have had two episodes of blood in my urine in the past two months. I know this isn't normal. At my age, I'd just like to make believe it didn't happen. What's my future like? — Anon.

Answer: Your future will shortly include, I hope, a visit to your regular doctor. Blood in the urine often is due to a urine infection or a kidney stone, but in older men, there is always a concern about a tumor, whether of the kidney, bladder or prostate. Pretending it didn't happen is not a good solution, and your doctors will certainly take your age into account when looking at diagnostic possibilities and treatments. Most cases will turn out to be not much to worry about, so the sooner you get in, the sooner you can find out what's going on and see what steps may be necessary.

**Dear Dr. Roach:** Recently, my acupuncturist suggested I try hyaluronic acid capsules for the arthritis in my hands, feet, back, neck and hips. I had heard of hyaluronic acid years ago and checked it out. Since it promotes cell growth, I assume it can't differentiate from good cells or cancer cells, so I avoided trying it. Is this really safe to take? — C.F.

Answer: Hyaluronic acid is indicated for use via injection, especially into the knee for arthritis symptoms, but is also used for other purposes, such as a filler in cosmetic surgery. For knee

injection, it appears safe and moderately effective. It isn't thought to work by promoting cell growth but rather by replacing synovial fluid, a fluid that acts as a kind of shock absorber, protecting the cartilage, bone and nerves of the knee.

There have been studies evaluating oral hyaluronic acid, and one from Japan in 2012 showed a very modest improvement compared with a placebo. I wouldn't recommend oral hyaluronic acid based on the studies done so far.

There are many reports

in basic cancer research on the ability of cancer cells to grow in conditions of high hyaluronic acid; however, this does NOT mean that taking oral hyaluronic acid promotes growth of cancer cells. As far as I can tell, there is no evidence that links oral hyaluronic acid to increased cancer risk.

**Dear Dr. Roach:** I suffered from constipation for years and after consulting with a gastrointestinal specialist, I was prescribed MiraLAX. I take it every morning and have added fiber to my diet. The program has been successful.

How wise is it to continue MiraLAX indefinitely? Should I worry about side effects? It has been quite pleasant to be free of constipation worries. — Anon.

Answer: MiraLAX is a non-absorbable chemical called polyethylene glycol. It passes through your system, bringing water with it, which makes stool less hard and easier to pass. It is very safe for short-term use. If used excessively, it can pull sodium and potassium out of a person's system.

If you are taking in enough fiber, it should be possible to decrease the MiraLAX without worrying about constipation again, but it's OK to use MiraLAX as needed.

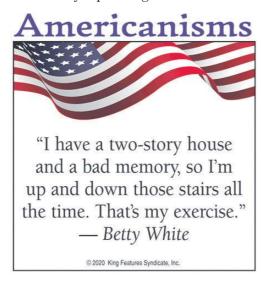
Dr. Roach regrets that

he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGood-Health@med.cornell.edu.

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# Life's Solutions - Bigger isn't always better

Bigger isn't always better - true words when talking about a favorite summer garden vegetable: zucchini. Even though zucchini is served as a vegetable, it's technically a fruit because it comes from a flower. It grows from golden blossoms that bloom under the leaves. While the male flowers are there to attract bees and pollinate, only the female flowers produce squash, which is best harvested when medium-sized, sev-

en to eight inches long and two to three inches in diameter.

One medium zucchini has only 33 calories, less than a gram of fat, and is high in water. It also contains significant amounts of vitamins B6, riboflavin, folate, C, K and minerals, like manganese and potassium. In fact, it has more potassium than a banana and it also contains antioxidant and anti-inflammatory phytonutrients. Whether from your garden,

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Zucchinis are summer squashes that are harvest-

market or the store, look for zucchinis with shiny skin that are free of blemishes, bruises, nicks and soft spots. The skin should be firm to the touch, especially the stem, and they should feel heavy for their size. It occurs in several varieties, which range in color from deep yellow to Three medium zucchini



ed early while the seeds are still soft. Photos courtesy of Schoharie and Otsego Counties

pound of zucchini, which equals about four cups grated zucchini; two cups of salted and squeezed zucchini; about one cup mashed zucchini; and three cups chunked zucchini. Store fresh zucchini unwashed on the counter in a cool spot for one to two days. To store it longer put it in your refrigerator crisper drawer in a perforated plastic bag. The University of California-Davis has done the math and 20 pin-sized holes in a medium bag will do the trick. You can also use a loosely closed plastic or paper bag for one to two weeks. You can freeze zucchini witha little olive oil and sauout blanching, but blanchtéing it ing one to three minutes deactivates enzymes that would otherwise cause the

equal approximately one

chini (summer squash) go cceschoharie-otsego. org/food-preservation and click on the Extension Fact Sheet-Handy Reference for

zucchini to become mushv

and discolored. For more

details on freezing zuc-

Freezing Vegetables, found in right menu.

When your garden abounds or your generous neighbors share their bounty, it's good to remember that zucchini is a very versatile vegetable. You can...

- Cut it up raw and add it to salads or serve it with
- Shred it, drain it and bake it into breads, pancakes, muffins or cakes
- Stew it with other summer fruits and vegetables to make ratatouille
  - Stuff with rice, lentils

Yummy Zucchini Pizza Bites. or other vegetables, then bake it Stir-frv solo or with other vegetables by adding

- Boil it, then blend it into soups
- Serve it as a side, grilled or sautéed with a little garlic and oil
- Try it breaded and fried, air-fried or baked
- · Spiralize it into spaghetti- or linguine-like noodles, or slice it to replace lasagna sheets

Even though Life's Solutions says bigger isn't always better, if your zucchini played hide and seek in your garden and grew to a mega size vou can always make personal pan pizzas instead of the pizza bites described below or remove large seeds, shred it, drain it and freeze it for use in breads, pancakes, muffins or cakes.

# Zucchini Pizza Bites

Makes approximately 20 pizza bites - 4 servings Ingredients

1 medium zucchini ½ cup marinara sauce

½ cup shredded mozzarella cheese

2 tbsp parmesan cheese Salt, pepper, garlic, or spice blend of choice to taste

Vegetable oil spray Directions

- 1. Wash zucchini in cold running water. Slice into 1/4 inch slices, then place slices (do not overlap) onto a parchment lined baking sheet then spray lightly with vegetable oil spray, flip slices and spray again.
- 2. Sprinkle slices with salt, pepper, garlic or spice blend of choice. Bake at 400° F for 15 - 20 minutes. Flip slices halfway through baking time.
- 3. Remove from oven and top slices with marinara sauce and mozzarella cheese evenly divided between slices; then sprinkle with parmesan cheese. Bake an additional 5 minutes, and if browning is desired finish under the broiler for one to two minutes. Serve immediately.

Leftover pizza bites can be refrigerated and reheat-

One serving (5 pizza bites) has approximately 86 calories, 4.5 grams of carbohydrates, 7 grams of protein and 4.5 grams of fat.

For another tasty version of sliced zucchini try our recipe for Zucchini Rounds at cceschoharie-otsego.org/resources/ zucchini-rounds.

If you are interested in more recipes, nutritional information or classes, visit cceschoharie-otsego. org or contact Michelle Leveski, nutrition program educator, by calling 518.234.4303 ext. 115 (leave a message) or mml39@cornell.edu.

To read more articles like this, subscribe to the "Life's Solutions" blogs.cornell.edu/efnep-schoharie-otsego.





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# Donna's Day: Creative family fun

### by Donna Erickson No-cook summer breakfast porridge

Once your kids turn the last page of the classic bedtime story "The Three Bears," tell them that when they wake up in the morning, they'll get to mash and measure some healthy ingredients and watch them whirl all together in your blender for their own bowls of nutritious and filling porridge.

You'll actually be preparing a very thick smoothielike concoction that the kids can ladle into cereal bowls instead of drinking glasses, and top with colorful fresh summer fruits and berries. When they grab their spoons and dig in, they'll quickly discover that their porridge is not too hot, not too cold, but "just right."

Gather all these ingredients on your counter, and you'll have this nocook breakfast together in minutes.

Porridge Ingredients: 1/2 cup uncooked rolled oats

4 tablespoons low-fat cottage cheese

1/2 cup milk

1 large ripe banana

6 raw almonds or wal-

nut pieces

Juice from 1/2 of a lemon

1/2 teaspoon vanilla extract (optional)

Topping Ingredients:

Favorite fruits, such as sliced kiwi, and fresh berries in season, such as strawberries, blackberries, raspberries and blueberries.

### Here's the fun:

- 1. While one child peels and mashes a banana on a plate with a fork, another may wash the berries, and juice the 1/2 lemon.
- 2. Meanwhile, an adult should place the oats in the blender and pulse a few seconds into a coarse powder.
- 3. Add the remaining porridge ingredients in the blender and blend, adding extra milk a tablespoon at a time if necessary, for desired consistency.
- 4. Serve in bowls, and let kids add their favorite fruit toppings. Makes approximately four 1/2-cup servings.

### Alternative ideas:

- Peel, slice and freeze the banana the night before for a cooler porridge.
- Add a few strawberries or raspberries to the blender for a sweeter pink

orridge

• Add 2 tablespoons freshly ground flaxseed. I buy mine in bulk and grind it in my coffee grinder before adding it to the porridge ingredients.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www. donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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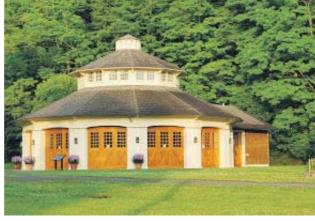


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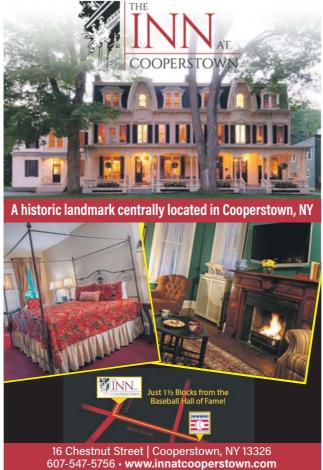




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14 • July 31, 2020 HERKIMER COUNTRY EDITOR

# Simple ways to soothe your teething baby

(StatePoint) Caring for a baby can be very rewarding. It can also be exhausting. Along with those amazing first-year milestones teething misery can arise that disrupts the entire house-

Having a better understanding of what to expect and some smart strategies for relieving your baby's discomfort can make the process smoother.

### What to expect

ba-While most bies teethe around six months, that first tooth can appear any time between three and 14 months. Teeth typically come in pairs, starting with the bottom front two, followed by the top front two. Your baby's primary pearly whites should be completely in by age 3.

Many babies show early signs when a tooth is on the way. In a study published in Pediatrics in 2000, researchers at the Cleveland Clinic Foundation followed 125 children from their 3-month check-up through their first birthday and found that during teething, there was a notable increase in biting, drooling, gum rubbing, sucking, irritability, wakefulness,

www.leepub.com

ear rubbing, facial rash, decreased appetite for solid food and mild temperature.

### What to do about it

While teething can be stressful for child and parents alike, these recommendations can help you naturally ease your baby's discomfort.

emerging tooth beneath the gums may be relieved by counter pressure," says Dr. Ken Redcross, primary care physician and founder of Redcross Concierge. He recommends massaging your baby's gums with a moistened gauze pad or washcloth.

- Teething toys allow vour baby to ease discomfort on their own. Firm rubber teething rings are a good choice, as they're unlikely to break from the pressure of your baby's chewing.
- · Contact with cold items can have a soothing effect. Offer cold foods. teething rings and washcloths. Stick with chilled, not frozen items. Extreme cold can actually make matters worse.
- Brace yourself for active evenings. According to Dr. Redcross, "When the tooth moves through

"The pressure of an

the bone and gum, it tends to come in stages, with more activity at night, so a baby may be more irritable at bed-

time.'

Small Engine Repair

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apply soothing calendula cream. Absorbent sheets can help manage the problem overnight and during naps.

Lastly, Dr. Redcross reminds parents to take care of their own needs during these teething struggles. "Be sure to give yourself breaks. Get as much rest as you can. And don't be afraid to ask for help," he says.

Using a mix of these new and tried-and-true teething methods, your entire household can get through the teething process with less stress and more smiles.



# Weekly SUDOKU — — King Crossword —

## Answer

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# **Answers**

# Solution time: 21 mins.

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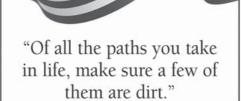


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# Americanisms



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# Have a happy August!

# Learn about DIY home security

Homes are a safe haven and comfortable retreat for individuals and families. Home invasions can compromise that feeling of safety and security, making people feel uncomfortable and unsafe in their own homes.

Although the FBI Uniform Crime Reporting Statistics indicate property crime rates have seen a significant decline in the last few years, there are still roughly 2.5 million burglaries a year, 66 percent of which involve home break-ins. Break-ins are 6 percent more likely to occur between 6 a.m. and 6 p.m., when people are out at work or running errands than at other times of day. Homes without a security system are 300 percent more likely to be burglarized, according to the National Council for Home Safety and Security.

Installing a security system may be the goal of homeowners looking to protect themselves and their belongings.

Thanks to availability of new, user-friendly products, doit-yourselfers can, in many instances, install their own home security systems.

Safety.com says smart home integration, mobile apps and wireless connectivity are hallmarks of modern DIY home security systems. Many have the same components as traditional home security systems, but do not require professional installation or monitoring, even though such options are available.

When shopping for home security systems, people can look for the following features to compare offerings.

- Sensors: Sensors will detect motion and activity in the house. Sensors also may be attached to doors and windows to determine if either are open. Some systems are designed to send alerts to a phone when triggered.
- Cameras: Working in conjunction with sensors, cameras can provide an eye

on activity in and outside of a home, adding another layer of protection.

• Smart features: With smart home connectivity, security systems can be engaged and turned off from remote locations.

Many DIY versions of home security systems work wirelessly and can be set up in a relatively short period of time. While wired systems use existing electric and telephone lines to connect security components, wireless systems connect components to a main panel via radio frequency. One of the benefits of wireless tech is that it enables DIYers to add components and replace them as needed without major hassle. In addition, wireless security systems do not require construction during the installation process.

More and more homeowners are embracing DIY home security systems to keep their



More and more homeowners are embracing DIY home security systems to keep their homes safe.

# Cucumbers bitter during hot, dry weather

If you've noticed that your cucumbers are a little (or a lot) bitter lately, don't give up hope. A little water, mulch and patience will provide relief.



# **HOSKING SALES LLC – CERTIFIED** ORGANIC MARKETING AGENCY

Neekly Sales Every Monday - Misc. items, Poultry & produce etc. will start approx. 12:00. 1:00 we will start Dairy followed by all other livestock. Let's keep the cattle in the market place to help the competition – sending direct gives you no competition.

Mon. July 20th – Sold 283 head Cull ave. \$.51 top cow \$.72, Bulls/Steers \$.69 - \$.80,bull

calves top calf \$1.05 beef calf \$1.45, heifer calf top \$.50, Dairy feeders \$.54 - \$.88, feeder heifers \$.59 - \$1.25. Dairy: Bronhom Reg. & Grade Milking Herd Dispersal ave. \$1743 with Top Lot 1 Bronhom Brbwire Ivana-Red EX90 @ 3yrs. fresh in May on service to Unstopabull topped the day at \$15,000 purchased by Merriman Farm, Cazenovia, NY. 2nd High Lot 2 Bronhom D-Back Layne-Red sold for \$3000 to JB, FF. 3rd High a consignment form Kyle Reid - Ayrshire- Morning Meadows Siren Rosetta Fresh 5yr. old purchased by Dan Hoppaugh, Columbia XRds PA

Mon. Aug. 3rd: Normal Monday Sale and monthly Fat cow & Feeder Sale. Special: Stanton Farm Milking Herd Dispersal 45 Top end Registered & Grade Holsteins. Ave. 60#/day SCC 100,000. Cows are on pasture, Balage & grain. Dairy will start at 1:00.

Mon. Aug. 10th - Normal Monday Sale & Monthly Heifer Sale.

Mon. Aug. 17th - Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale.

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Mon. Aug. 31st - Normal Monday Sale
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Sat. Sept. 26th - Reserved for a Machinery Dispersal
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Cattle 
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Most cucumber plants contain a bitter compound called cucurbitacin, which can be present in the fruit as well as the foliage. Bitterness in cucumbers tends to be more prominent when plants are under stress from low moisture, high temperatures or poor nutrition. Although most areas received abundant moisture earlier in the season, more recent hot, dry conditions have encouraged production of the bitter compound. Plant breeders, however, have developed many modern

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cultivars that lack the bitter genes.

For some cucumber eaters, the bitter taste is accompanied by a digestive discomfort known as a burp. Some newer cultivars of cucumbers do not have the bitter compound and, thus, no burp. So, some seed companies called their bitter-free cukes "burpless." Newer cultivars with thinner skin also tend to be less bitter.

The amount of bitterness in the cucumber depends on the severity of the heat and drought. In most cases, cutting off the stem-end and removing the skin of bitter cucumbers removes much of the bitterness. Some fruits are bitter all the way through and should be discarded. Bitter cucumbers will not taste any better when pickled.

Watering during droughty periods – 1 - 1.5 inches of water in a slow, gentle application – will help keep bitterness out of subsequent fruits. Apply a mulch, such as straw, shredded bark or newspaper, to help cool the soil, conserve moisture and keep weeds under control.

Next year, your best bet is to plant bitter-free cultivars and provide optimum growing conditions, when possible. Many cultivars are listed as bitter-free, including Burpless, Carmen, County Fair, Diva, Fanfare, Garden Sweet, Marketmore 76, Slice More, Sweet Slice, Sweet Success, Sweeter Yet and Tasty Green. New cultivars arrive each year, so be sure to read through next season's garden catalogs and websites to find the bitter-free types.

Source: Purdue University



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# Kovels: Antiques and collecting

# by Terry and Kim Kovel Guard room table

Everything has a name, but in the antiques world, many things have more than one name. This table was offered for sale as a "guard room table." That is a made-up name for a table that looks like it might have been used by guards for eating, drinking and gambling in a castle a few hundred years ago. It is a table in the Eliza-

bethan style (1553-1603, named for Queen Elizabeth I). Tables from that era are made of wood, usually walnut or oak. They are large (about 30 by 83 inches) and heavy with thick strong legs, often heavily carved. Today they are usually used in a large paneled room in a men's club or hotel. Some of the tables, like this one, have iron trestles used for strength between the end pairs of legs. They

sell for surprisingly low prices for furniture that looks like it was made at least 400 years ago. They list for \$800 to \$4,000, depending on condition and proportions. This table was estimated at \$700 to \$1,000.

**g:** I have a figurine that looks exactly like the Hummel figurine of St. Jude, but it's white. I can only find ones that are colored. Do I have a fake or a real one?

A: Hummel figurines are based on drawings by Sister Maria Innocentia Hummel, a nun in Germany. The figurines were first produced in 1935 by W. Goebel Porcelain Factory of Oeslau (now Rodental), Germany. They were extremely popular after WWII, and hundreds of figurines were made and collected. They made other figurines, but only those that are the children drawn by Sister Maria can be called Hummels. There have been changes in company name and ownership, but Hummel figurines are still being produced in Rodental, now by Hummel Manufaktur.

The Hummel figure of St. Jude has him holding a staff in one hand and a holy relic in the other. This is a common image that has been made by other manufacturers. If your figurine is real, it will have a Hummel mark on the bottom. If it's not marked, it's a fake. All Hummels are now very low priced, and religious figures are not popular. Your figure is probably Goebel but not Hummel. It is worth about \$50.

### Current prices

Van Briggle vase, Lorelei, woman, hair flows over rim, white matte glaze, 11 x 5 inches, \$190.

Tortoise shell jewelry box, beveled glass insert, ivory bun feet, c.1900, 2 x 6 inches, \$265.

Kettle-on-stand, copper, embossed, cast, spirit burner, handle, turned, ebony, geometric design, WMK Co., 13 x 7 inches, \$320.

Window, leaded, stained, Gothic, blue columns, brown arched window, purple panels, cabochon, 72 x 28 inches, \$480.

**Tip:** Clean metal with a back-and-forth motion, not a circular motion. Use a soft, clean, lint-free cloth and turn it often to avoid reusing a soiled part.

For more collecting news, tips and resources, visit www.Kovels.com



Look for unusual styles of furniture to get a bargain. The heavy, old timbers and craftsmanship of an antique is why it is still in good condition and can take hard use. This table is in the Elizabethan style, 400 years old, and still going strong.





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# Best methods to repair damaged driveways

Asphalt and concrete driveways are common throughout suburban neighborhoods. They are as much a part of a home as lawns, decks and other exterior elements. Regardless of how they're utilized, driveways need to be cared for and maintained to retain their appearance and function.

Even the most durable driveways can suffer from cracks and pits over time. As cracks form, they pave the way for more deterioration if they are not addressed. Water infiltration can break down the integrity of the driveway during freeze and thaw periods, and any little hole or crack can promote

weed growth. Driveway repair can be a DIY project, but pay attention to the details to ensure the job is done right.

### Asphalt

The home improvement resource The Family Handyman says it is key to first repair cracks and pits in an asphalt driveway before planning to topcoat it, which is generally done every year

or so to maintain its appearance and durability. A variety of topcoat products are available at various price points. Experts recommend investing in a quality product that will not shrink and crack. A melt-in material that is similar to products used by highway crews can be purchased for around \$100. This product also will require use of a pro-

pane torch. Caulk-style crack repair products may not require as many tools, and are much easier to apply. They may not last as long, however. Homeowners must weigh the pros and cons to each before beginning.

The experts at Popular Mechanics say that there also are other asphalt patch mixes available at home supply retailers. Serious holes, rather than cracks, can be addressed with a coarse-aggregate filler commonly referred to as cold patch.

After cracks and holes are filled, use a sealer to lock everything in place and create a smooth top-coat appearance. Speak with a store employee if you are unsure which product is needed for your application.

### Concrete

The process is similar with concrete driveways, yet the products differ. Small driveway cracks can be repaired by scrubbing out the crack to remove debris and then filling using a mortar repair compound, suggests the repair advice site Home Guides. Larger cracks and potholes should be cleaned. Once that's done, apply a painted-in bonder to the crack or hole, followed by a dry concrete patching product mixed with water. The material can be worked into the damaged area with a trowel. and then leveled using a wood board. Afterward, a liquid concrete sealer can be applied to help prevent future cracks and holes.

Homeowners who are hesitant to fix their drive-ways can contact masons or asphalt specialists to perform the job. Keeping up on driveway repair can prolong the life of the surface and help delay a complete driveway replacement for several years.

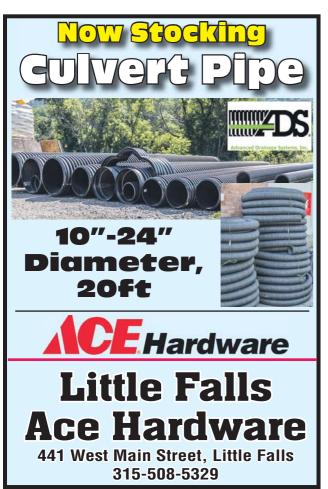
















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