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



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Pandemic depression: Genetic insight may help treatment

(NAPSI) – Social isolation during the pandemic may pose a mental health threat for those already at risk for COVID-19 – people over age 65.

As doctors treat more senior patients for depression, an increasingly popular genetic test may inform their treatment decisions. The GeneSight test provides information about how your genes may impact how you metabolize and respond to certain depression medications.

Innovative solutions for mental health conditions are important. As the pandemic and its re-

sulting isolation wears on, many are struggling with their mental health. According to the CDC, loneliness can be associated with higher rates of depression.

“When I first experienced depression, it happened all of a sudden,” shared Doreen, a wife, mother of three grown children and retiree. “It was like a cloud happened in my head.”

Symptoms of depression can include changes in sleep or eating patterns, decreased energy, difficulty concentrating or a lack of motivation.

Doreen saw her doctor, who

prescribed a depression medication but it didn’t alleviate her symptoms.

“I began to see one doctor, then another, to help deal with my depression,” said Doreen. Her doctors “tried many, many different medications and none seemed to work. Finally, my heart doctor said, ‘Doreen, I’ve heard about this gene test, I think it might help you.’”

Her doctor was referring to the GeneSight test.

The test is a simple cheek swab, ordered by a healthcare provider who can prescribe

medications. A patient can take the test at home or in the doctor’s office.

Using a patient’s unique DNA, the GeneSight test informs doctors about potential gene-drug interactions. The report provides information about which depression medications may require dose adjustments, may be less likely to work or may have an increased risk of side effects based on a patient’s genetic makeup.

The GeneSight test helped Doreen’s doctor to make an informed treatment decision; she

was prescribed a new medication.

“That’s when my life started to change. I got back to smiling, being happy and laughing again. I got back to being me,” Doreen said.

Post-pandemic life will likely never be the same. If depression is one of the unanticipated consequences, treatment is important.

People struggling with depression can ask their doctor about the GeneSight test. To learn more, visit www.GeneSight.com.

Hunter education

With the cancellation of in-person courses earlier this year during the state’s response to COVID-19, DEC quickly innovated to help prospective hunters planning to take cancelled in-person hunter safety courses and created a new online Hunter Education course. The results were dramatic, more than doubling certifications from 2019, with more than 76,800 people registered

for the online Hunter Ed course and 40,278 completions. Nearly 70% of those completing the online course are 21 or over, and almost 40% of participants are women. The new online Bowhunter Ed course has seen more than 20,980 registered participants and 10,934 have completed the course. Both courses can be accessed at <https://tinyurl.com/yx-hkkn8>. The online courses have been

extended indefinitely.

As all of New York has now entered Phase 4 of reopening, in-person Hunter Education, Bowhunter Education and Trapper Education courses are resuming. While the popularity of the online Hunter Ed and Bowhunter Ed courses has been unprecedented, some potential new hunters want to take the traditional course, which offers a field day

component. Social distancing, health and safety and disinfectant protocols have been put in place to ensure courses are conducted in a way that minimizes risk to participants. The online courses will remain available for those who prefer an online course. For more information about taking a traditional field-based course, visit <https://tinyurl.com/y5sl65rk>.

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To Your Good Health

by Keith Roach, M.D.

Insomnia one of many Prednisone side effects

Dear Dr. Roach: I was prescribed prednisone 5 mg twice daily, but I had insomnia, itching and hot flashes from it. I stopped after four days but am still suffering from sleeplessness. Has the prednisone had a permanent effect on my body? — J.W.S.L.

Answer: Prednisone, a powerful anti-inflammatory and immune system-inhibiting steroid, has many side effects on the body, especially insomnia. Hot flashes and itching are uncommon side effects.

Insomnia is more common when prednisone is taken twice daily. Anytime a person gets insomnia, it can create a situation where they become worried about sleeping, which can lead to a persistent problem, even though the effect of the prednisone is gone.

I recommend some routine steps for treating insomnia, such as avoiding bright lights, including any electronic screen, for two hours or so before bed; regular exercise, if the condition for which you took prednisone allows it; and a warm bath before bed. A mild sleep aid, such as melatonin 1 mg or less, may help reset your system, but daily use is not necessary.

Dear Dr. Roach: My wife had a heart attack. They did what they could for her, but she had a 100% blocked artery. They did clean it out, but a week later she had a fatal heart attack.

Five or six months earlier, she called me quite often by a former friend's name. I am wondering if blood was not getting to her brain or if she was starting to get dementia? — G.M.

Answer: I am very sorry about your wife.

People who have blockages in the heart often have blockages in other blood vessels, such as those in the leg, but also those going to the brain. Poor blood flow to the brain may cause changes to memory and other specific problems.

A stroke is very much like a heart attack. Most strokes are caused by poor blood flow to a specific area of the brain, and if it is severe enough, long enough, brain tissue will die, causing loss of function. People who have had multiple strokes are more frequently affected by dementia, called vascular dementia or multi-infarct dementia.

I don't know if this was the case for your wife, but it is certainly plausible. People who notice loved ones having memory lapses should get an evaluation sooner rather than later, as sometimes there are therapies that work better when started earlier.

Dear Dr. Roach: Does BPH increase the possibility of prostate cancer? — A.L.

Answer: Benign prostatic hypertrophy is a common condition in men. About half of men in their 50s have an enlarged prostate, and the proportion gets even higher as men age. The major symptoms of enlarged prostate

are difficulty with urine flow, a sensation of decreased emptying, difficulty initiating urination, and increased frequency of urinating, including at night. As symptoms worsen, incontinence can occur and even kidney damage may result due to the high pressure in the bladder.

The first word in "BPH" is "benign": It is not a cancerous condition. It does not protect against developing cancer, but there does not appear to be an increased risk either, according to the most recent studies.

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.

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Good housekeeping 2

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- 1 tablespoon olive oil
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- 1 pinch sugar

1. Heat the grill until very hot. Place the cherry tomatoes in a grill tray and drizzle the olive oil and balsamic vinegar. Season with salt, ground black pepper and a pinch of sugar.

2. Cook for 4-5 minutes or until the skins just begin to turn brown and burst. Set aside and keep warm until required.

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Gehring-Tricot Corp. wins Herkimer BOCES Community Partnership Award

Herkimer-Fulton-Hamilton-Otsego BOCES presented Gehring-Tricot Corp. with the 2020 Herkimer BOCES Community Partnership Award

during a Board of Education meeting on Thursday, Sept. 3. Herkimer BOCES Assistant Superintendent for Instructional Services Kathy Fox nominat-

ed Gehring-Tricot for the award for supporting the Herkimer BOCES VP-TECH School and School to Careers programs and introducing students to local career options.

Gehring-Tricot Vice President of Manufacturing Gary Farquhar Jr. said he is proud of the company's involvement in the community and feels honored to receive the award. "It feels good to be appreciated by the community for all the work we're doing," he said.

Gehring-Tricot Corp. was originally scheduled to receive the Community Partnership Award in April during the Herkimer BOCES Annual Meeting.

Farquhar often visits with students at Herkimer BOCES, VP-TECH and component school districts along with Gehring-Tricot HR Manager Kayla Morrill and former NBA and Syracuse Orange star John Wallace.

During a visit to Poland Central School District earlier this year, Farquhar told students more about Gehring-Tricot, which designs and manufactures textiles for apparel, industrial, sports, medical and aerospace use and pretty much

everything in between. The company's Dolgeville location does dyeing and finishing, the Belmont Mills division in St. Johnsville does knitting and the Fall River, MA, facility does weaving.

"When it comes to textiles, we're one of the leaders in the country," Farquhar said, "and a lot of people don't even know we're there."

That's why Gehring-Tricot Corp. has been happy to work with Herkimer BOCES at School to Careers events and with VP-TECH to increase exposure and help with recruiting potential employees to the company.

Herkimer BOCES School to Careers liaison and work-based learning coordinator MaryBeth Napolitano said, "Our friends at Gehring-Tricot Corp. see the value in a partnership with Herkimer BOCES School to Careers and VP-TECH. They are the pipeline to influencing students to achieve workplace ready skills and the desire to gain a solid foundation necessary for employment. Gehring-Tricot is committed to supporting all our programs and initiatives, inspiring our students to become independent and productive cit-

izens."

When students tour Gehring-Tricot or learn about the company during a career day, they find out Gehring-Tricot does many interesting things such as creating jerseys for college and professional sports teams and making vests, medical devices and antimicrobial tents for the military.

"It's a lot more than what they envision," Farquhar said. "When kids think textiles, they think shirts and pants."

Some examples of what textiles can do include creating chaps that can stop a chainsaw and making the same fabric repel or absorb water depending on what type of textile is used, Farquhar said. One type of white material can have red Gatorade poured on it and then be cleaned off with cold water.

"What you can do with textiles is really unlimited," he said.

When students realize what the company really has to offer, it's a gratifying experience, Farquhar said.

"It feels good," he said. "We can provide them an opportunity to make a very good living for themselves. Once we see motivated individuals, it's in their hands."



Herkimer-Fulton-Hamilton-Otsego BOCES presented Gehring-Tricot Corp. with the 2020 Herkimer BOCES Community Partnership Award during a Board of Education meeting on Sept. 3. From left, front row: Skip Gehring, Gehring-Tricot president; Kayla Morrill, Gehring-Tricot human resources manager; Gary Farquhar Jr., Gehring-Tricot vice president of manufacturing, and Zane Mahar, Herkimer BOCES principal of technical education. Back row: Kelly Rowland, Herkimer BOCES special education coordinator; Rebecca Roberts, Herkimer BOCES School to Careers school counselor; MaryBeth Napolitano, Herkimer BOCES School to Careers liaison; Sandra Sherwood, Herkimer BOCES district superintendent, and Phillip Keida, Herkimer BOCES assistant principal of technical education.

Photo courtesy of Herkimer BOCES

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by Keith Roach, M.D.

Insomnia one of many Prednisone side effects

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To Your Good Health

Calendar of events

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

September 18 and 19, 25 and 26

Rummage Sale 9 a.m.-5 p.m. each day at Cold Brook United Methodist Church, 467 Main St. (Rt. 8), Cold Brook. Masks and distancing required.

September 22, 28 and 29

Herkimer County Public Health Immunization Clinics. Sept. 22: 9-11 a.m. and 1-3 p.m. Sept. 28: 3-6 p.m., Sept. 29: 9-11 a.m. and 1-3 p.m. Immunization clinics are by appointment only. Please call 315.867.1176 to schedule an appointment. Following COVID-19 rules.

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.

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. For more information contact Deborah Cotton, Barn FOTA Representative at 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 rescheduled 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.

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. 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.

October 2 and 3

Fourth Annual Basket Raffle. Noon-6 p.m. both days. Mohawk Reformed Church, 20 South Otsego Street, Mohawk. Many themed baskets and gift cards. Masks required and CDC guidelines will be followed. Contact 315.866.4292 or mrcoffice@verizon.net for further information.

October 4

Chicken BBQ at East Herkimer Fire Department, 193 Main Road, East Herkimer. Serving 12:30-3

p.m. Carry-out only. Tickets \$10. Limit 400 dinners. Ticket information: Dan Wellington 315.868.5394.

Ham and Scalloped Potato Dinner sponsored by the East Schuyler Methodist Church at the VFW Post 502, 4274 Acme Road, Frankfort. Curbside pickup only. \$14. Children 10 and under: \$5.

October 10

Chicken BBQ 3:30 p.m. at Stratford Methodist Church, Route 29 A Stratford. Take outs only. \$10 adults. \$5 Children. Call 315.429.3780.

October 11

Chinese Auction and Drive-Thru Chicken Barbecue at Poland Fire Station #1, 216 NY Route 8, between Poland and Cold Brook. Drive through from noon until sold out. Take out only. No seating. Chinese Auction: Purchase tickets noon - 4 p.m. Masks and distancing required. Guests will enter according to October NYS Guidelines. No guests during drawings. A portion of the drawings will be live-streamed. Call 315.826.7141 for information.

October 15

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

November 1

Meatloaf Dinner at St. Paul's Universalist church, Little Falls. 4-7 p.m. Takeout only. \$10 Delivery to a limited area. Call 315.823.2284. There will be someone at the church from noon on the day of the event.

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.

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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

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Mass 9 AM Sunday

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Pastor Mark Sowersby
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Sunday Worship 10:30 AM
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Christianassemblyofschuyler.com

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414 Frankfort St., Frankfort, NY
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Mass Schedule: Saturday 5:30 PM;
Sunday 9:00 AM; Tuesday & Thursday 9:00 AM

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Saturday Vespers -
5 PM (spring/summer months)
4 PM (fall/winter months)
Sunday Divine Liturgy 9:30 AM Sundays

HERKIMER
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327 N. Prospect St.
Phone 866-4270
Friday 7 PM

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

CHURCH OF SAINTS
ANTHONY and JOSEPH
229 S. Main St.
Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

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Holy Day Liturgy 9 AM
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Worship 10 AM
Wednesday Worship 6:30 PM

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Sunday School 10 AM
Morning Worship 11 AM

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Sunday Worship and Sunday School
9:00 AM

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Sunday School 11:20 AM
Sacrament Meeting 10 AM
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appointment; please leave a message at
315-866-7189

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

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

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Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

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

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

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

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

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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.
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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

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Pastor Tamara Razzano
16 Jackson St.
Phone: 315-823-3004
Email Iffirstpres@gmail.com
www.presbylf.org
Sunday Worship 10 AM
Sunday School 10 AM

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Rev. Gary L. Busch, Pastor
Sunday Worship Service 10 AM
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Little Falls, NY 13365
Pastor's Phone (315) 717-9936

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Holy Eucharist 10 AM

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September - June

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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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Rev. Mark Cunningham,
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Morning Service 11 AM

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Tips for harvesting pumpkins and winter squash

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

Fall brings many great things that come in beautiful shades of orange, yellow, red and brown. Pumpkins and winter squash are among the most wonderful of these.

Autumn's fluctuating temperatures and the threat of frost bring challenges to growing these in your garden. Here are some ideas to keep in mind for a great crop this year.

Pumpkins and winter squash generally are ready to pick when they have fully changed color and the skin is tough. A common test is to scratch the skin with your fingernail. If the skin is soft and breaks, it is not ready to pick. If it is hard, the fruit could be harvested.

Vine health also is

an indicator of when the fruit should be harvested. If the vines are healthy, green and disease-free, you could let your fruits ripen in the garden longer. If the vines are turning crispy, yellowing or dying, consider harvesting.

Both leaves and fruits are sensitive to frost, which complicates the approach of waiting until the fruit is ripe to harvest. A hard frost can damage the skin of fruits as well as kill the plant leaves and vines.

If a hard frost is forecasted, it is probably a good idea to harvest your pumpkins and squash. Luckily, if you have to pick these before they have fully changed color, they will continue to ripen off the vine. How much green is left may shorten their storage lifespan, but a shorter

storage life is better than a squishy rind from frost damage.

If your patch is small, another option when frost is predicted is to cover the area completely with blankets, bed linens or drop cloths, using small stakes to prevent

the material from touching the foliage. Weight down the outer edges of the covering to prevent cold air from getting in, and be sure to remove the next morning when temperatures rise.

When harvesting, cut the stem cleanly using a



If a hard frost is forecast, you can harvest your pumpkins, even if they haven't fully changed color as they will continue to ripen off the vine.

Photo by Bonnie Kim Donahue

knife or clippers, about three to four inches from the fruit. Avoid picking up the fruit up by its stem. A broken stem will mean that the fruit will not last as long in storage.

After picking your pumpkins and winter squash, place them in a warm, dry and ventilated place, such as a covered or sun porch, garage or shed, to cure for one to two weeks at about 80-85° F. Curing helps the fruit heal over any cuts or scratches and seals the stem. Without curing, these openings in the skin or stem can shorten the storage life of the fruits, making them

If temperatures remain warm, you can cure pumpkins and squash outdoors for a few weeks before storing, but keep in mind that squirrels

and chipmunks may feast on your harvest. Orange varieties can be cured in the sun, while white varieties should be cured out of direct sunlight. After curing, store your pumpkins and winter squash in a cool, dry, well-ventilated place with temperatures of about 50-60° F.

Different varieties may have different harvesting and curing requirements, expected length of storage and best time timing for eating. Therefore, it's a good idea to double-check the seed company's website or talk with the experts at your local greenhouse to get recommendations for the specific varieties you are growing.

Here's to an autumn and winter filled with the sweet, orange and yellow sun-warmed memories of summer.

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Herkimer BOCES Pathways Academy yearbook cover represents students uniting at Remington school

The Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy at Remington 2019-20 yearbook cover design created by students and staff has taken on a higher level of symbolism as the future of the Remington school building where Pathways Academy is located will be determined in a public vote on Tuesday, Sept. 29.

The yearbook cover artwork shows the names of the 10 Herkimer BOCES component school districts as the roots of a tree. The tree trunk has the initials of 2019-20 Pathways Academy seniors and the word "Pathways" is displayed inside a heart-shaped opening in the tree. The branches have "opportunities for growth" and other positive words displayed on them.

"We liked the idea of the tree being like this building – all the districts coming together as one," said Cheri Evangelista, a Path-

ways Academy teaching assistant who is co-advisor of the Pathways Academy Yearbook Club with art teacher Dina DeSarro. "Even though they come together from different schools, we come together as one student body."

The Pathways Academy yearbook design was created prior to the governor's order closing schools in March in response to the coronavirus health crisis. School continued virtually, and yearbooks were mailed to students in June. Pathways Academy students returned to school on Tuesday, Sept. 8.

Residents from all Herkimer BOCES component districts will have the opportunity to vote from noon - 8 p.m. on Sept. 29 on whether to approve the Herkimer BOCES proposal to purchase the former Remington Elementary School building at 77 E. North St. in Ilion from Central Valley. The Cen-

tral Valley community voted 256-16 on Nov. 12, 2019, in favor of selling the building to Herkimer BOCES.

All together

The Herkimer BOCES Pathways Academy focuses on students who have had a difficult time in a traditional school structure or have to catch up on credits but have the ability to get a high school diploma. Pathways Academy classes are project-driven and infuse career and technical education.

For Pathways students, the Yearbook Club is a way to learn responsibilities and deadlines like they would have in a real job, and it gives them something to take pride in, the yearbook advisors said.

Pathways Academy student Arianna Gulley, of Richfield Springs, played a particularly significant

Herkimer 11



The cover of the 2019-20 Herkimer-Fulton-Hamilton-Otsego BOCES Pathways Academy yearbook is pictured here. The design includes ideas and artwork by students and staff. It was inspired by the Herkimer BOCES and Pathways Academy logos and the ideas of students from the 10 Herkimer BOCES component districts coming together as one in the Pathways Academy at the Remington school building. For information about a public vote on Tuesday, Sept. 29, on a Herkimer BOCES proposal to purchase the building from Central Valley, visit www.herkimer-boces.org/remingtonbuilding. Photo courtesy of Herkimer BOCES

PUBLIC AUCTION

Saturday, Sept. 26th - 9:30AM

1582 St. Hwy. 162, Sprakers, NY 12166

Tractor - Tools - Trailer - Household - Shed - Amish Carriage

Trailer: Tandem axle, enclosed, good condition;

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Shed: 8x12 storage shed w/log siding;

Mowers: 20V Dewalt Lawn Mower; Large Snapper Pro Commercial Grade Walk Behind Mower w/dump & scraper blade;

Tools: Alum. 16ft. extension ladder; 10" table saw; air tank; #22 meat grinder with Honda engine; 20# propane tank; Sears 10' chop saw; 2 portable air compressors; Buddy heater; box masonry tools; 2-20lb. propane lights; painting supplies; electric cords; Black-Decker jigsaw; electric Makita grinder; 18 volt Dewalt tools; fence parts; 150 fence posts; rabbit feeders; ice fishing poles; 10' kayak; propane stove; propane heaters; electric washer; small tool chest; sausage stuffer; misc. garden tools; Poulan Pro lawn mower; air saw; alternator; 2-step ladder; sledge hammer; hose reel; chicken cage; sawhorses; air hoses; bag wagon; 4ft level; boxes of bolts, screws; plumbing supplies; garden seeder;

Household Items: 4 pc. bedroom suite; bookcase; clothes tree; folding chairs; 2 platform rockers; hickory rocker; 2 recliners; propane light w/cabinet; 6 wooden chairs; extension kitchen table; 2 wooden waste cans; 2 platform rockers; rebounder; comforters; throws; blankets & misc.; magazine stand; magazine rack; shoe rack; clock shelf; office chair; refrigerator; 2 bar chairs; plastic storage shelf; rugs; etc.; numerous books; trike; waste can; dish cupboard; utility cart; clocks; canners; metal shelf; small fridge; propane stove; chest of drawers; wooden benches; games; glassware.



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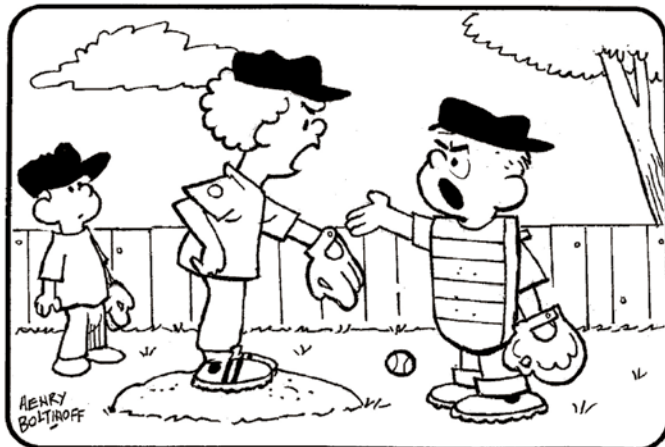
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Differences: 1. Baseball is gone. 2. Building is gone. 3. Catcher's shoes are different. 4. Fence has been repaired. 5. Pitcher's pants are longer. 6. Boy's hat is different.

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Weekly SUDOKU

by Linda Thistle

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

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: ♦

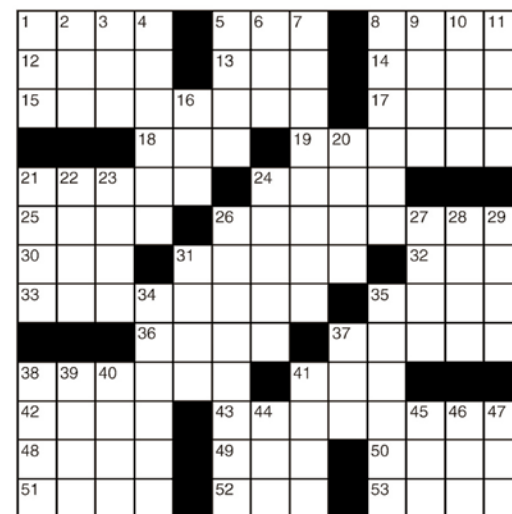
♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

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King Crossword**ACROSS**

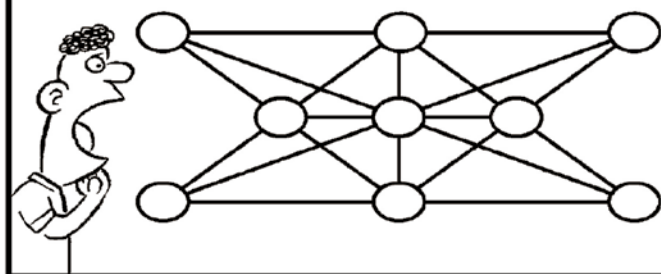
- 1 Drink heartily
5 Coffee, in slang
8 Snatch
12 Maze option
13 Possess
14 Elderly
15 Not all one kind
17 Clinton's Arkansas hometown
18 Delivery co.
19 Source
21 Song of praise
24 "East of Eden" character
25 Charged bits
26 Lit into
30 Explosive letters
31 External
32 Eisenhower coin
35 Appear
36 Dud
37 Familiar form of address
38 1954 doo-wop hit for The Crew-Cuts
41 Pirouette pivot
42 Deserve
43 Transferred, in law
48 List-ending



- abbr.
9 Quite eager
10 Military visored hat
11 Paradise
16 Spinning stat
20 Bellow
21 Pocket bread
22 Half of the offspring
23 Picnic invaders
24 — in the right direction
26 Convert to computers
27 Told a tale
28 — out (supplemented)
29 Showroom
31 Norway's capital
34 "I wish"
35 Prolonged attacks
37 Japanese pond carp
38 Caraway, for one
39 Loathe
40 Cereal choice
41 Despot
44 Vast expanse
45 Sister
46 Mound stat
47 Pooch

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A CLASSIC COIN PUZZLE! Place 9 coins on the table and challenge your friends to arrange them in 10 rows, each row containing 3 coins. Below is our solution.

PUZZLE CARD

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Junior Whirl

by Charles Barry Townsend

1.	A						M
2.		A					M
3.			A			M	
4.				A	M		
5.			P			M	
6.		P					M
7.	P						M

Illustrated by David Coulson

THE ALL DAY, ALL NIGHT, BIG WORDS PUZZLE!



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

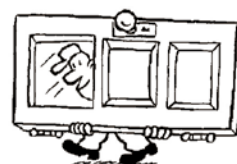
DEFINITIONS:

- A place to wait.
- Football break.
- A railroad job.
- Used in mining.
- Fictional newspaper reporter.
- Long-snouted animals.
- To announce publicly.

ANAGRAM:

- tome + roan
fail + them
make + bran
many + diet
menu + spar
moss + soup
mail + crop

THIS MAN is about to install a new door in his house. Can you take the letters in NEW DOOR and rearrange them to make one word?



Answer: The letters in NEW DOOR can be arranged to spell ONE WORD, just what we asked for.

SUMMER CAMP BADGES! At right is a word square. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

- Made jeering remarks.
- Copy of an object.
- (BADGE, in place.)
- Encouraged to act.
- Feats, or exploits.

1	2	3	4	5
		B		
2			A	
3	B	A	D	G
4			G	
5			E	

Answers: 1. Jibes. 2. Image. 3. Badge. 4. Egged (on). 5. Deeds.

Answers: 1. Anteroom. 2. Halfme. 3. Brakeman. 4. Dynamite. 5. Superman. 6. Opossums. 7. Proclaim.

Herkimer from 9

role in the cover design – including collaborating on the idea and doing some of the painting.

The yearbook is a manifestation of the pride Pathways Academy students take in their school and the home they have found in the Remington school building, the yearbook advisors said.

“Students and staff truly are a Pathways family,” they said.

How to vote

For the Tuesday, Sept. 29, vote on the Remington school building purchase proposal, qualified voters may vote 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

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 identification 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.

Herkimer County Public Health immunization clinic information

This is a list of the Herkimer County Public Health clinics for September:

- Sept. 22: 9 - 11 a.m. and 1 - 3 p.m.
- Sept. 28: 3 - 6 p.m.
- Sept. 29: 9 - 11 a.m. and 1 - 3 p.m.

Immunization clinics are by appointment only. Call 315.867.1176 to schedule an appointment.

When making an appointment you will need the following information:

- type of immunization needed

- insurance information

At your appointment, you will be screened for COVID-19, have your temperature checked and be required to wear a mask at all times.

Any questions, call Herkimer County Public Health at 315.867.1176.

Now here’s a tip

by JoAnn Derson

• “In my shop, I have stored small bits of hardware in baby-food jars. They were all on a shelf together, and when I needed one, I would have to move bottles around until I found the right one. I took a piece of 1-by-4 and cut it into 2-foot sections. Then I glued the bottoms of the bottles in a row to the wood. Now, they still sit on the shelf, but all I have to do is slide the 1-by-4s out and find the right jar. I can still see in the sides, and it makes them so much easier to deal with.” — J.N. in Missouri

• “My child has so many toys that they were starting to take

over his room and our house. We got three big plastic storage tubs and distributed the toys among them. Now the rule is that only one tub can be open at a time, so if he wants to play with other toys, he must pick up all the toys from the tub he is playing with first. It has made such a difference since the house gets picked up at least once a day.” — C.I. in Tennessee

• Here’s a boating safety tip: Make sure you check the weather before you head out for a day on the water. And everyone needs a life vest, large or small!

• “Lots of people are selling things online now to make a few

bucks, and that’s cool. I know I have things I’ve picked up that I don’t use. Why not make a little money? Here’s a tip though: Do a little research on price for your item. You want to avoid listing it for too much (no interest) or too little (yes, it gets snapped up quickly, but you could have gotten more for it). A little homework goes a long way.” — C.A. in Florida

• No red wine for your recipe? You can substitute an equal amount of grape juice or beef broth in most recipes.

Send your tips to *Now Here’s a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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How to enhance your next road trip in four easy steps

(BPT) – Travel might look different right now, but that doesn't mean you can't make the most of the journey. Whether it's a day drive up the coast or an overnight camping trip in the mountains, you can still fuel a sense of adventure by simply getting behind the wheel. And with travelers spending more of their free time on the road, it's the perfect time to upgrade any vehicle with the latest in auto tech, accessories and equipment, starting with your tires.

As you plan your road trip, here are some recommendations to enhance your vehicle's safety and performance so all you have to think about is enjoying the ride.

• **Find a tire that performs just as hard as you do**

Don't let weather or terrain hold you back from going the distance. While

many travelers focus on the vehicle itself, they tend to overlook a critical piece of equipment: tires.

Re-evaluate your current set and consider an upgrade, such as the new Michelin Pilot Sport All Season 4.

With improved dry, wet and cold weather capabilities, and race-inspired tread compound, this tire provides safety and performance. Dynamic Response Technology ensures forces and temperatures are distributed evenly for a longer tread wear life. Extra rubber on the outer shoulder provides exceptional grip, ensuring you and your car will be ready for anything.

• **Download apps designed to keep you moving**

Now that your car is performing at top optimization with new tires, make sure your itinerary is as well. Research and down-

load travel apps ahead of time to help you locate gas stations, restaurants, dispersed campgrounds, rest stops and more so you can spend less time searching and more time moving. And don't limit yourself to just travel apps. Meditation apps can help you decompress after a long ride and many of the top athletic brands offer on-demand training classes that can be done virtually anywhere.

• **Stay connected**

Having a portable power inverter for your car is an easy way to convert your car's DC electric power into AC electric power, which can be used to charge a wide range of appliances and accessories for any type of road trip. Whether you're an amateur photographer looking to charge a digital camera for those sunset shots or an early morning camper craving a cup of coffee on



Don't let weather or terrain hold you back from going the distance. While many travelers focus on the vehicle itself, they tend to overlook a critical piece of equipment: tires.

the go, having a power inverter can make life on the road run smoothly.

• **Refresh your interior**

Getting a luxe feel inside your car can be quick, easy and make all the difference for the driver and passengers. Simple upgrades like swapping out windshield wipers and floor mats will make

your vehicle look and feel new, while also keeping it as comfortable and up-to-date as possible.

A memorable road trip is just around the corner, and you can make sure it's your safest, best yet

with these tips, from apps that help you plan your route to efficient ways to elevate your in-car experience. Don't lose your sense of adventure. Get out, get moving and take control of your road trip.

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Strange but True

by Lucie Winborne

• An armadillo's shell is so hard that it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital. The armadillo, on the other hand, strolled away unscathed.

• One million U.S. dogs hold first place in their owner's last will and testament.

• The original time machine in "Back to the Future" was not a DeLorean, but an old refrigerator. According to HuffPost, "Ultimately, it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reen-

act the scene."

• Napoleon introduced brass buttons on soldier uniforms' sleeves to discourage them from wiping their noses.

• The first webcam was created to check a coffee-pot! In 1993, researchers in the University of Cambridge's computer science department really didn't like getting up from their chairs to check the coffee-pot just to find it empty, so they wired a system that would stream three images per minute from the Trojan Room, where the pot was kept, to the internal computer network. By the end of that year, the stream made it onto the new World Wide Web, endowing the Trojan Room coffee-pot with inter-

national, if brief, fame.

• The asteroids in "Star Wars" were actually painted potatoes.

• When English Romantic poet, painter and engraver William Blake was just 4, he claimed to see God through a window. Throughout the rest of his life, Blake said he often communed with angels, incorporating these visions into his art.

• According to the U.S. Food and Drug Administration, the stickers on fruit are edible. We haven't tried them ourselves, though.

Thought for the day: "The best teachers remain students all their lives." -- John Stott

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Paw's Corner

by Sam Mazzotta

Dogs can't tolerate human bug repellent

Paw's Corner: I live in an area where eastern equine encephalitis and West Nile Virus are active. On my walks, I make sure to wear plenty of bug spray to prevent being bitten by a mosquito infected with either disease. Are my dogs at risk of catching it? Can I use bug spray on their fur? — Shellie in Worcester, MA

Dear Shellie: While dogs (and cats) are at risk of catching either disease, most pets recover fully, especially with veterinary treatment (which is mainly supportive, to keep them strong while their bodies fight the infection).

Humans can get seriously ill from either EEE or West Nile Virus, so I'm glad you're using plenty of bug repellent. Mosquitoes are very active just before sunset, when most of us prefer to take our pets for walks during the hot summer months.

However, pets do not tolerate bug spray made for humans very well. (Citronella candles also can be very irritating.) They still should have some protection from mosquitoes, as these flying pests also carry diseases that can be very harmful to pets, like heartworm.

Pet-friendly repellents are available at

the pet store or through your vet's office. You can try natural repellents like lemon juice (try mixing it half-and-half with water in a spray bottle and applying to your dogs' coat just before walking), crushed peppermint leaves, or rosemary.

Keep up with your pets' heartworm medication and check them for ticks and fleas after each walk, too. This will reduce their risk of getting a serious illness from an outdoor pest.

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

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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
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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
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529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
589 Hardware
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605 Heating
610 Help Wanted
653 Hotel / Motel
683 Jewelers
700 Lawn & Garden
711 Lessons
760 Lumber & Wood Products
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805 Miscellaneous
810 Mobile Homes
811 Monuments
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813 Music
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1205 Wanted

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Announcements

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The Kitchen Diva

by Angela Shelf Medearis
Corn adds pop to salads

There's an old saying that the best way to prepare freshly picked corn is to have a pot of water boiling in the corn patch so that you can cook it instantly.

It's best to cook fresh corn as soon after it's been picked as possible. If fresh corn isn't stored or prepared properly, its natural sugars start to diminish quickly, resulting in a loss of sweetness within a couple of days. If you can't purchase fresh corn, frozen corn is an acceptable and delicious substitute for most recipes.

Corn on the cob is an essential part of a summer meal and provides many health benefits year-round. The average serving of corn on the cob has about a quarter of your daily requirement for thiamin, which helps maintain memory, as well as beta-cryptoxanthin, which aids in lung health. Corn is high in folic acid, which is needed for women who are taking oral contraceptives. It also is a good source of fiber and contains fair amounts of vitamin C, magnesium, niacin and potassium. One serving (one ear of corn) has about 83 calories.

A corn kernel is made up of four major parts:



starch, fiber, protein and oil. Corn can be processed in different ways to tap into these components, and it's used in all kinds of products. A typical grocery store will contain 4,000 products that list corn ingredients on the label, but many other products also depend on corn -- from paper goods and cardboard packaging to meat, milk, eggs, poultry and other protein products that come from corn-fed animals.

Here's some tips from the Utah State Extension Service for picking and storing fresh corn:

- Look for corn with good green husk color, silk ends that are free from decay or worm injury and stem ends that are not too discolored or dried. Select ears that are well-covered with plump, not-too-mature kernels. Avoid ears with undeveloped kernels, ears with very large kernels and dark-yellow kernels, because they can be tough and not very sweet.

- Husk one side of the corn. Press a fingernail into one of the kernels to test the liquid. Ripe corn should have a milky-looking liquid; overripe corn will have either a clear liq-

uid or none at all.

- The sugar in corn is quickly lost, so for optimum quality process it as soon after picking as possible. If you can't cook fresh corn immediately, store it in the refrigerator.

This recipe for Corn and Cabbage Slaw showcases the flavor of freshly picked corn to perfection.

Corn and cabbage slaw

5 cups shredded cabbage

1 1/2 cups fresh, whole kernel corn (or frozen and thawed)

2 tablespoons finely chopped onion

1/2 cup light sour cream

1/2 cup light mayonnaise

2 tablespoons honey

2 tablespoons lemon juice

1 teaspoon prepared Dijon mustard

1 teaspoon salt

1 teaspoon pepper
1/8 teaspoon cayenne pepper

1/2 cup chopped, roasted, salted peanuts, optional

1. In a bowl, combine the cabbage, corn and onion. In a small bowl, combine the sour cream, mayonnaise, honey, lemon juice, mustard, salt, pepper and cayenne pepper. Spoon the sour cream mixture over the cabbage mixture and toss to coat.

2. Cover and refrigerate for 1 hour. Stir in the peanuts just before serving, if desired.

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)

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Kovels: Antiques and Collecting

by Terry and Kim Kovel
Carved stone bust

A Rago auction catalog called a large carved bust made of black stone a "Haida Argillite carving" and then explained the meaning of the word "argillite." Antiques can be made by people, companies or methods with unfamiliar names, but this time the auction house realized that bidders needed help. Argillite is a fine-grained black silt stone found in only one spot, the Slatechuck Creek on Haida Gwaii, also called the Queen Charlotte Islands, in the Pacific Ocean off the northwest coast of British Columbia, Can-

ada. The Haida, a North American native culture, were the original people living on the islands.

They have been making carvings of wood and argillite since about 1800. Pipes used with tobacco have been found that were made from 1810 to 1840. The location of the quarry is a secret and only the Haida are permitted to use the stone. Today, Haida carvers make and sell carved argillite jewelry and decorations -- "tourist art" made to be sold to visitors. Both the Haida and European cultures are depicted. Many pieces are amusing.

The bust of a man,

made about 1840 to 1850, sold for \$18,750. A carving of one piece as large as a bust is unusual and valuable because the stone breaks easily. Twentieth-century interest in the antique arts of native peoples has led to higher prices.

Q: Do McDonald's restaurant giveaway toys have any resale value? My children have been saving them in the unopened packages for more than 15 years. Is there a way to tell the age?

A: Very few McDonald's Happy Meal toys are worth a lot of money. Most full sets (eight or more toys) given away in the past

five years are worth under \$50 at a retail source. That means a single toy is worth less than \$5, and they usually are just \$1 or \$2, if you are lucky. The 1987 set of 12 Mr. Potato Head toys retails at \$75. It is said that a set of eight Furby toys from 2000 sold for \$900, but that may be a myth. Other old sets (be sure it is the original set, many have been repeated) including Beanie Babies, Lion King or even Jerry from the movie "Despicable" Me can sell for over \$100.

CURRENT PRICES

Kewpie doll — black, side-eyes, red lips, jointed arms, incised, Rose O'Neill, 6 inches, \$210.

Advertising sign — Stolz Premium beer, extra pale, extra fine flavor, white and yellow text, beer bottle, gray ground, 8 x 12 inches, \$330.

Leica Camera — 50-mm Elmar lens, IIIa, black, leather case, 1938, \$420.

Chanel clutch — fabric, black, white, logo printed in two directions, envelope shape, flap, 5 x 7 1/2 inches, \$840.

TIP: If you move your antiques to a new home

in a van, watch out for damage. Check the antiques as they are unloaded. Sweep the inside of the moving van and save any small pieces of veneer, wood or screws that might

have fallen off your furniture.

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

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This 9 1/2-inch-tall carved bust made of black argillite sold for more than twice its estimate at \$18,750. It depicts a European trader.

Weekly SUDOKU

Answer

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

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Answers

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P	A	T	H		O	W	N		A	G	E	D
A	S	S	O	R	T	E	D		H	O	P	E
			U	P	S		O	R	I	G	I	N
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I	O	N	S		A	S	S	A	I	L	E	D
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E	T	A	L		T	E	A		E	U	R	O
D	E	N	Y		E	A	R		S	N	A	G

Just Like Cats & Dogs by Dave T. Phipps



This Week's Holidays

Sept. 19 — International Red Panda Day
Sept. 20 — Wife Appreciation Day
Sept. 21 — Miniature Golf Day
Sept. 22 — Elephant Appreciation Day
Sept. 23 — Dogs in Politics Day
Sept. 24 — National Cherries Jubilee Day
Sept. 25 — Native American Day



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Donna's Day: Creative family fun

by Donna Erickson

Tasty and healthy vegetable ribbon salad

Wrap up the last of summer's harvest with colorful ribbons of orange, green, yellow and red. Abundant zucchini, summer squash and carrots can be woven together with fettuccine pasta for a tasty supper your family will enjoy from preparation to the last bite.

Hand each of your preteen kids their own vegetable peeler, give them a few tips for honing ribbon-making skills, and they'll keep busy and feel useful cutting vegetables while you cook up the pasta. A healthy supper will be ready in minutes.

8 ounces fettuccine pasta, cooked, drained and rinsed in cool water.

1 to 2 small-size green zucchini

1 yellow summer squash

2 medium-size carrots

1 scallion

1/2 fresh red pepper (optional)

1/2 cup of your favorite vinaigrette style salad dressing or traditional Vinai-

grette (see recipe below)

1/2 cup freshly grated Parmesan cheese

Chopped parsley or basil

1. Trim off the ends of the zucchini, squash and carrots. Use a vegetable peeler to cut the vegetables lengthwise into long, thin, ribbon-like strips. When you reach the inner seeds of the zucchini and summer squash, stop and continue slicing the other side. Discard the centers. Place all the vegetable ribbons into a large bowl.

2. Trim off the green ends of the scallion. Tear them into thin long strips with your fingers. Add to the vegetables.

3. Add pasta and toss lightly with your favorite vinaigrette dressing or prepare the basic recipe below. Cut thin slices of the red pepper and arrange on top, if you wish. Top with grated Parmesan and parsley or basil. Serve with French bread. Serves 4 to 6.

TIP: If your kids love apples, add one to the salad for sweetness. Peel, core and cut

an apple into 4 slices. Peel strips from each slice and add to the vegetable ribbons.

Basic Vinaigrette

1/2 teaspoon salt

1 teaspoon Dijon mustard

1/4 cup white wine or sherry vinegar

3/4 cup extra-virgin olive oil

In a small bowl, let one child whisk the salt, mustard and vinegar together. While whisking, another child may slowly add the oil in a stream until the mixture is well combined. Makes 1 cup.

Store covered at room temperature for a week or in the refrigerator for a month.

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

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Top tips for weathering storm season

(BPT) – September is the most common month for hurricanes to make U.S. landfall, according to the National Oceanic and Atmospheric Association, and with severe storms and tornadoes appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

One of the biggest threats during any storm is tree damage.

A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground or proximity

to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

Before the storm

Develop a relationship with a certified tree care professional. By choosing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.

Conduct a pre-storm assessment & identify trouble spots

A pre-storm assessment can help you identify potential hazards on your property such as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof or trees in close proximity to power lines.

Take measures to prevent damage

After assessing possible hazards to your property, consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a professional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this yourself.

During the storm

Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and shelter.

After the storm

More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional – anything not on the ground should definitely be handled by a professional. Some things could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt to move downed utility lines and report branch-

es close to or touching utility lines immediately.

If you're skilled enough to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface – leave these jobs for the pros.

Evaluate damage

A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

Repair minor damage & debris

Remove any broken branches, stubs or jagged remains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

Stay educated

Learn more tips on tree safety, chainsaw safety, finding a tree care professional and how to prepare for storms by visiting STIHLUSA.com.





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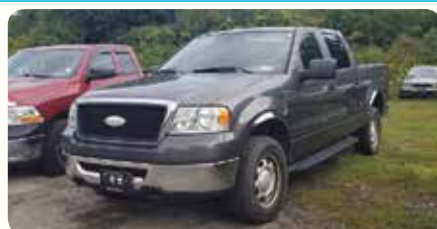
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