

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

**AUGUST 21, 2020**  
Delivered by the  
U.S. Postal Service  
**518-673-3237**  
Volume 10 Number 10

But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:31



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## Reconfigured golf event will aid homeless, abandoned animals

The fifth annual Par for Paws Golf Tournament to benefit the Susquehanna Society for the Prevention of Cruelty to Animals (SQSPCA) has been restructured this year due to COVID-19.

In order to meet current social distancing restrictions, 2020's event at the Otsego Golf Club will instead be an SQSPCA Golf Weekend running Friday, Sept. 25 - Sunday, Sept. 27.

"Given the shelter's dependence on fundraising despite the continuing concerns regarding COVID-19, we are revamping our one-day tournament into a weekend event stretching over several days," said SQSPCA Executive Director Stacie Haynes.

"Anyone teeing off at the Otsego Golf Club during our Golf Weekend can take part simply by mentioning they are golfing in support of the SQSPCA. The \$40 per person admission charge will cover greens fees for 18 holes, use of a cart, a thank you gift and a hot dog at the end of play," Haynes explained.

In addition, a percentage of each fee will be donated back to the shelter, Haynes said.

Sponsorship opportunities are available for the SQSPCA Golf Weekend, all of which include signage at the event. According to Haynes, sponsorships start at \$300 for a Hole Sponsor, followed by Cart Sponsors

at \$1,000. The Scorecard Sponsor (\$2,500) and event underwriter (\$5,000) will receive player registrations as well, as part of their sponsorship packages.

Located on the shores of Otsego Lake just nine miles from Cooperstown, the Otsego Golf Club is one of America's oldest and most beautiful courses.

"This event is ideal for people who love golf, love animals and who appreciate the history and picturesque greens of the Otsego Golf Club," Haynes added.

Profits from the SQSPCA Golf Weekend will provide much-needed funds to help the SQSPCA fulfill its mission of caring for homeless and abandoned dogs and cats from across the region. These animals are vaccinated, spayed or neutered, and treated for illness or malnutrition as necessary before they are adopted out to a loving new home.

Registration for players as well as sponsors is currently underway.

Golfers should call the Otsego Golf Club at 607.547.9290 to register a tee time. The SQSPCA Golf Weekend must be mentioned in order to secure the \$40 per person fee, and payment is cash only.

If your business or organization is interested in supporting this event as a sponsor, email shaynes@sqspca.org or call 607.547.8111 ext. 101.



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## 2020 NISSAN ROGUE AWD



2020 Nissan Rogue AWD

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Model#2010, VIN#KNMAT2RVLP53869 & KNMAT2RVLP54309, MSRP \$27,745. Total due at inception: \$2,500 down payment + \$0 security deposit + bank fee included in payment + \$239 1st payment = \$2,739. Price includes \$3,375 Nissan Lease Cash. Negotiated value of vehicle \$27,745.24. Lessee responsible for Insurance, Maintenance, excess wear & mileage 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 8/31/2020.

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AWD

## 2020 Nissan Rogue Sport AWD

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Model#27010, VIN#1N4BL4BV1LC176998 & 1N4BL4BV1LC123220, MSRP \$26,500. Total due at inception: \$3,000 down payment + \$0 security deposit + bank fee included in payment + \$209 1st payment = \$3,209. Price includes \$1,175 Nissan Lease Cash and \$500 NER Rogue Sport Bonus Cash. Negotiated value of vehicle \$26,215.54. Lessee responsible for Insurance, Maintenance, excess wear & mileage 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 8/31/2020.

## 2020 NISSAN SENTRA SV



## 2020 NISSAN SENTRA SV

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Model#12110, VIN#1N4BCCVLY23737 & 3N1ABCVLY236915, MSRP \$21,675. Total due at inception: \$2,500 down payment + \$0 security deposit + bank fee included in payment + \$189 1st payment = \$2,689. Price includes \$1,050 Nissan Lease Cash. Negotiated value of vehicle \$22,372.34. Lessee responsible for Insurance, Maintenance, excess wear & mileage 12k mi/year. Plus tax, title & mv fees. Well qualified credit. Offer Expires 8/31/2020.

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# Herkimer College named #2 online community college in NYS

Herkimer County Community College and its Internet Academy program have been ranked the number two online community college in New York State for 2020.

New York is home to 30 community colleges that provide opportunities to earn an online associate degree or certificate. Each college was assessed based on several factors, such as retention rate, graduation rate, percentage of online enrollment and the number

of online associate degrees offered. Herkimer College was deemed the second-best choice, following only behind Hudson Valley Community College in Troy.

The rankings were done by Optimal, formerly known as the SR Education Group, an organization that uses data to help empower students to be able to make the best decisions on higher education and career path. This is the second year in a row Herkimer College has

been recognized by the group.

Herkimer College's Internet Academy has been bringing high-quality online education to students for more than 20 years, currently offering 21 associate degree programs and five certificates that can be completed entirely online from a person's home.

For more information on the Internet Academy, visit [herkimer.edu/ia](http://herkimer.edu/ia).

## Cyber safety is important for every grade

People rely on the internet every day. In recent months, reliance on digital technology was pushed even further as social distancing measures had the world going online for school and work and to maintain relationships with friends and family.

A 2018 report from Pew Research Center indicated that nearly 25% of young adults in America reported being online almost constantly. Common Sense Media says teens spend an average of nine hours a day online, compared to roughly six hours for those between the ages eight and 12 and 50 minutes for kids younger than eight.

Students must exercise caution when spending time online. Connectivity can be empowering, but it also puts students at risk from others and even their own, sometimes-irresponsible behaviors. Staying safe online should remain a priority for students who must spend more time on the internet and using digital education tools. These are some tips for maintaining cyber safety:

- Exercise caution when sharing information like your name, address, phone number and other personal data online — check with a trusted parent or teacher before sharing private data.

- Report any online activity that makes you feel uncomfortable, scared or confused, whether it is directed at you or a classmate.

- Think carefully before you post comments online. Data remains online indefinitely, and your words and actions today can greatly affect your future.

- Respect others online by refraining from demeaning or bullying comments.

- Do not try to get around firewalls and blocked websites set up by school administrators. These limitations are there for your protection.

- Stick to school-sanctioned assignments and internet browsing when using school-issued devices. Administrators may have the right to monitor student activity without students' knowledge and you can easily get yourself in trouble.

- It is easy to hide or fake one's identity on the internet, so never take someone you meet or speak with online at face value. Never meet up with someone you do not know or only met online.

- Talk to your parents or educators about extortion and ransomware that tries to trick you into providing

payment in some shape or form to prevent a perpetrator from releasing private information about you, advises the Readiness and Emergency for Schools Technical Assistance Center.

Various steps can be taken to promote cyber safety among students, parents and administrators.



Published weekly on Friday by Lee Newspapers  
6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President **Frederick W. Lee**  
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## Calendar of events

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

### August 21-23

**The Herkimer County Fair will be holding events in August.** Food Truck event Aug. 21-23. Hours of operation will be 4-8 p.m. on Aug. 21, 12-7 p.m. on Aug. 22 and 12-6 p.m. on Aug. 23. Another Open Horse Show will be held on Aug. 22 starting at 9 a.m. The fair will be following the CDC guidelines to practice social distances at all events and the requirement of masks except while eating. Any information on any of these events can be obtained by calling the Fairgrounds at 315.895.7464 or through email at [info@HerkimerCountyFair.org](mailto:info@HerkimerCountyFair.org).

### August 24

**Oil Painting Class with Wilson Bickford** at Auskerada Place, 78 S. Main St., Dolgeville, 5:30 p.m. – 9:30 p.m. \$50 fee includes all supplies. "Swan Bay" (11" x 16"). Call "Diane" at 315.429.3618 to register.

### August 26

**Rabies Clinic Cancelled.** Was to be held the Salisbury Fire Department. For more information, please call Herkimer County Public Health at 315.867.1176.

**Pie Sale at Holy Trinity Lutheran Church,** 512 E. Gansevoort St., Little Falls. Call 315.823.4091. Pies are \$12 each (Raspberry, Blueberry, Apple, Mixed Berry, Chocolate, Strawberry Rhubarb, Banana

Cream, Coconut, Pumpkin & Lemon - sugar free or regular). Orders must be called in no later than Aug. 17. This is pick up only at the church between 3 and 6 p.m.

### 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.

**Rabies Vaccination Clinic** at St. Johnsville Town Barn, 7431 Route 5, St. Johnsville, 9 - 11 a.m. For more information about protecting yourself and your family from rabies, call Montgomery County Public Health at 518.853.3531.

### September 12-13

**Fort Klock Craft Fair canceled.** After much consideration, Fort Klock has decided to cancel its craft fair. Meetings take place the second Wednesday of the month at 6 p.m. This year the Fort is open for tours on a limited basis. If you would like to learn more about the Fort or how to become a member, call 518.568.7779, visit [fortklock-restoration.org](http://fortklock-restoration.org) or [facebook.com/fortklockhistoricrostoration](https://facebook.com/fortklockhistoricrostoration).

### 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.

### September 25-28

**41st Annual Remsen Barn Festival of the Arts** is going VIRTUAL for the first time ever from the morning of Friday, Sept. 25 until the evening of Monday, Sept. 28 at [www.VirtualBarnFest.com](http://www.VirtualBarnFest.com). For more information contact Deborah Cotton, Barn FOTA Representative at [dcotton1@roadrunner.com](mailto:dcotton1@roadrunner.com) or 315.534.4433.

### October 1

**Rabies Vaccination Day** 5:30 - 7 p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

### November 7

**Rabies Vaccination Day** 1:30 - 3:30 p.m., East Herkimer Fire Department, 193 Main Rd., East Herkimer 13350. Pre-register by calling 315.867.1176.

### November 14

**Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop** 9 a.m. to 4 p.m. Arc Herkimer's main building at 350 South Washington Street, Herkimer. \$38 per person. Call Kelly Bunce at 315.574.7982 to register and make payment.



# Area Church Services

**COLD BROOK**  
**COLD BROOK**  
**UNITED METHODIST CHURCH**  
467 Main St.  
Sunday Worship 10:30 AM

**DOLGEVILLE**  
**NEW HOPE CHRISTIAN FELLOWSHIP**  
Pastor Pat Andreoli  
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  
Afternoon 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**  
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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 Schuyler  
Sunday Worship 10:30 AM  
Wednesday Night 6:30 PM  
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Christianassemblyofschuyler.com

**FRANKFORT**  
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414 Frankfort St., Frankfort, NY  
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Deacon: Micheal Carbone  
Mass Schedule: Saturday 5:30 PM;  
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

**HERKIMER**  
**TEMPLE BETH JOSEPH**  
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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**  
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with Ridgekids for the children (0-5th grade)  
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**UKRAINIAN ORTHODOX CHURCH OF**  
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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

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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**  
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**OF LATTER-DAY SAINTS (MORMONS)**  
Branch President Blake Francisco  
Gros. Blvd., East Herkimer  
Phone 315-866-8095  
Priesthood/Relief Society 12:10 PM  
Sunday School 11:20 AM  
Sacrament Meeting 10 AM  
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Tuesday 11-12:30 PM  
Thursday 11:30-12:30 PM  
Shepherd's Table Dinner:  
First & Third Tuesday 6 PM

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Church Office (315) 866-0551  
Email: christchurchherkimer@gmail.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

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**ILION COMMUNITY CHURCH**  
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Sunday Worship 10 AM  
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Adult Bible Study at 8:45 AM  
Holy Eucharist at 9:35 AM

**FIRST PRESBYTERIAN CHURCH**  
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Bible Study 9:30 AM  
Church Service 10:30 AM  
315-894-2070

**FIRST BAPTIST CHURCH**  
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Wednesday Mid Week Service 7 PM  
Sunday Morning 11 AM

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May 1 - November 1  
36 Second Street, Ilion

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Deacon: Micheal Carbone  
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11:00 AM; Monday & Wednesday 9:00 AM

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Rev William Whalen, Associate Pastor  
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Meet and Greet Sunday at 8:30 AM  
Sunday School Classes 9:00 AM (nursery  
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Mark Bunce, Organist  
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Sunday Service & Religious Education 10 AM

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

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

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

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

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

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

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

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

**DENNISON CORNERS**  
**COMMUNITY CHURCH**  
Pastor Donald King  
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Sunday:  
Sunday School 9:45 AM  
Morning Worship 11 AM  
Evening Worship 6 PM  
Wednesday Prayer 7 PM

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Youth Sunday School (Pre-K - Sr. High) 9 AM  
Adult Sunday School (Men, Women  
& Couples) 9:30 AM  
September - June

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

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Saturday Vigil Mass 5:30 PM  
Sunday Mass 9:30 AM

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Morning Service 11 AM

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Saturday Vigil 4 PM  
Sunday Mass 9:15 AM

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pastmarkh@aol.com  
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Childrens' Sunday School: 9:00 AM  
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## Onboarding dairy farm employees in 2020

Cornell Agricultural Workforce Development is seeking farmers to participate in the second year of an onboarding project funded by the New York Farm Viability Institute.

Employee onboarding is a management process to bring new employees into the farm business, complete necessary paperwork, equip them with safety and performance knowledge and skills and help them feel connected to and engaged with a worthwhile team.

Identified as a priority by New York's Ag Workforce Development Council, the first year of the project "Safe, Productive and Engaged from Day One" worked with 25 farmers to develop tools, trainings and templates to navigate employment requirements and improve human resource management practices. Projects included development of employee handbooks, SOPs, training videos, new hire forms, job descriptions, farm safety plans, checklists, organizational charts, mission statements, written policies and more.

"A successful onboarding process begins with a well-planned orientation, training and compliance, and leads to improvements that benefit both the manager and employees throughout the relationship," said Dr. Richard Stup, Cornell agricultural workforce specialist.

Effective onboarding helps retain valuable employees. The first days and weeks on the job set the course for a new farm employee. Given the tight labor market, a successful onboarding program can be an essential tool to help reduce employee turnover, increase employee safety and productivity and contribute to a farm's success. Recent research on large dairy farms indicates annual employee turnover rates range from 20% - 80%.

If an employee has a positive onboarding experience, their likelihood of staying at the place of employment for more than three years is about 69%, according to the Society for Human Resources Management. In addition to less turnover, employees are approximately 50% more productive and 54% more engaged.

Conversely, if an employee is poorly onboarded, this sets employees up for failure. The first impression can be the make-or-break of whether that employee returns tomorrow or leaves as soon as they can find another job. The onboarding process sets the tone for inclusion as a valued new farm team member, and should focus on the new employee as a person, not just as a worker, and not just on the business.

Agriculture Workforce Development's "Onboarding Template" helps farmers quickly develop a complete onboarding program with orientation and training that:

- Ensures compliance with basic regulations and policies
  - Provides clarification on work procedures and expectations and offers safety training
  - Establishes a workplace culture based on values, philosophies and traditions
  - Creates connected relationships at work that allow employees to engage and thrive
- An effective onboarding program:
- Establishes a farm culture that is safe, productive and engaging

Onboarding 8

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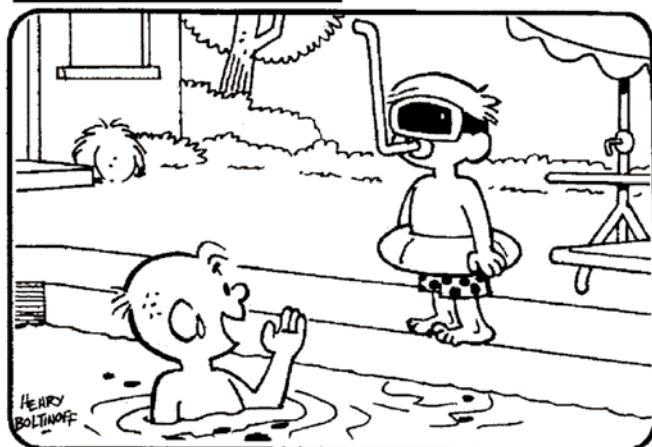
[Willowsofutica.com](http://Willowsofutica.com)

315-765-0271

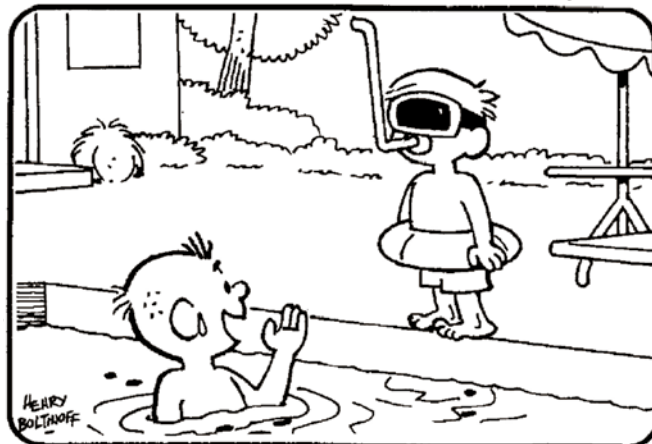
f



## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Tree limb is missing. 2. Swim trunks are different. 3. Walkway is missing. 4. Boy's hair is different. 5. Umbrella handle is gone. 6. Windmill is missing.

## Weekly SUDOKU

by Linda Thistle

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

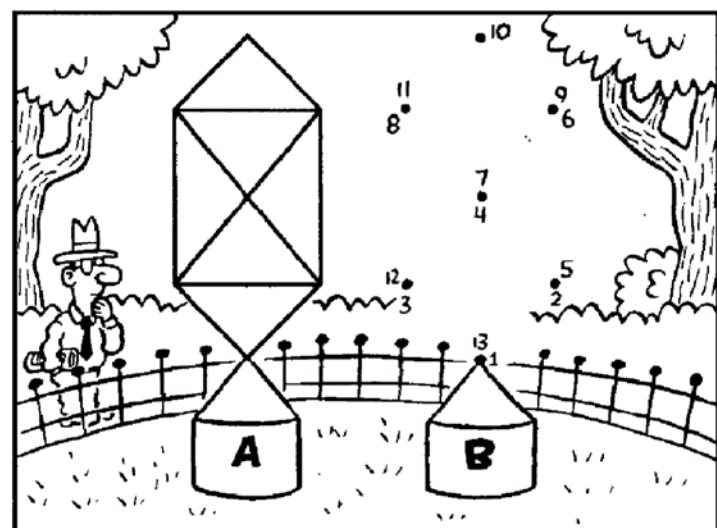
## ACROSS

- 1 Height of fashion?  
4 First victim  
8 Expansive  
12 Retirement plan acronym  
13 Sushi bar soup  
14 Grooving on  
15 Plaid garment  
17 Greek vowels  
18 Small barrel  
19 Irish overcoats  
21 Wunderkind  
24 Thither  
25 Atmosphere  
26 — sauce  
28 Florida city  
32 Mid-month date  
34 Chow down  
36 Painter  
37 Archaeologist's find  
39 Cushion  
41 Opposed  
42 Plaything  
44 Malign  
46 Young child  
50 Mongrel  
51 Hodgepodge  
52 Yankee  
53 Doodle's feather?  
56 Huff and puff  
57 "Zounds!"  
58 Erstwhile

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15			16					17		
		18			19		20			
21	22			23		24				
25				26		27		28	29	30
31			32		33		34		35	
36					37		38		39	
40								41		
42					43		44		45	
46	47	48			49		50			
51						52		53		54
55									56	
57										58
59						60				61

- acorn  
59 Knitting need  
60 Scruff  
61 "Science Guy" Bill
- locale  
9 Initial stake  
10 Celebrity  
11 Pitch  
16 Barbie's companion  
20 Drunkard  
21 Twosome  
22 Stash  
23 Curly's brother  
27 Shriek bark  
29 Coconut cookie  
30 Senior moment?  
31 Zits
- 33 Take a chair  
35 Slight amount  
38 Army rank (Abbr.)  
40 Ten-year period  
43 Sanaa's land  
45 Bear hair  
46 Country singer Keith  
47 — podrida  
48 A-line designer  
49 Sitarist's rendition  
53 Upper limit  
54 Aye rival  
55 Mamie's man

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**AN ARTY PUZZLE!** The statue on pedestal "A" is made by bending one long steel rod. If you join the dots on pedestal "B," you'll see how this was done without going over any leg more than once.

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# Junior Whirl

by Charles Barry Townsend

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

Illustrated by David Coulson



**IN THE GOOD OLD SUMMERTIME!** Hidden in the above diagram are 19 words associated with summer vacation time. They can be found by reading up or down, side to side, or diagonally. Letters can be used more than once. Listed below are the 19 words you're looking for.

- Baseball  
Bikes  
Boating  
Bugs  
Camp  
Fans  
Fishing  
Heat  
Hot  
Ice Cream
- Kites  
Lemonade  
No school  
Ocean  
Outdoors  
Recreation  
Sunshine  
Swimming  
Vacation

**THE TALE OF THE PROGRESSIVE SHOPPER!** In 5 days Eloise spent \$100 at the local mall. Each day she spent \$6 more than she did the day before. Can you figure out how much she spent on each day?

Answer: Day 1, \$8; Day 2, \$14; Day 3, \$20; Day 4, \$26; Day 5, \$32.



**LINK-UPS!** Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word on the right.

- |         |      |
|---------|------|
| 1. DAM  | DOCK |
| 2. GALL | ATE  |
| 3. NET  | THEN |
| 4. INN  | ASK  |
| 5. HAD  | ANT  |
| 6. EAR  | HER  |

Answers: Damask, gallant, nether, innate, haddock, earthen.



## Herkimer College appoints new technical assistant for international programs

Herkimer County Community College has appointed Hannah R. Stublely of Little Falls as a technical assistant for international programs.

Stublely graduated from Herkimer College with an A.A. in Social Science in 2009 and went on to earn a bachelor's degree in Women's Studies from Hamilton College in 2012 and a Master of Arts degree in Women's, Gender & Sexuality from the Uni-

versity of Albany in 2015. Stublely is also a member of the National Women's Studies Association.

Stublely was previously employed in the college's Academic Support Center as a career and technical education (CTE) success coach, where she was responsible for enhancing the academic success of CTE students by providing individual and group support to students.

As a technical assistant,

Stublely will assist Dr. Robin Riecker, the college's associate dean of academic affairs for humanities/social science and the coordinator of international programming, with processing applications for international students and serving as a designated school official. She will be responsible for advising F-1 students in areas pertaining to the acquisition and maintenance of their non-immigrant student

status in the U.S., and she will maintain records, databases and reports necessary for compliance with immigration regulations, including the Student & Exchange Visitor Information System (SEVP) and all compliance records.

*Hannah Stublely*



### Onboarding from 6

- Sets clear, upfront job expectations that employees can fully understand
- Provides immediate safety training to avoid injuries
- Promotes compliance with all employment regulations
- Communicates important farm policies and procedures, especially those that may differ from previous employers
- Overcomes language barriers so that everyone can understand each other
- Increases employee commitment and reduce turn-

over

- Provides accessible and realistic support for farm onboarding, even when labor and time are in short supply

Over the next year, the Ag Workforce Development Team will partner with an additional 25 farms to develop onboarding materials, trainings and methods. Over a three-session Zoom series, participating farmers will gain an understanding of and complete an onboarding template, and be supported by Stup, Extension educators or industry consultants to implement onboarding materials, trainings and methods. The tools developed,

including templates, training documentation, resources for employee records, worksheets and videos, will be shared with other farms.

If your farm is looking for a way to improve employee retention and increase overall productivity of employees, contact your local Cornell Cooperative Extension Educator for more information and a flyer about this exciting program or visit [agworkforce.cals.cornell.edu](http://agworkforce.cals.cornell.edu).

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## Kovels: Antiques and Collecting

by Terry and Kim Kovel

### Popcorn Wagon

Popcorn wasn't a popular snack food until the 1890s, when Charles Cretors created a steam-powered machine to roast peanuts, coffee and popcorn to sell from a wagon on the street near his Chicago candy store. He kept improving the machinery and the product, and in 1885, he started C. Cretors and Co. In 1893, he took his popcorn wagon to the Chicago Columbian Exposition to sell his new product — popped corn. He made individual horse-drawn popcorn wagons for customers, and by 1900, he made the first electric popcorn wagon. He made more changes as the popcorn-eating public went to the movies. Cretors changed his business to make things for the war effort in the 1940s. His machines were modernized by the 1950s, but the company still made old-fashioned popcorn wagons for use and display.

Today, you may find a popcorn wagon, horse-drawn or motorized, at an antiques auction. A 15-foot-long horse-drawn Cretors 1910 wagon recently sold at a Kamelot auction in Philadelphia for \$34,000. It even has a custom-made travel trailer for long trips. Back in style again are modern food trucks that can go where the crowd is, and the popcorn wagon is still one of the most popular.

**Q:** One of the drawer pulls to my wife's Clark's O.N.T. spool cabinet is missing. I'm trying to locate one like it. The backplates are embossed "O.N.T." Can you help?

**A:** Some online sites offer similar replacement drawer pulls. Although they aren't marked "O.N.T.," the style is very similar, and they might be an acceptable substitute. Some sites that sell similar drawer pulls are hardwareofthepast.com and robinsonsan-  
tiques.com, and there are other sites that sell all sorts of used hardware for antiques.

**Q:** I have a set of 10 pull-down maps that were in school classrooms in the 1960s and '70s and was wondering what they would be worth today.

**A:** Colorful maps sell quickly as decorative items. Some people look for maps of the city or area where they live or for places they've traveled to, while others choose maps just for their decorative appeal. Schoolroom maps might sell to someone decorating a child's room. They sell online for \$300.

### Current prices:

Commode — 2 doors, 2 shelves, mirrored, brass trim, shaped top, conforming body, Art Deco, 39 x 60 inches, \$130.

Globe — terrestrial, figural stand, robed woman, holding stand and globe on her head, ball, Girard Barrere et Thomas, 38 inches, \$160.

Sevres vase — swan handles, gilt, diamond pattern, flowers, pink, purple, white,



The smell of the popcorn draws customers to a traveling popcorn machine. This modernized wagon, which looks on the outside like it did in 1910, sold at an antiques auction for \$34,000. Did you know it needs a special type of popping corn to get the best results?

34 inches, \$250.

Document box — oak, carved, band of stylized flowers, keyhole, English, 1700s, 9 x 27 inches, \$280.

**Tip:** Don't scour a seasoned iron pan to clean it. Scrape off any particles with a spoon.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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## Fire safety for furry family members

(Family Features) – If you have a fire escape plan in place for your home, you're steps ahead of many Americans. According to the National Fire Protection Association, only 30% of American households have developed and practiced a home fire escape plan. It's important for families to stay ahead of the curve and be prepared in the event of a fire.

If an emergency occurs, every member of the household should be accounted for, including pets.

Every year, 500,000 pets suffer from smoke inhalation and 40,000 die due to home fires, according to the American Veterinary Medical Foundation. With 90% of pet owners stating they consider their animals members of the family, according to UBS, it is important to be prepared to rescue four-legged friends when disaster strikes.

"Pets are part of our families, so it's important to recognize they're vulnerable to the same fire risks as people," said Sharon Cooksey, Kidde's fire safety expert. "There are simple ways to keep pets safe at home. Most importantly, recognize every second counts in case of fire, so pet owners should install smoke and carbon monoxide alarms as well as fire extinguishers. Make sure alarms are replaced every 10 years and fire extinguishers every 12 years."

Protect your pet – and your human family – with these tips.

- **Minimize smoke alarm reactions.** Dogs may become unsettled or anxious when a smoke alarm sounds, running and hiding rather than heading toward the door. Particularly if your pet shows signs of agitation when you test the alarm, enlist assistance from professional trainers to help your canine friend learn how to properly respond. Some websites offer tips too.

- **Use window cling alerts.** In an emergency, first responders need to be able to quickly assess the number of pets in a home. Consider attaching a non-adhesive decal to a window near your front door to let rescuers know how many animals are inside.

- **Account for pets in evacuation plans.** Pets should always be included in a family's evacuation plan. Always involve your pets and stay aware of their typical hiding spots or safe places where they often nap, in case you must evacuate quickly. Be sure to prac-

tice your evacuation plan periodically. Also assign a family member to be responsible for each pet's escape. Keep an emergency kit with food, medication, a leash and collars near the exit.

- **Keep alarms current.** Smoke and carbon monoxide alarms must be replaced after 10 years. In addition to testing alarms once each week, check the manufacture date on your smoke and

carbon monoxide alarms to make sure they're current. If they're older than 10 years of age, it's time to replace them. Some options, like Kidde's Wire-Free Interconnected Alarms, feature built-in 10-year sealed batteries and offer simple setup without the hassle of hardwiring or a Wi-Fi connection.

- **Plan ahead for emergency care.** If the unthinkable happens, make sure your pets will be cared for. Save contact information for your veterinarian in a place where you and other family members can easily access it, such as your phone contacts list or a cloud-based shared file. Research local boarding

options, hotels that allow pets and friends or family members who might take in your pet temporarily. Also be sure your pet's microchip information is current in case you become separated in an emergency.

For more pet fire safety tips, visit [Kidde.com/pet-safety](http://Kidde.com/pet-safety).

**Source: Kidde**

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**At John Mast Farm,**

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7 yr. old Black Percheron stud, broke to all farm machinery; 3 yr old Belgium mare, green broke, short bred to Belgium stud; MC corn binder; Papec Model K ensilage cutter 18" throat; MC 6ft grain binder; MC #7 mower for parts; MC Big 6 mower; MC #9 high gear mower; MC 2 row corn planter; MC 1 row cultivator; Papec Model L ensilage cutter; Farmall M tractor; rubber wheels for New Idea 10A manure spreader; rubber bull wheel for MC grain binder; buzz saw; 8x12 storage shed. **Shop Related:** 2 Craftsman 10" table saws; Delta table saw; Delta 10" unisaw; Delta 14" band saw; Walker Turner bench-top drill press; 12" Craftsman radial arm saw; 7 brand new band saw blades to fit 14" band saw; Jorgenson miter saw; heavy cast iron woodstove; double barrel shop stove; 22HP Predator gas motor; furnace blower 10x12 outlet; 10ft lumber rolls; (60) 32" furniture clamps; 5 Coleman gas lanterns; 9 Yankee screwdrivers; saw blade sharpener; acetylene torch set; V belt pulleys; twin disc clutch with 2 1/4" shaft; belt driven governor. **Household:** dressers; pedestal table with 4 chairs; 3 clocks; apple dryer; pie safe; pressure canners; lazy susan; baby crib and scale; bed springs and mattress; tea kettle; 1 burner baker; fish bowl; magazine rack; hot bed; dishes and more. **Misc:** MC corn hoppers; a few boxes of nails; new oil filters various sizes; meat grinder table; stainless steel milk buckets & strainer; maple syrup jugs; buggy wheels; crosscut saws; chain binders; forks; some harness parts; 27" collar; some cutter pipe; doors; and more.

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**Mon. Aug. 10th** – Sold 140 head Cull ave. \$.51 top cow \$.60, Bulls/Steers \$.72 – \$.81, bull calves top calf \$1.15 beef calf \$2.10, heifer calf top \$.55 beef calf \$2.20, Dairy feeders \$.48- \$.78.

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

**Sat. Aug. 22nd** – sale at the sale barn 11:00AM. Selling 100 Head of Registered & Quality Grade Dairy Cattle - All Breeds. A few sale highlights: Carpsdale sends an outstanding group all fresh young cows sired by Advent, Hypnotic, Bailey, Diamondback & Dundee. Feature of this group: EX Advent Maternal Sister to Liddleholme Resur Lu-ET EX97 sells fresh in May & on service to Unstoppabull - she has red calves - opportunity here! Woodmansee's from CT - sends a load of fresh heifers all great pedigrees from the famous cow families - Tri-Day Ashlyn, Hazel, Hezbolloh, Tony Rae, Chief Koral plus more! Great opportunity to add great ones to your heard. Millborne - from CT - sends a group of Registered Holsteins open & bred heifers backed by all VG & EX Dams. Watch for the fancy Dec. 2019 Goldchip heifer Dam VG88, 2D 2E91 from the Beachlawn Bell Cleitus Pro EX93 family. Also Millborne sends a group of NICE Registered Guernseys open & bred heifers with one fresh with deep pedigrees having VG & EX Damss sired by Ladysman, Menton plus more. MacMara sends a few nice fresh cows back by High VG & EX Dams & milking well. 2 - 4-H cows a Reg. Guernsey fresh 6/10/20 sired by Marodore Aarons Levi-ET and a Reg. Holstein fresh in April sired by Apple Jack. Consignments from Merry-Acres Jerseys, Pleasant Knob Farm sends a Fresh Ayrshire 3yr. old VG89 sired by Dixon, Dam 3E93, next Dam EX90 fresh in June milking 100#. Postma Bros Dairy will be sending 10 Fresh Freestall 1st & 2nd Calf heifers - exceptional quality. 25 Registered Jerseys shortbred & open from the Freedom Hill & Arethusa pedigrees some with EX Dams. Looking for fancy young milky cows this is the sale for you - or just that deep pedigree heifer! Or that special Guernsey or Jersey - Don't miss this sale!

**Mon. Aug. 24th** – Normal Monday Sale & Monthly Organic Day

**Mon. Aug. 31st** – Normal Monday Sale.

**Sat. Sept 19th** – sale held on the farm Cazenovia, NY. Reflections of Ju-Vindale – Retirement Dispersal. Ju-Vindale Complete Registered Holstein Dispersal selling 160 head. A great set of cattle herd consist of 8 EX, 40 VG, 29 GP. Watch for future ads.

**Sat. Sept 26th** – Ju-Vindale Complete Machinery & Equipment Auction.

**Sat. Oct. 31st** – Premier Fall All Breed Sale. Selling 150 Head of Registered All Breed Dairy Cattle

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## Ophthalmologist Dr. Lorna Grant joins Little Falls Hospital Medical Staff



Ophthalmologist Dr. Lorna Grant

Lorna Grant, MD, a board certified surgical and medical and surgical ophthalmologist, has joined the Little Falls Hospital medical staff.

With training in complex cataract and lens implant surgery, Grant specializes in laser, cataract, lens implant surgery and glaucoma care. Grant completed her residency and chief residency in ophthalmology at the University of Arizona College of Medicine. She has fellowship training in the diagnosis and treatment of retina and vitreous disease including macular degeneration, diabetic retinopathy, retinal vascular disorders and hereditary retinal disease.

"I am pleased to partner with Little Falls Hospital in bringing cataract surgical services to the local community. I am impressed by the commitment of Little Falls Hospital to support the cataract surgical service," she said.

"I am thrilled to welcome Doctor Grant to our surgical team," said Michael Ogden, president of Little Falls Hospital. "Doctor Grant is an exceptional surgeon and I am very happy that she will be providing her expertise and state-of-the art techniques at Little Falls Hospital. The addition of Doctor Grant to the medical staff at Little Falls Hospital will assure our patients in the region requiring cataract surgery that they can receive convenient, high quality care and compassion in the safety of their local hospital."

In addition to expanding her practice at Little Falls Hospital, Grant continues to provide surgical and medical eye care with CNY Eye Physicians & Surgeons in Utica.

To learn more or to schedule an appointment, call 315.735.8358.

## Strange but true

by Lucie Winborne

• A Florida waitress was promised a new Toyota after winning a sales contest at her restaurant, but was given a toy Yoda, a "Star Wars" doll, instead. She sued the company and received more than enough to buy herself a new Toyota.

• Fear of dolls is called "pediophobia."

• Alchemist Hennig Brand is thought to have used upwards of 1,500 gallons of human urine in his quest to make gold. After he evaporated, boiled and distilled it multiple times, it started to glow in the dark and burst into flames. He had instead discovered the element phosphorus.

• "Phantom Vibration Syndrome" is the name for when someone thinks their phone is vibrating, but it isn't.

• Cats have more than

100 vocal sounds, while dogs only have about 10.

• Astronaut John Young caused a small scandal in 1965 when he smuggled a corned beef sandwich aboard Gemini 3. When he took it out in zero gravity and tried to eat it, it broke up, sending crumbs flying around the cabin. No harm was done, but the incident sparked a safety review by the U.S. House of Representatives Committee on Appropriations and a statement from NASA assuring that steps had been taken "to prevent recurrence of corned beef sandwiches in future flights."

• Jim Carrey's make-up routine for "How the Grinch Stole Christmas" was so intense and his costume was so uncomfortable that he underwent training from the CIA's torture experts.

• Take a good look at Disney princesses and you'll notice that they're all essentially attired in typical princess garb of gown, tiara, etc. But here's a small difference you might not have picked up on — some wear gloves, and some don't. What's up with that? The ladies without gloves are commoners who married into royalty.

*Thought for the Day: "In a complex world, intelligence consists in ignoring things that are irrelevant."*

-- Nassim Nicholas Taleb  
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by Keith Roach, M.D.

### Pulmonary fibrosis needs exact diagnosis

**Dear Dr. Roach:** My husband was recently diagnosed with mild to moderate pulmonary fibrosis. His mother died from pulmonary fibrosis. From what we have read there is no cure, only palliative care. The thought of doing nothing to try to stop the progression is totally unacceptable when there have been such successes with immunotherapy and stem cells. Would he receive more aggressive treatment going to a pulmonary fibrosis care center that has lung disease programs? — C.D.

**Answer:** There are several diseases that may cause fibrosis of the lung, so having an exact diagnosis made by an expert is critical for getting the right treatment. The most common type of pulmonary fibrosis is called "idiopathic pulmonary fibrosis" (it also has been called "usual interstitial pneumonia" and "cryptogenic fibrosing alveolitis"), and I am going to discuss that diagnosis.

The cause of IPF is unknown (both "idiopathic" and "cryptogenic" mean "of unknown cause"), but cigarette smoking is a risk factor. It is usually diagnosed in people who are in their 50s and 60s, although some familial cases may come on earlier. IPF can run in families.

Although it is a rare disease, it seems to be on the rise. The major symptoms are cough and shortness of breath.

There is no cure for IPF, but there are treatments available. Two drugs, pirfenidone and nintedanib, are approved for use in the U.S. and Canada. Both of them slow progression of lung disease, reduce exacerbations and have been proven to reduce mortality from the condition, if only slightly. I am concerned that you and your husband apparently haven't heard of these drugs.

I strongly advise you get a referral to a center for lung disease in order to get your husband the best care. I found 35 IPF trials recruiting patients in the U.S. and six in Canada. A clinical trial will help scientists understand this condition as well as determine the best current treatment. You also can find out what centers have expertise on this condition by seeing where the

trials are conducted at [www.clinicaltrials.gov](http://www.clinicaltrials.gov). The most aggressive treatment isn't always the best, but you and your husband deserve to hear about all the options.

The Pulmonary Fibrosis Foundation can help you find experienced centers for treating this condition. You can find them online at [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org).

**Dear Dr. Roach:** My niece recently was diagnosed with breast cancer. Radiation was recommended. Her mother said that first she'd have to boost her immune system. Is it possible to actually do that? — P.P.L.

**Answer:** Radiation is a common treatment after breast cancer surgery. It's done to reduce the risk of recurrence, depending on the exact type of cancer.

Boosting the immune system is a new adjunct for many types of cancer. There are several ways to do this: One is to genetically modify the patient's own immune

T-cells, but many other techniques are in trials now.

However, if your niece's mother is talking about supplements, I'd be cautious. Supplements that are promoted to boost the immune system generally are ineffective at doing so. Making sure your niece has proper nutrition, gets good sleep and experiences as little stress as is manageable are ways to prevent stress on the immune system. Everyone could benefit from those deceptively simple steps, but especially a person being treated for cancer.

*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 [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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## Good Housekeeping

### Lemon-Soy Steak

An Asian-influenced marinade adds a new dimension to beef. We call for sirloin, which needs only 30 minutes of marinating time. But you can use economical chuck too; just marinate 4 hours or overnight to tenderize it.

2 medium lemons

2 tablespoons soy sauce

1 tablespoon olive oil

1 clove garlic, crushed with garlic press

1/4 teaspoon ground black pepper

1/4 teaspoon ground red pepper (cayenne)

1 boneless beef top sirloin steak (about 1 1/2 pounds, 1 1/4-inches thick)

1. From 1 lemon, remove 3 strips peel (3 inches by 1 inch each). From both lemons, squeeze 1/3 cup juice.

2. In bowl, mix lemon peel, lemon juice, soy sauce, oil, garlic, black pepper and ground red pepper.

3. Pour marinade into large self-sealing plastic bag; add steak, turning to coat. Seal bag, pressing out excess air. Place bag on plate; refrigerate 30 minutes.

4. Remove steak from bag. Pour marinade into 1-quart saucepan and reserve.

5. Place steak on grill over medium heat and cook 12 to 15 minutes for medium-rare or until of desired doneness, turning once.

6. Transfer steak to cutting board. Let steak stand 10 minutes to allow juices to set for easier slicing.

7. Meanwhile, heat reserved marinade and 2 tablespoons water to boiling over high heat; boil 2 minutes.

8. To serve, thinly slice steak and serve with cooked marinade. Serves 6.

• Each serving: About 265 calories, 18g total fat (7g saturated), 77mg cholesterol, 395mg sodium, 2g total carbohydrate, 0g dietary fiber, 24g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## Number / Classification

20 Air Compressors  
25 Air Tools  
35 Announcements  
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  
813 Music  
815 Motorcycles  
817 Nails  
820 Nurseries  
910 Plants  
950 Real Estate For Sale  
955 Real Estate Wanted  
960 RVs & Motor Homes  
975 Rentals  
980 Restaurant Supplies  
1040 Services Offered  
1075 Snowblowers  
1080 Snowmobiles  
1096 Sports  
1109 Thrift  
1140 Trailers  
1147 Trains  
1148 Travel  
1165 Trees  
1170 Truck Parts & Equipment  
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## Donna's Day: Creative family fun

by Donna Erickson

### Weave nature finds, yarn on stick loom

My friend Bonnie is a professional weaver. I know she's a pro, not only because it says so on her labels, but when I watched her weaving at her traditional Swedish loom, I was taken by her focus and the talent and patience her artistry requires.

I admire her commitment because I'm more of a "start and finish a project in one afternoon" kind of personality. As a kid, I had a simple, small metal toy loom and made oodles of potholders with colorful cotton loops. At summer camp, I graduated to constructing my own loom out of sturdy sticks and twine, and wove yarn and nature finds.

Weaving on a stick nature loom is a craft I still enjoy with kids. First, there's the hunt in the woods, or rooting through a backyard woodpile for three or four perfect sticks. Then we gather items to weave into the loom, such as a feather, leaf or vine.

It's an artful way for kids to weave their own story of an outdoor summer adventure. Who knows, perhaps the craft will inspire your child to become a professional weaver someday, like Bonnie.

### Here's the stuff you need for a rectangular 12-inch shaped loom:

- 4 straight sticks, measuring 14 inches or longer, about 1/4 to 1/2 inch diameter. To cut sticks, score with scissors, then snap off excess and trim any pointy ends with pruning shears. My favorites have some moss growing here and there.

- Twine or yarn.

- Yarn for weaving and/or nature finds that are suitable for weaving in and out of the loom, such as feathers, leaves, stems of lavender, etc.

Here's the fun:

### Construct the loom

Arrange sticks overlapping at each corner by an inch or more. Tie sticks together at each corner tightly with

the twine or yarn. Twist around two or three times.

### Create the warp

Tie the yarn with a square knot at one corner. Bring yarn directly to other side. Wrap around the stick twice, then criss-cross to opposite sides evenly from top to bottom leaving a 1/2-inch space between, and keeping



Lillian Ostrom and daughter Emma, 9, weave together on a nature loom.

the yarn tight as you go. Ask a friend to hold the "frame" for you as you wind. Tie off a knot at the end.

### Weave

Weave yarn and or nature finds in and out of the strings. When done, tie a string hanger to the top around a loom stick and display in a window or on your front door.

Note: For a triangular-shaped loom, tie three sticks at ends.

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](http://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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# Four tips from a dermatologist to keep skin protected during backyard summer fun

(BPT) – Summer is here, which means fun outdoor activities for kids will fill the long, sunny days. While the season is typically marked by family vacations and trips to the beach, new memories can be created right in the backyard or driveway. When used to its fullest potential, your outdoor space can very well become one of your child’s favorite places to play, explore, create and spend time with the family.

Before heading outside for summertime fun, consider the following from board-certified dermatologist and mom of four, Dr. Nava Greenfield, who has partnered with Coppertone to provide tips to help keep the little ones and their skin protected as they head outside.

To keep at-home outdoor activities safe, scan the area and remove any large items that can become a potential hazard and safely stow away any gardening or lawn tools before kids head out. The first few days outside are

typically the ones that carry the highest risk of sunburn, so it’s also great to set up a fun umbrella or even pitch a tent to create a shaded space for breaks from the sun’s rays. During the strongest sun hours, between 10 a.m. and 2 p.m., make sure

kids are taking frequent breaks to hydrate and go indoors so they can also avoid constant sun exposure.

To protect kids’ skin, parents should look for a sunscreen that will keep them protected from the sun’s UV rays and that

kids will actually want to wear. Parents everywhere know how difficult sunscreen application can be, but the experience can be easy and fun, and can even be an engaging game, like Simon Says, for parents and kids to apply their sunscreen together.

From scrapes and bumps to bug bites and sunburn, nothing puts a damper on summer fun like a small injury or health hiccup. Keep a first aid kit easily accessible, either outside with you or right inside and make sure the entire family knows

where to locate it. Fill the kit with adhesive bandages in a variety of sizes, tweezers, antibiotic ointments, gauze and gloves. Keep an insect repellent handy too. And don’t forget your sunscreen.

Throughout the day and immediately after outdoor play time concludes, make sure kids are washing their hands with soap. To help calm the skin from time spent outside, have them take a lukewarm shower or bath and use a gentle cleanser to help get rid of any caked-on layers of sweat and dirt. Pat the skin dry and follow up with a kid-friendly all-over moisturizer.

While making new memories this summer, having fun is the ultimate goal, but it’s just as important to keep kids and their skin protected. With these tips in mind, your backyard, patio, driveway or deck is bound to become both you and your child’s new favorite, and safest, play place. For more information on sun protection, visit coppertone.com.



## — King Crossword — Answers

Solution time: 25 mins.

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

Just Like Cats & Dogs by Dave T. Phipps



## — Weekly SUDOKU — Answer

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

## This Week’s Holidays

- Aug. 22 – National Tooth Fairy Day
- Aug. 23 – Ride the Wind Day
- Aug. 24 – Vesuvius Day
- Aug. 25 – Kiss & Make Up Day
- Aug. 26 – Women’s Equality Day
- Aug. 27 – Global Forgiveness Day
- Aug. 28 – Stuffed Green Bell Peppers Day

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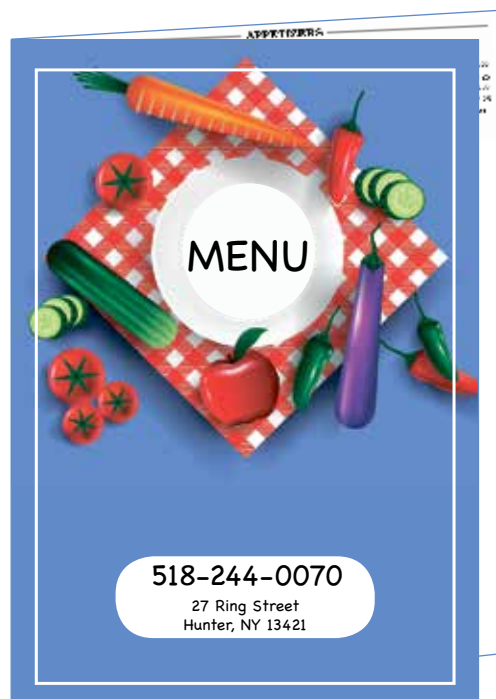
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## SIDES & EXTRAS

Waffle Fries	\$1.25
Sweet Potato	\$1.25
Splnach	\$1.25
Greens	\$1.25
Mashed Potato	\$1.25
Baked Potato	\$1.25
Corn Break	\$1.25
Mixed Veggie	\$1.25
Broccoli	\$1.25
Cup of Soup	\$1.25

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