

HERKIMER

# Country Editor

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**SEPTEMBER 11, 2020**

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Volume 10 Number 13

The earth, O Lord, is full of Your mercy; Teach me Your statutes. Psalm 119:64



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## Hit the trail for the Canalway Challenge

The Erie Canalway National Heritage Corridor invites New Yorkers to take part in the Canalway Challenge this autumn, tracing history and tracking miles along New York's canals and Canalway Trail. Part fitness challenge, part journey of discovery, the Canalway Challenge is free and registration is open to people of all ages and abilities. Participants set their own mileage goal and walk, run, cycle or paddle to achieve it.

Nearly 1,000 individuals, teams and organizations have signed up for the Canalway Challenge in 2020, pledging to walk, run, cycle and paddle 126,000 miles to date.

New this fall, participants are encouraged to take up a quest to discover great food and beverages, historic sites, parks and communities and discover what's "Hot on the Trail" while completing the Canalway Challenge.

"Hot on the Trail adds a new element of discovery to the Canalway Challenge while also supporting small businesses and attractions that have suffered from reduced visitation during the coronavirus pandemic," said Bob Radliff, executive director of the Erie Canalway National Heritage Corridor. "It's a win-win for both visitors and for small businesses and attractions that have reopened with safety protocols in place."

From now through the end of October, Hot on the Trail participants are encouraged to visit sites in nine categories: food and beverage, museums and historic sites, nature preserves, state and national parks, canal structures and communities. Participants who list their favorites sites in each category by the end of October will be entered to win a \$50 gift card to the New York State Canal Store.

"The Canalway Challenge is another of countless opportunities – both on and off the water – for recreation and fun along New York State's historic canalway, and I join the Erie Canalway National Heritage Corridor in encouraging all New Yorkers to enjoy all that we have to offer," said Brian U. Stratton, director of the NYS Canal Corporation. "Governor Andrew Cuomo is committed to supporting the heritage and future of New York's historic canal system, with initiatives that feature local activities that combine some of the best of New York State's historical sights and natural resources with recreational activities that help to support local businesses during this exceptionally difficult time."

For information and to sign up, visit [Canalway-Challenge.org](http://Canalway-Challenge.org).



Cyclists on the Canalway Trail  
Photo courtesy of Erie Canalway National Heritage Corridor

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## Public vote Sept. 29 on Herkimer BOCES proposal to purchase Remington school building

A public vote for residents in all Herkimer-Fulton-Hamilton-Otsego BOCES component school districts has been rescheduled to Tuesday, Sept. 29 for the Herkimer BOCES proposal to purchase the Remington school building from Central Valley.

Herkimer BOCES has leased the former Remington Elementary School at 77 E. North St. in Ilion from Central Valley since 2013. During the 2019-20 school year, 212 school-aged children from the 10 component school districts and 250 adults from the community attended programs housed in the Remington building.

As a more permanent solution to its space needs,

Herkimer BOCES proposes to purchase the Remington school building. The Central Valley community voted 256-16 on Nov. 12, 2019 in favor of selling the building to Herkimer BOCES.

The next step is for residents of all 10 component districts to vote on Tuesday, Sept. 29 whether to authorize the purchase of the building by Herkimer BOCES. The vote was previously scheduled for March 31.

Qualified voters may vote from noon - 8 p.m. on Tuesday, Sept. 29 at any location listed below or at the Herkimer BOCES William E. Busacker Complex Technical Education Conference Room at 352 Gros Blvd. in Herkimer. Each

district will have a voting location for residents' convenience:

- Central Valley: Small gym at CVA
  - Dolgeville: High school lobby
  - Frankfort-Schuyler: Old gym
  - Herkimer: Media Center Jr./Sr. High School
  - Little Falls: Middle school gym
  - Mount Markham: District office
  - Owen D. Young: Gym
  - Poland: Lobby
  - Richfield Springs: Entrance adjacent to baseball field
  - West Canada Valley: High school front lobby
- A qualified voter for the Herkimer BOCES proposal must:

- Be 18 years of age or older
- Be a citizen of the U.S.
- Have or will have resided within the Herkimer-Fulton-Hamilton-Otsego BOCES region for a period of at least 30 days



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Photo courtesy of Herkimer BOCES

All persons offering to vote will be asked to provide one form of proof of

residency. Such form may include but is not limited to a driver's license, a non-driver ID card, a utility bill or a voter registration card.

Upon offer of proof of residency, all persons offering to vote will also be required to provide their signature

and address. Persons who do not provide a proof of residence will be asked to sign a declaration in order to be allowed to vote.

Find out more information about the purchase proposal and the vote at [herkimer-boces.org/remingtonbuilding](http://herkimer-boces.org/remingtonbuilding).

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## Arc Herkimer hosting free autism workshops this fall

• **Anxiety & Autism with Dr. Christopher Lynch – Thursday, Sept. 24 from 10 a.m. - noon**

• **Competency & Coping with Dr. Brad Bennett – Thursday, Nov. 12 from 9 a.m. - noon**

Arc Herkimer is hosting two free workshops this autumn for individuals with autism, their families,

educators and professionals. Each workshop has an in-person option with a limited amount of seating at Arc Herkimer's main building (priority is given to individuals with autism and their families) and a virtual option via Zoom.

These workshops are a product of Arc Herkimer's

commitment to "Focus on Families" by providing education throughout the area about autism and other disabilities and are funded by a Family Support Training Grant through CNY DDRO.

For more information on upcoming workshops or to register, refer to [www.archerkimer.org](http://www.archerkimer.org).

## To your good health

by Keith Roach, M.D.

**Do homework first on clinical trials**

**Dear Dr. Roach:** My wife has had dementia for over two years. There is an ad in our local paper for an Alzheimer's disease study. It says, "This study will assess how safe and effective an investigational drug is at slowing the progression of early (prodromal) or mild Alzheimer's disease." Is this protocol legit? I don't trust this type of ad not coming from a hospital. I couldn't find any information about the sponsors of the research. – J.N.

**Answer:** I was able to find the trial, called the Graduate II trial, which is sponsored by the manufacturer of the drug being tested, called gantenerumab. This drug is designed to reduce the size of the amyloid protein plaques in the brain, which are suspected of being the underlying cause of Alzheimer's disease, and to prevent new ones from forming. It is indeed a legitimate trial. The best place to find out about these is on the clinicaltrials.gov website.

The trial is in phase III. The drug has passed both phase I trials, which are designed to look at safety, and phase II, which look at both safety and effec-

tiveness. Now the investigators are studying the effectiveness of the drug in a larger population, usually for a longer period of time. Drugs that do well in phase III clinical trials may be approved by the FDA. Alzheimer's drug trials are difficult, because the disease often progresses slowly, and large time-consuming trials are necessary.

In general, I encourage people to consider participating in clinical trials, as they are essential for clinical advances. For gantenerumab in particular, phase I and II trials did show that the drug is effective at reducing the amount of amyloid plaque in the brain; however, clinical trials did not show improvement in memory and brain function. The new trial is using a higher dose and recruiting patients with earlier stage illness.

I don't have enough information to answer whether your wife, having had symptoms for two years, might be eligible for this trial, but I would certainly encourage you to find out more about it.

**Dear Dr. Roach:** I am 71 and get heartburn every day. I raised the head of my bed and take su-

cralfate four times a day and also heartburn pills, but I still have trouble. Can you help? — C.M.

**Answer:** Heartburn is usually caused by reflux (backward movement) of stomach acid into the esophagus. First-line treatments are lifestyle, such as raising the head of the bed (which helps by letting gravity pull acid back down when you are asleep, not upright and not swallowing); not eating two to three hours before bed; avoiding foods that worsen symptoms (which kind depends on the person, but frequently includes fatty and spicy food); and weight loss when appropriate.

When lifestyle chang-

es alone are inadequate, medication is reasonable. I don't know what heartburn pill you are taking, but the proton pump inhibitors, like omeprazole (Prilosec), are generally the first line for people with more than mild symptoms. Histamine blockers, like famotidine (Pepcid) or ranitidine (Zantac), are effective for occasional use.

Sucralfate is not as effective, despite needing to be taken four times daily, and is not recommended except in pregnant women.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible.*

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 Father Brian Slezak, Pastor  
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 Sunday Mass 10:30 AM

**EMMANUEL EPISCOPAL CHURCH**  
 588-594 Albany St.  
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 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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 Sunday Morning All Worship 10 AM  
 Thursday Bible Study 6:30 PM

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 Sunday Worship 9:30 AM  
 Sunday School 9:15 AM  
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 16 Jackson St.  
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 Sunday Worship 10 AM  
 Sunday School 10 AM

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

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 7 E. Main St.  
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 or 315-520-4723  
 Holy Eucharist 10 AM

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 Pastor Donald King  
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 Sunday:  
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 Morning Worship 11 AM  
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 September - June

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 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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## Rehabilitating your perennial garden

by **Bonnie Kirn Donahue**,  
Extension Master Gardener, UVM

As I look out at my perennial garden this time of year, it looks...tired. The *Rudbeckia fulgida* (black-eyed Susan) is at its prime, but just about everything else has gone past. The weeds were difficult to contend with this year, even with proper mulching in the spring. Even my show-stopper plants seemed to struggle.

Although disappointing, these observations remind us that perennial gardens are not static. We carefully select plants, develop planting plans and cherish each plant we purchase or start from seed, expecting the plants to behave the way the plant tag describes. While this may start out as the case, true to nature, perennials change with time.

Just about every perennial bed needs to be rehabilitated at some point. This is something that can be done all at once in autumn or spring or staged over time. I prefer early fall because I can see what the mature plants look like and will have an easier time finding new locations with this in mind.

First, take note of what you like about your garden, and what you don't like. This is an exercise that ideally should be done throughout the growing season to get a well-rounded view of the garden's evolving characteristics.

Notice plant heights, textures and color palettes. Think about how your garden changes as one plant blooms and another dies back throughout the seasons. Are there times when nothing is in bloom?

If so, consider adding plants with different bloom times for a continuous sweep of color throughout summer and early autumn.

The next step is to take these observations, and imagine what you would like to see. It might help to look at books, your neighbor's yard or photos of gardens on the Internet for inspiration. Or talk to the experts at your local garden center.

Don't be afraid to experiment with different plants or color combinations. I am starting to embrace the idea of transitioning my perennial garden to a native, pollinator-friendly cottage garden where plants seed themselves freely and mingle together in masses.

I like to sketch out my planting plan on paper. Using graph paper can help you draw the plants to scale to come up with a more accurate layout.

Make copies of your base plan, one for April to May, June to July and another for August to September. Use colored pencils to sketch out what blooms will be present at different times of the year.

Before starting your renovation, it is a good idea to have your soil tested to determine what amendments your soil needs.

Start by weeding your garden thoroughly. Next,



After weeding your perennial bed, carefully dig out the plants and place on a tarp in a shady spot, keeping them well watered until time to replant.

Photo by Bonnie Kirn Donahue

carefully dig out the plants and place them on a tarp in a shady spot and keep them watered. Ideally, you should wait to dig until plants are finished blooming. Check the root balls, and pull out any weeds that might be intertwined with the roots.

Using a sharp knife or

spade, divide large plantings into smaller ones. Each new clump should have three to five shoots and a healthy root system.

After removing all the plants from your garden,

loosen all the soil with a shovel. Mix in compost or amendments as recommended by your soil test.

Once your soil is prepped, replant the area with your transplant-

ed perennials or add in new plants. Finish by mulching and watering. Fall-planted perennials will need plenty of water to make sure their roots get established before winter.

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## NRCS-NY announces sign up for emergency funding to restore flood-prone lands in Whitesboro

In response to severe flooding as a result of the 2019 Halloween storm, USDA's Natural Resources Conservation Service (NRCS) is offering the Floodplain Easement Component of the Emergency Watershed Protection Program (EWPP/FPE) to landowners of residential properties in the Village of Whitesboro north of Oriskany Boulevard that have been subjected to significant repetitive damage due to flooding from Sauquoit Creek.

"We are committed to the Town of

Whitestown and its citizens, whom have shown great resilience in the wake of this storm and storm events in previous years, by partnering with the town to address the damage left by the 2019 Halloween storm," Blake Glover, NRCS State Conservationist, said. "Together we will work to restore the floodplain to address future flooding events, enhance fish and wildlife habitat and improve water quality."

Through the Floodplain Easement

Component (FPE), eligible applicants voluntarily agree to sell a permanent conservation easement to the U.S. through NRCS and the remaining fee title to the sponsor. Compensation is determined by an appraisal. These easements may occur on nonagricultural lands with residences damaged by flooding and natural disasters. NRCS and the Town of Whitestown will work together to restore the easement to its natural floodplain condition.

NRCS employees and representatives from the Town of Whitestown will be reaching out to the landowners, within the identified area, with further information regarding FPE and guidance for program sign-up. Those who are interested in applying for the program will have until Nov. 13 to submit applications to NRCS. Visit the NRCS national EWPP/FPE website at <https://tinyurl.com/y4978fra> or call 315.477.6504.

## 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.**

### 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

**Kuyahoora Valley Historical Society presents History Brought to Life at Newport Cemetery** 4-5 p.m. Rain date is Sept. 19. Visit local historic grave sites and learn about the historic figures interred there. Donations appreciated. Masks required. Practice social distancing.

### September 16

**Ilion's Food Truck Frenzy Live Entertainment schedule.** Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 16 - Shawn Smith

**Back to school meatloaf dinner** at Ilion First Baptist Church, 8 Second St., Ilion. 4-6 p.m. or sold out. \$10 per dinner. For more info contract the church Office at 315.894.9041.

### 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

**Cancer Service Program and Little Falls Hospital offering Free Mobile**

**Screenings.** The Cancer Services Program of Delaware, Otsego, Schoharie, Oneida, Herkimer and Madison Counties are collaborating with the Bassett Healthcare Network mobile coach offering free mammograms, breast exams, pap test and pelvic exams to uninsured and underinsured women 40 and older. The mobile screening coach will be at Little Falls Hospital's Dolgeville Primary Care Center, 36 Slawson Street, Dolgeville, from 9 a.m. - 2 p.m. Colorectal Cancer Screening take home kits will also be offered to the uninsured and underinsured men and women 50 years and older. For more information, or to enroll for a free appointment call 1.888.345.0225.

### 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.

**Golumpki Dinner and sale** 4-7 p.m. Take out only. At Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Curbside drive up walk ins. Call ahead suggested. Free Delivery (Little Falls only). \$10 includes meal and dessert. Call 315.717.9462 or 315.823.1323. Leave a message if there is no answer.

### September 23

**Ilion's Food Truck Frenzy Live Entertainment schedule.** Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 23 - Matt Migliore

### September 24 and November 12

**Arc Herkimer to host Free Autism Workshops.** Anxiety & Autism with Dr. Christopher Lynch on Thursday, Sept. 24, 10 a.m. - 12 p.m. And Competency & Coping with Dr. Brad Bennett on Thursday, Nov. 12, 9 a.m. to 12 p.m. In-person option with a limited seating or virtual option via Zoom. For more information or to register, refer to [www.archerkimer.org](http://www.archerkimer.org).

### 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.

### September 29

**A public vote for residents in all Herkimer-Fulton-Hamilton-Otsego BOCES component school districts has been re-scheduled to Tuesday, Sept. 29, for the Herkimer BOCES proposal to purchase the Remington school building from Central Valley.** The next step is for residents of all 10 component districts to vote on Tuesday, Sept. 29, whether to authorize the purchase of the building by Herkimer BOCES. The vote was previously scheduled for March 31, but was postponed in response to coronavirus regulations. Qualified voters may vote from noon to 8 p.m. at any location scomponent district voting location or at the Herkimer BOCES William E. Busacker Complex Technical Education Conference Room at 352 Gros Blvd. in Herkimer. Find out more information about the purchase proposal and the vote at [www.herkimer-boces.org/remingtonbuilding](http://www.herkimer-boces.org/remingtonbuilding).

### September 30

**Ilion's Food Truck Frenzy Live Entertainment schedule.** Every Wednesday 4-8 p.m. 39 Pleasant Ave., Ilion. Sept. 30 - Poor Tim.

**Virtual Program - Murders That Are A Mystery** at 6:30 p.m. presented by local Herkimer County historian and author Jim Greiner. Free program presented through Zoom. Link will be available the day of the program on our Facebook page and on the Society's website. To have the link emailed to you, send an email to [herkimerhistory@yahoo.com](mailto:herkimerhistory@yahoo.com). For more information, call 315.866.6413.

### October 1

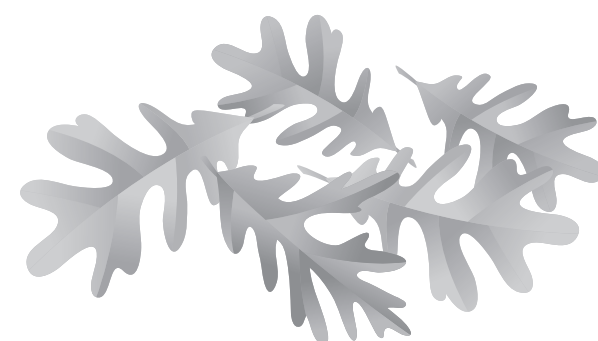
**Rabies Vaccination Day** 5:30 - 7 p.m., Little Falls Town Garage, 478 Flint Ave. Ext., Little Falls 13365. Pre-register by calling 315.867.1176.

## Richfield Springs to host upcoming 5K race

The second annual Richfield Springs Co-op 5K and 1 Mile Walk, taking place Sept. 20 at 10 a.m., covers a scenic, moderately challenging course through the Village of Richfield Springs and surrounding countryside. Both start and finish are in the vicinity of the historic clock in

the center of the village. The course is flat at the start through Mile 1, then moderately hilly over Mile 2, and finally downhill and flat over the final mile.

The entrance fee is only \$15. Registration ends on Sept. 19. To sign up, visit <https://tinyurl.com/yxp-cjh9u>.



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## Cornell in our Community Column: Supporting mental health in youth

**Submitted by Cornell Cooperative Extension Madison County – Courtney Livecchi**

The 2020 “back to school” climate is certainly different than in previous years. With health being the main concern during this COVID-19 pandemic, many schools have opted to participate in virtual learning as an alternative to in person learning, while other schools are using a combination of these. Regardless of each school district’s re-opening plan, our nation’s youth are stressed, along with those supporting them. Thankfully, there has been a lot of thought put into helping youth through mental health struggles this year.

Mental Health America (MHA), a national organization specializing in mental health, has produced a “Back to School 2020 Toolkit,” which is one of the many online resources to reference when preparing youth for returning to school. This toolkit offers a mental health assessment, mental health tips for students, parents and teachers, and physical health tips that comply with the CDC COVID-19 guidelines. The toolkit also includes a drop-in article to include in an e-blast or school newsletter along with classroom printouts for coping with COVID-19.

Over the past few months, research has been done on how the pandemic is affecting the general population, but especially youth. MHA has reported

four significant findings:

- Youth are experiencing more anxiety and depression related to the pandemic than any other age group.

- Due to the current events happening around the world, youth of color are particularly at risk.

- Youth are experiencing various other serious mental health conditions.

- Youth with symptoms of depressions are reporting more thoughts of self-

harm during this time.

Much of this has been

contributed to isolation and loneliness. For those

### DID YOU KNOW?

**50%**  
OF ALL PEOPLE WHO WILL  
HAVE A MENTAL HEALTH  
DISORDER IN THEIR LIFETIME  
START TO EXPERIENCE  
SYMPTOMS BY AGE 14.<sup>2</sup>

  
THE MEDIAN AGE OF ONSET  
FOR ANXIETY DISORDERS IS 6  
YEARS OLD<sup>3</sup>

OF 11-TO-17-YEAR-OLDS WHO TOOK A SCREEN AT MHASCREENING.ORG SINCE MARCH 2020:<sup>4</sup>

**83%** (11,000) SCREENED  
POSITIVE OR AT-RISK FOR  
ANXIETY.

**91%** (23,000) SCREENED  
POSITIVE OR AT-RISK FOR  
DEPRESSION.

### SIGNS AND SYMPTOMS TO LOOK OUT FOR

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

LEARN MORE AT  
[MHANATIONAL.ORG/BACKTOSCHOOL](http://MHANATIONAL.ORG/BACKTOSCHOOL)

**MHA**  
Mental Health America

Photo courtesy of [www.mhanational.org](http://www.mhanational.org)

who will be returning to the classroom, fear of contracting COVID-19 and keeping their family and friends safe may cause more stress and anxiety. This will also prove to be true for teachers and parents. Here are some tips to help keep student, teacher, and parent mental health in check:

- Feel your feelings – Let yourself feel whatever emotion it may be. It is okay to be sad. It is okay to be angry.

- Practice mindfulness – Tune into your emotions if you are feeling overwhelmed. Take a moment to close your eyes and focus on taking deep breaths. Meditation is a wonderful way to practice mindfulness every day.


- Keep up normal habits and routines when possible – Try to do things you would normally do every day, whether that be going to sleep at a certain time

or chatting with a friend. Routines tell your brain that you know what to expect in a given week, which is why change can be difficult.

- Think ahead – If you have had events cancelled, think ahead to plan fun virtual or small socially distanced events with friends.

- Stay connected – Keep your support network strong by keeping in touch with friends and family, even if you cannot catch up in person. Socialization is important.

Most importantly, look for signs of mental illness at all times and take care of each other. To get more information and download the Back to School 2020 Toolkit visit [mhanational.org/back-school](http://mhanational.org/back-school). If you are in need of help, reach out to a mental health professional or visit [samhsa.gov](http://samhsa.gov) or [cdc.gov/mentalhealth/quiz/index.htm](http://cdc.gov/mentalhealth/quiz/index.htm).



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## Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each autumn allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Autumn also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely

affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

• **Gutters hanging off the home:** Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the

fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

• **Gutter separation:** Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If replacement is not necessary, separated gutters may be remedied by securing the joints, another

relatively simple and inexpensive fix.

• **Peeling exterior paint:** Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.

• **Basement flooding:** Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allows water to leak near the foundation of a home, contributing to basement flooding.

Autumn is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



*It behooves homeowners to learn the signs that gutters are in need of repair or replacement.*



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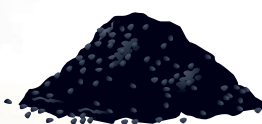
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## Laundry room renovations you'll love

Does it seem like your hamper is always full and the washing machine is running constantly? You may not be imagining it. Laundry Butler for You, a wash, dry and fold service, says the average household washes 50 pounds of laundry a week and 6,000 articles of clothing every year. Families with children at home are doing laundry most often, and those with pets may find there is ample laundry to wash as well.

With so much laundry being generated, homeowners may want to consider paying extra attention to the space in the house where their clothing is being cleansed. Laundry room renovations may not top homeowners' priority lists, but it may be time to give these rooms another look.

### Assess your equipment

If your appliances are aging, a laundry room renovation can start with an investment in new appliances. New models have large capacity loads, tend to be energy-efficient and could have innovative features that help fit with your laundry lifestyle. Purchasing front-loading models also can free up design space, as you can install a counter directly above the units, saving laundry room for other items like drying racks.

### Figure out your room needs

A laundry room need not be limited to laundry only. Many homeowners



Laundry room renovations may not top homeowners' priority lists, but it may be time to give these rooms another look.

ers make large laundry rooms catch-all spaces that can serve as utility or mud rooms, pantry overflows or off-season storage areas. Consider the functions you want the room to serve and in-

clude those ideas in your designs.

### Add some natural light

If possible, include a window in your laundry room. Natural light can help make the room more enjoyable. It also can help you identify stains on clothes that need to be addressed and make it easier to fold matching items like socks.

### Think about a utility sink


Many washing machines drain out directly to waste pipes in the floor or wall, but you also can opt to have them empty into a utility sink. This sink also provides a convenient place to hand-

wash items, clean tools or paintbrushes or store items that perhaps you do not want to bring into a bathroom or kitchen sink.

### Include some flair

This utilitarian space need not be boring or bereft of design elements. Mirror your home's style in the laundry room, and include wall hangings, plants, accent items and even task lighting. Play up certain features with a bold floor tile or brightly colored walls.

Updating laundry rooms can be a great way to make doing laundry more enjoyable and efficient.



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**Sat. Sept 19th** - sale held on the farm 10:30AM. 2074 Ballina Road, Cazenovia, NY. Reflections of Ju-Vindale Complete Registered Holstein Dispersal selling 160 head 80 milking age and 80 heifers. A great set of cattle herd consist of 8 EX, 40 VG, 29 GP. DHI 21,034 3.8 801 2.9 613- SCC 74,000 yearly ave. 102,000. 21 fresh June/July, 7 Due Aug., 15 Due Sept. Also selling a semen tank MVE XC 43/28 and remaining inventory.

**Mon. Sept. 21st** - Normal Monday Sale & Monthly Sheep, Lamb, Goat Sale

**Sat. Sept 26th** - sale held on the farm 2074 Ballina Road, Cazenovia, NY. Ju-Vindale Complete Machinery & Equipment Auction JD 4020 w/cab & powershift, JD 4020 Syn cro w/dualls; plus more equip. Watch future ad.

**Mon. Sept. 28th** - Normal Monday Sale & Monthly Organic Day.

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

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**Fri., Sept. 18 & Sat., Sept. 19, 10AM - Preview: 9-10AM**

**Auctioning for the Founder of the Christian Lake Bible Conference Center - Fri., Sept. 18, 10AM - House contents:** - Amish made Kitchen Queen oven w/Firebox backsplash; Sterling Oak cast iron & chrome pot belly stove; Kitchenware, Oak mirror w/hooks, Brass hanging lamps, Oak ice box, glass & china, Kerosene lanterns, 40's Kitchen red oak table w/claw feet, cast iron ware, Oak spindle back chairs, cream separator, Oak drop leaf table, glass elec. butter churns, Oak round clothes tree, violin, banjo, stools, Oak sideboard w/beveled mirror, Oak stand, Oak china cabinet, Oak sideboard w/carved lion head doors, Oak rockers, kerosene wall brackets, books, sheet music, piano rolls, magazines, newspapers, wrought iron fireplace tools, crocks & jugs-w/blue, iron & wooden wheels, horse & cow weathervanes, rockers, oil paintings, Oak barrel, picnic table/benches, stained glass windows, fishing poles, wrought iron & 4 brass hanging kerosene lamps, accordion, Oak highchair, Mah. cabinet, iron bed, radios, Butter mold, carved dresser, 6'h Fancy Oak bed, Empire dresser, Oak medicine cabinet, caned rocker, Oak commode, antique Brass dbl. bed, Oak office chairs, dome top trunk, Bird's-eye Maple chest w/mirror, Cuckoo clock, costume jewelry, figurines; **Basement of House:** Battery chargers, Gumball machine, big crocks-5, 10, 15, 20, 25 & 30 gal.; Happy Thought Cast Iron Oak stove, marble sink top, 6 copper boilers, scotch coolers, Aluminum kettles, milk cans, horse drawn plows, one man tiller, porch glider, traps, wooden pulley wheels, 4'h cast iron safe, 5 Brand New Lg. 12V batteries w/separate battery; sausage stuffer, sm. lathe, coal scuttles, chest freezer, Underwood Remington typewriter, pulley water pump, drag saw, Stimpson Elec. meat grinder, Klean Kut meat band saw, library tables, horse drawn implements, straight tool harrow & more! **Auctioning Fri. Sept. 18 @ 11AM:** '71 Scorpion Stinger Snowmobile w/factory tuned pipe & low miles. **Auctioning Sat., Sept. 19, 10AM-Contents of Outbuildings:** Dbl. Andres cast iron wood cook stove, Wheelhouse sm. tractor, tire changer, elec. motors, Post drill, deer heads, gas engine winch, metal pulley wheels, 1 & 2 man saws, ice saws, horse harness & horse drawn implements, 2 oil dispensing pumps, barrel of kerosene, lathes, drill press, Craftsman band saw, wood lathe on metal frame, kerosene lamps, pulley wheels, 85 gal. Epoxy-lined tank; trunks; **Garage attic:** Compressors, 4' saw mill blades, spindles, pulley belts, 50's chain saw, wheels & pulleys, Aluminum street lamps, single axle trailer, wooden school pot bell stove parts, generator, saddle, buckboard wagon, John Deere horse drawn sickle bar mower, copper washing machine, Aluminum & wooden boat, 48" circular saw mill, lg. water pump, 3 seat buckboard wagon, white tree trunk 4-5' dia. & 11'; White Pine 4-5' dia. log 8'; horse drawn potato harvester, dbl. axle homemade trailer, new Valvoline oil-#10, #20, #30, #90; cases of straight oils-30, 40, 50; 275 gal. diesel/kerosene fuel, drag, Jacobsen 1000 lawn tractor w/attachments, Silver King tractor hood, Fanning mill, 20 wooden window shutters, lg. blower, 30 gal. coffee urns, homemade 5 gal. flat pulley, ice cream machine; plus more! **Auctioning Sat., Sept. 19 @ 11 AM:** 1940 Oldsmobile 2 dr. Coupe w/38k original miles-sitting for 40 yr. w/straight flat head 6 cyl. engine; '05 Chrysler PT Cruiser-Silver, 4 dr. w/125k mi. clean title; Central Machinery Sawmill.

**Terms:** Cash, Visa, MasterCard, Discover or Debit Cards. Checks w/Bank Letter of Guarantee. Twelve percent buyer's premium. All items sold in "as is" condition. Subject to errors and omissions. Driver's License required for bidding number. Refreshments available. All statements made day of auction take precedence over printed material. Auction: #8004/8005/20. We will be adhering to all Approved CDC requirements pertaining to the Covid-19 protocol at our auctions and masks are always required at all times!



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## Central Valley CSD Foundation names Panarites Medical Award recipient

The Central Valley Central School District Foundation in Ilion recently named Johna Cusworth of Mohawk its 2020 Panarites Medical Award recipient. The \$1,000 scholarship is awarded to a Central Valley alum who has completed an undergraduate program, has been accepted into a medical or health-care-related higher education program, and whose application outlines his or her future goals as a physician, nurse practitioner, or physician's assistant.

"We are proud to honor Johna as she continues her career goal to become a nurse practitioner," said JoAnn Duga, Foundation president. "Now more than ever

we are pleased to recognize the next generation of healthcare providers who will keep our communities healthy."

Cusworth is entering SUNY Polytechnic Institute's Master of Science Family Nurse Practitioner program of study and is currently a nurse working in the emergency department at St. Luke's Hospital. A 2014 graduate of Central Valley Academy and a 2020 graduate of Morrisville College, she is the daughter of Vicki and Dan Cusworth of Mohawk.

For more information about the Foundation, contact JoAnn Duga at 315.894.3116 or joandugaCVAFoundation@yahoo.com.

Central Valley Central School District Foundation Treasurer Cory McDowell presents Johna Cusworth with the 2020 Panarites Medical Award.

Photo courtesy of Central Valley Central School District Foundation



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## Herkimer County Clerk notes DMV forms now at local libraries

Herkimer County Clerk Sylvia M. Rowan is happy to advise her constituency that starting Sept. 1 the following libraries have various Department of Motor Vehicles forms:

- Ilion Free Public Library 315.894.5028  
78 West St., Ilion
- Little Falls Public Library 315.823.1542  
10 Waverly Pl., Little Falls
- Mid York Library System Inc. 315.429.3421  
20 N. Main St., Dolgeville

- Weller Library 315.866.2983  
41 W. Main St., Mohawk
- Middleville Free Library 315.891.3655  
1 S. Main St., Middleville
- Frank J. Basloe Library 315.866.1733  
245 N. Main St., Herkimer
- West Winfield Library 315.822.6394  
179 South St., West Winfield
- Newport Free Library 315.845.8533  
7390 N. Main St., New-

port

Rowan said because of the coronavirus outbreak, the operation of the DMV has changed completely. Customers would travel a long distance to obtain the necessary forms to process their work. Depending on the type of transactions instructions have been included with the forms.

Rowan wishes to thank all the public libraries in Herkimer County who are assisting her in this program. She is grateful for their help. We will continue to reach out to our constituents to provide the best customer service to the community during this difficult time.

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## Types of home insulation and where to install them

When thinking about renovating their homes, homeowners may imagine changing wall colors, expanding room sizes or upgrading appliances and fixtures. However, unless people take inventory of the less glamorous components of the home, such as structure, plumbing, heating and cooling and insulation, other improvements may be for naught.

A home insulation project certainly doesn't offer the wow factor of a kitchen remodel, but insulation serves a vital function in the house that helps keep people comfortable and reduces energy consumption. Insulation is typically placed in areas where air escapes, such as between the stud cavities inside the walls and in the attic, and serves to slow and reduce heat transfer.

The U.S. Department of Energy says between 50% and 70% of the energy used in homes is for heating and cooling. By improving home insulation, homeowners can make their homes more comfortable, consistent and efficient. In fact, the ENERGY STAR program overseen by the EPA says homeowners stand to save an average of 15% on heating and cooling costs by adding proper insulation. To do so, homeowners can take a crash

course in home insulation and find the products that fit their needs.

### Blanket batts & rolls

Blanket batts and rolls typically are constructed with fiberglass, so proper safety gear, such as a mask and gloves, is needed when handling them. Installing this type of insulation is relatively easy since the materials are designed to fit the standard width between studs, rafters and floor joists.

### Loose fill

Loose fill is usually made of fiberglass or cellulose (recycled paper fiber). It is blown or sprayed into place with pneumatic equipment, according to Home Depot. Loose fill can be ideal for hard-to-reach areas in attics or inside wall cavities. It's good for adding insulation to irregularly shaped areas. Since it requires special equipment, this is a job best left to professionals.

### Sprayed foam

Sprayed foam is just as the name implies, a foam made from polyurethane, polyisocyanurate, cementitious or other materials that are applied by a spray container. DIYers who need only small applications can use canned products. Large quantities are pressure-sprayed by professionals.

### Foam board/rigid foam panels

Ideal for unfinished walls, such as basement or foundation walls, floors and ceilings, these are boards of polyurethane or polystyrene. Foam boards tend to reduce energy consumption more ef-

fectively than other types of insulation.

Homeowners considering upgrading their insulation or amending existing insulation should do their homework on the type of insulation that will be most effective for their homes.



A home insulation project certainly doesn't offer the wow factor of a kitchen remodel, but insulation serves a vital function in the house that helps keep people comfortable and reduces energy consumption.



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## Virtual program: Murders That Are A Mystery

The Herkimer County Historical Society will be offering the virtual program "Murders That Are A Mystery" on Wednesday, Sept. 30 at 6:30 p.m., presented by local Herkimer County historian and author Jim Greiner. The program will feature three stories he wrote about for the Historical Society's "Murder and Mayhem in Herkimer County" book – murder cases that were never

solved with ties to "bootlegging vengeance."

The free program will be presented through Zoom. A link will be available the day of the program on our Facebook page and on the society's website. To have the link emailed to you, send an email to [herkimerhistory@yahoo.com](mailto:herkimerhistory@yahoo.com). For more information, call 315.866.6413.

first day of fall  
september 22

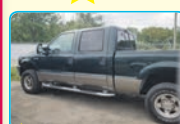
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## Stewart's and Cliff's

The Mohawk Homestead staff held a penny carnival on Thursday, Aug. 27 at the facility for the residents, with

games, prizes and clowns, and finished it with a picnic that was made possible by Stewart's Shop and Cliff's Local Market

of Ilion. The pandemic has ended many outdoor summer activities for the residents so the carnival was a great reprieve.



The Mohawk Homestead Staff held a penny carnival on Aug. 27 at the facility for the residents, with games such as darts.

Photo courtesy of the Mohawk Homestead

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15 Update

17 Bookkeeper (Abbr.)

18 Young fellow

19 Shun

21 Feast alternative

24 — land (spaced-out site)

25 Eggs

26 Attempt

28 Paul or Lloyd of baseball lore

31 Gear teeth

33 Collection

35 Go off the board

36 Central

38 Turf

40 Londoner's last letter

41 Reverberate

43 Hourglasses, e.g.

45 Common condiment (Var.)

47 Historic period

48 Boxing legend

49 Spellbind

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54 Namely (Abbr.)

55 Cook with radiant heat

56 Cacophony

57 Chow down

58 Impudent

59 Choose

9 Replace personnel with robots

10 Pontiff

11 Chew like chipmunks

16 Inventor Whitney

20 Dressed

21 Central points

22 Shakespeare's river

23 Make attractive

27 Indeed

29 Always

30 Cincinnati team

32 Moments, for short

34 Re clan emblems

37 Compass points

39 In a catastrophic way

42 "The Phantom of the —"

44 Scratch

45 Vena —

46 Settled down

50 Old French coin

51 Altar affirmative

52 Energy

53 Med. specialty

DOWN

1 Total

2 In favor of

3 Moreover

4 Extreme

5 Furnishes

6 Blackbird

7 Gem facet

8 Playground fixture

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Cloud has been added. 2. Sunglasses have been added. 3. License plate is missing. 4. Dog's leash is longer. 5. Birds have been added. 6. Cactus is closer.

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Mega Maze

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STICKELERS

by Terry Stickels

What is the probability of rolling a six when a die is tossed twice?

A) 1/2  
B) 1/36  
C) 5/36  
D) 1/12  
E) 7/36

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Americanisms

"Accomplishing the impossible means only that the boss will add it to your regular duties."  
— Doug Larson

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## Why beetles require a thick skin

One of our greatest social fears is to appear in public at a party wearing the identical dress or shirt or outfit that another person is wearing. Some say there could be nothing worse. "Same dress fear" is a foreboding that, even if conceived only in one's imagination, can cause alarm, panic and if left without proper therapy, a compulsion to carefully survey the crowd from a safe distance before entering.

Although all humans want to match to a certain extent, there also seems to be a limit. Conformity is good, but we want others to know that we are our own person.

If "same dress fear" is a valid reason for anxiety, consider my even bigger secret fear – that of running into my own doppelganger. For those of you blissfully dancing through life thinking you are unique, let me be the first to inform you that, accord-

ing to those who know, at least one other person in our world of ~7.594 billion people looks just like you. I don't know how to explain this fear to identical twins – they don't seem to, um, relate – but to average, non-biologically-related doppelgangers, meeting each other could be a traumatic, life-changing, physiologically upsetting event.

But if meeting your doppelganger is reason for distress, consider for a moment the life of a beetle, whatever species you choose. They not only have their own doppelganger but they live among hundreds of thousands of them. They all look exactly alike. They all act exactly alike too, as far as we can tell.

They must have a very thick skin to be able to live in such a world.

It turns out that beetles do have a thick skin – a hardened skin which allows them

to survive in their world. Insects have an exoskeleton (exo meaning on the outside). An exoskeleton is a characteristically arthropod anatomical feature that supports and protects their bodies. By contrast, vertebrate animals, including humans, have an endoskeleton (endo meaning inside) skeletal system made of bones that support their bodies and allows them to stand up and move about and act alive rather than just melt in a pool of lifeless flesh like a teenager in front of a TV. Insects move because their muscles attach to the rigid exoskeleton positioned on the outside of their bodies, whereas people muscles attach to hardened bones on the inside of the body. Otherwise, endo and exo skeletons are functionally quite the same.

The big difference lies in the outer covering or the integument (also called skin). In both people and insects, the integument serves as a critical interface between the internal body and the environment. It prevents the entry of harmful microbes or chemicals, serves as a site of sensory input, helps to maintain ionic, water and temperature balance and generally just helps hold everything inside the body from spilling out.

It happens that the integument is the largest organ of an animal's body. This comes as a surprise to many, not just because of the purported size, but more because skin is classified as a body organ at all.

Integument (skin) is our largest organ. It encompasses our whole self, head to toe. If we were to shed it like a newborn's sleeper and spread it out as a tablecloth, it would cover more than 20 square feet of area, the size of a family-size kitchen table, and enough would be left over to make a spare for special holiday occasions.

So what of the skin of a beetle? Beetle integument is no less impressive by size, albeit proportionally much smaller. In fact, it would require 25 average beetle skins to make a coaster for the table. Such a coaster, by the way, would be tremendously strong and very resistant.

Part of the integument of both insects and people consists of a rigid, non-living layer that we call cuticle. Fingernails, for example, are hardened plates of human cuticle that serve to protect our digits from abrasion while digging in the dirt, and occasionally from an errant swing of a hammer. Insects also have cuticle but what is exceptional is that they have, by proportion, much more of it. And to achieve maximum rigidity, the outer layer of beetle cuticle is reinforced and impregnated with cross-linked protein materials called sclerotin.

Such hardened cuticle protects beetles as they burrow through soil or dig into wood that might otherwise scratch and tear up their integument. In fact, as a group, beetles are best recognized for having developed a very rigid, sclerotized front pair of wings that serve not for flight but for covering and protecting their flight-functional rear wings, which, of necessity, are light, translucent and very fragile. Without such protective wing covers, the functional wings would be torn to shreds in the unforgiving habitat and fossorial lifestyle of most beetles. The protective wing covers of which I speak are properly termed elytra, and are com-



posed mostly of hardened cuticle. Elytra are a characteristic morphological insect feature most highly adapted in beetles. They are also what affords the characteristic, but unexplainably fulfilling, crackle/crunch sound our non-entomologist friends experience when they stomp on them while crossing kitchen floors and sidewalks.

Beetles' hardened and waxy cuticle also protects them from desiccation – a real potential threat to small animals the size of an insect. Beetles employ cuticle nearly everywhere across their body, from legs to wing covers to head and mouth parts. Because hardened cuticle is inflexible, beetles labor at agility. They are not cut out for gymnastics. The only places not covered in cuticle are the joints and between cuticle plates, in barely sufficient amounts to allow beetles to move. They are truly living miniature, lumbering suits of armor.

But being covered in cuticle seems to be the ticket for beetles and has allowed them to become more numerous than any other group of insects – which is to say a lot. They are said to be the dominant insect life form on Earth. One of every five living species is a beetle.

A secondary, but much appreciated, side benefit of insect cuticle is that it allows beetles the honor of being the most colorful and iridescent animals in nature. (Some of my butterfly enthusiast friends might disagree with this ranking but actually favoring butterflies over beetles makes them suspect in the first place, so their opinions are seldom seriously considered in entomological circles).

A layer of differentiated pigment, glittered with tiny, flattened prisms of insect cuticle oriented in multiple directions, tends to bend and reflect incoming light in magical and dazzling ways. This provides the famously spectacular iridescent colors of many beetles. They are adorned like no other animal on Earth.


But such beauty does not mean that beetles do not fear going to a high school prom because having a genetically determined exoskeleton and integument means that all members of the species must look alike. All identical. All the very same. It would be like living in a whole world of doppelgangers. They would all need a thick skin.

If you think meeting your own doppelganger would be bad, imagine living as a beetle amidst millions who look and act just like you.

The only real positives I can imagine in a society full of doppelgangers is that the potential for hilarious practical jokes would be near endless and if you were a beetle, your world would be full of brilliant, stunningly colored duplicates, each accented with iridescent metallic blue, green, purple and gold. Even if all alike, it would make for a beautiful world.

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## The Kitchen Diva

by **Angela Shelf Medearis**  
**Summer salsa**

When tomatoes and peppers are ripe and plentiful, folks will wonder what to do with all that produce. Salsa is one good option.

How hot the salsa is depends on the kind of peppers that are used. Peppers are rated according to their hotness on a scale called the Scoville Organoleptic Test. Milder peppers tend to be larger (4-10 inches) and are "yellow-turning-red." Examples of milder peppers include bell peppers and sweet banana peppers, which rate at 0 Scoville Units, and so are very mild. More in the mid-range would be jalapeno peppers, which are rated at 5,000 Scoville Units and are tapered green or red chilies.

The hottest variety is habanero, with a rating of 300,000 Scoville Units. The habanero resembles an orange lantern. Typically, the hotter peppers are smaller varieties (1-3 inches at maturity) and are colored "green-turning-red." When working with hot peppers, be sure to wear gloves to prevent burns. Just cutting a habanero open, for example, can make a person's eyes water.

Adjust the spiciness of the salsa by selecting the type of pepper added to the mix. For a very mild salsa, use milder peppers. For a very hot salsa, use a greater proportion of hotter peppers to milder ones. Regardless of the product's spiciness, don't just add more peppers to make it hotter. The total amount of peppers should be the amount recommended in the recipe. The proportions are calculated out so that the recipe will be safely preserved.

It's also a good idea to try out the peppers you plan to use in your sal-

sa by trying half of a hot pepper first, stirring the salsa, letting it sit for a few minutes and tasting for heat. See if the temperature is what you expect and what you prefer. It's easier to adjust the mix of peppers in the salsa to gradually make it a little hotter by adding more peppers than it is to deal with an excessively hot and spicy salsa after it's prepared. If someone finds your salsa a bit too hot for their tastes, you might try serving it with some sour cream or salty chips to help calm that spicy flavor.

This recipe for Spicy Fruit Salsa combines hot peppers and juicy summer fruits. It's perfect for a snack or appetizer and is also delicious as a topping for fish, chicken or pork.

### The Diva's spicy fruit salsa

Be sure to wear gloves or wash your hands immediately after handling peppers. Do not touch your face, eyes, nose or mouth. To reduce the heat of the peppers and retain the flavor, cut the peppers open and remove the seeds and the ribs, wash your hands thoroughly and proceed with the recipe.

1 large firm but ripe mango, peeled and cubed

1 large firm but ripe peach, peeled and cubed

2 large firm but ripe tomatoes, cored, seeded and coarsely chopped, or 16 grape or cherry tomatoes, cut into quarters

1 cup diced red onion  
1 or 2 fresh jalapenos, stemmed and minced  
3 tablespoons fresh lime juice  
1 tablespoon honey  
1 1/2 teaspoons chili powder

1 teaspoon salt  
1/3 cup finely chopped cilantro  
1. In a large bowl, combine the mango, peaches, tomatoes, onion, jalapenos, lime juice, honey, chili powder and salt. Stir

well to combine.

2. Cover and refrigerate for up to 1 hour, to blend the flavors. Just before serving, stir in the cilantro and adjust the seasoning. Serve with baked tortilla or pita chips.

Makes about 2 cups.

### Variations

- **Saucy Joes:** Brown 1 pound of lean, ground turkey. Season with 3 tablespoons Worcestershire sauce, 1 teaspoon salt, 1 teaspoon freshly ground black pepper. Combine with 1 cup of salsa. Serve on whole-wheat hamburger buns or in pitas.

- **Salsa fish, chicken or pork:** Top individual portions of grilled, pan-fried or broiled fish, chicken or pork with 2 tablespoons of salsa.

- **Salsa pizza bites:** Spread 1 1/2 tablespoons salsa on 1/2 of an English muffin. Sprinkle with each muffin with 1 1/2 tablespoons of Parmesan cheese or low-fat mozzarella cheese. Place muffins in a toaster oven and cook until the cheese is melted, about 2 to 3 minutes.

Angela Shelf Medearis is an award-winning children's author, culinary historian, and the author of seven cookbooks. Please join The Kitchen Diva in supporting Mattress Firms' efforts to assist foster children through the Ticket to Dream Foundation to make a positive impact on the lives of hundreds of thousands of foster children in need. They believe not everyone can be a foster parent, but anyone can help a foster child. ([www.tickettodream.org](http://www.tickettodream.org))

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Fresh strawberry mango salsa with corn chips. Depositphotos

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## Kovels: Antiques and collecting

by Terry and Kim Kovel

### Dough box

Your great-grandmother may have used this antique box in her kitchen, but not many of us use it today since there are newer, faster ways to get the same result. The pine box is 27 inches high by 36 inches wide and 21 inches deep. It has dovetailed sides and tapered legs. The removable top is made of two boards. Give up? It is a dough box used for proofing bread dough.

The box was filled with flour, then water was added and the mixture was kneaded. More ingredients were added, including yeast, and more kneading. Then a rest, letting the dough rise, punching it down, kneading it again, reshaping and letting it rest. This was done several times. When the dough felt right, the box was covered and moved

to a warm place where the dough could “proof.” That is what the final rise is called. It was shaped again, put in the oven and baked.

Families ate a lot of bread, and most housewives made bread at least once a week. The finished bread was taken from the oven to rest on the lid of the dough box, then cut and served. And the lid had another use. It kept the mice and bugs away from the bread. The antique box sold for just \$219. Today they make electric proofing boxes to do this work.

**Q:** I have two Cabbage Patch Kids dolls from 1985 that I would like to sell. Both have “birth certificates,” “adoption papers” and their original clothes. Would you let me know what they are worth?

**A:** Cabbage Patch dolls were first made in 1977 by a 21-year-old art student named Xavier Roberts of Helen, GA.



This pine dough box was made in the 1850s. It sold for \$219 at a Garth's auction. Country furniture is selling for low prices, but there seem to be more pieces sold at flea markets than in the past.

He called them “Little People Originals” and sold them at craft shows across the South. In 1982, toy manufacturer Coleco Industries became the licensed manufacturer, and the name was changed to Cabbage Patch Kids. The fad had faded by about 1986. In 1987, Coleco introduced a “talking” Cabbage Patch Kid doll as a last-ditch effort to renew interest, but the company went bankrupt in the late 1980s. Cabbage Patch Kids dolls sell in online shops from \$10 to about \$25. Dolls in original packaging with their adoption papers sell for about \$50. Some very rare dolls sell for more.

### Current prices:

Spatterware pitcher — American eagle, shield, arrows, blue, footed, c. 1850,

11 1/2 inches, \$110.

Mochaware dry mustard pot — cylindrical, bell-shaped lid, seaweed, orange ground, c. 1900, 4 3/4 inches, \$250.

Rose Mandarin punch bowl — Chinese figures, courtyard, birds, flowers, medallions, 10 1/4 inches, \$400.

Sampler — alphabet, nine alphabet and numeral rows, two chimney house, flowering tree, Martha Ann Dearing, 1819, 16 3/4 x 21 1/2 inches, \$870.

**TIP:** Don't pull an old book off the shelf by the spine, and don't pack books on the shelf so closely that it is a struggle to get a book out.

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

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